

A parfait media publication

Monsoon

Journal

VOL 7

ISSUE 3

AUGUST 2012

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Team witnesses pure magic



Canadian team parades into the Olympic Stadium

Canada's best athletes took in an incredible spectacle Friday, July 27th at the Opening Ceremonies in London and are now even more determined to give their everything as the Games kick off.

Putting his best foot forward and marching around the stadium with a big grin holding the Canadian flag was two-time Olympic medallist and true patriot triathlete Simon Whitfield.

"What a rush. It was so amazing and was such an honour to be here tonight leading all of the athletes that I respect," Whitfield said.

His teammates agreed.

"It was pretty cool. It was so surreal and can't describe it. I am so inspired right now to know we are ready and going to be a competitive team," said wrestler Leah Callahan, at the ceremonies.

During the rest of the parade, Canada's athletes cheered on their fellow competitors. It's the first Games

in which social media had a significant presence and many athletes were snapping photos, tweeting and calling family and friends who no doubt wanted to share in their excitement.

Once all athletes from the 204 National Olympic Committees were inside, the Opening Ceremonies really kicked off with a true British welcome.

Highlights in the show included a glimpse into key moments in British history with action packed vignettes.

There was no shortage of home-grown celebrities and dignitaries who were part of the show like the band The Arctic Monkeys, comedian Rowan Atkinson known as Mr. Bean, actor Daniel Craig, Harry Potter series author JK Rowling, Muhammad Ali and her Majesty Queen Elizabeth.

Canadian Olympic athletes had a prime viewing spot right in the heat of the action.

"Last time, in Beijing, I was fighting for position with the water polo guys and this time I was right up front. So awesome!," said Carol Huynh, the 2008 gold medallist in freestyle wrestling.

Since the Canadian Team had such a good spot, athletes were easily visible to the audiences in the stadium and back home in Canada. Credit goes to The Hudson Bay Company for making the team look distinctive and clean cut.

Like Whitfield led the Canadian Olympic Team around the track, the concept of these Opening Ceremonies was the brainchild of Danny Boyle. He's a famous film director and producer most recently known for directing the Oscar winning movie "Slumdog Millionaire".

The show was capped off by a performance from legendary British music legend Sir Paul McCartney
 [olympic.ca]

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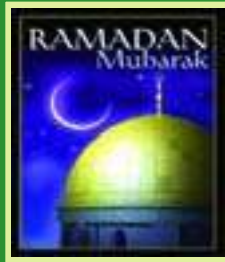
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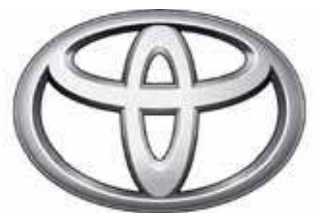


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Canada News

Black July Remembrance event highlights continued subjugation of Tamil speaking people in Sri Lanka



Forum held on July 23, 2012

"On the 29th Anniversary of Black July, developments in northern Sri Lanka are not a cause for optimism" said Prof. Craig Scott, NDP Member of Parliament, Co-founder of Sri Lanka Campaign for Justice and a panelist at a forum organized by Canadian Tamil Congress. The forum was organized on July 23 to mark the 29th anniversary of Black July and discuss present day issues around land grab atrocities in Sri Lanka. "The intersection of militarization, Sinhalaization, economic cronyism, government repression of dissent, and gender-based violence all add up to a strategy designed to subjugate Tamil speaking communities of the North and East" Prof. Scott added.

When asked about diaspora's role in addressing the issue of land grab, Prof. Scott said "Land grabs of various kinds cannot be understood outside the above mentioned intersecting forces, and solutions to land grabs must lie at the level of making the world and open-minded Sri Lankans understand the nature of this subjugation strategy so that political resistance might force the Colombo government to change course".

Panellists include Pon Balarajan, Honourable Speaker of Transnational Government of Tamil Eelam, and Nakeeran Thangavelu, President of Tamil National Alliance Canada,

In his speech, Mr. Thangavelu eluded to statistics that point to steady changes in ethnic demography in the Tamil areas

over time, and the role played by the Sri Lankan State in implementing these systemic changes. He further highlighted the negative impact this continues to have on the number of Tamil political representation in the parliament.

Referring to similar world events such as the Kurds in Iraq, Mr. Pon Balarajan talked about the use of International Protection Mechanism (IPM) by the International Community (IC) to protect the rights of Kurdish people. Mr. Balarajan urged members of the community, despite their organizational affiliation to speak in one voice and ask the IC to implement the same Mechanism on Sri Lanka in order to protect the rights of Tamil speaking people in the island.

"The purpose of this gathering is to remember the lives lost, show our gratitude to Canada for opening its doors when Tamils were fleeing persecution, and also to remember the good hearted Sinhalese who saved lives of their Tamil neighbours during the riots of Black July" said Piragal Thiru who moderated the discussion. "It is also important to reflect on the events that have unfolded over the last 29 years, look at the present day situation and see how we can effectively help to create an environment where people's human rights are respected and they are allowed to live in peace with dignity" he added.

[via canadiantamilcongress.ca]

We must work together, as a community, to end the cycle of violence



'Healing beginning in community where Danzig St shooting happened, Jul 16, 2012 - Together we are Strong' - Rathika Sitsabaiesan MP - photo via - twitter.com/RathikaS

Statement issued on Jul 17, 2012 by Scarborough MPs Rathika Sitsabaiesan and Dan Harris on tragic Scarborough shooting:

We were all shaken by news of this senseless tragedy. We would like to extend our condolences to the victims, families and neighbours of those affected.

Our thoughts are with our communities today as we mourn this tragic loss of life. We hope for the speedy recovery of all the other victims.

We would also like to take a moment to

thank and recognise the tireless efforts of emergency responders and the crisis response teams, as well as the efforts of local residents who worked throughout the night to support their neighbours.

Today is a time for grieving those lost, wishing a speedy recovery to those injured and helping our communities through this difficult time.

Gun violence does not belong in our communities. As we move forward, we must work together, as a community, to end the cycle of violence.

Establishing Credit Top Barrier to Newcomers: RBC

According to an RBC poll, almost half of newcomers, despite being financially savvy, face obstacles when it comes to establishing their finances in Canada.

The two main hurdles identified by newcomers are:

" Banks don't fully understand the challenges they are faced with (27 per cent)

" Banks do not provide adequate credit services without already having a credit history in Canada (17 per cent).

"We need to help newcomers settle, adjust and integrate as seamlessly as possible," said Paul Sy, director, Multicultural Markets, RBC. "RBC recognizes this and offers products and services such as the unsecured credit card and language line capabilities in up to 180 different languages to help with the transition to Canada."

When asked if they could change one thing about their experience in coming to Canada, 20 per cent responded that they would not change anything. However, 80 per cent said they would. The top three areas included:

" 17 per cent said do more research on career opportunities before arriving

" 16 per cent said ensure their creden-

tials are valid in Canada

" 16 per cent said try to find other people from their community that have already immigrated to Canada

"Newcomers require trustworthy personalized advice, products and services that are sensitive to their cultural and newcomer needs and we all need to play a part to ensure this is provided and available to them," added Sy.

Sy offers the following tips to new Canadians:

" Create a budget: RBC financial advisors can assist clients with their financial needs in up to 180 languages.

" Prepare for work: Finding a job that suits your skills and interests requires research and patience. The important thing is to never give up and to take advantage of helpful online resources(rbc.com/canada), local community groups and friends.

" 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 (rbc.com/rbccredit) with zero credit history required. RBC also offers a second credit card, for a spouse or partner.

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from the publisher's desk

People helping People

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

The world continues to become a more connected place. With technology constantly advancing and social media like facebook and twitter, people across the world can communicate with each other, and key messages are transferred instantly. "People helping people" is a key message that is being communicated all across the globe. This is the campaign message for this year's World Humanitarian Day, taking place on August 19th, 2012.

This day was first designated by the General Assembly of the United Nations. Bringing awareness to humanitarian needs across the world is a key reason why World Humanitarian Day first began in 2008. August 19th marked the day when a brutal terrorist attack on UN headquarters in Baghdad killed 22 people in 2003. World Humanitarian Day marked those individuals who have lost their lives committed to humanitarian service, and those that continue to pledge themselves to helping people.

Humanitarian service is important to those areas where disaster has taken place and relief is urgently needed. Basic necessities of life are crucial when disaster strikes and aid workers strive to support these areas as best they can. Rebuilding these communities once a disaster takes place and advocating for more international support are a few of the vital duties humanitarians carry out. Humanitarians help millions of people regardless of who they are and where they are. Bringing international attention

to the needs of these disaster torn countries is an important task to carry out. The greater attention that has been drawn on these areas, the more countries are willing to support relief efforts.

"Let those we honour today inspire us to start our own journey to make the world a better place and bring our human family more closely together." Secretary-General Ban Ki-Moon Monsoon Journal celebrates World Humanitarian Day and hopes you all take part in any way you can.

Never ending sorrow of Sri Lanka's Northern Muslims!

By M.S. Shah Jahan

"Some 40,000 deeds have been given to Tamil refugee families within the past three years. However, not a single plot of land has been provided to any one of the Muslim refugee families in the North.

Why is the Muslim community in the North receiving step motherly treatment?"

On Monday 16th July a meeting was conveyed by the All Ceylon Jamiyyathul Ulama (Muslim Theologians) in Hotel Ranmuthu, Colombo with the presence of politicians, diplomats, University academics, business people and many others, to discuss the present plight of Northern Muslim families, who were forcibly driven away from their home land by the LTTE in October 1990 who are now living chiefly in Puttalam and other parts of the island.

The 15,000 families originally expelled have today grown into 34,000 in two decades and out of this, 22,000 families have registered themselves to be resettled in their place of origin. But it was said that these families were unable to be sent back as most of the areas were already occupied by Tamil families who had been resettled there by the present government.

Even the LTTE also distributed these people's properties to Tamils who were there. Reclaiming from them seems to be a tough task.

Several Muslim groups complained that while the welfare of Muslim refugees had been ignored by both the government and the international communi-

ty including UNHCR, on the other hand they have made up their mind to categorize the Sri Lankan IDPs situation focusing solely on the Tamil community in the North. "The Muslim families in these areas have been deprived of their rights" it was said.

Alas a representative spoke with loud voice and anguish said that he had attended over 1300 meetings on the same subject without any progress.

As an invitee and one who attended the first meeting conveyed in the same hotel by the said refugees in the year 1990 immediately after the exodus, I was keen to follow the meeting. Like they all expected, I too expected, with the end of the war, these two decade old refugees who are craving to go back would get their priority. No it is not.

First come first served policy is gone with the wind. Instead, like, before Christ (BC) and after Christ (AD) internally displaced Sri Lankans have been categorized as refugees after the 2009 war and before the 2009 war.

There were ministers and parliamentarians in the crowd listening to the sorrow tale where finger was pointed at the government for its lethargy and indifference. This is a civil problem. If the Muslim civic leaders can not solve it- find redress, who els can? They are the ones close to the powerful people while their power is also just because these leaders are with them. Why do they look for the moon?

Besides, the main purpose of

the Colombo meeting was to seek donation from the philanthropists to provide the refugees houses that will cost Rs.500,000 each. Also it was mentioned that their request for 10,000 houses from the Indian government's pledge to build 50,000 houses for the Tamil IDPs, found no response.

When the Indian government is concerned, the child that cries only will get milk. Therefore they need a strong lobby in India. Since they are also Tamil speaking and living in Tamil dominated north and east, I feel they have all the right to seek help from India,

and the latter also has an obligation.

A tense situation prevails in Mannar from last Wednesday, created by fishing rights that is more of minority against minority. Northern Muslims never demanded separation. Never supported terrorism. Had they collaborated with the rebels this country would have faced untold misery.

Is it just because no international pressure on the government on Muslim refugees, the Northern Muslims receive step motherly treatment? The speakers asked. (This article first appeared on dbsjeyaraj.com)

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Canada News

Toronto condo prices to cool, not crash - RBC report

Prices will cool in Toronto's booming condominium market in the year ahead, but concern about a bubble is overblown as demographics and strong investor demand will insulate the market from a crash, economists at Canada's largest bank said on Tuesday, Jul 24th, according to news report by Reuters.com citing the research department at Royal Bank of Canada.

The report further states, Royal Bank of Canada waded into the debate over whether Toronto's roaring real estate sector represents a bubble with a seven-page report predicting prices in the city's condo market will cool by between 2 percent and 7 percent in the next year but will not collapse.

"The historic condominium apartment boom in the Toronto-area market is not necessarily a sign of excess or of a bubble," RBC senior economist Robert Hogue wrote in a research note.

He said the condominium market in Canada's largest city still has a lot of strengths, pointing to a rising population, a shift in the mix of available housing, rising rental demand, and strong interest in buying condos as investments.

Still, recent changes to mortgage insurance rules and looming interest rate increases will reduce the flow of buyers into the market, and there are risks that the type of units bought by investors may not match future demand, Hogue said.

"If we are not in the presence of a bubble, does it mean that prices will keep going up in the Toronto area? Not necessarily. In fact, we expect the current upward pressure on home prices to ease substantially by next year, with condo prices possibly coming down a notch or



two," easing by 2 percent to 7 percent from quarterly peak to trough.

Hogue noted the Toronto area is growing by about 38,000 net new households a year even as legal constraints on urban sprawl prevent growth in new single family homes. As a result, buyers and builders have turned to condos to meet demand.

While Canada's housing market at times seems to echo the 2008 housing bubble in the United States, there are several differences. Canada did not suffer the financial crisis to the same extent as the rest of the world in 2009, mortgage interest is not tax deductible as in the United States, mortgages are not repackaged and resold among lenders, and the subprime market is very small.

While construction appears to be booming due to the presence of many cranes on the city's skyline, the long three-year building period before completion means the pipeline is "not proof of excess".

Tighter financing rules and cooling

demand may mean some proposed condo projects may not go forward, but that only serves to diminish the risk of a wave of condo units flooding the market in the future, Hogue said.

He also noted that unoccupied condos represent about 7.5 percent of units completed, about half the average since 1980, while the rental vacancy rate edged down to 1.1 percent last year despite an 18 percent increase in condo rental units.

"Unless household formation dips substantially, we would not expect the emergence of any oversupply reaching levels that would threaten the stability of the market," he wrote.

Still, the market is not without risks, he added.

With no hard data on the size of the investor segment of the market -- somewhere between 15 percent and 60 percent of purchases -- Hogue said a disconnect

may emerge between the type of units investors like and the type demanded by end users.

"If too many investors make wrong calls on the types of units that will ultimately be occupied, thereby inflating demand for certain classes of apartments, this could lead to oversupply in specific market segments (e.g., small one-bedroom apartments)."

The economist also said a lack of affordable new single family homes may mean a two-tier market emerges as condo demand cools.

"In effect, we could well see the emergence of a two-tiered market: a soft condo segment, and a resilient single-family home segment. Recent price data already give hints of such a split, as detached home prices have been outpacing those for condo apartments by a significant margin so far this year," he wrote.

Chinese oil firm CNOOC to acquire

Calgary based Nexen for \$15.1 billion

In China's biggest overseas energy acquisition to date, CNOOC Ltd on July 23rd said it has reached an agreement to acquire Canadian oil-and-gas producer Nexen Inc for USD 15.1 billion in cash.

State-owned CNOOC, China's largest offshore oil and gas explorer, will pay USD 27.50 per share, a premium of 61 percent to Calgary-based Nexen's closing price on July 20 on the New York Stock Exchange.

The deal will give it ownership of oil and gas assets in western Canada, the UK North Sea, the Gulf of Mexico and offshore Nigeria that produces 207,000 barrels a day, boosting the Chinese company's output by about 20 percent.

In a separate deal, China Petrochemical Corp (Sinopec) will acquire a 49 percent stake in the UK unit of Canada's Talisman Energy Inc for USD 1.5 billion, the Canadian firm said in a statement on Jul 23.

The Nexen deal is the second attempt to buy a North American oil and gas producer after political opposition blocked CNOOC's USD 19 billion bid for Unocal Corp in 2005.

Chinese companies have so far spent USD 23 billion since 2005 in buying Canadian energy firms.

CNOOC's last notable deal in Canada was a USD 2.1 billion acquisition of oil-sands developer OPTI Canada. - PTI

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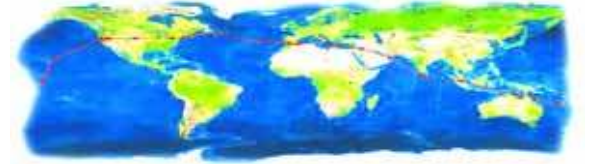
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Around the world



'English Vinglish' to premiere at Toronto film festival



Legendary Indian actress Sridevi returns to the screen after a fifteen-year absence in this funny and touching story about an Indian woman who struggles to learn the English language in order to please her husband and family.

Sridevi's big screen comeback 'English Vinglish' will make its world premiere at the 37th Toronto international film festival (TIFF) along with Mira Nair's 'Reluctant Fundamentalist' and Deepa Mehta's 'Midnight's Children'.

'English Vinglish' is directed by debutante Gauri Shinde.

Launched in 1976, TIFF now ranks

with festivals such as Cannes and Sundance among the world's top movie events, and serves as a launching point for international films seeking North American distribution.

TIFF enjoys a good record of unearthing films that go on to success at the Academy Awards, such as "Slumdog Millionaire" and "The King's Speech," which both won best-film Oscars.

This year's festival will run from Sept. 6-16. The full lineup can be found here: <http://tiff.net/thefestival/filmprogramming>

US Concerned about Chinese Troops Plans on Disputed Island



By William Gallo

China's decision to establish a military base on a contested island in the South China Sea is prompting fears of an escalation in one of the world's most disputed bodies of water.

Beijing recently announced that it will place troops in the newly formed city of Sansha in the Paracel Islands. Beijing declared the establishment of Sansha last month to administer the nearby waters, portions of which are also claimed by Vietnam, the Philippines and other countries.

The United States on July 24th became the latest government to voice concern over the plan, which has already been rejected by the governments in Hanoi and Manila.

"We remain concerned should there be any unilateral moves of this kind that would seem to prejudice an issue that we have said repeatedly can only be solved by negotiations, by dialogue, and by a collaborative diplomatic process among all

the claimants," said State Department spokesperson Victoria Nuland.

U.S. Senator John McCain called the move "unnecessarily provocative," saying such action reinforces why many Asian countries are increasingly concerned about China's territorial claims.

China has been accused by its neighbors of becoming increasingly bold about its claims in the South China Sea, which is thought to hold large oil and natural gas deposits.

Don Emmerson, director of the Southeast Asia Forum at Stanford University, tells VOA that China's behavior can partly be traced to a new nationalistic assertiveness that has resulted from its emerging economic power.

"One of the objectives that China would appear to be following is to increasingly reduce the influence of the American naval presence in the South China Sea," says Emmerson. "One would even suggest that those within the

Ramadan Lanterns Brighten Egyptians' Holy Month



Ahmad Abu Kamel in Cairo sells Ramadan Lanterns known as 'Fanous'

By Margaret Besheer

CAIRO - Ramadan Lanterns Brighten Egyptians' Holy Month In Egypt, during the Muslim holy month of Ramadan, streets become illuminated at night with colorful lanterns known as "fanous." Some say this tradition began with the Pharaohs, others believe Coptic Christians originated it, but what is clear, the fanous has become a uniquely Egyptian Ramadan tradition.

In the weeks leading up to Ramadan, vendors like Ahmed Abu Kamel start popping up in the markets and streets of Cairo selling fanous - or "fawanees" as they are called in the plural.

"Workers start manufacturing the fanous ahead of the season to prepare for it, and 20 days ahead of Ramadan you see a huge amount of fawanees spread along El Sad Street at Sayeda Zeinab [district]," said vendor Ahmed Abu Kamel. "It is a huge number of fawanees, not millions but billions. They are good ones as you see, look at this one and that one, all the different shapes."

Traditional Egyptian fawanees are made of tin and glass and cost between \$10 and \$20. But they have some modern competition from cheaper imitations made in China that are battery-operated and play music.

There are many stories of how this tradition began. One tale says the colorful lanterns evolved from Pharaonic times. Over five nights, ancient Egyptians celebrated the birthdays of

five important deities, using torches to light the streets.

Another story says the lantern tradition evolved from Coptic Christians, who used colorful candles at Christmas.

And yet another tale says that in the 10th century, children used lanterns and sang songs as they lit the way for the Fatimid Caliph as he went out in search of the crescent moon that would signal the start of Ramadan.

Today, grandmother Amal Ahmed says all children wish for a new fanous at the start of Ramadan.

"It is a must that I come every year to buy a fanous - a fanous for myself and one for my grandson," she said.

Children used to go out at night with their fawanees. But now, they stay at home and after the family breaks the daily fast with the evening Iftar meal, they play with their lanterns, singing a traditional rhyme welcoming Ramadan and waiting for little treats from their relatives.

Twelve-year-old Ahmed lives in the U.S. state of Virginia. He is visiting his Egyptian relatives for the summer and says he looks forward to the fanous tradition each Ramadan.

"We get presents from our mother and parents and our family, and it's fun for kids and we play together. It makes our family together. And we get chocolate. And we dance," said Ahmed.

But treats or not, the tradition of the fanous lends Egyptian nights a magical quality during Ramadan.

- VOA News

People's Liberation Army who are among the most vehement nationalists on this issue would like to see the South China Sea actually become a Chinese lake."

China claims nearly all of the 3.5-million-square-kilometer region, which is also claimed in part by the Philippines, Brunei, Malaysia, Taiwan and Vietnam.

A study published this week by the International Crisis Group said the likelihood of a major conflict remains low, but warned that the dispute has reached an "impasse" and said "all of the trends are in the wrong direction."

The report was released after

ASEAN, a 10-member Southeast Asian regional grouping of nations, did not agree on a code of conduct to uniformly resolve the maritime disputes at a regional summit in Cambodia last month.

The report says China has "worked actively" to exploit divisions among Southeast Asian nations, giving preferential treatment to those who support its position in the dispute.

China has insisted on dealing with the disputes on a country-by-country basis, rather than by confronting the regional bloc as a whole. - VOA News



Around the world

"Gold will protect your purchasing power"

Longer-term prospects for the yellow metal remains quite favorable, according to Egon von Greyerz, according to an op-ed on Gold Industry web portal goldalert.com.

Article highlighting the opinion of a well known Gold Industry Investment Analyst regarding long term prospects of Gold price says:

In his latest interview with King World News, von Greyerz - the Founder and Managing Partner of Matterhorn Asset Management AG - laid out his extremely bullish case for gold in light of recent financial developments across the globe.

"The world is simply drowning in debt," von Greyerz asserted. "This is why it is guaranteed that governments will print money...Spanish rates have broken back above the 7% level once again, but in reality we know that many European countries will never be able to repay these debts. You now have a total worldwide debt of around \$150 trillion. If you add to that contingent liabilities, unfunded liabilities, pension funds, etc., you are talking about \$500 trillion."

Von Greyerz added that "If you add to that the outstanding derivatives, which are around one quadrillion dollars, and there are no reserves for them. These are issued without any real asset backing them. If you combine the two figures you are at a staggering one and a half quadrillion dollars. That's against world GDP which is around \$50 trillion."

"So the money printing will come and the hyperinflation will come because without that we have no banking system



and no financial system left," he continued. "You are talking about hundreds of trillions of dollars that potentially need to be printed. The effect of this on the global economy will be disastrous."

As for specific targets for gold, von Greyerz stated that "Prices of hard assets will go into the stratosphere, and this, of course, includes gold and silver. Last time we talked about my target on gold of \$3,500 to \$5,000 over the next 12 to 18 months, and then over \$10,000 in 3 years. But with all of the money creation we are talking about, the world will experience massive inflation. We already know that gold went from 100 marks to 100 trillion marks, from 1919 to 1923, during the Weimar Republic."

He went on to say that "With world debt at much greater levels today vs that time period, the gold price will eventually have lots and lots of zeros after it. But people who are still holding paper money may very well find it is worthless. At least gold will protect your purchasing power."

Pakistan's help to Sri Lanka for Nuclear plant alarms India

Pakistan is all set to begin consultations with Sri Lanka to help set up a nuclear power plant in Trincomalee's Sampur, a news report in India Today says.

Pointing out that 'Pakistan's grand design of increasing influence in Sri Lanka is alarming for India', according to the Indian News weekly and says:

The development is being viewed with concern in New Delhi since the Indian embassy in Colombo reported the development to South Block.

The strategy is part of Pakistan's grand design of increasing influence in the island nation by Pakistan, actively backed by China.

Indian high commissioner to Sri Lanka Ashok Kantha was in New Delhi recently and is believed to have briefed senior officials on Pakistan's recent advances in Lanka. Islamabad also wants to expand defence trade with

Colombo. Even as the Congress-led UPA government comes under intense pressure from its allies in Tamil Nadu on its defence relationship with Lanka at the expense of India, Pakistan is quietly making inroads.

The assessment also suggested that Pakistan is believed to have discussed upgradation and rebuilding of T-55 tank engines, incorporation of rubberised tracks on tanks besides modernisation of the fire and tank gun control systems.

Pakistan made inroads into the defence sector in Lanka when the government was pushed back by its Chennai allies not to provide any defence aid or hardware to Colombo. Under pressure, it also put a defence cooperation agreement on hold.

The recent vote against Lanka at the UN Human Rights Council has also created a wedge between the two countries.

India Must Carry Out 'Difficult' Economic Reforms: Obama

Noting that India prohibited foreign investment in too many sectors such as retail, US President Barack Obama has cited concerns over deteriorating investment climate there to endorse another "wave" of economic reforms.

Still sounding positive about Indian economy, "which continues to grow at an impressive rate," he said that to some extent, India's slower growth is a reflection of the larger slow down in the global economy.

The US President answered a wide range of questions on the state of the Indian as well as global economy, Indo-Pak ties and American strategy in the Asia-Pacific region during an interview to PTI on July 15th.

Obama was careful not to be directly critical of the negative investment climate in India but cited the concerns of the American business community to make his points.

Many in the American business community, "one of the great champions of the US-India partnership", have expressed concerns that the investment climate in India is deteriorating, he said.

"They tell us it is still too hard to invest in India. In too many sectors, such as retail, India limits or prohibits the foreign investment that is necessary to create jobs in both our countries, and which is necessary for India to continue to grow," Obama said.

Refraining from prescribing any solutions for India's economic difficulties, the President said, "it is not the place of the United States to tell other nations, including India, how to chart its economic future. That is for Indians to decide."

Obama noted that "there appears to be a growing consensus in India that the time may be right for another wave of economic reforms to make India more competitive in the global economy."

Obama then went on to add, "and as India makes the difficult reforms that are necessary, it will continue to have a partner in the United States."

"It is important, though, to put this in the context of India's incredible growth and development in recent decades," he said.

The President pointed out that India had lifted tens of millions of people out of poverty to create one of the world's largest middle classes.

"Indian innovation is an engine of the global economy. And even with the recent challenges, the Indian economy continues to grow at an impressive rate. The Indian people have displayed a remarkable capacity to meet India's challenges," he said.

Describing Prime Minister Manmohan Singh as "my friend and partner with whom I have worked closely", Obama said he valued the insights of the Indian leader at various international

forums including the recent G20 meeting in Mexico.

He said at the G20 they agreed that one of the best things they could do to get the global economy growing faster was to renew the focus on growth and job creation in their own countries.

"That's my priority in the US. Of course, one of the most effective ways we can create jobs is to continue expanding trade and investment, including between the US and India."

The President said they need to keep strengthening the pillars of the long-term economic vitality and competitiveness, including the education of the people of the two countries, science and technology, and the modern infrastructure that allows them to move goods and services faster.

"We need to keep up the fight against corruption, which stifles innovation and is one of the biggest barriers to job creation and economic growth around the world. These are some of the things we can do together as global partners," he said.

Obama said one of the reasons why he valued the G20 was that it was the only place where leaders of the world's largest economies -- developed and developing -- can come together and address the economic challenges that affected everyone.

Right now, he said, the global economy continued to face a number of challenges. Global growth, including growth in emerging economies like India, has slowed.

The situation in Europe has, of course, been a concern, Obama said. The G20 summit in Mexico was therefore an opportunity for them to hear directly from European leaders on the progress they were making and on their next steps.

The President said, "In our global economy, we can't just have a few leaders of the most advanced economies making decisions that touch the lives of billions of people around the world."

"That's why we made the G20 the leading forum for global economic decision-making, to give developing and emerging nations, like India, a larger voice. It's why we increased the role of India and other emerging economies in international financial institutions. These institutions are stronger because of India's active participation."

Obama said he believed that the European leaders grasp the seriousness of the situation and were committed to holding the Eurozone together with the steps they have taken in the recent weeks.

"All of us have a profound interest in Europe's success and the US will continue to support our European friends as they work through this challenge."

- PTI

Health & Fitness



A healthy diet for a healthy heart

By: Andrew Shanmugarajah

The threat of cardiovascular disease in Canada's South Asian community is an incredibly serious and growing problem, but tends to be ignored and forgotten until it is too late. In fact, people native to India, Pakistan, Bangladesh, Nepal or Sri Lanka have a 3 times higher chance of having heart disease, and at younger ages. South Asian Canadians also have up to 3 times higher rates of dying from coronary artery disease. Though it is a reality faced by all, heart disease is especially disastrous in the South Asian community. This is a problem that can and must be addressed.

In a community with a large number of vegetarians, non-smokers and non-drinkers, the threat of heart disease still exists. Even those who appear to be in good health have often fallen victim to heart disease. It is imperative that preventative measures be taken by the South Asian community. An unhealthy diet is one of the risk factors behind heart disease, and one that can be most easily controlled with the right awareness, knowledge and willpower.

A healthy, balanced diet can go a long way in lengthening the lives of those at risk of heart disease. Reducing fat

intake, monitoring cholesterol levels, controlling salt intake, increasing dietary fiber and following the Healthy Diet Pyramid in choosing portions are all steps that can be taken, with even the most traditional South Asian cooking styles. Excess fat and cholesterol can lead to many problems, not least of which are coronary artery disease (heart disease) and diabetes. Saturated fats are among the most dangerous fats, and can be found in coconut and palm oils, as well as butter ghee.

These are to be avoided and replaced by healthier, polyunsaturated fats, such as soybean and corn oil, or by monounsaturated fats that may help reduce cholesterol, such as olive oil and canola oil. The amount of fat in one's diet can also be cut, by replacing the cream used in many curries with lower fat milks, removing visible fat from meat, and limiting fried dishes. Also of interest is that an excess of salt can cause increased blood pressure levels, which in turn can lead to a number of other disease conditions. Replacing salty snacks with healthier alternatives, avoiding MSG and cutting out barbecued/smoked red meat with lean white meat as per Canada's food guide can be part of a healthy diet.



Heart disease can also be prevented by increasing one's intake of some healthier food options. For example, 20-35g of fiber daily can reduce the risk of many diseases linked to diet, including heart disease. This fiber can be obtained by eating oats, brown rice, leafy vegetables, lentils and whole wheat/whole grain products. Using brown long grain or brown basmati rice, or experimenting with other grains, such as quinoa, barley and oats is another step towards eating healthier and keeping your heart happy. Making small changes, such as those above, will add up over time and eventually eating smaller, healthier portions can play a huge part in delaying the

onset of heart disease in the South Asian community.

The South Asian diet has room for improvement, from a health standpoint. Improvements in one's diet will go a long way in mitigating the risk of heart disease. The Heart and Stroke Foundation has worked to create and share resources tailored to Canada's South Asian community.

Visiting www.heartandstroke.ca/southasian is a great step towards developing and maintaining a healthy lifestyle. It is an excellent starting point for those concerned about their own health and the health of family and friends.

Sleep Disorders spoil a Good Night's Sleep

Sleep disorders are more common nowadays. A third of those who go for treatment may have sleep disorders that must be addressed.

While for lifestyle disorders like diabetes or other ailments, a specific form of treatment may be advised, for those with irregular sleep cycles doctors suggest modification of their lifestyle.

One of the reasons for poor sleep is excessive snoring. Some people not only snore but also suffer from poor breathing during sleep.

Sudden snorts and long pauses in breathing during sleep could be due to Obstructive Sleep Apnea (OSA). Such persons wake up tired and feel fatigued even after six to seven hours of sleep.

According to N. Ramakrishnan, director of Nithra Institute of Sleep Sciences, on average usually six to eight per cent of the population in India has OSA.

"A study in north India found that eight to night per cent of people suffer from the problem," he said. The institute, which has been working with M.V. Hospital for Diabetes, Royapuram, has found that among diabetics, even those who are not obese exhibit a higher incidence of sleep apnea. Not all sleep disorders can be treated with medication, said chest physician R. Narasimhan.

"No tablet can cure sleep apnea.



However, equipment that maintains continuous airway pressure such as a CPAP machine allows a patient to enjoy good sleep. With greater awareness that snoring is not a natural phenomenon, more people are opting for them," he said.

"It helps the patient to breathe easily and he does not experience fatigue during the day. However, the therapy must be continued every night. Discontinuing it would mean a return of the problem. You must remember that if you do not use the machine one night then the next day you will feel fatigued because of your condition," he said.

Watching TV makes you weak - University of Montreal Study finds

Does your child spend too much of time watching TV? Beware, as a new study has found that young children who watch too much TV are more likely to have a larger waistline and weak muscular fitness as teens.

The more hours they spend watching television, the worse their muscular fitness and the larger their waist size as they approach their teens, with possible consequences for adult health, found the study published in the journal International Journal of Behavioral Nutrition and Physical Activity.

It's recommended that children below two years should not exceed more than two hours of TV viewing a day. But, evidence suggests an increasing number of parents now use television as an "electronic babysitter".

To find out whether there is any impact of childhood TV watching on physical fitness later in life, a team from the University of Montreal looked at the data of a large Longitudinal Study of Child Development study.

The team assessed parental reports of the number of hours the child spent watching TV per week at 29 and 53 months of age. Muscle strength and abdominal fat correlate with fitness, and were therefore measured when children were in the second and fourth grade, using the standing long jump test and waist circumference.

The authors found that each hour per week of television watched at 29 months corresponded to a 0.361cm decrease in the Standing Long Jump Test, indicating a fall in muscle strength. An extra hour's increase in weekly TV exposure between 29 and 53 months of age predicted an extra 0.285 cm reduction in test performance.

Also significant was that waist circumference at fourth grade increased by 0.047cm for every hour of TV watched between the ages of 29 and 53 months, corresponding to a 0.41 cm increase in waistline by age 10, or a 0.76 cm increase for those who watched more than 18 hours of TV a week.

Since physical fitness is directly related to future health and longevity, increased waist size and reduced muscular strength that carries into adulthood could predict negative health outcomes later in life, the researchers said.

"TV is a modifiable lifestyle factor, and people need to be aware that toddler viewing habits may contribute to subsequent physical health," said lead author Dr Caroline Fitzpatrick from New York University who conducted the study at the University of Montreal.

She continued, "Further research will help to determine whether amount of TV exposure is linked to any additional child health indicators, as well as cardiovascular health". - PTI



Health & Fitness

Say NO to drugs

Got a runny nose, itchy, watery eyes and a cough that won't subside? Suffering from countless, sleepless nights? Got a throbbing headache that feels like a hammer to your head? Well, most of us have experienced one or more of these common ailments that leave us desperate for a quick, painless cure. The common solution would be to take a trip to the nearest pharmacy and purchase over-the-counter medication or run to the doctor for antibiotics or other pain relieving, prescription drugs. I for one am a firm believer that prescription drugs are not always necessary to cure health problems; there are natural or alternative methods. Some may think of "natural" or "alternative" medicine as hocus pocus, or an unscientific approach to medicine, but many studies have shown that simple things such as the herbs growing in your backyard or the produce found in your local supermarket can actually help to cure many health problems. The advantages of natural or alternative medicine include: minimal to no side effects, are environmentally friendly (use natural herbs and techniques versus lab and chemically created medicine), cost effective, and create a sense of self-awareness. With natural or alternative medicine, you are actively involved in maintaining your body's homeostasis which allows you to develop a sound understanding of how your body functions and relates to your health.

Insomnia

Herbs such as Valerian root and Kava are popular remedies to help cure insomnia. Although, these herbs are effective for some, they may not work for everyone. Due to small sample sizes, study designs, doses and time constraints, studies are still inconclusive on the effectiveness of Valerian root. Kava, another herb used for insomnia and anxiety, has a main active component called Kavalactones which affect the levels of certain neurotransmitters such as dopamine, norepinephrine and gamma aminobutyric acid (GABA) in the blood. Traditionally, kava was chewed or made into a beverage. Now, it is available at your local health food store in a capsule, tablet, tea, and liquid form.

Diabetes

Research has shown that South Asians, compared to other ethnic groups, have the greatest risk of developing Type 2 diabetes. This is mainly due to poor lifestyle choices including a high fat, salt and sugar diet and a sedentary lifestyle. Some natural remedies for diabetes include ginseng, an herb which is known to have many healing properties in traditional Chinese medicine and helps to lower blood glucose levels. Minerals such as chromium, zinc, vanadium and magnesium have also been shown to improve blood glucose levels in diabetics. Most of which can be found in foods such as green leafy vegetables, nuts, fenugreek seeds, sage, buckwheat, lean meats, beans and legumes. Similarly, lifestyle changes such as a well-balanced diet, regular physical activity, limiting alcohol intake, managing stress and avoiding smoking can help manage or prevent the onset of diabetes.

Premenstrual cramps

It's that dreadful "time of the month"

when food cravings are out of control, your mood is like a rollercoaster ride; switching from happy to sad to angry to happy again in a matter of minutes, the throbbing pain in your lower back is immobilizing and even popping 2 extra strength Tylenol tablets (every four to six hours as indicated) can't help alleviate the painful abdominal cramps. Well ladies, there is a solution to our monthly episodes! While the pain is unbearable and you want to curl up with a warm blanket in front of the television on your couch, try doing some yoga postures to alleviate the pain. Certain postures such as the downward facing dog, child's pose, camel pose, bridge pose, seated back bend and the lotus pose can help reduce the pain. Taking a multi-vitamin can also be beneficial. Nutrients such as magnesium, calcium, vitamin E and B1 help to lessen the severity of cramps. Consuming omega-3 fatty acids which are found in fish such as salmon, mackerel, sardines, and anchovies are also cramp-fighters. So, the next time your raging hormones entice you to indulge in a greasy burger from a fast-food restaurant, try poached salmon with a side of green vegetables and sweet potatoes for a healthy alternative.

Nausea

Nausea is all too common and may be experienced often by many. It can be caused by travelling, pregnancy, food sensitivities, the flu or our environment. There are many common over-the-counter medications such as Gravol and Pepto Bismol that help reduce the symptoms of nausea. So, the next time you get the overwhelming desire to purge your morning breakfast into the toilet bowl, try natural remedies such as drinking clear fluids including herbal tea, soup (chicken noodle is my favourite!) or water, getting plenty of rest, avoiding alcohol, fatty, seasoned and spicy foods, caffeinated beverages and cigarettes. Alternatively, try chewing on ice or using a cold compress to help reduce the discomfort and queasiness.

Migraines

According to Headache Network Canada, a migraine is defined as a "chronic biological disorder that makes an individual prone to recurrent headache attacks." Migraine sufferers usually experience nausea and vomiting, sensitivity to light and sound, disturbed vision, numbness and tingling. Migraines can be managed by non-medicinal, alternative methods such as certain lifestyle changes including: getting seven to eight hours of uninterrupted, undisturbed sleep; participating in physical activities for a minimum of 30 minutes a day, eating a well-balanced, nutritious diet, and managing or lowering stress.

Depression

1 in 5 Canadians will suffer from a mental illness at some stage in their lives. Approximately 2.5 million Canadian adults or over 10% of the population 18 and older will experience minor or major depression,

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

according to the Canadian Mental Health Association. Depression is an illness that affects people at all ages with majority of the cases during childhood. Symptoms include feeling sad, hopeless and helpless, having trouble sleeping, not being able to concentrate or focus, loss of appetite, experiencing negative thoughts or suicide, and becoming more irritable, short-tempered or aggressive. There are many anti-depressants available that can help depression by balancing the neurotransmitter levels of dopamine and serotonin in the brain. However, there are many natural remedies such as the St. John's Wort, an herb used in traditional medicine to alleviate sadness, nervousness, anxiety and insomnia. The "good" fats such as the omega-3s are also linked to reducing the effects of depression. Unfortunately, our body does not have the ability to produce omega-3 fatty acids so we must obtain them from our diet. Omega-3s can be found in

foods such as salmon, eggs, sardines, flax seeds and walnuts.

Alternatively, Sam-E or S-adenosylmethionine, a supplement that maintains normal brain function by regulating serotonin and dopamine levels, can also be used as a natural remedy for depression. Sam-E is available in tablet form at your local health food store.

Arthritis

Arthritis is a debilitating joint disease that can affect anyone at any age. Fortunately, there are many herbal and natural remedies that can help reduce the pain and inflammation associated with breakdown of the cartilage between the joints, which is one of the main causes of Arthritis. And you don't have to look too far. These remedies are available in your very own back yard! Some of your favourite herbs can help reduce the symptoms of Arthritis. In fact, cayenne pepper, a pain-relieving herb, has been shown to help those suffering from osteoarthritis and rheumatoid arthritis, the most common forms of Arthritis. Apples, parsley, hot peppers, chamomile, elderberry, feverfew, dandelion, wild yam, yarrow, juniper berries, and horseradish are a few foods that help reduce inflammation. Other natural remedies include exercising, maintaining a healthy body weight, using electric gloves or heat blankets to warm up joints and to reduce pain, limiting over-the-counter creams and drugs, and listening to your body and stopping when it hurts!

High Blood pressure

High blood pressure is also known as hypertension, a condition that is caused by multiple factors including stress, a high fat, salt or sugar diet, a sedentary lifestyle, genetics, smoking, age or excessive alcohol consumption. Fortunately, hypertension can be treated and regulated if it is detected at an early stage. There are many natural and healthy ways to regulate high blood pressure including consuming foods such as garlic, green vegetables, fruit, fibrous foods, fish oils, and vitamins and minerals such as Coenzyme-Q10, magnesium, potassium, calcium, and vitamin C. Maintaining an active lifestyle, regulating body weight, eating a low-sodium, low-fat diet, managing stress, avoiding excessive caffeine and alcohol and limiting your sugar intake can help to reduce the detrimental effects of high blood pressure.

Cancer

Lung, colorectal and prostate cancers are the leading causes of death in Canadian males. In 2012, it is estimated that 25.6% of women will develop breast cancer, 13.8% will develop lung cancer and 11.6% will develop colorectal cancer, according to the Canadian Cancer Registry and Statistics Canada. Unfortunately, most of us have either lost a loved one or know someone who has been affected by this deadly disease. So, how do we fight or try to cope with the symptoms without the use of grueling treatments such as chemotherapy, vaccines, and drugs? Well, cancer experts have suggested integrative or complimentary techniques including touch-therapy, aromatherapy, massage therapy, acupuncture, meditation, and yoga to help cope with cancer symptoms. Other mechanisms such as eating well, living well and staying informed can help cancer patients improve quality of life and in some cases increase longevity. In fact, Dr. Jerry Hoover, a Naturopathic Doctor, suggests eating a "raw food diet" consisting of raw fruits and vegetables, sprouted grains, and nuts which help build the immune system. Similarly, studies have reported that the risk of cancer can be significantly reduced by making simple dietary and lifestyle changes including; substituting fish for red meat, consuming fibrous food such as beans, green vegetables, whole grains, and fruit, avoiding refined carbohydrates such as white bread, pasta and rice, consuming "good" fats such as mono and polyunsaturated fats found in avocados, canola oil, olives, walnuts, almonds and peanuts and performing a physical activity for 30 to 60 minutes a day! Choose your favourite activity such as walking, running, hiking, jogging, swimming, or cycling and get up and get moving!



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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.



What Ontario's action plan means for patients and the system

Some of the points from the blog of Rik Ganderton, President and CEO, RVHS about the Ontario Government's Action Plan.

By Rik Ganderton,
President and CEO, RVHS

In this blog I will talk about the Ontario Government's Action Plan for Health Care and why it (or something similar) is needed to ensure that we and our children will have a sustainable, quality health care system in the future.

The time for action is past due really. It's a thorny, difficult issue that has been around for at least two decades and it's one that few have been keen, or able, to tackle head on, although many have tried unsuccessfully. I think the difference this time is that there is a comprehensive plan with real incentives and disincentives to drive the change.

Health Minister Deb Matthews puts it this way. "We can't keep spending our health dollars the way we used to. If we don't change, we simply won't be able to guarantee sustainable universal public health care for ourselves, our children

and our grandchildren."

I have to agree.

That's why we are talking about Ontario's Action Plan for Health Care. The transformation required and set out in the government's plan is the most significant change in health care since the introduction of Medicare in the 1960s. In my view, it's long overdue.

Rouge Valley Health System has been discussing this internally and externally with our local political leaders in recent weeks. (Our April 27, 2012 presentation to them is available to the public.)

Now it's time we talk about the changes needed and what they might mean to our organization, our patients and to our communities. On June 7, I spoke to municipal councillors on Durham Region's Health and Social Services Committee about Ontario's Action Plan for Health Care and what it could mean.



Rik Ganderton, President and CEO, RVHS

We believe the province's action plan is the right path to pursue and we want you, our community, to be aware and as involved as you choose to be in the discussion that is beginning. The plan is based on the principle that good quality costs less. I'm convinced that this is true:

it has been our experience at Rouge Valley Health System (RVHS) in the last five years.

Please read the Ontario Action Plan for Health Care for your own education as it will have real impact on our health care system.

Rouge awarded for infection control, communication Hospital wins

national infection control and two international communications awards

Rouge Valley Health System (RVHS) has won a national award in infection control and

two international awards in communication.

RVHS has been awarded first prize at the Community and Hospital Infection Control Association. (CHICA-Canada) 2012 National Conference for its poster presentation on the hospital's innovative hand hygiene campaign. Rouge Valley has also picked up two communication awards from US-based Communications Concepts Inc. in its 2012 APEX Awards for Publication Excellence. RVHS won one APEX award for its hand hygiene campaign and another for its dynamic 2011 online annual report.

"The awards exemplify how our staff think and act creatively to prevent infections and communicate. Congratulations to the many people involved. All of these awards reflect the hospital's continuing drive to constantly improve the patient experience - a challenging journey we have embarked on," says Rik Ganderton, president and chief executive officer of the hospital.

CHICA 2012 National Conference Award

CHICA-Canada is a multidisciplinary, professional organization that

guides health care providers across the country in the prevention and control of infections. At CHICA's national conference in June, 35 educational posters, on a wide range of infection control topics, were entered by hospitals, researchers and universities from across the country.

RVHS was awarded first prize for its poster entitled, "Hands Up! Improving hand hygiene compliance as a key patient safety and quality initiative," which describes how Rouge Valley was able to significantly increase its hand hygiene compliance rates through a comprehensive campaign. The campaign consisted of educational and promotional tools and vehicles, including: Hands Up posters, screen savers, and bookmarks featuring the faces of more than 100 staff members; a hospital film festival with one-minute videos created by staff, physicians and volunteers; and, new "Ask me if I've cleaned my hands" buttons worn by frontline employees. The award was won by infection prevention and control team members Jayshree Somani and Paula Raggiunti. The poster presentation can be viewed on the RVHS website

at www.rougevalley.ca/images/PDFs/publications/handsup_conference_poster_jun_e2012.pdf

RVHS hand hygiene rates, measuring how frequently staff clean their hands before and after contact with a patient and his or her immediate surroundings, have gone from 54 per cent (before contact) and 77 percent (after contact) compliance in 2010 to 90 per cent (before contact) and 95 per cent (after contact) in 2012.

"Hand hygiene is the single, most important way to help prevent the spread of germs. In the last two years of our campaign, we have truly seen our staff, physicians and volunteers become more impassioned about hand hygiene. So it's wonderful to have the campaign recognized by a leading infection control body like CHICA-Canada," says Paula Raggiunti, RVHS director of infection prevention and control.

2012 APEX Awards

APEX is an international competition that recognizes outstanding achievements in graphic design, editorial content and overall communications. More than 3,400 entries were submitted in this year's competition, including those from Ford, Disney, Toyota, Costco, US and Canadian hospitals, school boards and universities.



Rouge Valley HEALTH SYSTEM

Rouge Valley won awards of excellence in two categories. In the special purpose campaigns, programs and plans category, RVHS won again for its Hands Up communications campaign. The award was presented to infection control practitioner Jayshree Somani and public affairs' Nicholas Smith. A second APEX award was won by the public affairs team in the annual reports - electronic category for Rouge Valley's first-ever dynamic web publication, Annual Report 2011: Giving You More. This entirely online report showcases all of Rouge Valley's key stories, challenges and achievements from the 2010-11 fiscal year. The report is available at www.rougevalley.ca/annual-report-2011.

"We would like to thank all of our Rouge Valley staff, physicians and volunteers for the work they do in delivering patient care, which we are able to share internally and with our communities," says David Brazeau, director of public affairs, community relations and telecommunications.



Rouge Valley
HEALTH SYSTEM

Rouge Valley Health System

Age-old treatment 'crawls' its way back into modern medicine at Rouge Valley

They're creepy. They're crawly. But for one Scarborough resident, maggots may have helped to save his leg.

Fifty-nine-year-old Waclaw Tyszkiewicz had a regular callus on his right foot that he tried to treat himself, but it began to worsen. When it became more painful and changed in color, he and his wife both knew something was wrong. At the suggestion of their physician, Waclaw made their way to the emergency department at Rouge Valley Centenary (RVC). There, they learned that his wounds were seriously infected, and he was immediately admitted and given antibiotics.

Waclaw also has diabetes, and this condition often makes it more difficult for cuts to heal. Waclaw was soon put into the care of plastic surgeon Dr. Marietta Zorn, as well as clinical nurse specialist in wound care, Rose Raizman.

Unfortunately, Waclaw's infection was serious enough that his pinky toe had to be amputated, and his health care team soon realized that the health of the rest of his leg was also at stake. Dr. Zorn and Raizman discussed the possibility of a radical treatment that could help to save his leg, and effectively treat the wounds on his feet: maggot therapy.

Maggots can do wonders for many non-healing wounds, including pressure ulcers, diabetic ulcers, traumatic wounds, and surgical wounds. Also known as debridement therapy (the removal of dead and infected tissue), maggots are used to clean the wounds by eating the dead tissue, killing the bacteria, and speeding up the healing process. Not only does maggot therapy have an

"The maggots did an excellent job of cleaning up the wound bed, preparing it for the healing stage"

excellent safety record, it's also quite inexpensive.

"Waclaw was going to lose his leg, and there was discussion about amputation. But he had great circulation, which means that he had great potential to heal," remembers Raizman.

"Maggots, from my experience, can do a very precise job of cleaning the wound from necrotic or dead-tissue." Raizman, who is also one of Rouge Valley's experts on wound care, had successfully used this treatment in the past. At that time, she was the only clinician in Ontario using this treatment and patients came from far away for access to this alternative.

Though it would be the first time used at Rouge Valley, this treatment is far from new. For centuries, maggots have been known to help heal wounds, and were once routinely used by many physicians in the 1930s. The practice soon slowed down with the development of new antibiotics and better surgical techniques.

Both Dr. Zorn and Raizman agreed that this could be the only way to effectively treat his wounds and save his foot. Waclaw was a bit skeptical at first when maggot therapy was suggested to him, but knew how serious the situation was, and decided to give it a chance. "I had never heard about this treatment before. But I felt positive about it, so I said yes to the treatment. It didn't matter what was



going to help, as long as it helped," he remembers.

The 'medical grade' maggots-which are produced in a sterile laboratory where the eggs are washed in an antiseptic solution-were ordered from California and transported in specimen jars. In all, Raizman and Mary O'Connor, a registered practical nurse with Rouge Valley's Save Our Skin (SOS) Team, that specializes in wound care, applied more than 900 maggots to Waclaw's wounds at each application. The maggots remained in the wounds for up to three days, safely secured with a special net-like dressing that prevents them from escaping.

Waclaw was given three treatments. The first two were administered while he was still an inpatient at RVC. Waclaw

received the final treatment after he was discharged, at Rouge Valley's specialty outpatient wound clinic.

After each treatment, hydrogen peroxide was applied to the wound to remove the maggots. They were then double bagged and put into a hazardous waste box so they could be properly disposed of on the same day. When the maggots first arrived, they were tiny in size, but by the end of Waclaw's treatments, they had grown up to 10 times their size. At the end of the treatments, a vacuum-assisted closure (VAC) was applied to Waclaw's foot. This negative pressure therapy is used to promote faster healing in acute or chronic wounds.

"The maggots did an excellent job of cleaning up the wound bed, preparing it for the healing stage," explains O'Connor.

Thanks to the collaborative efforts of Dr. Zorn and Raizman, as well as Waclaw's willingness to try this treatment, the aggressive therapy seems to be working. Raizman is hopeful that it will help to save his foot. Waclaw is now being seen weekly in the wound clinic. The VAC will remain on his foot until the wounds are fully healed.

Waclaw is thankful for the quality care he received at Rouge Valley. He calls O'Connor and Raizman his 'angels'. They explained what they were doing each step of the way, helping to keep both Waclaw and his wife informed, calming their worries.

"A million times thanks. It was very important to try this treatment. If we didn't do more, it could have gotten worse."

Rouge Valley welcomes three new doctors

New physicians to help cater to growing community needs

The newest physicians to join Rouge Valley Health System's (RVHS) growing medical team will help to continue further the hospital's commitment to quality patient care in east Toronto and west Durham Region.

New infectious diseases specialist

Dr. Vishal Joshi is excited to begin a new chapter of his life at Rouge Valley. The Toronto native, who specializes in both internal medicine and infectious diseases, thrives on challenges and is dedicated to his patients.

Dr. Joshi earned his medical degree at the Universidad Iberoamericana in the Dominican Republic, and completed his internal medicine residency through the University of Connecticut, and an infectious diseases fellowship through the University of Maryland. Dr. Joshi has also taken his experience and knowledge in infectious disease and internal

medicine to other parts of the world, by helping to provide earthquake medical relief in Haiti, as well as providing HIV outreach in Uganda and Malawi.

"We live in a diverse multicultural society," explains Dr. Joshi. "I hope that my past experience and training will serve my patients well."

Dr. Joshi is fluent in English and Spanish. He will be primarily based at Rouge Valley Ajax and Pickering (RVAP), but will also be doing infectious disease consultations at Rouge Valley Centenary (RVC).

New neurologist joins RVHS

Coming to Rouge Valley was an easy decision for neurologist Dr. Chern Lim, as the hospital offers precisely what he was looking for - a supportive working environment, and a location that is right in the middle of an ever-expanding community. Dr. Lim's interest in the study of

neurological disorders, as well as the rapid advancements in diagnosis and management, made this field an easy fit for him.

Dr. Lim, who is fluent in Mandarin and Cantonese, earned his medical degree neurology residency at the Memorial University of Newfoundland (MUN). He also completed a residency in neurology at MUN, and a fellowship in neuromuscular medicine at the University of Western Ontario.

Before arriving at Rouge Valley, he worked as an emergency department locum physician and full-time neurologist at St. John's Health Sciences Centre in Newfoundland.

Dr. Lim will be seeing patients at both Rouge Valley hospital campuses.

New obstetrician-gynecologist joins RVC

Obstetrician-gynecologist Dr. Usha

Harikumar always knew that she would one day have a career working in women's health. "I was always interested in this field," she explains. "Obstetrics and gynecology has a wide spectrum, varying from healthy women having babies to women suffering from various illnesses. It is a challenging and rewarding specialty."

Dr. Harikumar has had the opportunity to travel all over the world for her studies. She obtained her degrees in medicine and surgery at Kerala University in India, where she is from. She also completed her training in obstetrics and gynecology at Calicut Medical College in Kerala, later finishing her residency in obstetrics and gynecology at the University of Toronto.

Dr. Harikumar speaks English, Malayalam, Tamil and Hindi, and is based at RVC.

Health & Fitness



Breast Is Best

By Dr. Harshini Sriskanda

Having a baby for the first time brings with it many decisions that have to be made. My husband and I struggled with deciding what was best for our new baby, but one thing we knew with certainty was that 'breast is best'. Most Tamil women I've spoken to have breastfed their children, or are planning to when they have a child. In the days following our baby's birth, I realized what an enormous commitment it really was. Our daughter was beautiful and sweet and healthy, but I was breastfeeding frequently and exhausted beyond anything I've ever felt in my life.

I kept myself going because I knew what I was doing was important, necessary and had many benefits for my child. I also had a considerable amount of support from my family that allowed me to focus almost exclusively on feeding my infant.

The Canadian Pediatric Society recommends breastfeeding as the only source of food for all full-term infants (some premature babies may need extra sources of nutrition). There are many benefits to breastfeeding, for both mother and child. For mother, breastfeeding promotes weight loss after birth, and reduces her risk of certain types of cancer (namely, breast and ovarian). For baby, breastfeeding is known to reduce the number of coughs, colds, and episodes of

vomiting and diarrhea in the first year of life, compared to formula feeding. It may also reduce the risk of allergies later on in life enhance infant development.

Here are my suggestions on how to have a successful breastfeeding experience:

" Educate yourself. Breastfeeding is natural, but it's not always easy. There are many books on the topic, but two websites I like and found helpful are www.breastfeeding.com and www.baby-center.ca. Both are excellent sources of information, as well as having active discussion forums which can be a good source of support for new moms.

" Eat a wide variety of foods, including fruits, vegetables, dairy products, and meat and fish if you are non-vegetarian. You might receive advice to limit your diet in the first few weeks in case certain foods don't agree with the baby, but babies can tolerate nearly anything in breast milk. Your body also needs nutrition from a variety of sources to heal from the delivery and replenish nutrients that are being secreted in milk. If you are vegetarian, you need to be extra careful to eat foods that are rich in iron and Vitamin B12 - green vegetables such as spinach and broccoli, and lentils are all good sources.

" Drink water. It's common for new mothers to be told to limit their intake of

water in order to quickly lose their baby weight. This is in fact, dangerous, and a fast way to become dehydrated and unwell. Drink lots of water because you will be extremely thirsty, due to all the fluid being lost in your milk.

" Don't give water to the baby. Many well meaning people told me to give water to my baby to ensure regular bowel movements, but this is poor advice. Babies, especially newborns, don't need to drink water. It fills up their stomachs and makes them lose their hunger for milk which in turn slows their growth. In the summer time, if you think your baby is thirsty, breastfeed them more frequently instead of giving water. As for bowel movements, most newborns will have bowel movements several times a day at first, and then may only have one every week or ten days! If the baby is not uncomfortable and is growing well, don't worry about it.

" Don't let anyone tell you that your milk is not enough. Breastmilk is the only food your baby needs for the first 6 months of life, and breastfeeding more frequently or for a longer duration at each feed is the best way to increase your milk supply. If you're worried that your baby is not gaining weight, speak to your doctor about it, because there may be other reasons behind this.

" Give your baby Vitamin D.

Breastmilk has almost all the nutrients your baby needs, except for Vitamin D. You can buy Vitamin D drops at any pharmacy, and only a small amount is needed for the baby daily.

" Buy a breast pump and use it. After your baby has mastered the art of feeding directly from the breast (which can take a few weeks in some babies), use the breast pump to pump milk and let someone else feed the baby once in awhile. This can give you a break, and also help your partner or other family member bond with the child. There's nothing wrong with breastmilk that has been stored in the fridge or freezer and then gently reheated.

" Don't be too hard on yourself. Breastfeeding can be a major stressor for some women, and it's certainly not the end of the world to use formula. The most important thing you can give your baby, more than breastmilk, is a happy, healthy and relaxed mom. If breastfeeding is preventing you from enjoying your baby, or making you resent your child, give yourself permission to stop.

This stage in your life and your baby's life is fleeting, so try and enjoy it as much as possible. The late nights and early mornings spent breastfeeding won't last forever, but the benefits will endure for a lifetime.

Harshini Sriskanda, M.D., attended medical school at Queen's University in Kingston, Ontario. She is currently a Pediatric resident at Children's Hospital in London, Ontario. She is also the happy mother of a baby girl.

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Hon. Mayor Steve Parish receiving the pick ribbon from Canadian Breast Cancer Foundation staff



Hon. Mayor Steve Parish, Fasih Masood, Founder & President, CCCC with Canadian Breast Cancer Foundation staff and volunteers



Canadian Breast Cancer Foundation staff and volunteers



Mehul Roy, star batsman from winning team, Asapient-Thunderbolts scored 51 including a '6' receiving royal treatment by his team mates



Staff from Golden Catering Services who served the delicious lunch



Display of Plaques and Trophies

On Saturday, July 28th, a clear sunny and beautiful day, Corporate Canada Cricket Club along with the presenting partner CIBC and the community charity partners, Heart & Stroke Foundation and Canadian Breast Cancer Foundation hosted the 2nd annual Ajax Mayor's Cricket Festival.

Although the competition games started at 8 a.m. the official ceremony with the Chief Guest and the presenting partners took place at 12 o' clock. The chief guest Hon. Steve Parish, Mayor, Ajax officially opened up the ceremony. Ajax ward 2 Councillor, Renrick Ashby also attended the event.

Other speakers during the opening ceremony were Helen Mirmina, CIBC, Regional Branch Manager, Durham, Poonam Sindhwani, Canadian Breast Cancer Foundation, Jasjit Bawa, Heart & Stroke Foundation, Philip Navaratne, Durham Cricket Academy and Fasih Masood and Venky Jeyaraman, Founders of Corporate Canada Cricket Club.

Guest of Honour, Hon. Joe Dickson, MPP, Ajax-Pickering attended the closing ceremony to make the final presentation of trophies to winner and runner up teams.

Asapient-Thunderbolts scored 133 in 10 overs, the highest score and won the winner's trophy. Congratulation to the winners and other participants.

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



Darrell Dietz, Director, Sponsorship Marketing, CIBC presenting a donation cheque to Poonam Sindhwani of Canadian Breast Cancer Foundation



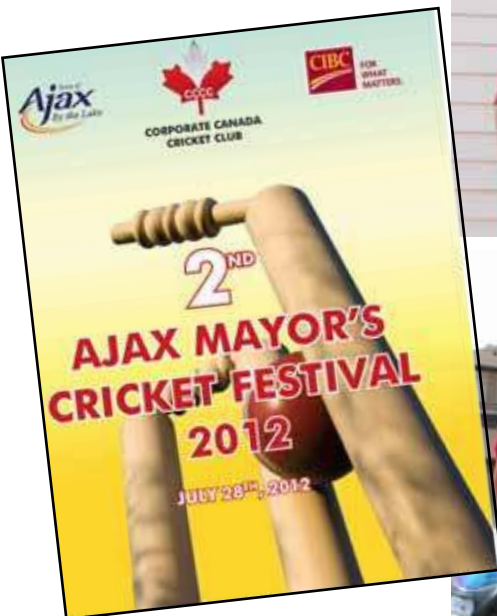
Other recipients of plaques were Ajax Mayor Hon. Steve Parish, Director, Sponsorship Marketing, CIBC, Darrel Dietz, presenting sponsor



Winning team, Asapient-Thunderbolts with Hon. Mayor Steve Parish and Founders of CCCC and Presenting sponsors, CIBC



Helen Mirmina, CIBC, Regional Branch Manager, Durham presenting a donation cheque to Jasjit Bawa of Heart & Stroke Foundation





The Scarborough Hospital

Endoscopic Ultrasounds procedures for Cancer by Dr. Yeung and her team

Tucked away in the Endoscopic Unit of The Scarborough Hospital is a small team that is making a big difference in cancer staging using advances in medical imaging technology.

One physician and four nurses comprise the only clinical team in the Central East LHIN and one of few in Ontario to perform Endoscopic Ultrasounds (EUS), a minimally invasive procedure that captures images and collects tissue samples for examination and analysis.

"The main application is for cancer staging," says Dr. Elaine Yeung, Gastroenterologist at The Scarborough Hospital. "For gastrointestinal cancers, oncologists frequently require more detailed imaging beyond what a CT or MRI scan can provide to determine accurately what stage the cancer has reached before developing a treatment plan."

Staging has evolved over time and continues to change as physicians learn more about cancer, but what we know is that the process is vital in understanding how cancer progresses, estimating its severity and verifying whether or not the disease has spread throughout the body.

"We are very fortunate to have EUS available to help optimize our treatment plan and obtain tissue through a minimally invasive approach," says Dr. Jeff Rothenstein, a medical oncologist who provides treatment to patients with lung cancers and gastrointestinal cancers. "Dr. Yeung provides an exceptional service to our hospital and our LHIN."

Using EUS technology, Dr. Yeung guides a scope into and around various areas of the body to visualize the layers of the intestinal wall as well as adjacent structures.

"Essentially, it's an endoscopy, but there is an ultrasound probe at the tip of the

endoscope to examine carefully the layers of the esophageal, stomach or rectal wall," says Dr. Yeung as she draws a diagram to better illustrate how the scope can also visualize areas beyond the surface of the organs. "It makes a difference which layer of the wall the tumour is located, and its location can determine whether a patient should go straight to surgery or first receive chemotherapy."

Patients are sedated rather than given a general anaesthetic so recovery time is usually within half an hour – a benefit that averts major surgery.

"(Patients) are amazed they can have this procedure as quickly as they do," says Lorraine Majcen, Registered Nurse at The Scarborough Hospital.

Lorraine is one of four RNs who received specialized training to support EUS. The nursing team assists in setting up the equipment including the endoscopic ultrasound processors. They also monitor the patient during the procedure and ensure their healthcare needs throughout the entire process are met.

EUS is an efficient and cost-effective method in gathering tissue samples. In the past, physicians would perform major surgery to access the internal organs.

Since cancer can spread through the lymphatic system, another important feature of EUS is the ability to biopsy lymph nodes. A special needle is advanced into the wall of the GI tract under ultrasound guidance to sample lymph nodes or tumours in previously difficult to reach areas, such as the pancreas.

"EUS is one of the best imaging tools for the pancreas," explains Dr. Yeung. "We can see the pancreas very well with the endoscope placed in the stomach or duodenum. The biopsy procedure itself is



Dr. Yeung and her team perform three to six EUS procedures a week to gather tissue samples for oncologists who analyze them to determine at which stage a patient's cancer has reached.

safe and also painless.

Dr. Yeung sees between three to six patients a week, and while many are from the GTA, TSH accepts referrals from physicians and oncologists across the province.

"It's beneficial for patients because cancer staging is so important," says Gloria Hanna, RN at The Scarborough Hospital and part of the EUS team. "We have had patients travel from as far as Wawa, a small town in Northern Ontario, for the procedure, and I'm proud to be part of a team that can provide such a specialized service."

The TSH EUS program was first proposed by Dr. Theodore Shapero, a senior Gastroenterologist at The Scarborough Hospital. Dr. Shapero together with Jacqueline Ho, Patient Care Manager of the endoscopy unit, came up with the business plan for the initiative.

"The Scarborough Hospital is a centre for cancer care and we are proud to offer this

unique service to enhance our oncology program," says Jacqueline. "EUS not only provides our patients with the opportunity to receive timely and efficient access to specialized care, but supports our vision to be recognized as Canada's leader in providing the best healthcare for a global community."

The equipment was purchased with funds donated by Kenneth and Daisy Lee, who received care at TSH for many years and are long-time supporters of the hospital.

"The outstanding generosity of the Lee family has enabled The Scarborough Hospital to stand out as a leader in innovation," says Michael Mazza, President of The Scarborough Hospital Foundation. "We are so grateful that with their support, we can utilize technology to expand the scope of practice for our clinicians and provide a valuable service for patients across the province."

Happy Mother - Kelly Gaudette have second baby by VBAC

Kelly Gaudette lives in Ajax, yet she chose to have her second baby at The Scarborough Hospital because she knew she would be given the option of a vaginal birth after caesarean section (VBAC). Nine months ago, she delivered her daughter Sydney, just the way she had hoped.

Kelly delivered her first child, Noah, by c-section due to his position in the womb. She really didn't want a c-section, but opted for it because of the circumstances. After delivery, she developed a blood clot in her leg and had to see a specialist.

"No one could say if the blood clot developed as a result of the surgery," says Kelly. "But when I got pregnant again, I didn't want to risk any complications. I'm not really the type of person who would elect for surgery, and I wanted to have a vaginal birth. So, I talked to my doctor about my options."

Both her family doctor and Obstetrician were supportive from the very beginning. Her family doctor thought Kelly was a good candidate for a VBAC and referred her to TSH obstetrician Dr. Karen Hew who agreed that medically, everything looked good for a VBAC.

"Many of my friends, including some who are nurses, told me they didn't think my doctor would allow a VBAC," says Kelly.

Kelly doesn't regret the decision for a minute.

When her first was born, he was whisked away immediately to the neo-natal intensive care unit and she

didn't get to see or hold him for about 11 hours.

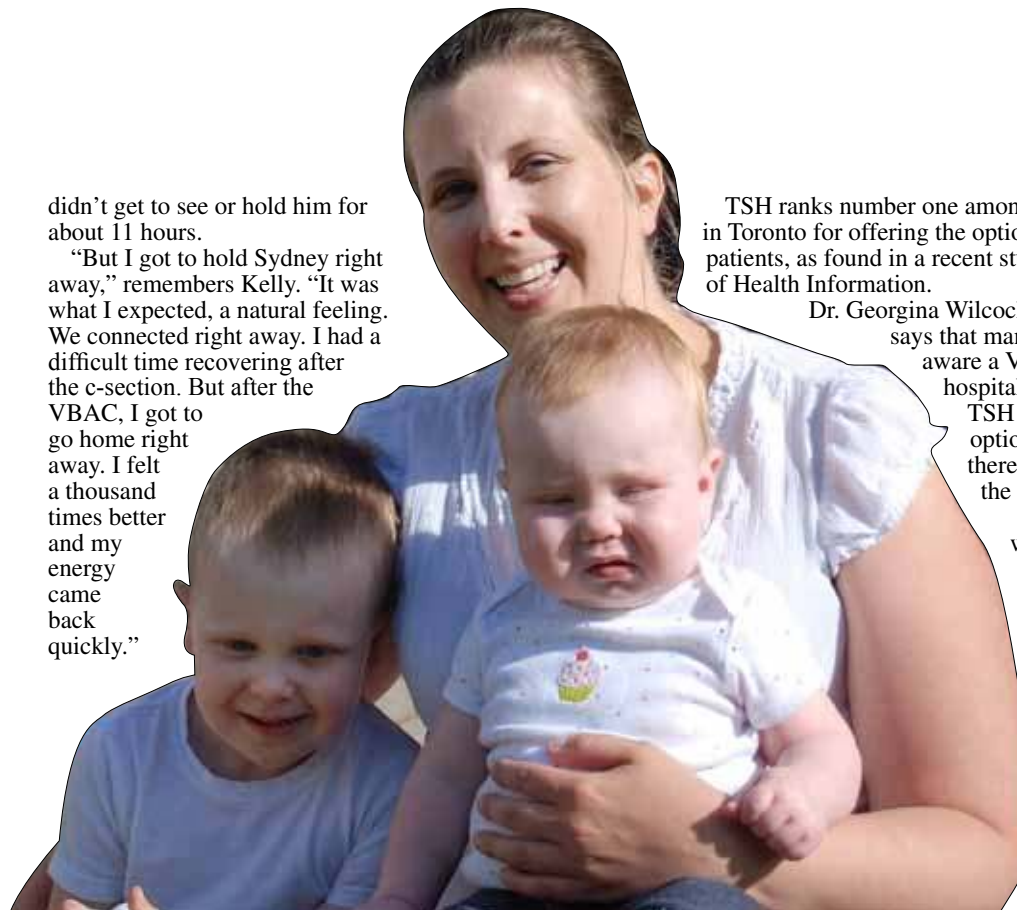
"But I got to hold Sydney right away," remembers Kelly. "It was what I expected, a natural feeling. We connected right away. I had a difficult time recovering after the c-section. But after the VBAC, I got to go home right away. I felt a thousand times better and my energy came back quickly."

TSH ranks number one among large, community hospitals in Toronto for offering the option of VBAC for its obstetrics patients, as found in a recent study by the Canadian Institute of Health Information.

Dr. Georgina Wilcock, TSH's Chief of Obstetrics, says that many women aren't even aware a VBAC is an option as many hospitals don't offer it. However, TSH Obstetricians offer the option to every patient provided there are no complications with the pregnancy.

Kelly is certainly happy she was given the option of a VBAC.

"If had a third child, I would definitely go the same route again," she says.



Kelly Gaudette is thankful she was given the option for a VBAC when her daughter, Sydney, was born.



The Scarborough Hospital

Team work helps to improve admissions at Emergency Department

Getting patients admitted from the Emergency Department (ED) to a bed on the units as quickly as possible is a top priority at The Scarborough Hospital, and it shows in the numbers. In fact, it will take less time to get you to a bed than at most other hospitals in the province. In Ontario, it takes on average 30 hours to get patients from the ED to an inpatient bed. At TSH's General campus, it takes an average of 26.4 hours, and the Birchmount campus is right at the 30 hour provincial average.

"It's important to get patients up to the unit when they are admitted," says Denise Edman, Patient Care Manager, Emergency and Urgent Care. "In the Emergency Department, our expertise is in dealing with emergencies. Admitted patients need the expertise of the staff on the inpatient unit. It's all about getting our patients to the right place, with the right care by the right professional."

The numbers have improved over the last six months, and it's due to a few initiatives in both the Emergency Department and the inpatient units.

The first was an initiative TSH developed with the CE LHIN Pay for Performance called the Mobile Admission Team (MAT). It consisted of one ED nurse, one inpatient nurse and one Team Attendant.

"This team really worked together to facilitate moving patients up to the units," says Jemini Cheriyan, ED Charge Nurse. "When a patient was admitted, this team would ensure everything was in place to move the patient, such as making sure reports were ready, giving meds and doing VRE/MRSA swabs. Then if necessary, MAT would go up to the unit and make sure the bed was ready for the patient."

Jemini says the MAT really set the ED on its way to seeing improved numbers.

But the MAT was a short-term initiative, and the ED didn't want to lose the gains they had made during this time. So they formed a group that consisted of ED nurses, and nurses from Tower 9, one of the inpatient units. Denise Tanner, Team Attendant, had been a part of the MAT and played an instrumental role within this new team.

"We got together to identify the issues, build relationships, facilitate the flow of patients and improve the report sheet," says Tanner. "One of the key things was to give people more accountability. So we developed the '3 Fs of Flow', fax, fone (phone) and fifteen, to get things moving and remove barriers."



Denise Tanner (left) and Jemini Cheriyan were part of the team that has helped TSH's Emergency Department decrease its in-patient wait times.

The goal is to get an admitted patient to a bed on a unit within 15 minutes. Once the bed is ready on the unit, the ED nurse will first fax the paperwork to the unit. Next, the nurse will phone the unit to ensure the paperwork was received. And last, the nurse will ensure the patient arrives on the unit within 15 minutes of the phone call.

"We've seen improvements in our wait times since we implemented the '3 Fs of Flow'," says Edman.

A big part of the success has been the involvement of the inpatient units. In addition to the collaborative ED/Tower 9 group, there was a Rapid Improvement Event (RIE) designed to bring together front-line workers to talk about what barriers existed and what could be done to plan and predict capacity rather than just reacting to find the required beds daily.

The RIE was led by Nancy Veloso, Patient Care Director, Medicine/Specialized Geriatrics, Laura Kane, Patient Care

Manager, Inpatient Medicine and Alfred Ng, Director, Innovation & Performance Improvement and focused on being proactive instead of reactive.

"The RIE gave a greater sense of accountability to the team," says Nancy. "Because of the team's suggestions, we have now implemented a daily bed management process to support unit level predictive discharge planning and corporate decision making around patient flow. The reality is that admitted patients in the ED belong in the unit, not in emergency. So we need to do what we can to bring the patients up to the unit where they will receive the care they need."

So far these initiatives have been successful, and it's evident in the numbers. Patients are getting to the beds faster where they can receive the specialized care they require.

Excellent care by Dr. Logarakis

Nipa Mehta has lived in Canada for only three and a half years. So she wasn't really sure of what to expect when she needed to come to the hospital a few weeks ago. But despite the pain she was in and the resulting laser surgery for her kidney stones, she was pleasantly surprised at how good her experience was.

After a series of tests, she was sent to see Dr. Nick Logarakis, TSH Urologist. She describes the care she received by Dr. Logarakis as "excellent."

"I was in so much pain, and he knew exactly what had to be done," says Nipa. "Thanks a ton to Dr. Logarakis and his team!"

The excellent care Dr. Logarakis provided is in part due to his experience as a recent patient at the hospital. He uses that experience to relate to his patients and make them more at ease about surgery.

"I try to be as empathic as possible, having myself had surgery at The Scarborough Hospital two years ago," remarks Dr. Logarakis. "It is a scary thing having surgery. So, I try to inform my patients of the step-by-step process that will occur when they go for surgery, beginning with the preadmission clinic, then admission, going to the Operating Room, then recovery room and discharge. I also explain what they should expect with the recovery process."

Nipa's great experience does not end with the care she received from Dr. Logarakis. She also wants to thank the nursing staff for the "motherly care" they provided before and after her surgery.

"I can still recall the nurse in the Operating Room," remembers Nipa. "She held my hand, told me I would feel something in my throat and then I would go to sleep. She made me feel calm."

And from the moment Nipa opened her eyes after surgery, the nurse in the recovery room knew just what to do to make her feel at ease, calling her husband in and explaining to both of them what to do when she went home.

"When you have surgery in a country where you don't know anyone, you feel alone," explains Nipa. "I didn't feel that way at all at The Scarborough Hospital."



Dr. Logarakis had surgery at TSH and draws on his own experience to provide excellent care to his patients.



The Scarborough Hospital

DR. NORIA AWARDED DIAMOND JUBILEE MEDAL



The Diamond Jubilee Medal was awarded to Dr. Dhun Noria, TSH's Chief of Pathology, in recognition of her dedicated and unwavering service to our community, province and country. The ceremony, on June 24, 2012 at the Casa-Imperial, was in celebration of Her Majesty Queen Elizabeth II's 60 Years of Reign.

Jacqueline Buston thanks Doctor for successful surgery



Jacqueline Buston is a busy flight attendant who is on her feet for many hours at a time. So when she started to experience severe foot pain that was limiting her ability to stand for long stretches, she knew she had to do something about it.

That's when she found Dr. James Rathbun, an Orthopaedic Surgeon at The Scarborough Hospital. He recommended surgery to fix the eroded joint in her foot, and now Jacqueline is on the road to walking pain-free. She describes the care she received from him as "wonderful."

Jacqueline says all of the people she encountered at the hospital contributed to making her experience so remarkable, beginning with Julie, the administrator who followed up several times prior to the surgery to ensure all of the paperwork was in order.

Jacqueline also remembers a few people in particular: Lark, the surgical nurse who stayed with her in the hallway until it was time for her surgery; Edwin, the anaesthesiologist who explained all of her options and made her feel at ease about general anaesthetic; and Kim, the recovery room nurse who held her hand after surgery and struck up a casual conversation about her family which made Jacqueline feel calm while coming out of the anaesthesia.

"Having surgery is scary," comments Jacqueline. "But everyone continually put me at ease and made me feel calm. I've been at other hospitals and haven't had great experiences. But from beginning to end, my experience at TSH was wonderful!"

There was a lot to remember in the days following surgery, and there were some things Jacqueline had forgotten.

"Dr. Rathbun's secretary, Mary, was such a big help to me," recalls Jacqueline. "She gave me some great tips about what to do to make sure the wound heals properly. When I couldn't remember what to do, she had the information and gave me reassurance."

Jacqueline went back to work after six weeks, and already notices a big difference in the way she feels.

"Before surgery, I could get through a day at home, but not a full day at work," she says. "I would be in agony at the end of the day, sometimes even coming home in tears. On my first flight after surgery, I did not have the horrible pain like I did before. It was great!"

Above all, Jacqueline felt she received wonderful, professional care and was treated with respect.

She wasn't ready to give up her career, and now thanks to Dr. Rathbun and the staff at TSH, she doesn't have to.

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.

Message from Sam Watt, Chairperson for the Chinese Renal Association



Sam Watt, Social Worker with the Nephrology Program at The Scarborough Hospital, was recently appointed Chair of the Chinese Renal Association.

Sam Watt truly believes that prevention is the best cure, and in his new role as Chairperson for the Chinese Renal Association, he is looking forward to sharing this message on a broader scale.

Affiliated with the Kidney Fund of Canada, the Chinese Renal Association is a committed team of volunteers who work together to enhance quality of care for Chinese-Canadians with Chronic Kidney Disease (CKD).

"For me, this means I can serve people in the Asian community as a leader," says Sam, who has been a member of the association for more than 10 years. "Many Chinese suffer from hypertension and diabetes, which are the foundations for kidney disease. This new role is an opportunity for me to mould education and promote change to drive prevention in these communities."

As a Social Worker with The Scarborough Hospital's Nephrology program, one of the largest such programs in North America, Sam has an extensive background in helping people with CKD manage their illness as well as other parts of their lives.

People living with any chronic illness must deal not only

with treatment, such as dialysis in the case of someone with CKD, but also financial, relationship and emotional issues. They must also engage in effective communication with their healthcare team. All are aspects of well-being that can be difficult for new Canadians who do not fully understand the language or

the system.

"Many Chinese have limited access to medical knowledge or education in their places of origin," says Sam, who is fluent in English, Mandarin and Cantonese. "They are just trying to maintain life, but here in Canada, we try to help them understand they can achieve a better quality of life, despite their illness."

Through education workshops and special events, Sam has worked tirelessly with both the hospital and the Chinese Renal Association to ensure Scarborough's large Asian community has access to appropriate health information and support in developing self-management skills.

"People think self-management means they have to do everything on their own, but it's more than that," explains Sam. "I hold self-management workshops for hospital patients, many of whom are skeptical at first about this type of care. We help patients learn how to get help themselves, understand their medications, communicate with their medical team, address day-to-day emotional problems, exercise and eat right."

He adds that while there is no magic plan, he will continue to provide guidance and education to improve quality of life for a community that suffers a high incidence of CKD.

Sam also hopes to spend much of his two-year term as Chairperson focusing on organ donation, a major issue in Scarborough due to a number of rare blood types and a lack of donors.

On June 8, the Chinese Renal Association kicked off Gift of 8, a campaign in partnership with the Kidney Foundation of Canada, Trillium Gift of Life Network and the Scarborough Chinese Outreach Committee to promote organ donation and tackle the common myths associated with this life-saving process.

"One of the biggest myths is that people think they are too old to donate, but there is no age limit," says Sam. "In fact, the oldest organ donor on record was a 90-year-old, and the oldest tissue donor was 102."

The Nephrology Program at The Scarborough Hospital is also involved in the initiative as well as many other projects to advance the treatment, rehabilitation and prevention of CKD.

To raise funds in support of CKD, The Scarborough Hospital Foundation is holding its first ever Scarborough World Gala Lifetime Achievement Award on November 10 at the Sheraton Centre in Toronto. The event will honour Dr. Neville G. Poy, renowned surgeon and outstanding Canadian, whose life was touched by CKD when his son Justin was diagnosed with the disease. Justin has since received a kidney transplant, thanks to his mother, Senator Vivienne Poy.



Special Feature

FETNA Festival in Baltimore showcases Tamil Pride & Culture

By Virakesari Moorthy

The city of Baltimore in Maryland (U.S.) became a show-piece for Tamil pride & culture when the Federation of Tamil Sangams of North America (FETNA) celebrated its silver jubilee convention in the Joseph Meyerhoff Symphony Hall last month.

About two thousand Tamils from all over America, India, Malaysia and Canada participated in this Tamil cultural festival of Music, Dance & Drama. The guests who attended the convention were in a festive mood with the ladies wearing a charming smile & clad in glittering silk sarees, with the traditional pottu, and their hair-do's decked with jasmine flowers. The scene resembled a Kovil Thiruvila.

Deputy Chief minister of Malaysia Dr. Ramasamy, Tamil Nadu politician Mr. R. Nallakannu, Swami Sri Sri Ravisankar, Professor Illakuvan Maraimalai, Mr. Sritharan M.P. of Sri Lanka, Prime Minister of Transnational Government of Tamil Eelam Mr. V. Ruthrakumaran, Mr. Pon Balasuntharam, Dr. Balasuntharam, Tamil speaking Canadian Social Anthropology Professor Brenda Beck (clad in saree and Pottu), Mr. Vikneswaran from TVI, York Region

Education Board Trustee Ms. Juanitha Nathan, Writer and Journalist Puthuvai Raman, Canada Uthayan editor Mr. Logendralingam, "Babu Catering" proprietor Mr. Babu and his family, Mr.&Mrs. Ilankovan, makeup artist S.J.V. Ananthan, Bharatha Naatiya students of Mrs. Nirojini Pararajasingam were among those present. Fifty of us from the Tamil Senior Centre, Scarborough rented a big coach to participate in the Tamil vizha. Another bus load of Tamils too from Toronto came to the function.

The first day event started with sweet Flute melody, lighting of the traditional lamp, Tamil Anthem and the American National Anthem. The President of the Federation Dr. Thandapany Kupusamy and Jubilee co-ordinator Mr. Palakan Arumukasamy gave the welcome speeches which were followed by a Bharatha Naatiya performance by Tamil Sangam students.

Mr. Visvanathan Rudrakumaran addressed the audience and outlined the goal of the Transnational Government of Tamil Eelam. He spoke of the need for the 80 million Tamils around the world to unite for the Tamil cause.

Malaysia Deputy Chief Minister pointed out in his speech that all Tamils

The FETNA annual festival next year (2013) will be held in Toronto, Canada on July 5 and 6 at the Sony Centre. The Canadian Tamil Congress will play an important role in this event in Canada.

It will turn out to be a great "Muththamil Vizha" depicting the three aspects of Tamil culture, namely Iyal, Isai & Nadakam

living around the world should get united and lead the fight together. "We have to change our fate and no doubt that we can change in the near future", he stated. He remarked that Northern Island, Eretria, East Timor gained separation without a war. Swami Sri Sri Ravisankar said, "If we do our duty properly then we could receive our rights. Our stubbornness will destroy everything. We have to love each other and live together. Sinhala politicians must start thinking of the benefits of the others"

Interesting Tamil cultural programs like Dances, "Kavi Arangam, Naadakam, Debates were also staged to entertain the audience. Popular singer Chithra's programme attracted the audience well. Vijay T.V. "Kalakka Povathu Yaar"s famous Madurai Muthu made the audience laugh with his funny jokes. Actor Bharath and actress Amala Paul also attended the festival.



Sivakarthiseyan



Madurai Muthu



Bharath & Amala Paul



Sri Sri Ravi Shankar



Honda, Toyota & Lexus are 'most reliable' used car brands in UK



Japanese car makers Honda, Toyota and Lexus have been named the most reliable used car brands in the UK in a survey by What Car? and Warranty Direct

Suzuki and Subaru, also Japanese, were ranked fourth and fifth respectively in the survey of cars between three and 10 years old. South Korean car maker Hyundai shared sixth place with Japan's Mazda and Mitsubishi.

"Reliability is so important to motorists, especially when times are tough."

The revelation that used luxury cars are less reliable than many mainstream models is disconcerting.

The fact that they tend to be expensive to repair makes matters even worse for motorists.

This survey makes it clear that used

Japanese and South Korean cars are much more likely to offer drivers headache-free motoring.

But in spite of this, many drivers will prefer to buy luxury cars that often offer many other benefits.

Jaguar, for instance, won a What Car? and JD Power ownership survey as recently as in May.

Owners of used Hondas have a 10% chance of their cars suffering a breakdown, according to the survey of 50,000 Warranty Direct policies.

"Japanese carmakers really do deliver on reliability and Honda is exceptionally good at this," said Mr. Hallett, pointing out that this was the seventh year in a row when Honda topped the ranking. US carmaker Chevrolet was the only non-Asian marque to rank as one of the 10 most reliable used cars.



Dance performance

Special Feature



HYUNDAI ELANTRA GT PAIRS EUROPEAN DESIGN WITH FIVE-DOOR PRACTICALITY

Hyundai Auto Canada Corp. recently introduced the all-new 2013 Elantra GT, which is now available in dealerships across Canada. Starting at an MSRP of \$19,149, the Elantra GT arrives with an extra long list of standard features as it brings five-door functionality and European driving dynamics to the expanding Elantra line-up. Based on the new generation of the European-market Hyundai i30 model, the Elantra GT is one of three vehicles now carrying the Elantra nameplate, joining the Elantra Coupe and the 2012 North American and Canadian Car of the Year, the Elantra Sedan.

The 2013 Elantra GT is set to compete with five-door hatchbacks like the Ford Focus, Mazda3 Sport, and Volkswagen Golf. Featuring generous interior volume, unsurpassed fuel economy, a European-tuned chassis, and a Driver Selectable Steering Mode (DSSM) system, the Elantra GT blends practicality with driving enjoyment.

CONTINUED EVOLUTION OF "FLUIDIC SCULPTURE" DESIGN

The new Elantra GT represents a continued evolution of Hyundai's "Fluidic Sculpture" design language. Fluidic Sculpture evokes the interplay of wind with rigid surfaces



to create the illusion of constant motion. In addition to providing an attractive silhouette, the various exterior design elements of Elantra GT also provide a slippery aerodynamic profile. A low overall height, sleek side mirrors, small tire gaps, and streamlined rocker panels each contribute to an efficient 0.30 coefficient of drag. With reduced wind resistance comes quieter cruising and reduced fuel consumption.

SIX-SPEED TRANSMISSIONS

The Elantra GT is geared up with a standard six-speed manual or an available six-speed automatic with SHIFTRONIC® manual control. The Elantra GT's six-speed manual transmission optimizes engine performance while providing a crisp shift action.

INTERIOR SPACE AND PRACTICALITY

Thanks to its five-door hatchback layout and fold-flat second row, Elantra GT brings an added level of practicality and versatility to the Elantra line-up. With the second row up, the spacious cabin of the Elantra GT



provides comfortable space for five passengers. When required, the 60/40 split rear seat can be folded flat to create a 1,444 litre cargo area. With more interior volume than the Ford Focus, Mazda3 Sport, Toyota Matrix, and Volkswagen Golf, Elantra GT proclaims its superiority in both space and functionality.

The Elantra GT also offers a number of convenient stowage and storage features, including a sunglasses holder, two front and two rear cup holders, door bottle holders, cooled glove compartment, central console storage, front storage tray, front seatback pockets, and under-floor storage in the cargo area. The cargo area also features an available 12-volt outlet for powering and charging portable electronic devices.

LIGHTEST FIVE-DOOR HATCHBACK IN THE COMPACT SEGMENT

Elantra GT's widespread use of high tensile-strength steel provides a 37% increase in body stiffness at a lower body weight as compared to the outgoing Elantra Touring. Starting at 1,245 kg, Elantra GT is the lightest five-door hatchback in the compact segment. This weight-efficient unibody architecture allows Elantra GT to achieve a 4.9 L/100 km highway rating without the need for a special "eco" model. As an added benefit, the rigid structure helps the Elantra GT's suspension to operate more precisely.

ADVANCED STANDARD SAFETY TECHNOLOGIES

The level of standard safety features in the Elantra GT is extraordinary for the compact

segment. A Vehicle Stability Management (VSM) system optimally manages the ESC (Electronic Stability Control) and the Motor-Driven Power Steering (MDPS) to help the driver maintain control of the vehicle in slippery conditions or during fast cornering. A Traction Control System (TCS) is also included.

Elantra GT features seven airbags including driver's knee, dual front, seat-mounted side-impact, and side curtains. A four-wheel disc braking package provides confident stopping ability. The Anti-lock Braking System (ABS) features Electronic Brake-force Distribution (EBD) and Brake Assist (BA). EBD evaluates the impact of the vehicle's load on weight distribution and adjusts braking force accordingly between the front and rear axles. In a panic stop situation, Brake Assist ensures maximum braking force is applied. As noted, all these safety features come standard with the Elantra GT.

HYUNDAI AUTO CANADA CORP.

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News from Waterloo

Tamil Picnic - A cultural delight for kids

MILTON - It was a day for the kids at the Tamil community Picnic in Kelso Conservation Area Park on Saturday, July 21st. It's an annual event hosted by the Tamil Cultural Association of Waterloo Region.

Tables for decorating costumes, cricket, volleyball, games, face-painting, Sack races and Water balloon passing drew the attention of the children who visited picnic.

"I made it!" said Suriya Ragu, of Cambridge hoisting up the percussion instrument she'd made out of a can wrapped in construction paper, painted and then had glued feathers to.

Suriya had come to the picnic along with her little sister and her parents Ragu Sivaramakrishnan and Nanthini.

Loges, Niranthari and family had heard about the picnic on tamilculture-waterloo.org and thought it would be something fun for the whole family to attend. They came from Markham with Bala and Selvaraja family from Scarborough.

Dennis Loyola was the only one in the group to try varied food. "I had some Sri Lankan food," he said. "It was good." His friend Jay Nadarajah had come all the way from New York to attend this annual event.

The families were among dozens who came out to the event. Many Torontonians seemed to be passing through the park, but they were stopping and starting to form a sizeable crowd.

Lakshmi Sivakumar, a 17-year-old who has volunteered at the picnic for the past five years, said this was the best turnout they'd had yet. "I just love seeing everyone together. It's what it's all about. Everyone is here. Every Tamilan, all ages are welcome. Even dogs," she said pointing to one pulling its owner, Shivaker Loges through the park.

Indra Logendran, President of the association and Rathy Abraham were in

charge of the volunteers who were working to put everything together. Cricket and Volleyball drew large number of players.

"Everyone wears many hats. Everyone is multi-tasking," Indra said.

Though she said the aim of the festival was to reach kids from Waterloo region and Toronto community, she said she was glad a larger variety of children had come.

"It's good to have culture as part of your landscape when you are growing up," she said.



Latin heat in Waterloo

WATERLOO: Organizers of the annual KW Summer LatinFest didn't know what to expect when they brought the event to Waterloo public square last year, but an estimated crowd of 3,500 people beat even their wildest expectations.

"Last year was very unexpected," said Isabel Cisterna, artistic director of Neruda Productions and the driving force behind K-W LatinFest. "I had been doing a festival in Kitchener for many years, and it was very nice, but we didn't have consistent crowds over 2,000 people.

"So we decided to do a LatinFest and give it a try. At its peak we had 3,500 people."

Now they're thinking even bigger, closing off Willis Way on July 13 for more vendors, food choices, and international acts like Palo Cruza from Columbia and David Alvarez y Juego De Manos from Cuba to headline the show.

"Last year we started very humbly with Ontario artists and local artists,"

said Cisterna, who was recently named a top-25 Canadian Immigrants Award winner from the Royal Bank of Canada for building the local community-based arts organization after moving to Canada from Chile. "This year we've gone international."

Cisterna has dreams of turning the local celebration of hispanic culture into the biggest Latin music and cultural festival in the province, which she envisions will have a steady stream of international artists performing on multiple stages. She'd like to see it join other major festivals like the UpTown Jazz Festival and Waterloo Busker Carnival.

So why did she think the LatinFest connected with so many people last year, and what has prompted artists, vendors and other purveyors of South American culture to beat a path to her door to get signed up for this year's event?

"I think people love the public square because it's very enclosed in a way and it's not spread out like a park," said

Cisterna. "It also has the amenities so that people can make a day out of it. "I think people were still testing out the public square last year and they found they really like it."

Latin culture is also a key attraction and remains something that continues to appeal to a wide audience, in addition to a strong local Spanish-speaking community.

"Even though I thought it might have phased out, Latin culture is still pretty vibrant in people's minds. "They love the music and the food and I don't think it's going away. I thought it was the Jennifer Lopez kind of phase people were going through.

"But I also think people are coming out of their shell, because we've never had a Latin Festival that celebrates hispanic music and hispanic culture."

The promise of lots of music and dancing is what got people moving in the square last year, so the festival is taking over Willis Way to give people more room

to groove.

"It features everything from flamenco to tango, from salsa to bachata, so it appeals to lots of people within the hispanic community and a lot of Canadians who love the culture," said Cisterna. "We wanted to do this for a long time so people had more vendors and more things to see as well.

"We also want to help out artists and crafts people because it's so rare that you have such a large crowd. We have people selling crafts, jewelry, you name it."

A lot of those Canadians have picked up their appreciation for the culture while vacationing in South America and the Caribbean. Cisterna is surprised by how many of those travellers bring a love of the language and culture back to Canada.

"A lot of people travel yearly to Cuba and Mexico," said Cisterna. "They miss it a little bit, and to be amongst people from those countries who are here, they can get that zest for life. Our friends from the Tamil community have been a strong supporter of this festival"

(Bob Vrbanac, Waterloo Chronicle)



Recent Event

AINKARAN ON STAGE WITH 'SINNA KUYIL' CHITRA

C. Kamalaharan

The last item of the two day FeTNA Silver Jubilee Convention held on the 6th & 7th of July held at Baltimore was the musical concert which was an awesome spectacle. Six times National Award Winner for the best play-back singer, 'Sinna Kuyil' K.S. Chitra enthralled the audience with her scintillating performance. A noteworthy feature of the concert was the dazzling performance by the Srilankan born C.S. Ainkaran who began the show with the S.P.B number 'Sangeetha Meham' from the movie 'Uthaya Geetham'. This was received with thunderous ovation from the fully packed audience. It was a sight of jubilation when Chitra received a rousing welcome as she appeared on stage to sing the duet, 'Kalyana Then Nila' from the movie, 'Mounam Sammatham' with Ainkaran. At the conclusion of the rendering the exuberant gathering gave a tumultuous applause and Chitra paid a glowing tribute to Ainkaran, "I never expected Ainkaran to sing so well". Another popular duet, the Bombay movie number, 'Uyire, Uyire' sung by both was so mellifluous that the audience broke into rapturous cheers. Both continued to receive applause for the duets, "Guruvayur Appah" from the movie, 'Puthu Puthu Arthangal' and 'Kathal Kavithaigal' from the movie, 'Engeyum Eppothum'.

Ainkaran was born in Inuvil, a village known for upholding traditional, cultural and spiritual values. Many renowned musicians hailed from this village and Ainkaran is one of them. Since young, Ainkaran was greatly influenced by Tamil film songs and by conscientious effort he became familiar with the nuances of music. He never attended lessons in music, it was mere learning by ear. His arrival in the United States in 1984 was a turning point in his life. He continued to take interest in music besides attending to his official duties. It's nothing but Divine intervention that was responsible for his meteoric and phenomenal rise in the world of film music. Having established himself as a stage

performer he had the rare distinction of performing on stage with musical icons S.P.B, P.B.S, K.J. Yesudas, P. Susila, Jamunarani, Mahanadhi Sobhana, Singer Krish, Singer Chimmayee and Dr. Seerkali Sivasithamparam. And now with the performance with Chitra, Ainkaran has added another feather in his cap.

Play-back singer Mukesh was also invited to take part in the musical programme. Besides rendering his solo

presentation he was scheduled to sing a duet with Ainkaran. The song selected was 'Paadinal Oru Paaddu' from the movie 'Oru Thai Makkal' and Mukesh was to sing for T.M.S. and Ainkaran for P.B.S. Unfortunately Mukesh had to stay back and Ainkaran who is well versed in multi-voice modulation sang the song all by himself, modifying his voice to suit T.M.S and P.B.S.

The P.B.S number 'Engeyum Eppothum' from the movie 'Ninaithale Inikkum' sung by Ainkaran enraptured the audience. A notable feature during the instrumental interlude of the song was the introduction of the artistes by Ainkaran.

Anita Balakrishnan, an Indian born well-trained carnatic vocalist had performed on stage on a number of occasions with play-back singers from the Tamil, Malayalam, Telugu, and Hindi film industry. She with Ainkaran sang the song 'Rajavin Paarvai' from the M.G.R movie 'Ambe Vaa' receiving tumultuous applause from the crowd.

'Sinna Kuyil' Chitra held sway the audience by rendering melodiously some of her evergreen hits; 'Ninnuko Varnam' from the movie 'Agni Natchathiram', 'Nan Oru Sindhu' from the movie 'Sindhu Bairavi', 'Kulaloothum Kannanukku' from the movie 'Mella Thirantha Kathavu' and 'Ovvoru Pookalume' from the movie 'Autograph'. She concluded her programme with the all time favourite song 'Ethetho Ennam Valarthen' from the movie 'Punnakai Mannan' It was heartening to see Chitra paying obeisance with her palms gently pressed together as she received the standing ovation from the audience and the artistes on stage, displaying her charismatic smile.

The success of the musical show was also due to the soul-stirring musical score provided by the New York Sakthi musical group.

The final song was the foot tapping T.M.S & P.B.S number 'Thulluvatho Ilamai' from the movie 'Kudiyiruntha Kovil', a lively presentation by Ainkaran and Anita. The standing ovation continued as the curtain came down.



Chitra and Ainkaran



Last Song by Ainkaran and Anita



Lifestyles

WORDS OF PEACE

Fall in Love Again

People have a lot of ideas about what enlightenment means. Many think it involves turning away from the responsibilities of the world or traveling to some remote place.

Maharaji, who has been speaking to people for many years about the possibility of feeling peace in their hearts, has a simpler definition, one that has profound implications. Enlightenment, he says, "is being attracted to what you should be attracted to—the fundamental attraction that every human being has towards something very fundamental that does not change, that is the same today as it was a thousand years ago, two thousand years ago.

"It's to fall in love, again, with reality. Then, life is good. Life is beautiful, regardless of your problems, because you know, you feel, you understand."

The difference between being confused and being enlightened, Maharaji says, is rather like the difference between a guitar that sounds beautiful

and one that sounds terrible.

"Tuning is the difference," he says. "You might have the most expensive guitar available, but if it's not in tune, it sounds awful. Or you could have a cheap guitar, but if it's in tune, it will have a beautiful sound."

Sometimes that's what people do when it comes to seeking enlightenment, Maharaji says. "They think, 'Oh, I've got to get polished here, and I've got to add some gold there.' That has nothing to do with it. It's about being attracted to that fundamental thing. That's what matters. That's your beauty. That's your understanding. That's your life."

Maharaji stresses that the possibility of enlightenment exists for everyone, no matter where they are or what they may have done. Invited to speak to inmates in prisons and jails in several countries, Maharaji has inspired them—and their wardens, too—to explore the possibility of feeling peace and clarity in their lives.

"If those people who are in one of the

most hopeless situations can feel hope, what about you?" he asks. "What should your day look like? Shouldn't it be saturated with gratitude? Absolutely—and that's how it can be. In fact, that's how it's meant to be, if you can hang on to that clarity. That is the reward."

During his presentations, Maharaji often answers questions from those who are interested in his message.

Q: How can I tell if I have the attraction to peace that you talk about?

A: You do! Confusion comes when we are attracted to dis-attraction because we don't know what is attractive. When you open your heart, you will see what you are attracted to—to peace, to joy, to understanding.

You have a passion, and if it remains unexplored and misunderstood, then this life will feel like a sailboat that's in the middle of the ocean with no wind, no sails, just flopping and flopping. When that passion is not being pursued from within, then there is confusion, there is



pain, there is suffering.

When you are pursuing that passion, then there is everything. Then there is compassion. Then there is a shine. Then there is a reality. Your eyes are wide open. Every step is being taken. There is happiness; there is joy; there is gratitude.

Q: Is truth always a good thing? Sometimes the truth can cause unhappiness.

A: Facts don't have to be happy or sad. They are outside the realm of sad and happy. They just are. We would like happy facts to be in our lives. Well, we are allowed to imagine anything we want, just as long as we know imagination has nothing to do with reality.

I'm talking about a truth that has no lie as its parallel. I'm talking about a light that does not cast a shadow. It's the light that dwells in your heart. That's the truth that is your truth. Will that truth set you free? Of course. In that truth, you will realize you already are free. That's who you are.

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NEWS



WHITBY

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Town of Whitby's Ethno-cultural and Diversity Advisory Committee



Diverse-City art event

Whitby strives to be the 'community of choice' by meeting the diverse needs of its growing population. The Town demonstrates a strong commitment to residents of all ages and backgrounds through its facilities, activity centres, committees and programs. Known for its friendliness and numerous events that promote civic involvement, Whitby makes residents and newcomers alike feel welcome and an integral part of community life.

The Town of Whitby is pleased to announce that the Ethno-cultural and Diversity Advisory Committee is now a Committee of Council and is excited to begin work on its 2012 Work Plan.

The Committee consists of seven Whitby residents and one member of Council, as well as representatives from Durham Region Police Services, Durham District School Board, Durham Catholic District School Board and the Region of Durham.

This Ethno-cultural and Diversity Advisory Committee is responsible for:

- providing input to the Mayor and Members of Council of the Town of Whitby on the elimination of barriers for the diverse population of our community;
- fostering a greater understanding of ethno-cultural and diversity issues and matters within the Town of Whitby through community partnerships;

- taking the necessary steps to involve diverse groups in the activities of the Committee;
- providing input to staff in the development of policies to promote awareness of ethno-cultural relations and diversity matters;
- providing input in the development of a public engagement strategy for the residents of Whitby for the purpose of ensuring discussion and public feedback on current ethno-cultural and diversity issues; and
- providing consultation, research and report findings and make recommendations as necessary on matters of diversity, inclusivity and equity within the Town of Whitby.

The Committee's 2012 Work Plan focuses on the following goals and objectives:

- participating at community events to increase the profile of the Committee and its work;
- developing partnerships with community groups;
- managing a webpage on the Town of Whitby website;
- conducting research to determine future areas

of focus; and

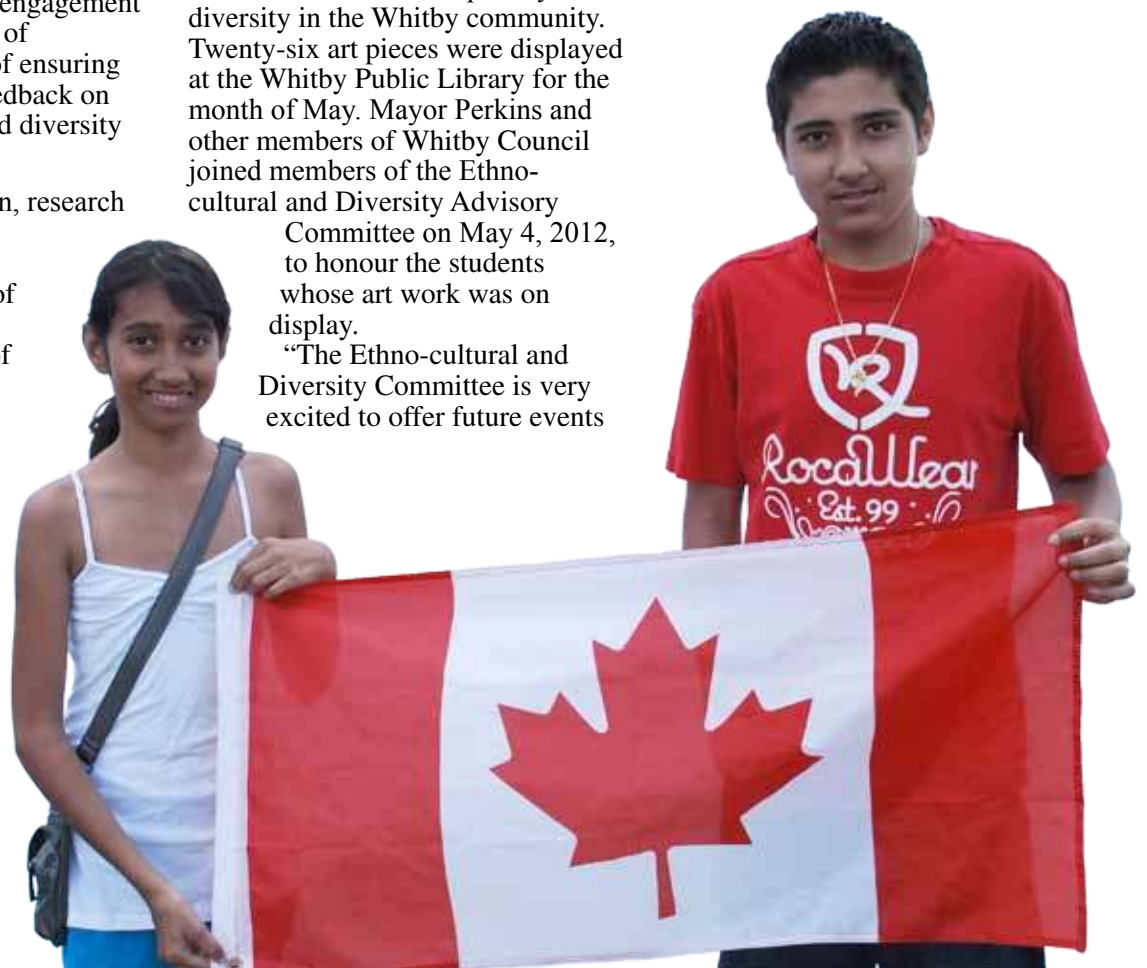
- hosting an art event.

The Committee has already undertaken a significant project this year. **The Diverse-City Whitby Art Event** promoted art work from Henry Street High School and Sinclair Secondary School students whose art reflected and portrayed the diversity in the Whitby community. Twenty-six art pieces were displayed at the Whitby Public Library for the month of May. Mayor Perkins and other members of Whitby Council joined members of the Ethno-cultural and Diversity Advisory Committee on May 4, 2012, to honour the students whose art work was on display.

"The Ethno-cultural and Diversity Committee is very excited to offer future events

and programs that will create a positive impact in our community and celebrate our diversity," says Sarah Klein, Manager of Recreation for the Town of Whitby.

For more information, please visit <http://www.whitby.ca/en/townhall/ethnoculturalanddiversityadvisorycommittee.asp>.



A brother and sister at the Town's Canada Day celebration

MARKHAM NEWS



Message from Mayor Frank Scarpitti



Markham became Canada's newest city on July 1, 2012 – Canada Day!

It was the perfect day to celebrate the beginning of our city designation. We were delighted to receive special video greetings from the Right Hon. Stephen Harper, Prime Minister of Canada, and the Hon. Dalton McGuinty, Premier of Ontario, to mark the occasion.

The day started with a Citizenship Ceremony at the Markham Civic Centre, welcoming 50 new Canadians. Celebrations continued in the afternoon with a senior citizens' lunch, children's festivities and the People's Parade.

By late afternoon, the stage was set at Milne Park where our City Designation Ceremony was officiated in the presence of the Honourable David C. Onley, Lieutenant Governor of Ontario, as well as Council, other officials and several thousand residents. The picture perfect day concluded with a concert and fireworks – all sponsored by Markham's outstanding business community!

We'll continue to mark our new designation with events like the one we shared at the Civic Centre on July 17th when His Eminence, Thomas Cardinal Collins, came to visit Canada's newest and most diverse city, and drew together over 100 interfaith and cultural leaders to commemorate the unity and inclusivity of Markham.

Since our founding over 200 years ago, we've evolved to become Canada's 16th largest city. With a thriving local job market economy, we enjoy low tax rates, bustling neighbourhoods and prized amenities, including some of the finest facilities in Canada, which we continue to enhance with structures like our new Pan Am Centre and more underway.

Community-wide, many festivals are ahead, like the Markham Jazz Festival, RBC Markham-Milliken Children's Festival, Doors Open Markham, and more. We will also aim for a Guinness World Record when we welcome the world's longest dancing dragon to Markham in September.

Visit www.markham.ca for the latest news and events.



The new City of Markham flag flies high over the Civic Centre. Markham became Canada's newest (and 16th largest) city on July 1.



The Hon. David C. Onley, Lieutenant Governor of Ontario, and Mayor Frank Scarpitti following the official City Designation ceremony at Milne Park on July 1.



Canada Day began with Citizenship Court at the Civic Centre. Following the ceremony, 50 new Canadian citizens took a moment to celebrate with Mayor Frank Scarpitti, Judge Crist Geronikolos and members of council.



Markham Mayor Frank Scarpitti (back row, left centre), Deputy Mayor and MDE Chair Jack Heath (back row, second from right), and MDE President Bruce Ander (back row, right centre) are joined by members of Markham council and MDE representatives to recognize the 2012 recipients of the Markham District Energy Sustainability Bursary.



Toronto Area Interfaith Council President Zul Kassamali, His Eminence, Thomas Cardinal Collins, and Mayor Frank Scarpitti outside Markham Civic Centre, with the Knights of Columbus Honour Guard in the background.



The Varley Art Gallery held its 15th anniversary Crystallized Gala on June 22, which included the official opening of its new permanent collection exhibition, made possible thanks to the donation of \$1.5 million by Mr. Wallace Joyce. Guests in attendance were the first to tour the new exhibit.

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www.MillikenChildrensFestival.ca



Bharatha Natya Arangetram of Khariza Shantharajah

The Bharatha Natya Arangetram of Khariza Shantharajah was held on Sunday, July 22nd in Toronto at Chinese Cultural Centre.

Khariza's teacher is the Founder and Director of the Kalaimanram Academy of Fine Arts and promoting art over 20 years in Canada.

The Chief Guest, Prof. E. Balasundaram speaking at the event congratulated the Guru and Khariza; "The Guru for Khariza, Mrs. Nirainjana Chandru's contributions to the Bharatha Natyam speaks volumes. Her tire-

less dedication and love towards teaching and fostering this divine art form has been highly acclaimed", he commended.

Khariza rendered an excellent performance of the brilliantly choreographed productions of Mrs. Nirainjana Chandru in the Arangetram.

There were many of Khariza's family, friends and art lovers at the event congratulating her for the fine recital at the Arangetram.

Seen here are some photos taken at the Arangetram.



Mathew & Associates hosts Appreciation Evening

Mathew & Associates Ltd. hosted an appreciation evening on Thursday, July 12th at their Toronto office terrace garden. Several of their clients, associates and friends attended the evening in a beautiful setting arranged by Mathew & Associates Ltd. and Credit Solution Centre. The guests enjoyed the evening amidst a variety of sumptuous food & wine that was served while being entertained with live music. Joe Mathew, Trustee in Bankruptcy extended his appreciation and thanked everyone for their presence and mentioned that this is the 3rd year, such an event they have hosted from this office.

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



Guests



Joe Mathew, Trustee in Bankruptcy and V. Sri, Credit Solution Centre



Joe and Sri with guests



Sri with guests



Sri family with guests



Joe and Sri with guests



Mr. and Mrs. Mathew



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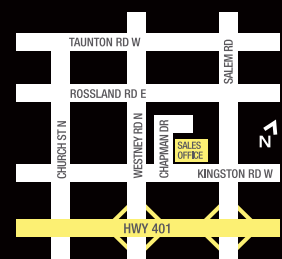
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Townsgate Opens in Ajax

The doors of the sales office have officially opened at Townsgate, and for a limited time, purchasers can still enjoy preview pricing.

Starting from an incredible \$229,990 and carrying for less than \$1,000 a month P&I, you can enjoy life living in the heart of Ajax.

"We are offering the best prices and the best location in Ajax," says Michael Haber, president of Haber Homes Corporation. "You won't find a better value or nicer place to live anywhere else in town! Why rent when you can own your own home for the same monthly expense or quite possibly even less."

Living in Townsgate will put everything you need right at your doorstep. The 401, 407 and GO Transit are all just minutes away. Shopping, restaurants, and entertainment and a beautiful park are all within walking distance. Recreational centres, the hospital, medical centres, churches, golf courses and more are all just a short drive away. Families will love that schools, including Roland Michener Public School, Applecroft Public School and St. Jude Catholic School are also within walking distance.

Townsgate offers 11 different unique Urban townhome designs with both bungalow and two storey models available. They include the Meadowgate, a 1,088 square foot, two bedroom model. It features an oversized single garage, spa-



cious balcony and a huge second floor laundry. The layout is open concept, with a combined dining room and family room, and the kitchen overlooks both. The kitchen offers plenty of cupboard and counter space, a large pantry and a breakfast bar. The master bedroom features big windows, a very spacious closet and a semi-ensuite.

The Foxgate is a 965 square foot, bungalow style model. With this home, everything you need is located on one floor, making it ideal for first time homebuyers and empty nesters. The combined family/dining room has a walkout to a balcony. The open concept gourmet kitchen also features a breakfast bar and plenty of cupboard space. The laundry

room is easily accessible and has access to a storage closet. The master bedroom has a private ensuite and a French door that opens to a second large balcony!

For a limited time, purchasers will receive five free appliances and air conditioning at no extra cost. Closing dates are available starting in the summer of 2013.

Townsgate is being built by Haber Homes Corporation, a very established builder that has been creating memorable homes and lasting relationships in admired communities all across the GTA for over 26 years! With every new community, Haber Homes Corporation brings a distinctive touch to every home they build, and they take pride in each and every creation. Their exceptional

customer service has consistently earned the loyalty of their purchasers and the highest rating for after sales service from TARIION Warranty Corporation. You better hurry in, Townsgate will consist of only 51 exclusive homes and is the third and final phase of a much admired community in the Heart of it All!

The sales centre is located on the northeast corner of Kingston Road West and Chapman Drive. It is open Monday to Thursday from 1 p.m. to 8 p.m., and Saturday, Sunday and holidays from 11 a.m. to 6 p.m. For more information, please call (905) 239-9955, email info@townsgate.ca or visit the website at www.townsgate.ca.

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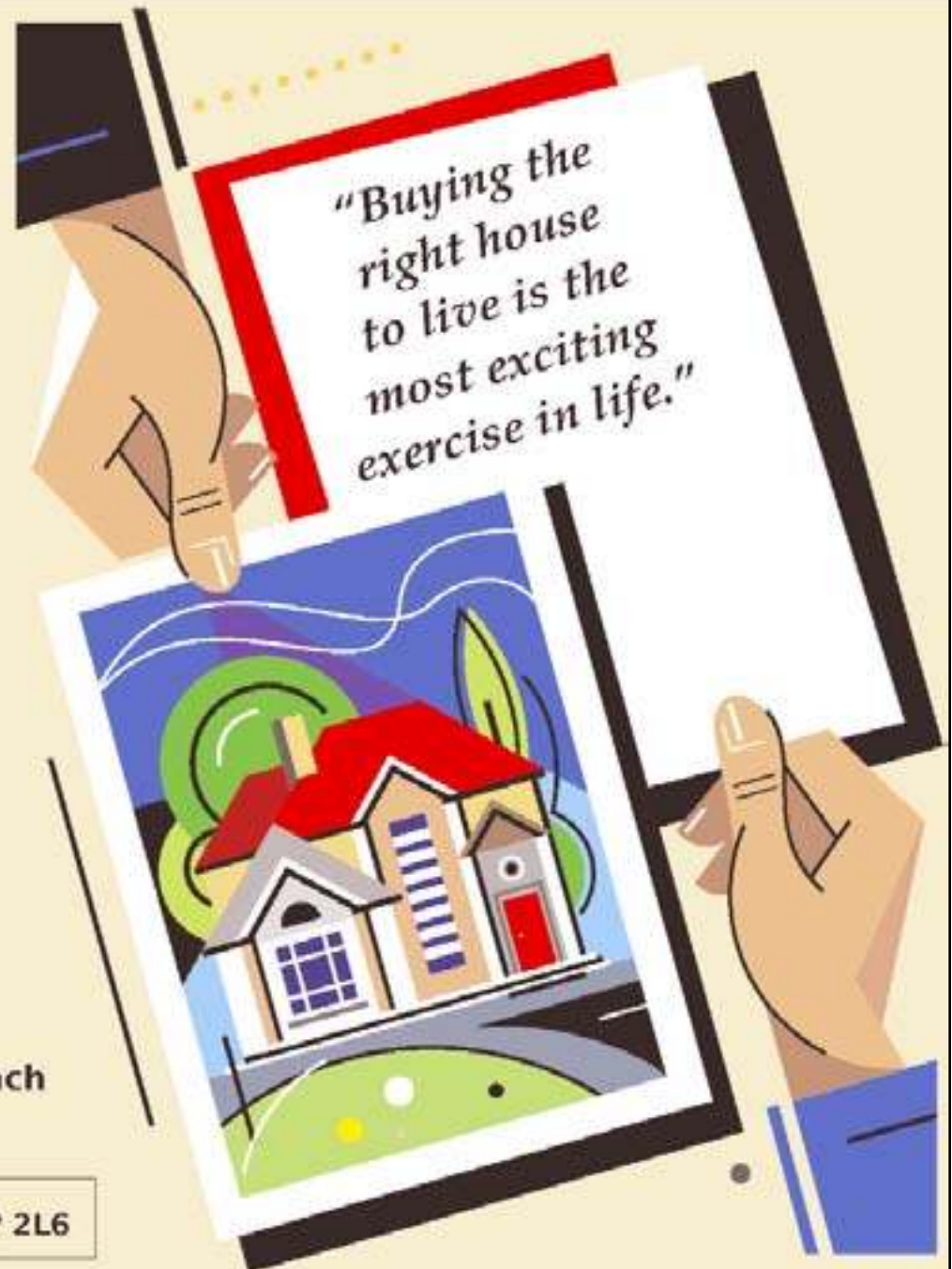
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Special Feature



Syria "protected" by Russia & China in the U.N

Syria became the first country in the history of the United Nations to be "protected" for an unprecedented third time by double vetoes cast by Russia and China in the Security Council. Jose Luis Diaz, head of the U.N. Office of Amnesty International, told IPS that in recent history, Myanmar (Burma) and Zimbabwe have benefited from double vetoes, but on one occasion each.

As a result of the three double vetoes over a 17-month period, the United Nations will remain politically paralysed - even as a growing civil war, which has already claimed the lives of over 10,000 civilians, continues to spin out of control. "I think the repeated double vetoes by Russia and China on Syria, other than feeding the perception of a Security Council outliving its usefulness, will justifiably draw attention to the need to curb or limit that power when crimes against humanity, war crimes and massive human rights violations and abuses

the United States, Britain and France. The failed draft resolution expressed support to special envoy Kofi Annan's six-point peace plan.

But if the Syrian government fails to stop using its heavy weapons on civilians, the resolution left open the possibility of diplomatic, economic and military sanctions against Syria under Chapter VII of the U.N. charter.

Asked what comes next, U.S. Ambassador to the United Nations Susan Rice told reporters, "Sadly the message from the two permanent members (Russia and China) is that they are willing to support Assad to the bitter end." U.S. Senator John Kerry, chair of the Foreign Relations Committee, said that Russia and China's veto of the Syria resolution is as surreal as it is dangerous. "As Rome burns, they're worried about saving Nero," he said, adding that Assad and his supporters need to hear unequivocally from the international

Thalif Deen

- U.N. Bureau Chief - IPS



the Mediterranean - its naval base at Tartus, on the southern Syrian coast. China's veto, she said, is almost certainly framed by its longstanding resistance to any Council approval of military intervention anywhere, out of concern it could be a precedent.

For the U.S. and its European allies, the concern is primarily to maintain control or at least significant influence over any potential post-Assad regime. "That explains the official CIA (Central Intelligence Agency) focus on aiding its Saudi, Qatari and Turkish allies by helping decide who among the opposition forces should actually get the arms being shipped in," she said.

Israel has not been a major force

For better or worse - and in this case, for worse - the Council can only be useful when the interests of its permanent members are aligned or at least don't contradict each other, he said. "When those interests don't align, as in this case, they use their veto," he added. "This is obviously not the way it should be." Dias also said the Council is an anachronism, but it is not going away anytime soon. Pending reform, however, its members, especially the permanent ones, should really exercise the utmost restraint in using the power they accorded themselves decades ago and which they use ostensibly in the name of the whole international community, Dias said. "If they're perceived as acting based on narrow or national interests, then the Council will rightly be judged irrelevant, or worse."

And there are risks to that, not least that it could encourage states to bypass the Council and act outside the international legal framework, he added.

Meanwhile, the mandate of the U.N. Supervision Mission in Syria (UNSMIS), led by General Robert Mood, and which has been monitoring the situation in Syria, expires Friday. Bennis told IPS that extending the U.N. observer team mandate is vital, particularly as the military battle inside Syria escalates. With increasing threats to Syrian civilians, any potential for negotiations must be taken seriously.

Gen. Mood's assessment that the bottom-up negotiations beginning in places like Deir Ezzor and then expanding to a national phenomenon as a way to lessen the violence could be a crucial last-ditch effort to achieve a diplomatic, rather than military resolution of this crisis. "It is not surprising that Russia rejected the U.S.-led resolution to extend the mandate given Washington's insistence on the resolution being taken under the terms of Chapter VII - U.S. claims that its goal is 'only' increased sanctions ignores the reality that Chapter VII is also the necessary precursor to military force - and the Libya model looms large in which an officially narrow Council resolution under Chapter VII was quickly transformed into an all-out U.S.-NATO war against Libya," said Bennis.

By insisting on the link between extending the observer mandate and Chapter VII, the U.S. is essentially holding the Council hostage to its own intentions of escalation, she added.



are being committed, as some countries have proposed," Diaz said. The vetoes were cast against three Western-inspired resolutions threatening to penalise the government of President Bashar al-Assad since the outbreak of an ongoing uprising 17 months ago. On Thursday, the third of the resolutions, this time the brain child of Britain, garnered 11 out of 15 votes, with two abstentions (Pakistan and South Africa). But it failed to be adopted because of the vetoes by Russia and China, two of the five permanent members of the Security Council besides

community that they are losing.

Phyllis Bennis, director of the New Internationalism Project at the Washington-based Institute for Policy Studies, told IPS that all the outside powers are focused far more on their own self-defined national interests than they are concerned about the people of Syria. She said that Russia's veto is based partly on the need to continue its longstanding commercial and military alliance with the Assad regime, but more urgently and immediately on a commitment to maintain its sole military presence on

demanding regime change in Damascus, for the simple reason that both Assad regimes (Bashar and his father Hafez) have been more or less reliable neighbors - keeping the Israeli-occupied Golan Heights and the Syria-Israel border largely quiet, and helping the U.S. when it comes to interrogating/torturing suspects in the global war on terror, sending warplanes to join the U.S. coalition against Iraq in 1991, etc., said Bennis. Amnesty International's Dias told IPS that in the case of Syria, it's not so much the Security Council "outliving its usefulness", but of not having been very useful.



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Special Feature



"The day we heard about the killing of the 13 soldiers in Jaffna I went to see Mr. Premadasa. He was on the phone to the President. There was a lot of tension in the country and we were extremely worried about the way things were moving. Mr. Premadasa turned to me and informed me that the President is planning to bring the bodies of the dead soldiers to Colombo, to be cremated at Kanatte. Mr. Premadasa had been trying to get the President to change his mind when I walked in. When he saw me Mr. Premadasa said: "Sir, Sirisena is here;

The following is an excerpt from the Book 'President Premadasa and I' by B. Sirisena Cooray, the former mayor of Colombo and a strong UNPer at the time, and it describes an inside story of the July 83' riots..

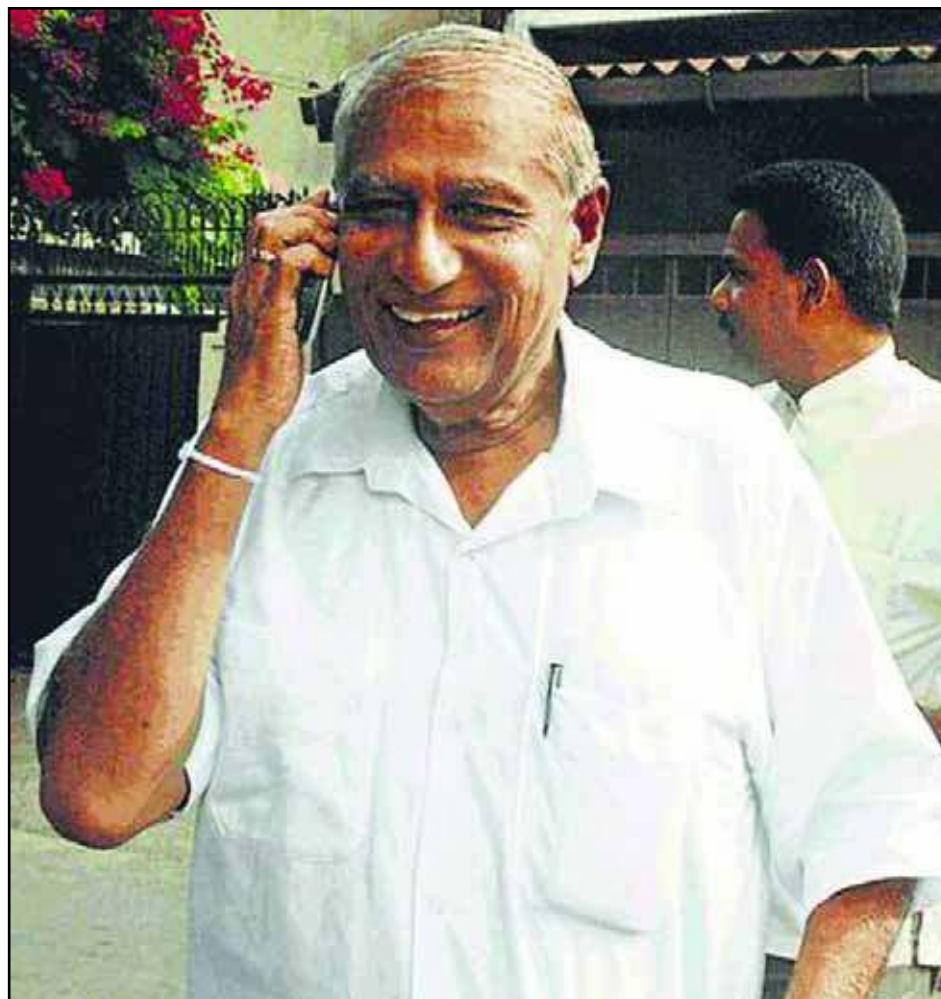
warned them that this drama would end with a riot. Though the bodies were not brought yet, the crowd was organised and ready. I realized that if I stayed here I too would be thrashed. Gamani Jayasuriya was also there waiting for the bodies to be brought. I went up to him and said: "Sir, what are you doing here? Don't wait here. There is going to be trouble". Then I called Mr. Premadasa's security personnel who were waiting for his arrival and told them: "Tell the PM that there is going to be trouble; tell him not to come here and tell him I said so". I told

An Inside Story of the July '83 Riots

you ask him". And he put me on. The President told me: "Cooray, these people want to bring these bodies to Colombo and cremate them at Kanatte. What do you think?" I said: "Sir why do you want to bring these bodies to Colombo? These are not people from Colombo. If you bring the bodies here there will be problems". This was precisely what Mr. Premadasa had been telling the President before I walked in. Afterwards Mr. Premadasa told me that they had decided against bringing the bodies to Colombo; I remember we were both extremely relieved.

That afternoon I went for a wedding at the Shalika Hall in Narahenpita. Mrs. Jayawardene was also there. I was talking to her when she suddenly said: "Mr. Cooray, you know that they are bringing those 13 bodies to Colombo today". I was thunderstruck. I said: "Madam, the President promised the Prime Minister only a little while ago that the bodies will not be brought to Colombo". She responded: "No, no they are going to go ahead and bring the bodies here. I do not know whose idea it is". I had the impression she too was unhappy about it.

This was madness. Like Mr. Premadasa I knew that all hell was likely to break loose when those bodies are brought to Colombo. I just got up and walked to my car. But I had no clear idea about where I wanted to go. I couldn't think clearly. I didn't want to go home and I didn't want to go to the CMC. Finally I went to the Sugathadasa stadium. That was the time we were reconstructing the Stadium. I walked into the middle of the grounds and just stood there. That was when SP Ariyaratne came to me and told me that there was a radio message from the PM asking me to contact him urgently. When I called Mr. Premadasa he too was extremely upset and worried. He told me about the new



Former City of Colombo Mayor Sirisena Cooray

decision to bring the bodies to Colombo that evening and asked me to make the necessary arrangements. He told me that the President is planning to attend the cremations and he too was expected to be there. He knew full well there would be problems but he had no choice in the matter. The decisions were made elsewhere and he was just informed of them. If the President listened to Mr. Premadasa, the '83 July riots could have been avoided and the history of this country would have been different.

Like Mr. Premadasa I too had no choice but to do what had to be done, given the situation. The Kanatte is

owned and managed by the CMC and as Mayor my tasks were clear. So I went to the Municipal Workshop and made all the arrangements. I also phoned the Municipal Commissioners and told them to come to the cemetery. After that I went to the cemetery. As soon as I entered I could feel the tension. There was an organized crowd present, making a huge show of grief, weeping hysterically. I walked up to DIG Edward Gunawardane and I asked him why they allowed this madness. He and the other senior police officers present told me that they had nothing to do with the decision, that they were just following orders. I

the same thing to the President's bodyguard. I explained that amidst the inevitable disturbance even if a stone hits the President it will be humiliating and therefore he should stay away. I was able to issue orders since the General Cemetery came under the CMC and I was the Mayor.

Fortunately the President decided to heed my warning; this enabled Mr. Premadasa also to stay away (he would have been forced to attend, even though he was not happy about the whole thing, if the President attended). Once I got confirmation that neither the President nor the PM would be attending the cremations I informed the Municipal Commissioners who were present that I will go and change and come back. Of course I did not go back. And as Mr. Premadasa and I predicted, rioting started immediately afterwards. I later heard that the Army wanted the bodies to be brought to Kanatte and that the President succumbed to their pressure.

It was a terrible time and the worst part was that we were almost powerless. We could do nothing to stop the killing, the destruction. The President made a mistake in putting the Army in charge of restoring law and order. After the killing of the 13 soldiers the mood in the military was a very dangerous one and they were not really motivated in stopping the violence. If the Police had been given a free hand they would have done a better job. During this period President Jayawardene was reduced to a state of helplessness. Mr. Premadasa and I used to visit him every day. That was the only time I saw IRJ being speechless. The Army was not taking orders and I think we were very close to a state of mutiny. That was why the Air Force was called in eventually and they quelled the riot."



Special Feature

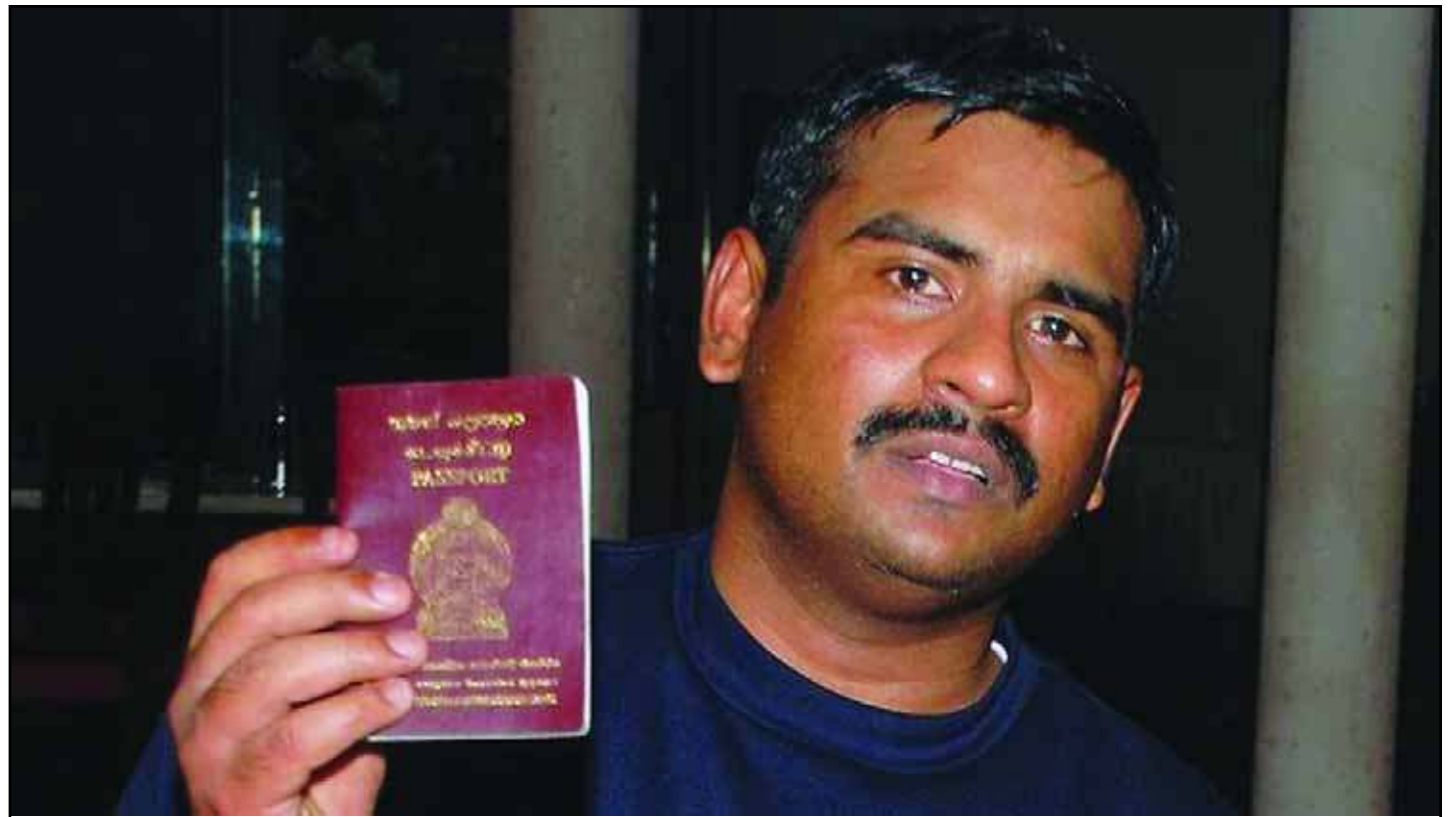
On a remote stretch of Sri Lanka's west coast lies the village that wants to come to Australia.

The homes here are built alike, low and squat, their thatched roofs tightly tied down against the monsoon's rains and wind. And from almost every one, someone has left for Australia.

Some reach Christmas Island, phoning home to say they're safe. Others are caught before they can board a boat, or have their vessel stopped and turned around by Sri Lankan navy ships. Still others leave and are never heard from again.

"Five hundred people have left from this village, from this area, all for Australia," says Kajan*, waving his arm along the beachfront, a few hundred metres down from a military watchpost over the sea. "Everybody is going because they see other people reach there and they want that life too."

His son-in-law and a friend, both fishermen, left a little over a month ago. They reached Christmas Island after three weeks at sea. "They went for money reasons," he says, through an interpreter. "We cannot make a living here.



Exhausted and showing the strain of a horror week of deportation and interrogation, Dayan Anthony sent back to Sri Lanka from Australia presented just the sobering warning he was intended to be, as he fronted a Sri Lankan government media conference on July 27, 2012 to warn of the repercussions of asylum-seeking - Picture by : Saliya Rupasinghe

Tamils: Why we get on the boats

They went so they could support our family."

Kajan insists that, three years on from the end of Sri Lanka's brutal separatist civil war, the country still offers Tamils no chance "to make a good life". "No job, no education, we have trouble from the police and army. We are desperate people," he says.

This year has seen a massive jump in the number of asylum seekers, overwhelmingly Tamil, fleeing Sri Lanka for Australia. So far, 1541 Sri Lankan asylum seekers have reached Australian territory, more than a 700 per cent increase on the figure for all of last year (211). As well, more than 700 people have been arrested and jailed for trying to leave Sri Lanka, "irregularly" seeking passage to Australia. In the past fortnight alone, 334 people have been arrested trying to flee, Navy Commander Kosala Warnakulasuriya says.

The navy, police, army and air force are all deployed patrolling Sri Lanka's coasts and, almost every day, another boatload is intercepted and turned around. Police spokesman Ajith Rohana says the massive jump in numbers was because of a delayed, and weak, monsoon, which had given boats a chance to get across the Indian Ocean. He says Australia was the easiest and the cheapest place for asylum seekers to flee.

"Ninety-nine per cent of these people are Tamils, almost all of them have some relations in Australia and their relatives tell them to come," he tells the Herald.

But Mr Rohana rejects allegations that Tamils still face persecution in Sri Lanka. "These people are told to give a

By BEN DOHERTY

bad image of Sri Lanka, by the people smugglers who make money taking people across the ocean. They are told to pretend they are being ill-treated and discriminated against. It is not true."

The Herald has chosen not to name this isolated Tamil-dominated fishing village, its location or the names of those spoken to. The people speak only on condition of anonymity. They fear government reprisals, against them or against their family members.

Every house has an Australian story. Dharuna's 27-year-old son left for Australia 18 days ago. He caught a bus in the middle of the night, then rang to say he'd boarded a boat and was leaving the country. She's not heard from him since.

"Everybody else who left [from here] has reached [Australia and] has called, but he has not called. Every day I am waiting."

She says her son was following others who'd successfully crossed before him. Still, she resisted letting him go.

"It was difficult, I didn't want [him to go], but I had no choice. I have four children, we need him to support us." Across the unsealed street, Gadin appears thin, tired and drawn. He is two days out of jail. He was caught on board a boat bound for Australia two months ago, which was stopped by a navy ship. He was interrogated for two days by the Sri Lankan police and then jailed for more than a month, he said.

"It was very hard, we slept chest to back, all packed in like sardines. I could

not sleep and there was hardly any food," he says.

His sisters got him out. His freedom cost tens of thousands of rupees, they tearfully explain, but decline to go into detail of whom they paid and for what. If he flees again, his family will suffer.

Economic opportunity, real or perceived, is the major driver that puts people from this village onto leaky boats bound for the other side of the ocean. But some leave here because they face serious, systematic and sometimes terrifying persecution.

The "white van" abductions - where people are grabbed from the street by plain-clothed men driving unmarked vehicles, to disappear for days, weeks or sometimes forever - are less common this far from the big cities. But people are regularly hauled in by police and face prolonged, sometimes violent, interrogation. The latest United Nations report on Sri Lanka says it is "seriously concerned about the continued and consistent allegations of the widespread use of torture and other cruel, inhuman and degrading treatment of suspects".

People say this village never supported the terrorist Liberation Tigers of Tamil Eelam, better known as the Tamil Tigers. They claim they are targeted simply because they are Tamil.

"It doesn't matter if you did nothing, if you don't know anything, you are under suspicion always," Gadin says.

The men here are fishermen, regularly plying their trade in the north and east of the country. During the war, that brought them into contact with the rebel Tigers, often unwillingly.

In the uneasy peace that exists now in postwar Sri Lanka, a line can be drawn to almost every Tamil.

"Anyone can be accused," Gadin says, "we are all guilty to them." But leaving often makes the situation worse for those left behind. Police arrive unannounced at people's homes, demanding to know why they left and who took them.

People in this village have been interrogated for days, threatened and beaten. Ajith Rohana says allegations of torture or maltreatment at the hands of police are untrue.

"Generally, as a practice, torture never takes place in Lankan police stations."

Despite the current exodus of asylum claimants, in this coastal village, understanding of Australia's process for assessing asylum seekers is poor. Many are told, and believe, asylum seekers will be granted citizenship on arrival, or that their claims are guaranteed to be accepted if they reach Christmas Island. Others say it is a matter of weeks before their relatives will be working, earning Australian dollars and sending them home.

For all the risk, the threat of jail and the uncertainty of the other side, there is no shortage of young men here willing to chance the perilous crossing. But Gadin, having tried and failed once to go to Australia, won't try again.

"I had my one chance to go, I have lost that," he says. "But others will try in my place."

(* Names have been changed)
(Courtesy: Gloucester Advocate)

Special Feature



A. Causes of Tamil Immigrations: Tamils who sought refuge in foreign countries after the ethnic calamities that started in Srilanka in 1983 have gone and settled mainly in western climes. The countries they settled in large numbers are Canada, U.K, Australia and to some extent France, Germany, Norway, Switzerland, Denmark, Holland, Italy and Sweden. Canada appears to be the home for the largest number of Srialnkan Tamil refugees. There have been several batches of people coming to Canada at various times over these period of nearly 30 years. Canadian immigration rules permitted permanent residents to sponsor their family members under the humanitarian pretext of family re-union. Many parents were able to come to Canada and join their children's families.

ues. Most of them have established their own places of worship. They live mostly in the GTA but now some of them are moving to the conurbations of the GTA like Markham, Mississauga, Brampton, Vaughan, Ajax, Pickering, Malton and Milton. The need for bigger mansions have attracted them to these places. Many live in apartment houses but several others have their own comfortable houses in Toronto, Mississauga, Brampton and the conurbations. They have found jobs in all walks of life. Even the not so educated immigrants are well focussed on giving the best of education to their children. Many of them have helped their kith and kin too to migrate to Canada. Some of them work hard in order to help out their relatives in their homelands. The Srilankan Tamils show

grocery stores, eateries, banquet halls and textile emporiums. The Tamils continue to love their grocery commodities imported mainly from Srilanka and India. The grocery stores are heavily stocked with commodities that are sought after by the Tamils. The establishments advertise their products mainly through the media-especially weekly newspapers, flyers, radio and television. There are more than a dozen Tamil newspapers published in Canada mainly on a weekly and monthly basis. They are financed by advertisers and therefore made available cheap. The content is mainly advertisement with Srilankan, Canada and world news. Most of the newspapers focus their news around the problems of Tamils in Srilanka. The Tamil radio channels too give importance

ronment. There was much demand for ready made food among the working people. Most Tamils continued their eating habits and longed for the essentially Tamilian diet. Tamil eating houses carry much wanted items like String-hoppers, Dosa, Idly, Pittu. Rice and curry are served in full Tamilian style with a variety of curries to suit the indigenous requirements. There are also ad-hoc preparations based on Pittu and string hoppers like pittu-kothu and Iddiyappak-kothu. Some of the caterers serve at banquet halls to soothe the appetites of revellers at weddings, birth-day parties and other essentially cultural festivals. Tamil cuisine in all its glory is ever present in the Canadian environment. People of other nationalities are also seen as customers at these eateries.

Changing Life-style of Tamil immigrants



Canada being an under populated country with vast amount of space for human habitation is rather liberal in its immigration policies. People from all over the world made use of the opportunity when they had a chance. Ethnic problems in Srilanka gave the Tamils an additional reason to come over to Canada in large numbers. At the start it was the well-educated people who came over here for employment and other purposes. Later riots and unstable political conditions enabled people from all walks of life to come over here. Many of the not-so uneducated persons got employed as factory hands. Many found jobs in factories, restaurants and food-handling establishments.

After the start of the conflict between the Tigers and the Srilankan government there was a vast migration of Tamils trying to escape hardships and perils of war. In 2004, the UNHCR identified the Tamils as the largest asylum-seeking group. Srilanka has the largest share of displaced Tamils in Canada, with more than 200,000 residents. They settled mostly within the Greater Toronto Area.

B. Tamilian Life-style in Canada: The life-styles of the Tamil immigrants in Canada have not drastically changed. The first generation Tamils cling to their cultural traditions and val-

profound enthusiasm and interest in the prospects of peace and settlement in the much beleaguered island of Srilanka. They unanimously feel that Tamils should have their rightful place in the land of their birth. They have held demonstrations and representations to agitate for a solution to the ethnic problems in Srilanka. There are several associations in Canada that work towards this end. The Srilankan Tamils are also in the habit of visiting their relatives and friends in Srilanka and are said to be generous when there is a calamity affecting their brethren in the island. They have sent several ship loads of aid and equipments to help out the needy. Marriage associations are normally contracted among Srilankan Tamil people. Proposed system and ceremonies still prevail conforming to cultural norms and values. However, children who grew up in Canada emulated the life-styles of their western compatriots and begin to take up to finding partners on their own, much to the annoyance of their diehard parents.

C. Hallmarks of the Tamilian Presence in Canada:

The presence of the Tamil populace in Canada's cities are mainly evident with the number of business establishments they own. They have quite a number of

By: J.J. Aputharajah

to local Srilankan Tamil news in addition to cultural programs. There are also a number of Tamil Television networks made available for the Tamil public in Canada in addition to the Indian Television networks relayed in Canada. The Tamils get together for worship, weddings, birthday parties, temple festivals, funeral ceremonies and cultural programs (mainly for entertainment purposes). These events and programs give opportunities for the Tamils to get together as a community and enjoy each others company. The government of Canada has given equal opportunity for the cultural groups to practice and enjoy heir own culture and community life. Tamil is recognised as an international language and facilities are provided for it to be taught in schools and even in the university. Tamil music and dancing are also given all patronage necessary for its adherents to cultivate and participate. Some of the public libraries in Toronto are well stocked with Tamil books and DVDs. There appears to be a resurgence in the political aspirations of some of the Tamils in Canada. The Tamils have tested their ability in a variety of vocations including Real Estate Brokerage, Mortgage, Insurance, Construction, Electronics, Information Technology and Big-businesses like Jewellery, industry and manufacturing. Now they are seeking public offices. Tamils have sought membership in political bodies at all levels and have also succeeded at it in some measure.

Eateries and restaurants are some of the cultural landscape features where the Tamils maintain their identity. There are a number of Tamil eating places in big cities like Toronto. Many of the Tamils belonging to the not so much educated classes chose to work in factories and restaurants. The Tamil workers were able to easily adopt themselves to the requirements of the Canadian envi-

Members of the Tamil community have also made their presence felt in the mainstream politics of Canada. They have entered in public elections at all levels. Rathika Sitsabaiesan of Scarborough-Rouge Valley is Tamil woman who got into parliament on the NDP ticket. The Tamils of the electorate backed her up and she was able to win at the federal polls. Tamils have also competed and won seats in the school boards and various other public service bodies. They are quite enthusiastic in their political involvement having backed candidates in the Liberal, Conservative and the NDP at various elections. Various Tamil organizations have helped in fundraising campaigns for public causes. They have raised funds for the Scarborough hospital several times over the years and proved that the Tamils are patriotic and grateful for the Canadian government for the patronage given to their community.

Immigrant Tamils have now become great travellers.

D. Globalisation and the Tamils:

Globalisation has affected their life-style in a great way. Of course their favourite destination for a holiday still continues to be Srilanka where they go for several reasons. Weddings, family get-togethers, matters relating to arrears of work left-undone/incomplete and many other commitments take them to Srilanka. It is said that some family ceremonies are held in different parts of the world for the convenience of some members of the family who find it difficult to travel. There was a case of an attainment ceremony held in Canada, U.K and New-Zealand. Tamils now have contacts in all parts of the world. They have relatives to visit in Australia, Europe, U.S and India apart from the common tourist resorts. The current circumstances have expanded their parameters and enriched their life-style.

Contd. on next page...



Spirituality

Being Possessed by the Spiritual Path

Every breath, every step, every act that you perform in your life becomes a spiritual process.

Once you are on a spiritual path, if you are genuinely on the path, you're not just obsessed; you are possessed. If you want to hit the peak of your consciousness, all the energy that you have has to be focused in one direction. If you're throwing it in ten different directions, it is obvious you are not going to get anywhere, isn't it? Even if you throw all the energy that you have in one direction, still it may not be sufficient. That is why the Master fills in that space of lifting you up when it is needed; but if you want to distribute your energy in ten different directions, then definitely it will be futile. So don't be obsessed; be possessed by the path. There is nothing else for you; everything else is just to get you there. Only when it becomes like this, your spiritual path means something.

If it is not so, if it is a side interest in your life, that you like spiritual entertainment - different people seek different types of entertainment and some people dabble with spirituality - that is up to you. I have nothing to say for such people. But if you're really seeking to know, then your whole being should be focused in one direction. You are completely possessed by it. This doesn't mean you will become unreasonable. This doesn't mean you can't run a family. This doesn't mean you can't fulfill your social responsibilities. Just use them as a spiritual process for yourself. Every breath, every step, every act that you perform in your life becomes a spiritual process. Only then there is no conflict.

When you say, "This is my spiritual path, this is my family, this is my profession, this is my club, these are my drinking friends," then you have a conflict. If you eat, you eat only because you want to know. If you drink, you drink only because you want to know. If you work, you work only because you want to know. Then there is no conflict.

What We Are Not

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

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

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

All yogic practices are fundamentally aimed at giving you an experience beyond the five sense perceptions. This is not in terms of physical reality, it is in a totally different dimension. That dimension, if you want to call it God, or if you want to call it my Self, it does not matter.

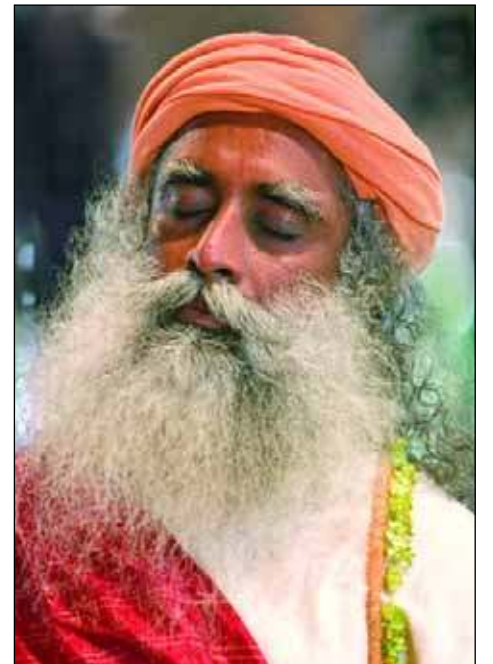
Whatever your idea of God is, it is simply coming from the limited experience of who you are right now. It is not coming from any true experience. The only thing that you can experience is that which is within you. And that which is within you, you have never really looked at in real depth.

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

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

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

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



Sadhguru Vasudev is a realized master, yogi and mystic, who has founded Isha Foundation, an international public service organization that strives for ultimate human well-being. For world-wide program information, visit www.ishafoundation.org
Toronto local contact 1-866-424-ISHA (4742) or email Toronto@ishafoundation.org

true happiness.

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/toronto

Changing life-style of Tamil Immigrants

Contd. from previous page

The entertainment and recreation of the Tamils are mostly influenced by both Eastern and Western cultures. The upper middle classes have taken up to western interests. They view western films as well as western forms of recreation but the majority of them are influenced by South Indian culture and films. They get trained personnel from South India and teach their younger generations dancing, music and other forms of arts. They mostly view South Indian Tamil films and tele-dramas. The older folk view Tamil tele-dramas as a favourite past-time.

E. The Responsibility of the First Generation Immigrants:

Whatever may be the aspirations of the Tamils in the immigrant land they must not lose their ethnic identity. They should not allow the younger genera-

tions to forget the Tamil cultural values and traditions. They should not allow them to be absorbed in the mainstream. Canada is a country that values human rights. They have allowed the study of Tamil even up to the university. The Tamil cultural activities are given governmental patronage. In a country that values and honours multiculturalism, the Tamils should take all the advantages and preserve their cultural identity.

There is a tendency among the English educated younger generation to neglect the study of Tamil language and adapt to western way of life in a great way. Every effort must be made by the parents to inculcate the love of Tamil language and culture to their offsprings. Some parents have the incorrect understanding that the study of Tamil will affect the children's progress

in the mastery of English. That is not the case. Knowledge of two language helps in a great way in both academic and personal development. Keeping in touch with their kith and kin in Srilanka and India is another way of keeping abreast with development of Tamil culture and identity.

Ancient Tamils fostered the ideal of globalism. Purananuru, the ancient Tamil classic acclaims that 'Tamils should consider the whole world as their home.' ('Yaathum Oore Yavarum Kelir'.) Revolutionary innovative poet Bharathi said that the greatness of Tamil culture and language should be taken to the nooks and corners of the world. ('Ulahellam thamilosai paravidadh cheythal vendum') The immigrant Tamils should be remember to instill the love of Tamil culture and traditions in their young ones.

Short Story

Contd. from July issue

Ravi was overly friendly and articulate: in the course of the conversation, Kumar found out that he had recently dropped out of the Jaffna University and joined the political wing of the Liberation Tigers of Tamil Eelam (LTTE). He was actively recruiting the displaced Tamils for the organization. His speech had a Marxist bent, but was persuasive enough to sway the minds of people who were ready to go back to the areas predominantly populated by the Sinhalese. His argument was, for good or bad, the pogrom had brought large portion of the Tamils back in to the fold of the traditional Tamil land; so it had given the needed impetus to form a de facto gov-

Kumar by nature was a feeble minded person: patriotism, valor and martyrdom were certainly a big part of his vocabulary, but only in his beloved romantic novels. He couldn't fathom those in real life. Ravi's desperate plea that they were in dire need of people who were proficient in all three languages for the political wing made him think about joining the movement, but his selfishness trumped anything remotely useful to the cause. Moreover, the LTTE's sanction against romantic entanglements with the fairer sex for its cadres gave him an excuse to rescue himself. But the powerful personality of Ravi sort of kept him in the loop; Kumar mostly attended their meetings out of ennui rather than ideal-

argued that the lives of the Tamil students meant nothing to the Sinhalese politicians, and it was foolish to continue the fast. He believed that the Sinhalese chauvinists understood only one language, and that came only through the barrel of a gun.

The intentions of Ravi may not have come to fruition, but unintentionally brought both Kumar and the crippled man closer. Notwithstanding Ravi's admonitions on discipline and the cause, Kumar finally made up his mind to confide in the crippled man. With some arm twisting the crippled man agreed to be the go-between, exchanging letters between Kumar and Mala. This brightened their prospect that once looked hopeless,



moving towards the tent. First there was some resistance to its forward movement, but after awhile it started moving again. His mind speculated on several scenarios, but latched on to the one idea that it must be delivering something important for the tent. After it came to a full stop, all doors including the rear one opened simultaneously and through each came a man with a megaphone. The message was a warning to disperse peacefully and quickly. And then appeared the AK-47s, picked up from the van. The sight of the AK47 silenced all incipient protests. Quickly the gaunt bodies were loaded in to the van and it sped away, while another car picked up the men with guns. Kumar couldn't believe his eyes, because everything happened in a blink of an eye; and the speeding car, as it made its final turn, came close to him and without any ambiguity the driver was none other than Ravi. When the dust settled, people regrouped and noisily argued the ramifications of the incident until someone raised a legitimate fear that the army would have gotten wind of it and might

THE TRAIL OF TEARS FROM THE LAND OF PALMYRAH

By: SIVAGAMI



ernment, if all could unite under one banner and refuse to cower. He argued that people should be prepared to take up arms to defend their motherland. As if to confirm his point, he placed his revolver on the table nonchalantly. The discussion about cyanide capsules was deliberately avoided at this stage and Ravi didn't want to flaunt it for obvious reasons. Kumar was taken aback by the boldness of his approach, thinking what if someone passed the information to the army, ubiquitous in Jaffna at that juncture. But he also thought why would a Tamil backstab his own after having gone through everything in the hands of the Sinhalese. But the fact remained that under extreme duress, even the hardcore fanatics can break down, let alone the novices. He thought it was foolish on the part of Ravi to be lecturing a group of unknown people without getting to know them one on one. But on the other hand, without taking risks one could not expand the organization; more over the time was of the essence, because one had to strike when the iron was hot; namely before the passions dissipated.

ism. In one of those meetings Kumar heard Ravi talking disparagingly about nonviolence and the Gandhian ways. He pointed out the futility of those methods practiced by the Tamil politicians time and again. Ironically the timing was perfect and his theory resonated well with the public who were frustrated over the ongoing fast-unto-death by the displaced university students at the Jaffna University.

The displaced Tamil varsity students had raised a legitimate concern about ultimatum given by the government to go back to their campuses located in the Sinhalese areas without their safety guaranteed. Their plea for transfer to Jaffna University was met with rejection point-blank. To protest this decision, a group of students went on hunger strike until death in front of the Jaffna University. This went on for more than a week and by the end of the week, the condition of the students was hanging by a thread while the Sinhalese politicians made a mockery of the whole incident. Ravi on the other hand convincingly

creating an unimpeded communication line and reinforcing their long held solid ties. Once again Life became exciting and fulfilling for Mala and Kumar and somewhat titillating for the crippled man. It worked out well for Mr. Selvaratnam as well, because he was totally kept in the dark.

That day the Jaffna campus was bustling with all kinds of people, drawn by the fast-unto-death. A white tent had the student participants, reclining in various postures on a well cushioned floor surrounded by ample pillows, electric fans and well wishers. The melodramatic violin music in the background made the scene manifold melancholic. Student leaders and at times politicians showed up to show their support and gave brief speeches. The common theme was that the students were determined to sacrifice their lives to change the minds of the Sinhalese politicians, thereby make a difference in the lives of the current Tamil students in particular and future students in general. Very good cause, everybody agreed; but, will it work?; most had their doubts. The sun was at its zenith, and the speeches were becoming monotonous: as days went by, the braveness was slowly being replaced by terror on the faces of the participants. Their eyes betrayed their weakened will, looking for anything to climb out of this morass. Many looked up to the government to offer something to save face, but the government though was callous and determined to inflict more pain.

The new buddies, Kumar and the crippled man stood under the shade, watching everything silently. Kumar wasn't convinced that the fast would work, but he couldn't think of an alternative. While he was looking past the tent absentmindedly, Kumar noticed out of the corner of his eye, a white van slowly

be on its way. This time without any megaphone, the crowd quickly got dispersed.

One's warped perception of time was comically explained by Einstein himself: he compared the time spent between a hot plate and a hot girl; the first always an eternity, while the second, an ephemeron. The next six months was the most grueling and the longest for the most, as many were left in the dark about their future; but for Kumar and Mala, life could not have been better. The communication link enabled by the crippled man was integral to their blissful existence in Jaffna. But it was a struggle for others to keep their sanity. To feel euphoric, in that environment one had to disengage completely from the reality. Kumar and Mala had become experts in this process; they had created their own cocoon and insulated themselves from the doom and gloom around them. In the interim, the dark clouds were gathering around them for sometime, but they were in another world to take notice. When it started raining, it didn't come in drizzles, it came as torrential downpour.

First, the news of Ravi's suicide, by ingesting cyanide when he was apprehended by the army, shocked the neighborhood. Then slowly one by one his close associates started disappearing; some were thought to have been apprehended or killed by the army and others were believed to have fled to India. There was no way to confirm either. Although Kumar had dealings with Ravi, because of the lack of any deep involvement, he believed he was immune to the bad things happening to Ravi's close associates. He believed his fluency in Sinhala would come to his rescue in case he was interrogated. And also the fact that the crippled man went about doing his usual activities without being hassled reinforced his notion. He grabbed the pen



Short Story

and a few foolscap sheets. He wanted to go to his secluded spot near the Temple to pen another letter for Mala.

It was an overcast day, the cool breeze was swaying the trees; the jasmine and hibiscus shrubs were in full bloom, wafting their distinct scent. The animals looked subdued, having perceived the imminent thunderstorm through their extra senses. Kumar was as usual oblivious to the changes the nature was wreaking. He closed the gate and took a few steps along the lane. He heard a sound of a motorbike entering the lane but couldn't see the rider. As he took more steps, the sound became louder. When it appeared around the bend, he could see the rider coming toward him without the helmet. He couldn't recognize the face because he had never seen the man before. As the motorbike went past him, deafening him momentarily, Kumar could feel the sting of the rider's stare. Then he heard it slowing down and the sound again picked up as it approached him from behind. Kumar wouldn't turn his head although he knew the rider was coming for him. The rider had killed the engine way before reaching Kumar. When he braked next to him, Kumar suddenly felt an uneasiness creeping up his whole body. He stared at his face with raised eyebrows as he couldn't hear the man because of the engine's effect on his ears.

"Are you Mr. Kumar?" the man had to raise his voice to be heard.

"Yes, I'm; who are you?" Kumar answered after a long pause.

"I'm coming from the Tigers and I have instructions to bring you with me--- the army has been rounding up our boys and i came to warn you that your life is in grave danger"

"But I'm not part of the Tiger organization, so they are not going to come after me; even if they did, I can always explain my position, because unlike many, I can speak good Sinhala"

"Don't be naive, they don't give a damn about your Sinhala; they will first torture and then ask questions; trust me, i have firsthand experience"

"Where are you taking me then?"

"We'll talk about it on our way; get on the bike"

"I can't come just like that; I don't know you" Kumar protested.

"It's up to you; I'm not going to force you; but you will be sorry that you rejected our help"

"This crippled fellow, who was so close to Ravi; no harm happened to him; why me?"

"You just said it; he is crippled; so he's not a threat; but you, trust me, it's a different story"

"Listen, I'll come with you under one condition; I need to speak to my girlfriend first"

"OK, I'll give you ten minutes"

"She is not here; their house is at Mudamavadi; I'll show you if you allow me"

"Be quick, we have no time to waste"

Kumar climbed on the bike behind him and it sped away on the sand trail

behind the Temple and then along Temple road toward Mala's house. When both got down in front of Mala's house, the sky split open with a blinding lightning followed by a eardrum-shattering thunder, and the floodgates were finally breached to let the most anticipated down pour materialize. By the time they reached the portico, both had gotten soaked in their clothes. Kumar shivered and his teeth chattered from the cold. He knocked at the door and there was no answer, so he banged on the door like a madman until it opened. Mr. Selvaratnam was furious because he had already seen Kumar coming in from his balcony. Before even he could speak his mind, Kumar rushed an explanation of his dire predicament that helped calm Mr. Selvaratnam. The voice of the plea and the sorry appearance must have soft-



In North Sri Lanka, Ariyalai village Badasingham and his wife Thavamani walk through a Hindu temple that was badly destroyed during the war. Badasingham and his wife Thavamani as well as others in the community are taking part in a cash for work program funded by Australian Agency for International Development in which they are regenerating their community after the war (Sep 2011) – pic: AusAid

ened his heart, Selvaratnam readily agreed to allow Kumar to have a quick chat with Mala.

The rain fell hard on the tiled roof, bounced over the gutters and splashed on the parapet wall that hemmed in the verandah. The occasional thunder interrupted the drone caused by the rain's constant drumming on the roof. The water, collecting on the ground rushed down the slope in newly formed rivulets all around the house. The LTTE man looked pensive, gave a stern look when Mr. Selvaratnam went inside. After a short break, Kumar was ushered in to the living room to have a conversation with Mala in private. As he was being taken in, the LTTE man reminded Kumar of the time constraints, to which Kumar nodded his acknowledgment. Inside the living room, Mala appeared demure, had a foreboding that day and as if it were an affirmation, she was now facing her man bedraggled and panicky, and all of a sudden, tongue-tied. He looked really pathetic, shivering in his wet clothes, helplessly forming puddles all around him. The mode in which the meeting was brought about had shaken everyone to the core, they had become petrified and forgotten how to act normal. Mala didn't know what Kumar was about to say, but she anticipated something unpleasant or even catastrophic. She looked at his face expectantly.

"The man standing outside is from

LTTE, and he's taking me with him" Kumar felt stupid saying this to Mala.

"Where are you going with him?"

"I really don't know"

"What do you mean?"

"I don't know -----this is all about Ravi and his suicide; I may have told you already----- This Ravi fellow was living down the lane; that's how i came in contact ; and now the army is apparently after this so called Ravi's clique, so to speak; and this LTTE man tells me that I will be harassed for my knowledge of him"

"Do you believe him?"

"What if he's right?; I don't want to take a chance"

"Why don't you ask him what his plans are?" Mala insisted.

"You want me to ask now?"

"Yes, now; what are you waiting for?"

"I have this premonition lately--- something tells me that things are going to get worse"

"I had the same feeling just before you came in; I'm sure it is a common phenomenon for most in Jaffna"

"Don't you think we should take advantage of, now that the opportunity is presenting itself?"

"Don't be ridiculous, we all can't run away to India"

"Then what do you say?; we all should stay here and perish?"

"Don't be so melodramatic; why don't you bring the man inside, and I'll call Appa; let's all talk" Mala wanted her father's input in determining how serious the situation was.

The LTTE man didn't mince words, he gave it to them raw and straight; and soon enough Mala and Mr. Selvaratnam realized that Kumar's life was in danger.

"Kumar, it really is serious, i think you should leave immediately; i promise i'll be waiting for you here; what do you say Appa? Mala pleaded with Kumar.

"I told you I'm not going anywhere"

"Appa ----- Kumar wants me to go with him" Mala finally mustered her courage to ask her father.

"Mala, are you crazy?; it will happen only over my dead body" Mr. Selvaratnam was livid and Mala's mother started crying and cursing Mala for being impudent.

"Appa, Amma, please listen to me, please don't make a scene; I'm old enough to take care of myself; and as soon as things get better, I promise we'll come back to Colombo"

"No, you listen to me, you are not going anywhere as long as I'm alive" Mr. Selvaratnam was yelling over the pelting rain.

"For God's sake, please stop yelling everyone; we are not operating love boat and even if you all want, i'm not taking any woman" the LTTE man felt that he had been pushed to the limits.

"Why not" Kumar exclaimed.

"Because I say so----- our organization doesn't allow romance for the members; you should know better"

"Listen, I've never joined your organization, so don't tell me how I should behave" Kumar was angry for being put down in front of Mala.

"You have now"

"What do you mean?"

"Like it or not, in the eyes of the army you are part of our organization--- anyway that's it; I have had enough from you people----- if you change your mind or still alive, come to Valvettithurai tomorrow; let me be very clear, you must come alone; there will be a boat leaving after midnight for Tamil Nadu, India; look for a man wearing a red shirt and a black sarong and whisper in to his ears MGR-- yes the name of the chief minister of Tamil Nadu--and he will do the needful; goodbye for now" the LTTE man got on his motorbike and sped away.

Continued in September issue ...

"Mala, I have an idea----- what would you say if I ask you to come with me to India?; we can always come back to Colombo, when things get better"

"Are you out of your mind?---how can you even ask this?"

Tribute



"Thamilar Mathiyil" Business Directory Founder Nandakumaran's Memorial Meeting

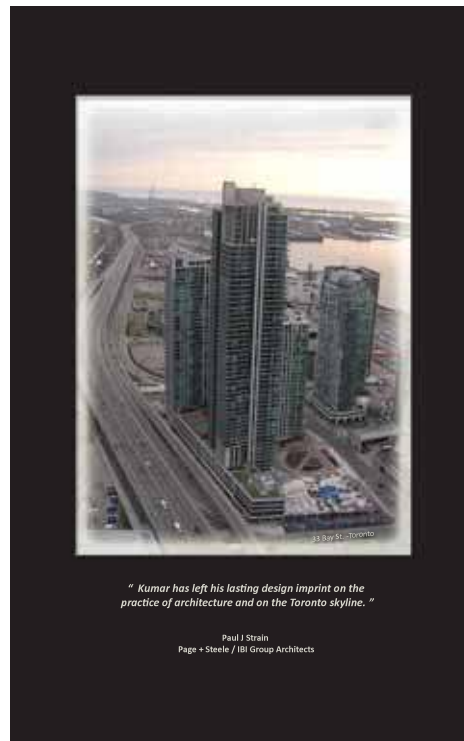
A memorial meeting to commemorate the passing away of Mr. Nandakumaran Rajendram, Founder of the Tamil Business Directory "Thamilar Mathiyil", was held on Saturday, July 14th by his family at The Queen Palace Banquet Hall. It was a well attended meeting consisting of relatives, friends, long standing business clients of "Thamilar Mathiyil", his colleagues - both at his alma-mater Royal College & the University of Katubedde.

Several persons spoke of Nandakumaran's achievements, his contri-

bution to the Tamil community through his Directory and his school days. A very professionally created Memoir by his wife Vasanthi was distributed to the guests. Nanda's daughter Thulasi who is an undergraduate at the Waterloo University made an inspiring & thought provoking speech titled "My Father & I" reflecting the close relationship she had with her father. A lunch followed the meeting.

Here are some pictures taken at the meeting.

Photo Courtesy: Gnane



இராஜேந்திரம்
நந்தகுமாரன்



நீராய் இருப்பதா? காற்றாய் இருப்பதா?
நந்தா,
நீ - நீயாய் இருந்தாய்!



Tam Sivathan, Realtor and friend of the family



Siva Sivapragasam, Consultant, Monsoon Journal



Wife Vasanthi and Daughter Thulasi Nandakumaran



Sam Surendran, RBC & Senthil Chelliah,
Athavan Publications



Gerrard Simonpillai, GNS Party Rentals,
S. Yoganathan, Grapharts, Mike Ahilan,
RBC & Gnane Gnanendran, Digital Touch



Thulasi and her friends

O BITUARY NOTICE



SRINAMASIVAYAM NADARAJAH

SRINAMASIVAYAM NADARAJAH (Senior Manager - Ceylenco Insurance Co. PLC), son of the late Mr & Mrs Nadarajah (Ex-Senator), son-in-law of the late Mr & Mrs. Ramanathan (Badulla), beloved husband of Nihila (D.N. Thurairajah & Co.), loving father of Seanthan, loving brother of Jeyaluxmi, Manohari, Jothyluxmi, Chandradevi and Balasubramaniam, beloved brother-in-law of Wignarajah, Sri Ganeshwaran, the late Mr. Vivekananthan (Commercial Bank), the late Mr. Sabhanathan Mallakam (Attorney-at-Law - Mallakam, Ketharagowry and Dhushyanthan, passed away on 22nd July 2012. Funeral was held at his residence and cremation took place at the Kanatte Cemetery, Colombo, Sri Lanka.
(No. 9, 3/7, Alwis Place, Kotahena, Phone: 011-9411-23381837

O BITUARY NOTICE



DR. VICTOR THEVATHASAN (U.K.)

THEVATHASAN - DR. VICTOR. The Death occurred in London on July 9 of DR. VICTOR THEVATHASAN. Beloved husband of Yogarani, father of Dr. Nandika, Dr. Pravin and father-in-law of Mike, Ranusha. He leaves six loving grandchildren George, Edward, Harriet, Anna, Joseph and Matthew. The funeral was held at All Saints Church West Dulwich and will be followed by the burial of ashes in Kanatte Colombo at a date to be notified later.



Around the world

Sri Lanka rupee 'over-valuation' call difficult: IMF

It is difficult to say whether Sri Lanka's rupee is 'overvalued' and any specific level no longer matters because the exchange rate is now flexible, an International Monetary Fund's official said.

"There are models economists run to measure overvaluation of a currency," IMF's resident representative Koshy Mathai said.

"Those models are sometimes a bit difficult to interpret because they do not account for capital flows."

Sri Lanka's rupee fell from around 110 to 134 rupees (1 US \$) over the past year under pressure from sterilized foreign exchange sales, which pushed up credit to unprecedented levels.

But the rupee has since stabilized and



is strengthening and has reached around 130 rupees (for 1 US \$) recently, shortly after the IMF approved a last 415 million US dollar tranche under a 2.5 billion US dollar bailout started in 2009.

IMF money does not affect the exchange rate as it flows directly in to the balance sheet of the Central Bank with no 'reserve pass-through' via the domestic monetary base.

Sri Lanka seeks fresh loans from IMF for economic upliftment

By Siva Sivapragasam

Sri Lanka is seeking fresh loans from the IMF to support a sagging economy brought about by decades of ethnic war.

Meanwhile the IMF released \$ 2.6 million which is the final installment of a Loan Agreement signed in 2009.

The drawing down of the final installment of the bailout package marked the longest engagement Sri Lanka has had with the IMF and the single largest facility from a multilateral institution, the Central Bank of Sri Lanka said.

"Sri Lankan authorities now look forward to the continued close engagement with the IMF and intend to discuss the possibility of financial support for its economic development agenda..." the Central Bank said in a statement. Although the Central Bank did not spec-



ify the amount of fresh loans the country was seeking from the IMF, finance ministry sources said Colombo was looking at more than \$500 million as a first step.

The original July 2009 IMF bailout was secured when the island's foreign reserves had dropped to a dangerously low level of \$1 billion, or just sufficient to support a couple of week's imports. Since then, Sri Lanka has built up reserves

Pranab Mukherjee elected President of India

Pranab Mukherjee, India's seventy-six year old former Finance Minister has been elected President of India.

Pranab Mukherjee was the choice of the ruling Congress Party. He was widely considered as the favourite among the contestants and was tipped to win the election.

Mr. Mukherjee, a veteran of the ruling Congress Party was elected by members of the national and state parliaments. Although the position is largely ceremonial he could help determine who forms the next government after elections in 2014 if there is no clear winner. Mr. Mukherjee's term runs for five years. He replaces Pratibha Patil, who was India's first woman president.

The veteran Congress party leader Pranab Mukherjee was born in 1935 in West Bengal. He was a teacher, a journalist and a lawyer before being elected in 1969 to the upper house of parliament. He has served as finance, foreign and defence minister, and has held other influential positions in the government.

He fell out with the Congress leaders in 1986 and started his own party, but returned to the party fold two years later. He has served on the boards of the International Monetary Fund and the World Bank. He defeated Purno Sangma, a former speaker of the lower house of



parliament who had the backing of the opposition Bharatiya Janata Party. Mr. Mukherjee has headed several top government ministries during his career including the foreign, home, defence and trade ministries.

Mr. Mukherjee's victory will certainly boost the morale of the Congress Party which has been pressured over a series of corruption scandals and a slowing down of the Indian economy.

Mukherjee is an early riser - and hits work after his puja every morning. At night, he reads before he goes to bed, and takes a customary nap in the afternoon for an hour.

which could finance imports of up to three and a half months, according to the bank.

However, a \$10 billion trade deficit at the end of last year caused the local currency to depreciate by about 18 percent this year. However, the IMF has said it forecasts Sri Lanka's economy to grow at a slower rate this year. Sri Lanka owes \$15 billion on foreign borrowings since 1997

In a recent speech delivered at the

Institute of Chartered Accountants in Sri Lanka, Dr. Anila Bandaranaike, a former Deputy Governor of Sri Lanka's Central Bank and a well respected Economist who worked in the World Bank for a short period quipped amidst cascades of laughter "If we are showcasing Sri Lanka as the emerging wonder of Asia, this is too much egoistic talk versus hard reality. This is vanity versus sanity which needs clarity, otherwise it will be inanity!!"

Father of 'Mystery woman' among Indian Athletes regrets incident

The identity of a "mystery" woman, who had gate crashed into Indian contingent's march past at the Opening Ceremony of London 2012 Olympics, was revealed on Sunday Jul 29th with her father claiming that she was officially selected for a dance performance by show creator Danny Boyle event as the Games organizers said they were "looking into" the issue.

Dressed in red shirt and blue trouser, the woman was seen leading the Indian contingent in the march past alongside Beijing Games bronze medalist Sushil Kumar during the Opening ceremony and her unwanted presence has left the Indians fuming as they had no clue as to who she was.

The London Olympic Games organizers said that they were "looking into" the issue after the Indian contingent submitted a letter to the organizers expressing their resentment over the incident.

The incident snowballed into a big controversy back home as a media report claimed to have identified the "mystery" woman as Madhura Negendra, a post-graduate student from Bangalore.

London Olympic Games Organizing Committee (LOGOC) Chairman Sir Sebastian Coe said he is aware of the incident and the organizers will look into the case. "I was told about it. She sort of made it into the Opening



Ceremony. There is a very important point to take into consideration here. I don't minimize the fact that she got in Opening Ceremony. We will have our own discussion about that," Coe said at a press conference.

She could not have got into the

Olympic Park without having gone through our security protocols. They seem to have run away with the idea that she just walked off the street and onto the Opening Ceremony. We are looking into it. She should not have been there, Coe said.

Madhura's father K Nagendra also claimed that his daughter was not an intruder and there was no security breach and also apologized for the controversial incident.

My daughter Madhura was officially selected for giving a dance performance in the inaugural ceremony by show creator Danny Boyle, K Nagendra said.

A Reuters report pointed out that security concerns dogged the run up to the Games with the British government having to draft in thousands of troops to help guard Olympic venues after private contractor G4S said it could not supply enough staff.

Learning Enrichment



Book Review

Remembering Hindu Traditions

Author – **Sivanandini Duraiswamy**

Reviewed By **Siva Sivapragasam**



Many of us are ignorant of the reasons or concepts behind Hindu rituals, festivals, traditions and customs. It will be surprising to know that every ritual or tradition has a story behind it. There is also a concept or tradition behind every festival.

Sivanandini Duraiswamy's Book 'Remembering Hindu Traditions' attempts to explore the reasons behind these traditions and gives the reader a ring-side view of Hindu rituals and festivals. The author was born into a traditional Hindu family and is the daughter of Dr. Nallainathan, a well respected Medical practitioner & a devout Hindu himself. She is the President of the Saiva Mangayar Kalagam (Hindu Women's Society), the premier Hindu Women's Organization in Sri Lanka and also the Manager of Hindu Ladies College in Colombo, better known as Saiva Mangayar Vidiyalayam. She had travelled extensively with her husband Mr. Yogendra Duraiswamy who was a Diplomat, and during these travels she had researched Hindu culture as compared with other cultures.

Hindu Traditions of Worship

An important chapter of the book is the first chapter which deals with hindu traditions of worshipping. In a way, it is a gateway to the understanding of Hindu traditions.

Temples

Temples are the living monuments dedicated to religious practices. Although the characters of temple of diverse religions vary, it serves the same purpose of practicing one's religion.

In the chapter 'Temples and sacred worship, the author extensively deals with not only the physical attribute of the unique architecture of the Hindu temple but also the scientific and philosophical basis of the construction which embodies the Yoga Centres of Consciousness.

Festivals and fasts

A considerable part of the book is dedicated to feature significant fasts and festivals in Hindu tradition. In this important segment, the author extensively describes diverse festivals and fasts such as Maha Sivaratri, Navaratri Fast and Aadi Vel

The Hindu wedding

One of the important chapters in this segment is the chapter describing the Hindu Wedding.

Wedding is an important cultural site where the epitome of culture is depicted in terms of customs and traditions. The author skilfully captures the deeper meanings of Hindu wedding traditions as: "In Hindu philosophy, the bride and groom represent Lord Siva and His Consort. The nuptial ceremony portrays them as the Divine couple. The marriage of Siva and Parvati symbolise the union of the mobile Absolute Siva, and Mobile Creative Energy, Sakti. These represent the potential kinetic states of Energy in the Universe."

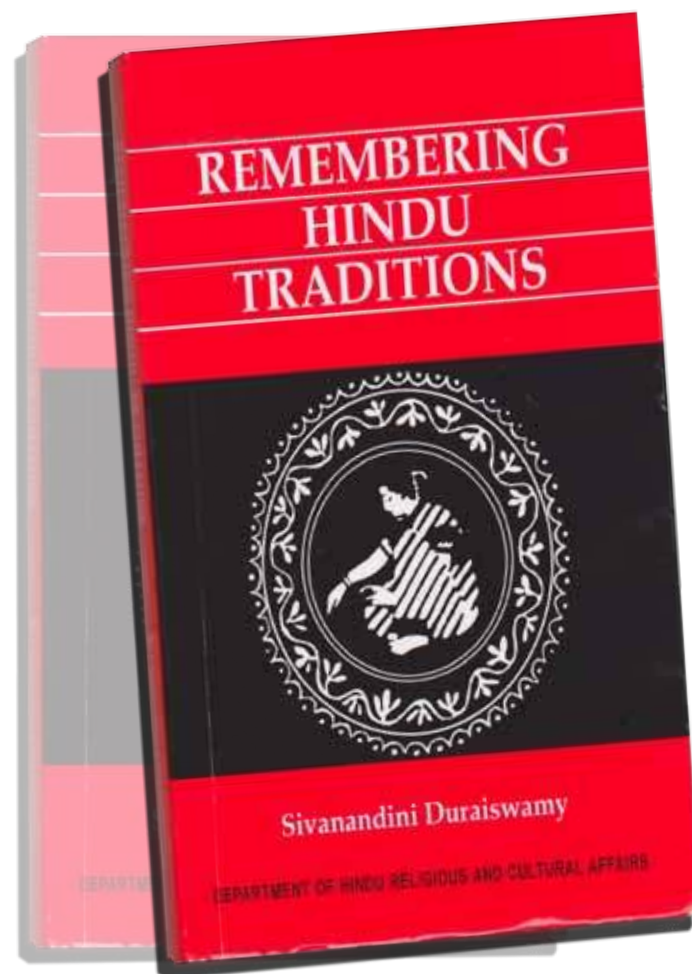
The author has made the book more attractive by including illustrations and pictures which she has collected over the years, to describe the contents. The Book has been published by the Department of Hindu Religious and Cultural Affairs in Sri Lanka.

'Remembering Hindu Traditions' fulfils an important knowledge gap in the study of Hindu traditions. Since it has been written in English it is an informative read for the Hindu diaspora in general and for the second and third generation of immigrants in particular. It is of lasting value to deserving readers and a fitting gift from Sri Lankan Hindu community to the Hindus of the world.

The book can be purchased online from the author by contacting her at

siva.duraiswamy@yahoo.com

Know Your Hindu Traditions & Customs...



- * Why have a Shrine Room in your home
- * Why break a coconut
- * Why ring the Temple Bell
- * Why the bridegroom places the feet of the Bride on the "Ammi" (grindstone)
- Why light a lamp in the home
- Significance of Fasting
- Deepavali
- Thaipongal
- Aadi Amaavaasai
- Kanthsashti etc.

REMEMBERING HINDU TRADITIONS

By Sivanandini Duraiswamy

(Vice-President of the Hindu Council of Sri Lanka & President of the Saiva Mangayar Kalagam)

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Recent Event

Altar dedicated to Our Lady of Madhu at the Martyr's Shrine in Midland

For twenty five years the newly immigrant Tamil Catholic Community of Toronto has been devotedly pilgrimaging to the Martyr's shrine in Midland. To mark this milestone a shrine dedicated to Our Lady of Madhu with a life size white marble statue and granite altar was unveiled at the Martyrs Shrine on Saturday, July, 21 in the presence of twelve thousand faithful and sixteen priests accompanied by choral music, liturgical dancers resplendent with fluttering filled with an air of festivities. The shrine now nestles in the northern corner of the plains of the Martyr's Shrine at Midland, Ontario. It is enclosed in a cove amidst wooded trees in a serene setting. The shrine and its surroundings somewhat resemble the eighteenth century sylvan shrine amidst the jungles of Madhu in Northwest Sri Lanka.

Madhu is the premier place of pilgrimage for all peoples of Sri Lanka and is visited by the thousands throughout the year. Many miracles are attributed to Our Lady of Madhu.

The statue of Our Lady of Madhu was first found and is known to have been worshipped in the sixteenth century. To escape religious persecution the faithful sought refuge in the jungles of Madhu in Mannar District to exercise their religious faith. It is also believed that Blessed Joseph Vaz (Oratorian priest), Apostle of Sri Lanka, who arrived Sri-Lanka from Goa in disguise to avoid persecution by the Dutch, had ministered in this region in the seventeenth century. The original church

was built in 1872 and in 1924 the shrine statue was crowned by the Papal Delegate to Ceylon.

The Shrine of Our Lady of Madhu in Midland is built as a legacy to our future generation to whose loving care this sanctuary is entrusted. It will constantly serve as a reminder of the holy ground venerated by their forbears. This elegant sanctuary was built by contributions from Tamil Catholics resident in Toronto as an act of thanksgiving to Our Lady for providing safe haven in Canada for us immigrants fleeing from Sri Lanka, and also for the blessings showered upon us since our arrival in this blessed land, now our home. This sanctum is built as witness to our faith and also as a place where pilgrims from all nations can stop by for a moment to pray and worship. The prayer engraved on the base plinth of the statue is an adaptation of a hundred year old prayer, seeking Our Lady's intercession and imploring her protection and mercy. The altar and statue was blessed by Reverend Fathers Christie Joachimpillai and Peter Gitendran. The liturgical celebrations were presided over by Reverend Father Bernard a former Rector of St Patrick's College, Jaffna. The homily was delivered in Tamil by visiting Reverend Stephen a Professor in Theology at the Papal Seminary, Pune, India and in English by Reverend Joseph Chandrakanthan of the University of Toronto.

The monument is the brainchild of Anton Sinnarasa Philip, the current President of the Tamil Catholic Community of

Toronto who engineered this project from its inception to its timely completion.

Tamil Catholics Community of Toronto is grateful to Martyr's Shrine authorities for magnanimously providing the land to build this monument to Our Lady of Madu and for generously facilitating the project throughout the construction. Special thanks also go to the Contractor and Builder Joseph and family, for their most laudable labour of love. Benefactors and others who helped in many ways to make this haven happen are always remembered in prayer at the shrine.

Religious ceremonies ended with Benediction in the evening. Fellowship and the fiesta went on long past sundown. And grateful thanks to all those who assisted in several ways to remember this great moment in the history of our people.

Our Lady of Madhu, pray for us.

OUR LADY OF MADHU FEAST
 AT MARY LAKE
 ON AUGUST 11TH, 2012
 ROSARY AND MASS AT 11 O' CLOCK
 FOLLOWED BY PROCESSION OF OUR
 LADY OF MADHU
 BENEDICTION IS AT 4 O'CLOCK



- Our Main Donors to build this altar**
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 - Terrence and Daniela Xavier Family
 - Dudley and Velani Rajakarlar Family
 - Anton Sinnarasa and Debbie Phillip Family
 - Anton Robert and Tharsini Paul Family
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 - Kumar and Helan Arasarathnam Family
 - Mary Josephine Veerasurtharam Family
 - Savundranayagam Family
 - Vanmathi Anthonypillai in remembrance of her parents
 - Angelo and Flora in remembrance of V.A. Swampillai and MaryAsantha
 - Victor and Mary Santiaipillai in remembrance of their parents.
 - Rev. A. Joseph Chandrakanthan in remembrance of Theresa and Chevalier Adakalamuthu
- Architectural Design - Jegan Vincent de Paul, M. Arch

This Altar is dedicated to Our Lady of Madhu by the Tamil Catholic Community in remembrance of 25 Years of Pilgrimage to Midland Martyrs' Shrine (1987-2012) and built by the Tamil Catholic Community of Toronto (TCCT) in collaboration with Our Lady of Good Health Parish. Blessed by Rev. Christie Joachimpillai and Rev. Peter Gitendran on July 21st, 2012



Recent Event

BHARATHA NATIYA ARANGETRAM OF DANITHA & ANETHA SISTERS

The Bharatha Natiya Arangetram by Danitha & Anetha Kanagavaratha sisters was successfully held on July 21, 2012 in Toronto at the Chinese Cultural Centre. It was an excellent performance in a full house event attended by many of the family relatives, friends and those who have passion for the art. Prof. Joseph Chandrakanthan attended as the Chief Guest along with Guest of Honour Scarborough-Rouge River Parliamentarian, Ms. Rathika Sitsabaiesan and Special Guest Dr. Sabalingam Jothilingam who made the journey for this function. There were many other distinguished guests who witnessed the performance.

Below is the script of the speech by Special Guest, Dr. Sabalingam Jothilingam from England.

Chief Guest, Professor Joseph Chandrakanthan, Guest of Honour Member of Parliament M/s. Rathika Sitsabaiesan, distinguished Guests, ladies, Gentlemen, boys and girls.

My Greetings to you all on this special occasion.

It is a great honour and pleasure to stand on this stage to greet you all on this special occasion for Danitha and Anetha, two wonderful dancers who are passionate towards the art of bharathanatIAM. I am delighted to see these young girls present their Arangetram that they have been tirelessly working hard to present to you all. In any event, if there are two or more performers there has to be perfection, coordination and fluency to the highest level.

Arangetram is a grandulation performance that is the part of the traditional format – the path which reflects the dancers' consciousness. Arranga means a raised stage and Etram means – climbing. An arangetram is a test for the student as well as the Guru where the Gurus' knowledge and the student's talent are judged by the public. The Arangetram is done only when the Guru feels that the student is capable and talented enough to perform which generally takes around 10 years of training. Prior to the arangetram, salangai pooja is performed where salangai means jingles and pooja means prayers to the God. The student is not supposed to wear the salangai until the Arangetram ceremony is performed. However, this may not always be practiced these days. With the accompaniment of a singer, nattuvangam, and several instruments including the miruthangam, violin, and veena the performer with the help of the Guru performs to the public for the first time.

A professional dancer must possess a number of qualities. The following qualities will ensure that she will excel in this art. She has to be youthful, slender, and beautiful with large eyes. She should be self-confident, witty, pleasing, and well-aware of when to dance to thaalam, able to follow the songs and music, and dance with splendid costumes with a happy disposition. All the above qualities can fit Danitha and Anetha who have so far performed so well. Credit should go to Guru Nirmala Suresh who has tirelessly worked hard to bring these girls to the highest possible standard. Let us put our hands together to congratulate them.

Danitha and Anetha, have been learning BharathanatIAM along with Karnatic music, for more than 10 years. I congratulate their parents, Varatha and Sughantha, who have encouraged the girls to study both music and dance, in addition to their academic achievements.

Today, both Varatha and Sughantha should be proud of Danitha and Anetha's achievement so far as they have done an outstanding job with the several dance pieces presented today.

In closing, I would like to say that I have no doubt that they will continue to do well in their chosen fields to broaden their horizons in every possible way. I wish them every success and happiness.

Thank you all.



Raja Iyer from Nallur Kandaswamy Temple begins the arangetram with Natarajah rituals.



Anetha is performing an abinaya piece from their Kutchipudi.



Chief Guest, Professor J. Chandrakanthan gives an appreciation award to Danitha Kanagavaratha for her performance in her arangetram.



Special Guest, Dr. S. Jothilingam gives a personal message to the dancers, Danitha and Anetha.



Guest of Honour, Rathika Sitsabaiesan, Member of Parliament for Scarborough-Rouge River, gives personal insight to the audience about bharatha natiyam and the girls' performance.

Chief Guest, Professor J. Chandrakanthan gives a speech about bharatha natiyam and religion.



Chief Guest, Professor J. Chandrakanthan gives an appreciation award to Anetha Kanagavaratha for her performance in her arangetram.



Danitha and Anetha strike a deity pose from their varnam.



A group picture of Danitha and Anetha's family with their teacher Smt. Nirmala Suresh and entire orchestra, (from India, Sri R. L. V. Anand, Sri Arun Gobinath & Sri Kiran Gobinath), from Toronto, Smt. Jeyanthe Ratnakumar & Sri Jayadevan.

Cinema World



The Colombo SAARC Cultural Centre, which hosted the SAARC Film Festival 2011 once again extended its hospitality for the SAARC Film Festival 2012. The big day was celebrated recently with all enthusiasm in Colombo at the National Film Corporation Cinema Hall.

SAARC member countries, Sri Lanka, India, Pakistan, Bangladesh, and Maldives had sent in their productions for screening at the festival. Besides feature films, the inclusion of documentaries at this year's festival was a progressive aspect, a step forward in the right direction. Cine field artistes and stars were also offered an opportunity to participate in a one day workshop.

Artistes very actively involved in the film industry in these nations had espe-

cially been invited to lend the festival colour and vitality. A panel of three jury members comprising, Mary Nashari from Russia, Phillip Sa from Singapore and Mohamed Resa Arab from Iran had been flown into evaluate the films and recommend them for awards.

rock star, whose expecting wife was killed in an automobile accident years ago.

As he was way behind the wheels of the vehicle the day when this fateful event occurred, he suffers guilt ridden. Unable to get over the grief, he finds refuge in alcohol and drugs. The Music Maestro's life in derailed and as he gets older in the grip of a deep sense of alienation, he happens to meet the poor, but young Ranjana who has a mad passion for rock music. The old Maestro captivated by Ranjana's mind blowing performances and her excellent skill in writing lyrics, eventually moulds and guides Ranjana into perfect rock stardom. Ranjana really rocks.

This film by Anjan Dutta is a mature

dious voice lend fire to the wonderful heart throbbing composition of Neil Dutt that add a lofty dimensions to the film.

Director Anjan Dutta's unbelievable performance as his own hero makes the audience wonder if the Music Maestro's spirit has got into his veins. He has just walked into the shoes of his own protagonist.

The chief character in K.B. Suveeran's feature film Bayari is a tender child, Nadira whose wedding is unexpectedly fixed on the very day she flowers into womanhood. She is destined to be the wife of a man who is three times as old as her. Unaware of the gravity of the

By G.T. Ketharanathan



Colourful vitality of South Asian Film Festival in Colombo



Actress Revathy

The Indian feature films Ranjana Amiar As Pona directed by Anjan Dutta, Rayari by K.B. Suveeran and the documentaries Red Building Where the Sun Sets directed by the Tamil and Malayalam film star Revathy and We Play On by Pramod Pushwani were screened.

Anjan Dutta's feature film A Ranjana Amiar As Pona is the story of an aging

and honest creation. The life of a great musician with his strength that makes him adorable and admirable, and with his weaknesses that turns him into a detestable character, is portrayed in a lively manner. Musical films are often full length entertainments with a lot of fun and frolicking. This film of Anjan Dutta is exceptionally towed along a novel track from the outset to the very end, enriched with weighty substance.

Swiftly switching shots and richly scored music enhance each other. What is unacceptable about the film is the stunt sequences towards the end, that sends the otherwise speeding horse on an entirely different track. Somlata's melo-

situation, the innocent girl is seen playing hide-and-seek with a boy friend of her age. Burdened at a tender age, Nadira's life turns out to be a uphill struggle along a rough and rocky road.

Meanwhile, we are moved to tears to see Nadira's mother praying incessantly that her daughter should not experience the troubles and torments she herself has undergone.

Bayari depicts the life of the backward minority Muslim community that dwells along the Kerala, Karnataka borders. The film makes a genuine effort to analyze sympathetically the woes and worries, the agony and anguish of the women's' predicament as they confront



Prasanna Vithanage

the restrictions, taboos and rigid traditions of Islamic customs such as Talak (divorce) and Ithath (marriage). Despite the fact that Nadira's husband loves her truly and dearly the traditional taboos and rigid laws they had been abiding by for ages heavily intrude into and ruin their life, making their reunion impossible.

We pity Nadira when she falls victim to the rage of both her father and husband whenever there is a tussle or bitter quarrel between them. Separated from her husband at a tender age, she comes back home burdened with a baby to feed and look after. No sooner she returns home, than she gets her divorce. She gets imprisoned in her father's house and she loses all contact with the outside world. Meanwhile her husband takes the baby away from her through cunning means.

As days roll on, a situation though arises for her to reunite with her husband after surmounting all the obstacles. She is hapless that again and again fresh impediments emerge from within. It is funny and strange that the religious law has a provision for possible reunion with her divorced husband only when she remarries another man and gets divorced from him.

The film Bayari registers with a sense of pathos, the pathetic plight of



Cinema World

women in a particular Muslim community living in a certain area trapped under unique cultural and religious norms. Director K.B. Suveeran claims that it was after a thorough study and scrutiny of the documents related to the events in the real setting that they ventured out to make this film.

Director K.B. Suveeran's entry into the big screen followed his successful career on stage. He is of the view that creations on celluloid last longer than on the stage and films are in a way eternal. Bayari is his first feature film and as he is more conversant with the stage techniques and skills he admits that some of those stage elements might have inevitably crept into this film unawares.

I think that he has handled the visual medium in a balanced manner in this limited dud-get 16mm film portraying the characters in a unique style. This is the first film made in the Bayari language that doesn't have a writing script. Malliha, the Tamil and Malayalam film star has played the role of Nadira commendably. Elated at his debut film getting national award for the best film in his country, Suveeran said the film was about the conditioning of women in the Bayari Muslim community, based on sexuality.

Red Building Where the Sun Sets is an Indian documentary directed by the celebrated Tamil and Malayalam film star Revathy who has etched out for herself a unique image playing vibrant feminist roles. What is unknown even to many of her fans is the fact that Revathy is excellently equipped to direct feature films and documentaries projecting her creative personality.

In Revathy's documentary, she has depicted the episodes in the life of a husband and wife Aravind and Radhika and their seven year-old-son Arya. They belong to a fairly well-to-do modern day Indian family.

The closeness and intimacy that reigned their life deteriorates in a few years after their marriage and they suffer under severe stress. Faults are thicker when love is thinner.

Minor problems and petty quarrels that were brushed aside as trivial matters have now exploded and assumed magnificent proportion. Both of them express their rage; they find an out let for their wrath, hatred and hostility slamming the door as if they slap each other. Arya, their son who yearns for his parent's love gets confused and frustrated because of their frequent friction.

The ceaseless clashes of his parents alienate the child and he finds solace and refuge in his grandpa's company. The old man lives in other quarters away from their family. The tender child once upset and unnerved by the intense 'fighting' of his parents runs to his grandpa's house instead of going to school.

When the husband and wife find their son missing from school, they become desperate. The husband and wife are tortured and tormented beyond words, until



Malini Fonseka stars in 'Akasa Kusum'

grandpa comforts and consoles the boy and bring him back home. They realize how deeply their child is hurt by their daily brawls and how alienated he has become. Eventually when the boy arrives home with his grandpa they welcome him and pledge not to quarrel thereafter.

The director has brought out the gravity of this minor episode from a creative point of view. She have also captured how matters that are simply ignored as trivial can in an instant turn the whole situation topsy turvy, artistically without any struggle.

The next documentary And We Play On by Pramod Pushwai is his maiden film. He has many years of experience behind him as a TV script writer, director and producer. This film poignantly narrates the tragedy of Vivek Singh the celebrated hockey star and how he reached great heights as a gentleman in the playing field as well as in his real life. He endured poverty and the pangs of cancer silently.

Though his health failed, he led a detached spiritual life without crying for any assistance from anyone or any institution which had benefited through his service, until he breathed his last. 'Vivek Singh Hockey Academy' which he had founded hitherto disseminated the hockey traditions throughout India. Vivek Singh is synonymous with hockey and countless hockey players are emerging every year from the institution.

What a true documentary should focus on is very clearly illustrated through And We Play On. Akasa Kusum by Prasanna Vithanage and Vidhu by Asoka Handagama are the Sri Lankan feature films that vied for the awards. I missed the two documentaries from Sri Lanka.

Prasanna Vithanage's Akasa Kusum peers into the dark side of the film star Sandhiya Rani, who once sparkled in the Sri Lankan silver screen. Though she now lives as a recluse in a corner of the city after losing all her wealth and glory, once again Sandhiya Rani hits the headlines due to an unexpected event that occurs. Consequently she was to reveal the truth about her past life. Her sad story unfolds in such a backdrop.

Though Vithanage's screenplay for this film is lacking in strength in comparison to his earlier works he has managed

to overcome the shortcomings through his direction that bears his own stamp.

Vithanage's unit is fortified by the amazingly able cinematographer Mahindapala, his excellently competent music director Seram and the veteran Malini Fonseka whose performance elevates the artistic value of the film. This trio have immensely contributed and extended their fullest co-operation, to bring about a balanced portrayal pushing behind the deficiencies in the screen play.

Though Akasa Kusum cannot be equated with his earlier outstanding creations Purahanda Kaluvara (Death on a Full Moon Day) and Pavuru Valalu


(Within Walls) Prasanna Vithanage has established himself as a capable director to be reckoned. There isn't even a 'lota of doubt' that Vithanage is the pioneer powerful director among the third generation Sinhala film makers.

The other feature film Vidhu is the work of Asoka Handagama, the third generation film maker who finds a place of pride in the list next to Vithanage.

Vidhu depicts the desperate plight of a little boy who doesn't know who has fathered him. Even though Asoka Handagama makes an effort to analyze the social economic and political afflictions in our country, he presents the problem superficially and artificially and thereby the film ends up as a cheap commercial product.

As he has avoided the integral elements of an alternative cinema the film drags on a beaten track. This film doesn't have the essential characteristic elements of a good cinema at all. The cine lovers who has great expectations about Asoka Handagama have nothing but disappointment in this film, at the same time it will not be inappropriate to recall his outstanding work Flying with One Wing, which won him great admiration and the unanimous acclaim of the film critics.


Personally I am unhappy to note that Vidhu has not brought the best out him.



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Special Feature



Even when Yoga swami was alive he had a considerable reputation in Sri Lanka and India as a truly enlightened sage. His devotees naturally tended to exaggerate his spiritual accomplishments. He had been hailed as the greatest seer the world had known since Shankara. There were skeptics who dismissed him as just another yogi with psychic powers. Even those who questioned whether he had been fundamentally transformed in the spiritual sense did nevertheless readily concede that he had extraordinary psychic powers.

Yoga swami was reputed to have been remarkably clairvoyant. He was known to disappear from one place in space and reappear at several places at the same time. Three of his devotees claimed to have met him at the

avoid a visitor he was known either to disappear or to make himself invisible for long periods of time.

An interesting explanation of Yoga swami's behavior is the following. The minds of human beings who are in bondage are in a state of animation -- animated by karma in the Hindu-Buddhist sense. This karma is none other than the sum total of the innumerable psychological influences that have conditioned the mind and hence stand in the way of liberation. These psychological factors coalesce to create the delusion of the 'I' or the ego. Liberated persons, however, experience a state of pure consciousness owing to their transcending this shell of the self. It would be correct to describe the state of liberation as one of non-animation since a liberated mind

held Yoga swami with a curious mixture of veneration, affection and fear. Some of his ardent admirers seemed more to fear than love him. To be received by Yoga swami it was necessary to approach him without any ulterior motive whatsoever. That motiveless state of pure being seemed the unattainable, the zenith of spirituality; indeed, if only one could attain that purified state of consciousness, would not one be oneself a Yoga swami.

Although I had heard of Yoga swami, there were several reasons why I had never felt a compelling urge to visit him up to the time of my interview. First, at that time I could not afford the train fare to Jaffna which is in the far North of Sri Lanka; second, it seemed to me then, as now, that one must discover God or Truth oneself and that no exter-

the religious or spiritual significance of these rituals, but perhaps they added a certain colour to these otherwise drab and solemn occasions.

As the weeks passed by, much though I was enjoying the hospitality of my generous host, I was nevertheless beginning to feel rather impatient that we had not yet visited Yoga swami. I even wondered whether my friend was subtly trying to convert me to the Hindu way of life. In any case, such a course seemed pointless, as I was already rather sympathetic to Vedanta philosophy. Later I realized that my friend was sincere in his assurance that a preliminary period of preparation was absolutely essential before having an interview with Yoga swami.

Nearly a month passed and I was longing

"Meditation is not thinking of anything it's remaining Summa" - Yoga Swami

same moment in time in places as far distant as Jaffna (Sri Lanka), Madras and London. One of his close friends recalled incidents that illustrated that anything wished by Yoga swami immediately materialized. For instance, this person had accompanied Yoga swami on a long walk in the country across many miles of rice fields. Yogas wami having experienced the pangs of hunger and fatigue, he had casually wished for a car to ride back to town. No sooner had he uttered this wish than there were several cars on the scene. The drivers of the cars were all requesting Yoga swami to step into their cars. The drivers were vying for the privilege of being of some assistance to the holy man. On this occasion Yoga swami had raised his hands and exclaimed how dangerous it was to wish! Spiritually liberated persons, I was told, were incapable of wishing in the psychological sense as their egos had dissolved but their wishes were confined to purely physical needs.

On another occasion, at the end of one of Yoga swami's rare visits to Colombo, a large crowd of admirers had thronged a railway station in Colombo to see his departure. Some devotees were chanting hymns in Sanskrit and Tamil while a few others were offering him garlands of flowers. It was getting late and one of Yoga swami's friends had alerted him to the importance of catching his train in time. "Don't worry," replied Yoga swami assuredly, "the train cannot leave without me." That evening there had been engine trouble and the train failed to start at the right time. After leisurely greeting all his friends Yoga swami finally decided to enter his railway compartment and the train thereupon started to move.

Yoga swami chased away most of his visitors. Many persons unfortunately regarded Yoga swami as a mere fortuneteller with the gift of making accurate forecasts. At one time Yoga swami had a stream of visitors every day from dawn to dusk. They came to him with various personal and other problems. Those who were privileged enough to be received by him usually regarded themselves doubly blessed. Some of those who were rebuked by Yoga swami regarded themselves spiritually chastised. If Yoga swami wished to



would not be animated by karma. As a liberated mind is therefore comparable to inanimate matter, it could be animated or given momentum by a non-liberated mind that would necessarily be characterized by animation or karma. Besides, a liberated mind has the advantage of a mirror in which a non-liberated mind can see itself as it truly is.

Now, if Yoga swami seemed to lack an unchanging personality it was presumably because his 'personality' temporarily acquired the characteristics of his visitors. Not surprisingly, therefore, proud persons invariably found Yoga swami behaving arrogantly towards them. To those who were haunted by fears Yoga swami's manner seemed timid. A South Indian sannyasi (recluse) had recited a stanza from the Bhagavad Gita to Yoga swami. Thereupon Yoga swami had repeated the stanza with alteration and clever puns upon certain words so that the sacred lines acquired an erotic significance. Yoga swami could not help doing that for he was merely reacting to the hidden sexual imagery in the unconscious mind of that recluse. Consequently, this ascetic like many other of Yoga swami's visitors, was not only irritated but also embarrassed.

In a sense, Yoga swami was a Zen master who awakened people from their psychological slumber by shocking them without deliberately wishing to do so. The people of Jaffna

by Susunaga Weeraperuma

could really help one in this matter; third, Yoga swami chased away most of his visitors. Many persons unfortunately regarded Yoga swami as a mere fortuneteller with the gift of making accurate forecasts. At one time Yoga swami had a stream of visitors every day from dawn to dusk. They came to him with various personal and other problems. Those who were privileged enough to be received by him usually regarded themselves doubly blessed. Some of those who were rebuked by Yoga swami regarded themselves spiritually chastised. If Yoga swami wished to avoid a visitor he was known either to disappear or to make himself invisible for long periods of time.

These were my thoughts when suddenly a very dark and elderly man approached me and almost demanded that I listen to him. I was rather taken aback. His manner was mildly aggressive but his attitude was on the whole kindly and sympathetic as I soon discovered.

"Young man," he said, "why idle your time?" Our acquaintance quickly developed into a warm friendship. This person introduced himself as a retired government official who lived in Tellippallai (a village close to Jaffna) with his wife and family. Within minutes of knowing this person he was telling me about Yoga swami with great enthusiasm.

"It is disgraceful," he observed, "that you haven't bothered to visit our great sage who lives in this island." This gentleman very kindly offered to pay my train fare to Jaffna and also invited me to live in his home as long as I wished.

We spent several eventful weeks together in Jaffna. He took me to all the famous Hindu temples in that part of the country including the Nallur temple. This person being a devout Hindu, he sincerely believed that it was necessary to purify me as a preparation for the forthcoming visit to Yoga swami. In the mornings before sunrise his wife would recite hymns from the Hindu scriptures. Frequently I had to dress in a white dhoti with sandalwood paste and holy ash applied liberally on my body as a necessary requirement before entering certain temples. I did not quite see

to return home to Colombo. As I was fast losing my earlier interest in Yoga swami, I finally decided to leave Jaffna without visiting him. When I broke the news of this decision to my friend he gleamed triumphantly.

"Ah, I think the right moment has come. Now that you are losing interest in him you are in a ready state to see him. We shall go tomorrow."

After he had spoken I was convinced for the first time as to the real purpose underlying this long period of waiting and preparation. We decided to meet Yoga swami the following morning at sunrise, which was supposedly the best time for such a meeting.

It was a cool and peaceful morning except for the rattling noises owing to the gentle breeze that swayed the tall and graceful Palmyra trees. We walked silently through the narrow and dusty roads. The city was still asleep. Yoga swami lived in a tiny hut that had been specially constructed for him in the garden of a home in the city of Jaffna. The hut had a thatched roof and was on the whole characterized by the simplicity of a peasant dwelling. Yoga swami appeared exactly as I had imagined him to be like. He looked very old and frail. He was of medium height and his long grey hair fell over his shoulders. When we first saw Yoga swami he was sweeping the garden with a long broom. He slowly walked towards us and opened the gates.

"I am doing a coolie's job," he said. "Why have you come to see a coolie?" He chuckled with a mischievous twinkle in his eyes. I noticed that he spoke good English with an impeccable accent. As there is usually an esoteric meaning to all his statements, I interpreted his words to mean this: "I am a spiritual cleanser of human beings. Why, do you want to be cleansed?"

He gently beckoned us into his hut. Yoga swami sat cross-legged on a slightly elevated platform and we sat on the floor facing him. We had not yet spoken a single word.

That morning we hardly spoke for he did all the talking. Talking to him was unnecessary for one had only to think of something and he replied instantaneously. I did not have to formulate my questions into words for Yoga swami was aware of my thoughts all the time.

Contd. in September Issue...

Monsoon Newslines



RBC Introduces Virtual Visa Debit RBC and Visa offer consumers more choice and greater online acceptance

RBC and Visa announced the launch of RBC Virtual Visa Debit, designed to allow consumers to pay for online, over the phone, or mail order purchases with funds directly from their bank account. With Canadians engaging in e-commerce in record numbers, RBC Virtual Visa Debit addresses the need for greater flexibility and more payment options for debit functionality within the online space.

Using funds drawn from their own bank account, RBC Virtual Visa Debit offers Canadian consumers key features including expanded choice and acceptance when shopping online, by phone or by mail order, and the ability to make regular and recurring bill payments online. Purchases made with RBC Virtual Visa Debit will be processed over Visa's network, providing the protection of Visa's multiple layers of security including: Visa's Zero Liability Policy, Verified by Visa, E-Promise, AVS (Address Verification Service) and CVV2 (the three-digit code).

"Virtual Visa Debit allows our clients, including those who prefer to use debit or those who do not have access to a credit card, to shop securely at thousands of online merchants across the country and internationally," said Doug Collins, Head of Payments & Banking Services at RBC. "With the introduction of RBC Virtual Visa Debit, we are continuing to enhance our clients' payment experience, by giving clients more options for virtual purchases."

RBC deposit account holders will receive a reference card, which will provide all the information required to make an online purchase with the funds withdrawn directly from their bank account including: a Visa Debit number, an expiry date and a three-digit security code. As Virtual Visa Debit is designed for online, telephone and mail order purchases only, the reference card cannot be used at physical store locations, at an ATM or at financial institutions.

RBC's Virtual Visa Debit has no annual fee and transactions made using RBC's Virtual Visa Debit do not count towards any monthly debit transaction limits that may apply to the customer's account package.

"Visa has been on the leading edge of technological advances within the payment industry for more than 50 years and we are pleased to be working with RBC to help empower consumers – connecting them to their resources quickly, efficiently and reliably," said Sue Whitney, Head of New Products, Visa Canada. "Visa Debit's strong momentum in Canada and around the world illustrates the growing migration to electronic payments and today's announcement builds on Visa's ongoing innovation and commitment to the Canadian marketplace."

Since its introduction to Canada, nearly 15,000 Canadian merchants have signed up to accept Visa Debit, highlighting the growing consumer demand for choice and convenience in payment products. And while it may be relatively new to Canada, Visa Debit is accepted at millions of merchant outlets worldwide, in more than 200 countries. In fact, Visa Debit is so successful that global debit transactions now represent more than half of all payments that run on the Visa network around the world. For more information on Visa Debit, go to Visa.ca/debit.

OPRAH'S INDIA EPISODE SLAMMED FOR STEREOTYPES

Oprah Winfrey has been criticised after the broadcast on July 21-22 of a two-part TV special about her trip to India in January 2012.

A Report on the BBC web portal about the 'Backlash' in India about the show as follows:

The Oprah's Next Chapter special was called "myopic, unaware, ignorant and gauche" by one Indian commentator and "snobbish" and "snooty" by another.

The Daily Bhaskar website said the "ill picturized and badly scripted show" portrayed India "in poor light".

Winfrey, 58, drew particular criticism for remarking on the Indian tradition of eating with one's hands.

"I heard some Indian people eat with their hands still?" she is seen asking a Mumbai family she joins for dinner.

"Using our hands to eat is a well-established tradition and a fact none of us are ashamed of," blogged Rituparna Chatterjee of the CNN-IBN news channel.

"As a responsible public figure about to air a show that will be beamed across the world, you should have done your homework."

Winfrey's week in India saw her rub shoulders with Bollywood royalty, attend a literary festival in Jaipur and visit the Taj Majal in Agra.

The result, according to the Wall Street Journal's India Real Time blog, typified "India



Winfrey visited the Taj Majal during her week-long visit to India in January 2012, her first trip to the country

as Westerners imagine it, one stereotype at a time". The programme was originally shown in the US this April, but premiered in India over the weekend of July 21-22.

NEWCOMERS TO CANADA HAVE A DIFFERENT TAKE ON THE QUESTION OF QUEBEC SEPARATISM

There are three groups of people who view Quebec separatism differently: English Canadians, French Canadians and new Canadians.

The first two groups have been debating the issue for some time. The last has joined the debate recently. (Another group I did not mention, Native Canadians, may be out of the picture on this issue, due to lack of political power.)

New Canadians bring in a new dimension to the discussion. They have the ability to personally relate to conflicts in their own country and those in Canada. And they certainly get confused with the issue of Quebec separatism. Why would people think of separation in a peaceful country? For them, when a comparison is made of their two worlds, the Quebec problem seems minor.

Let's take a country like Sri Lanka, where ethnic conflict has been an issue since the 1950s. Tamil separatism started in a democratic way and ended up as an uprising against the state. In 2009, a brutal crackdown by the army brought an end to the rebels.

Sri Lanka paid a very high price, with 120,000 lives lost, and serious property and economic damage.

What made Tamil youths take up arms and seek separatism? I am told that Tamils faced a point system to enter universities, job discrimination in the civil service, communal riots, human rights violations and so on. These are some of the reasons they fled, many in rusted boats, for countries like Canada.

As Canadians, do we see any similarities between Canada and Sri Lanka? Do we give Quebecers a cause for separatism? Do non-Quebecers label Quebecers as terrorists because of different views? Well, I think we are on more of a political roller-coaster than a denial of justice.

Do Quebec separatists realize the benefits the rest of Canada have given them? Without the support of the rest of the provinces, an independent Quebec would find it difficult to survive. I'm not saying it's impossible, but it would be hard. Independent Quebecers would need to figure out how to build their own trade, create jobs, undertake currency negotiations and deal with immigration.

The international community would not agree to a free trade deal with a small province like Quebec, nor would the U.S. open its borders easily to an independent province.

Quebecers yearning for independence have to understand that some inside the province would move out, just like when Pakistan separated from India. Riots did follow and that relationship has been rocky ever since.

As Canadians, we are free to raise our voices. We can even criticize our prime minister. We cannot say the same of many other countries. Iran and Syria, for example, would lock you up, and you wouldn't see the sun for the rest of your life.

That's why newcomers to Canada view separatism from a different angle than other Canadians. They have seen the other side of the coin relating to justice and human rights violations.

It is naive for Canadians, and not just Quebecers, to think that separation would only bring minimal changes. To quote Indian nationalist leader Mahatma Gandhi: "An eye for an eye makes the whole world blind."

Canada is a peaceful country and Canadians should not take life for granted.

Lakshmi Sivakumar is a student at Cameron Heights Collegiate Institute in Kitchener.

Courtesy: theRecord.com



separatism started in a democratic

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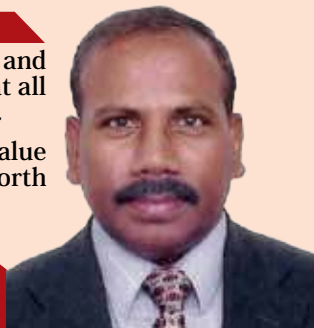
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Business



MANAGING YOUR MONEY

Investment strategy for a lifetime

by David Joseph,
M.A. (Economics)

A change in employment. Kids. Moving. Mortgages. The only thing constant about your life is constant change. That's why a 'set it and forget it' investment strategy won't work for you - not if you want investment returns that will provide the financial flexibility to live your life and all your retirement years exactly as you want.

How change affects your retirement date, lifestyle and requirement for retirement income

o Great news! You're going to enjoy retirement for many years. Most people can expect to live longer and healthier lives. So it's prudent to plan to ensure you don't outlive your income.

o You can retire when you want. For most occupations, 65 is no longer the mandatory retirement age. You can choose to work after age 65 and accumulate more money for retirement. Or you can continue working part time after retirement either to supplement your income or simply because you want to.

o Your company may want you to

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keep working. Older, more experienced

employees are increasingly being viewed as a valuable resource. You may even be offered incentives to stay in the workforce after age 65.

o Don't assume you'll receive a 'defined' retirement income. Defined benefits pension plans are becoming less common. You may have to bear more responsibility for your retirement income planning.

How a flexible, lifestyle approach to investing lets you cope with change

o A lifestyle approach to investing takes into account your financial needs and ability to save at the three main stages of your life:

o Ages 25-40 The savings years when your expenses are usually higher and you have less to invest. On the other hand, you have a longer time horizon to retirement so you can choose an aggressive investment strategy that includes more volatile investments that may go down in the short term but may produce higher returns in the long term. Be sure to maximize contributions to your RRSP eligible investments.

o Ages 40-60 The wealth-building years. Your debt is down or gone and you have more capital to invest. As your retirement nears, consider redirecting your portfolio into lower-risk, fixed income investments. Continue to make max contributions to your RRSP eligible investments.

o Age 60 and over The retirement years. You'll likely tap into your investments for your retirement income. Focus on investments that preserve capital but also consider growth investments that can add to your income and protect against inflation.

An effective investment strategy contains many other elements, of course (like proper diversification and asset allocation). Your professional advisor can help you make the best choices for you, regardless of change.

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, nor is it intended to provide tax, legal or investment advice. For more information on this topic please contact me.

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Recent Event

THOMAS CARDINAL COLLINS VISITS CANADA'S NEWEST AND MOST DIVERSE CITY



TAIC President Zul Kassamali, His Eminence, Thomas Cardinal Collins, and Mayor Frank Scarpitti

By Virakesari Moorthy

Over 100 Markham, York Region and GTA multi-cultural organizations, faith and businesses leaders attended a special occasion at Markham Civic Centre on July 17th, Tuesday evening to celebrate Markham's recent designation as a City, and to mark the unity and inclusivity of Markham.

The event was hosted by Mayor Frank Scarpitti and Members of Council, in association with Zul Kassamali, President of the Toronto Area Interfaith Council (TAIC).

His Eminence, Thomas Cardinal Collins, of the Archdiocese of Toronto, was the special guest and key note speaker.

His Eminence was elevated to the College of Cardinals in February of this year. He is only the fourth Cardinal in the history of the Archdiocese of Toronto and the 16th in Canadian history. The Archdiocese of Toronto celebrates mass for 36 ethnic and linguistic communities, making it the most ethnically diverse Catholic dioceses in the world.

His Eminence presented Mayor Frank Scarpitti with framed greetings stating, "...we express our prayers and best wishes for all those who reside in Markham and have been entrusted with leading this diverse city. May you continue to make valuable contributions that will strengthen the community, our province and country."

TAIC President Zul Kassamali remarked, "Today marks an important milestone as we embrace a historical moment in our lives, where faith leaders and members of civic society have gathered ... it emanates the harmony and oneness of Markham."

Markham Mayor Frank Scarpitti said, "What better place to bring together a diverse group of leaders – leaders of faiths, businesses, services – than in Markham, Canada's most diverse community and newest city. It was compelling to have so many leaders from such different paths together at Markham Civic Centre. It was extraordinary for His Eminence to honour us with his presence, to share his remarks on people working together, irrespective of religion, to observe and appreciate those around you, to be continually learning, to try to make a difference."

Miruthanga Arangetram of Hares Sivanruban



Selvan Hares Sivanrupan's Miruthanga arangetram held on July 15th at Armenian Centre, Scarborough. This function was delighted by the presence of Miruthangam Maestro Kalai Maamani Thirumarur Bakthavathsalam as the Chief Guest and blessed him. Selvan Hares is the son of Mr. & Mrs. Sivanruban of Urumpirai & Kayts, and the disciple of Miruthanga Kalaavithakar Kugenthiram Kanaganthiram.

Selvan Hares is the third year student at the Schulich School of Business at York University. He learned miruthangam for last ten years and completed his Grade 6 examination in Miruthangam with "Thamil Isai Kalaa Mantram of Ontario. He became very fluent was playing very well and received the applause of the Chief Guest and the audience. No doubt he has a better future in Miruthanka Isai.

By: Virakesari Moorthy

Diamond Jubilee Celebration by Senior Tamils Society of Peel Queen Elizabeth II Diamond Jubilee Function 2012 A Multicultural Show Funded by Heritage Canada



On Saturday, July 21st, 2012, the Senior Tamils Society of Peel had staged "Diamond Jubilee Celebration: A Multicultural Function," funded by Heritage Canada. This event was to commemorate the Queen of England's reign of 60 years.

The function took place at the Older Adult Center in Square One (Mississauga). The event began promptly at 6:30 pm and ended at 9:00 pm. A variety of multicultural events were presented. It was a night filled with great dances, speeches, plays, and singing.

The function was well attended by members, youths, and children. The Chief Guest of this event was the Honourable Mr. Brad Butt MP Mississauga-Streetsville; and our special guest was Ms. Sue McFadden Councillor Ward 10. Representatives from sister organizations also attended this celebration.

Mark your calendar:

Next event is going to be the Annual BBQ on August 4th. The venue will be Mississauga Valley Park.

Durham Tamil Association



Durham Tamil Association's Contribution to the 42nd Ajax Home Week

Forty two years ago, the town of Ajax was a completely different place to live in. Currently, Ajax is the home for various diverse cultures. MPP Joe Dickson wanted to bring all the families of Ajax together to share their cultural values, mix and mingle and thereby decided to launch The Ajax Home Week and Parade. This year, he brought the idea of showcasing cultural activities in his 42nd Annual Homeweek.

Durham Tamil Association proudly took part in three days of this major event. DTA youth, along with our Youth Ambassador, Piravena Selva-kumar, volunteered for the week. At the McLean

Community Centre, DTA volunteered for the Peace and Community Harmony Concert. "Isai Kalamani" Mrs. Thualsi Ragunathan, Director of "Brunthalaya School of South Asian Violin", coordinated a beautiful musical melody. As well, Vijay TV's Super Singer Junior Star Ms. Sarika Navanathan from Durham Tamil Association entertained everyone with her lovely Indian Classical song.

Furthermore, DTA youth volunteers Preshanth Dineshkumar and Rishi Suresh volunteered for the BBQ event that took place at the Durham Centre. This event was a success as it attracted more than a thousand citizens. Many

stage performers exhibited their extraordinary talents while they represented their diverse cultural backgrounds. Ms. Sarika Navanathan once again made an enchanting vocal performance with the song "I love you like a love song" by Selena Gomez.

DTA's Ajithkumar Welautham launched his MANONS BAND during the parade and mesmerized everyone with his musical fusion. This event was followed by the Multicultural Parade. DTA's theme for the parade was Tamil Culture. Nearly 40 youth and little children participated in this colourful and cultural parade. Many dads, moms and youth dressed themselves

in Tamil cultural attires like Dhothies, Sarees and Half Sarees and proudly represented their Tamil Heritage. Little children disguised themselves as Gods, Goddesses, Kings, Tamil Poets etc. DTA's remarkable Hummer Limo attracted many viewers who took a ride. As well, the Rotary Park event had a wonderful musical fusion by MANONS BAND and a western song by Sarika Navanathan.

DTA booth handed out rice art exclusively made by Uma Suresh, which had people's names decorated on them. Overall, DTA helped make the Ajax Homeweek a success by their volunteer contributions.



DTA Kids & Youth with TAMIL TRADITIONAL ATTIRE @ 42nd Ajax Home Week Parade - June 2012



DTA Kids disguised for 42nd Ajax Home Week Parade - June 2012



DTA's Booth @ 42nd Ajax Home Week in Rotary Park - June 2012



DTA's Brunthalaya School of South Asian Violin performing @ Peace & Harmony Concert - JUNE 2012



DTA's KABITHAN RAVICHANDRAN volunteering @ 42nd Ajax Home Week - June 2012



DTA's MANON BAND performing the musical fusion @ 42nd Ajax Home Week - June 2012



DTA's PRESHANTH DINESHKUMAR volunteering @ 42nd Ajax Home Week BBQ - JUNE 2012



DTA's RISHI SURESH volunteering @ 42nd Ajax Home Week BBQ - JUNE 2012



DTA's SARIKA NAVANATHAN mesmerizing the crowd with her song @ 42nd Ajax Home Week - June 2012



Durham Tamil Association

Durham Tamil Association's Contributions to Canada Day

On July 1st, Durham Tamil Association's youth and adults volunteered for Ajax and Pickering's Canada Day Celebrations. At Pickering's Kinsmen Park, Ms. Delany Kandiah, Ms. Melany Kandiah, Ms. Nanthini Kailainathan of DTA happily decorated residents with henna tattoos. Nail Art was the other popular free activity

offered at DTA's booth by Ms. Shamira Kandiah.

Moreover at Ajax's Rotary Park, temporary tattoos were offered by DTA youth Keeran Sivanesan, Abbinash Jeevahan and Piravena Selvakumar.

Free portraits were handed out to Citizens by a wonderful artist of DTA Mr. Helal Uddin. There were various

stage performances at Ajax and Pickering such as Varsha Sivasangar's elegant classical dance and a stellar vocal performance by Vijay TV's Super Singer Star Sarika Navanathan. Freebies such as pencils, stickers, candies, flags and other items were given to those who came to DTA's booths.

Finally, Uma Suresh artistically

wrote on 243 pieces of rice at the booths in Ajax and Pickering. Many residents appreciated her rice artwork since many Ajax citizens were attracted to this activity.

Volunteerism is certainly the best way to positively influence the society and DTA is a true believer in that concept.



DTA with ICCAD friends @ Kinsmen Park on Canada Day 2012



Boston Pizza mascot @ DTA Booth in Ajax on Canada Day 2012



Durham Tamil Association's Booth attracted traffic for its Henna, Nail Art and Rice Art in Pickering's Canada Day 2012



DTA's Varsha Sivasangar performing Bharathanatyam @ in Town of Ajax's Canada Day, 2012



DTA's Sarika Navanathan's song tempted some youth to dance on the stage in Kinsmen Park on Canada Day 2012



Durham Tamil Association's Booth attracted many guests for its Rice Art, Portraits & Temporary Tattoos in Ajax's Canada Day 2012

Durham Tamil Association entered Junior Caribana

On July 21st, Durham Tamil Association was the first Tamil group to participate in the Junior Caribana. This entertaining event took place at Downsview Park, Toronto. Three girls and three boys from DTA completed a wonderful five minute performance. The crowd was cheering happily as they danced to a Tamil cinema song. It was truly an honour for DTA to have the opportunity to participate in this event.



TEAM DTA @ Junior Caribana - July 2012



DTA Youth performed @ Junior Caribana - July 2012



DTA Youth performed @ Junior Caribana - July 2012

Tamil Cultural & Academic Society of Durham



Ajax Movie Night

By: Lavanya Pathmanathan
TCASD Media

Summertime is an excellent time to enjoy ourselves. The days are long and the weather is beautiful. The town of Ajax has seized the opportunity by hosting continuous movie nights at the Ajax Sportsplex on Audley Road throughout the summer.

The movie night brings out diverse population together. The Tamil Cultural and Academic Society of Durham (TCASD) was pleased to get an invitation to take part in this event on July 19th.

TCASD had a colourful booth, decorated in magnificent sarees were set up. There was a photo board displaying

many of TCASD's previous, successful events for the citizens of Ajax to see. TCASD applied henna, a classic Indian tradition, a very popular activity especially among kids and youth.

The youth of TCASD put henna on many of the people who approached the booth, designs ranging from simple to intricate. Many of the individuals were amazed by the artistic talents of the TCASD youth.

As the evening came to an end, there were still many who visited the TCASD booth, wanting henna to be done on their hands. As it became dark, the movie "The Lorax" began, concluding the entertaining evening.



Manager, Community & Cultural Development at Town of Ajax, TCASD executives, children and youth.



Robert Prochilo, Stacy Stool organizers from Town of Ajax and TCASD youth and children front of the movie screen



TCASD participating in the 2012 Canada Day celebrations Celebrations at Rotary Park, Ajax

By: Vashine Kamesan
TCASD Media

As Canadians all of us are very proud and privileged to be in a country like Canada. Canada is known for its multiculturalism and its acceptance to different social and political views. On that note, on the 1st of July, 2012, Canadians from all over the world celebrated Canada's 144th birthday with great pleasure and enthusiasm. As part of the festival, the Tamil Cultural and Academic Society of Durham (TCASD) also participated in the Canada Day celebrations at the Rotary Park. The kids and youth of TCASD made three amazing performances to represent the diversity in Canada. All three dances were made in such a way, that the Canadian Culture and the Tamil Culture were incorporated together. Apart from the dances, the Tamil Cultural and Academic Society of Durham applied free Henna to all the people who attended the booth. This year TCASD was delighted to introduce "Coconut Shell Craft" to the commu-

nity. So many great things can be done with eco-friendly coconut shell but TCASD used it for arts and creativity at Canada Day celebrations bring in uniqueness and diversity in to the celebration. Youth of TCASD conducted a quick coconut shell craft lesson for children; it was certainly very popular among children and parents. Everyone enjoyed making many all kinds of creative items.

Apart from the performances, the TCASD booth was decorated in red and white sarees in a creative manner to further represent the two different cultures. It was truly a wonderful experience, for the youth and kids of TCASD to be there and represent their roots while showcasing the Canadian culture. As Canadians, we should all be so proud to see this unity and harmony among the different races that reside in Canada. With that said as citizens of this great country, let's try our very best to spread this unity all over the world.



Ajax-Pickering MP Chris Alexander, Roland Rutland and TCASD youth and children Canada Day performers



Senior youth Naveena applying henna tattoo for guest



Children enjoying coconut craft





Tamil Cultural & Academic Society of Durham

TCASD participating in the 2012 Canada Day celebrations Celebrations at Kinsmen Park, Pickering

By: Tasha Vinoraj
TCASD Media

What defines Canada Day? For some it means the day we celebrate Canada's birthday or to celebrate the anniversary of the confederation. To be perfectly truthful, I don't believe there is one particular defining feature. This past Canada Day, it was a scorching hot summer's day, but nothing would bring down the amazing day it was soon to be. TCASD was all set to do their usual magic at their booth at the (location). With smiles on their faces the members arrived yearning to get started. They were ready to bring joy to many people. This year TCASD decided for their booth they would be doing henna. Henna has been used since the Bronze Age to dye skin (including body art), hair, fingernails, leather, silk and wool. Henna tattoos were placed on peoples hand, ankles,

and arms. It takes true artistic talent to design such intricate patterns. In addition to henna, TCASD chose to incorporate nail art. Furthermore a group of energetic and proud youth members performed a traditional bharatanatyam piece. Bharatanatyam is a classical Indian dance form originating in Tamil Nadu.

It is known for its grace, purity, tenderness, and sculptural poses. Today, it is one of the most popular and widely performed dance styles. The atmosphere was electrifying, with total strangers soon becoming friends. For me, I can identify Canada Day to be a day where people get together to celebrate the amazing country we live in. Also the day that many people realize how lucky we are to live here, and how we take advantage of it every day. That is what Canada Day means to me.



Tasha & Tanika doing Nail Art



Pickering Mayor Dave Ryan, Councillor Dickerson and TCASD members



Councillor Dickerson getting henna tattoo

TCASD Participating in the 2012 South Asian Heritage Day

Canada is a country known for its multiculturalism. As Canadians, we welcome and support different cultures with an open mind. As part of Canada's cultural day celebrations, the 2012 South Asian Heritage day was celebrated on the 26th of May, 2012 at the St. Francis Church.

The Tamil Cultural and Academic society of Durham also participated in the 2012 Heritage day festival by reciting a dance routine. The performance was named as a "Tribute to Bharatha-

natyam" and was performed by the TCASD youth Miss. Cavina Varatharajah, Miss. Gobeisha Sureshkumar, Miss. Meena Shanmuganathan and Miss. Vashine Kamesan. With that said, the youth and children of the Tamil Cultural and Academic Society of Durham also participated in the Cultural Fashion Show with many other South Asian cultural Groups, which happened at the end of the event. It was a wonderful evening meeting everyone and celebrating our cultures.



India Independence Day

TRIBUTE TO GREAT INDIANS PASSED AWAY RECENTLY

Wednesday, August 15, 2012

India's Wrestler-Actor Dara Singh



India's Wrestler-Actor
Dara Singh before

India's famous Wrestler-turned-actor Dara Singh passed away in the Indian city of Mumbai after a long illness. The 83-year-old was earlier admitted to hospital after a heart attack.

Singh, who won the world wrestling championship in 1960, acted in several Bollywood films and television serials.

He gained huge popularity while playing Hanuman, the monkey god, in the television adaptation of the Hindu epic Ramayana.

He was also a member of parliament from 2003 to 2009 when he was appointed to the Rajya Sabha, the upper house of India's parliament.

His films included King Kong, Faulad, Kal Ho Naa Ho and he was last seen in the 2007 hit, Jab We Met. Many tributes poured in for the much-loved Singh.

Prime Minister Manmohan Singh expressed his sadness at Singh's death and described him as a "noted film personality and an internationally acclaimed wrestler".

"I am deeply saddened to learn of the passing away of Dara Singh," Information and Broadcasting Minister Ambika Soni said in a statement.

Superstar Amitabh Bachchan, with whom Singh acted in the 1985 action film Mard, described him as "a great Indian and one of the finest humans".

"When childhood heroes die the world looks desolate," veteran director Mahesh Bhatt tweeted.



India's Wrestler-Actor
Dara Singh recently

India's independence heroine Lakshmi Sehgal

India's veteran Independence heroine Captain Sehgal who fought against British rule in India, died of a heart attack recently.

Mrs. Sehgal who was 97 years of age, was a doctor by profession, She was awarded the highest civilian honour, Padma Vibhushan in 1998. Lakshmi Sehgal was a close aide of Indian independence hero Subhash Chandra Bose. She was active in the fight against British rule in India and commanded the women's section of Bose's Indian National Army.

She was admitted to hospital after a heart attack and was earlier reported to be in a "very critical" condition.

In 1971, Mrs Sehgal joined the Communist Party of India (Marxist) and represented the party in the Rajya Sabha, the upper house of parliament.



BOLLYWOOD'S "FIRST SUPER STAR" RAJESH KHANNA



Bollywood's "first superstar" Rajesh Khanna has died at the age of 69.

The actor had been ill during the recent weeks..

Khanna made his name playing the romantic lead in a string of films which were massive hits in the 1960s and 1970s.

The actor starred in more than 160 films and had a huge following. He used to be mobbed by fans whenever he

appeared in public. Khanna died at his family home in Mumbai the Press Trust of India reported.

"He has gone to a very nice and heavenly place. We are very happy that he had gone there," his actor son-in-law Akshay Kumar told reporters.

PM Manmohan Singh led the tributes with his tweet: "I convey my heartfelt condolences to the members of the bereaved family and countless fans and admirers of Rajesh

Khanna." Director Karan Johar tweeted: "The magic... the mannerism... the mania of RAJESH KHANNA is inscribed in every archive of Indian cinema... Forever... RIP SIR!!!"

Khanna was popularly nick-named "Kaka" by his fans, and he won a host of industry awards during his long career. He was so popular among women and there were stories of his female fans marrying his photographs.

India Independence Day

Wednesday, August 15, 2012

HARPER GOVERNMENT HIGHLIGHTS START OF FIFTH ROUND OF NEGOTIATIONS TOWARD TRADE AGREEMENT WITH INDIA

Deeper trade with fast-growing India is a key part of the most ambitious trade expansion plan in Canada's history, says Minister Fast.

July 23, 2012 - The Honourable Ed Fast, Minister of International Trade and Minister for the Asia-Pacific Gateway, today met with representatives of the Canada-India Business Council in Montréal, where he highlighted the launch of a fifth round of negotiations toward a Canada-India trade agreement.

"Our government remains firmly focused on what matters to Canadians: jobs, growth and long-term prosperity. Deepening Canada's trading relationships with high-growth markets like India is key to these efforts," said Minister Fast. "I am pleased to say that the Canada-India trade talks are progressing well, and both sides are committed to concluding an ambitious agreement which will unlock the full potential of Canada-India trade, and benefit workers and businesses in both countries."

A Canada-India joint study concluded that a trade agreement between the two countries could boost Canada's economy by at least \$6 billion. That translates to almost 40,000 new jobs across the country or a \$500 boost to the average Canadian family's annual income. A trade agreement with India would eliminate or reduce tariffs on Canadian goods, liberalize trade in services, and directly benefit Canadian workers and businesses in all regions of Canada in sectors such as primary agriculture, resource-related and chemical products, transport equipment, machinery and equipment, and services.



Four rounds of negotiations have been held to date, with a fifth scheduled to begin tomorrow in New Delhi. Trade between Canada and India reached almost \$5.2 billion in 2011, an increase of more than 23 percent from 2010.

"Canada's growing trade with India is fuelled by our strong business-to-business and people-to-people ties," said Minister Fast. "The Harper government is committed to building on these strong ties to create a partnership that will lead to new opportunities and stronger economies in both countries."

In less than six years, the Harper government has concluded free trade agreements with nine countries: Colombia, Honduras, Jordan, Panama, Peru and the European Free Trade Association member states of Iceland, Liechtenstein, Norway and Switzerland. Canada has also begun deepening trade and investment ties with the largest, most dynamic and fastest-growing markets in the world, including Brazil, China, the European Union and Japan.

Are Indians the most physically active people in the world

Well, doctors will tell you that with the country riding a diabetes and heart disease epidemic, most Indians are physically unfit. As the middle class swells, more Indians are leading desk-bound sedentary lives in cities, where pavements are scarce and there is no culture of walking. Fat-rich diets don't help matters.

But an exhaustive new study by the medical journal *Lancet* measuring global physical activity explodes the "myth" about the unfit Indian. The study measured physical activity in adults - aged 15 years or older - from 122 countries, comprising over 88% of the world's population.

India, according to the study, is agile and kicking. Only 15.6% of Indians were found to be physically inactive. The British (63.3%), Japanese (60.2%), Italians (54.7%), Irish (53.2%) and Americans (40.5%) were found to be more physically inactive than Indians.

Is it any surprise that Indians appear to be more physically fit than their counterparts in more prosperous parts of the world?

Not really. As the study suggests, physical inactivity is more common in countries of high income than in those of low income. In high income countries, physical activity dwindles as people use more technology and are less engaged in labour-intensive work.

In India, where the overwhelming majority of people are engaged in back-breaking farming, it is little wonder that they are more physically active than their counterparts in more prosperous countries.

More women (18.4%) in India were found to be more physically inactive than men (12.7%), perhaps pointing to a society moored in traditions where men work and women look after the home.

So which, according to the *Lancet* study, is the most physically active country in the world?

(Courtesy: B.B.C.)

Minister Kenney attends unveiling of Komagata Maru monument

Ottawa, July 24, 2012 — Citizenship, Immigration and Multiculturalism Minister Jason Kenney yesterday joined the Khalsa Diwan Society (KDS) in the unveiling of a public monument commemorating the Komagata Maru, a ship that arrived in Vancouver harbour in 1914 carrying 376 East Indian passengers.

Most of the passengers were not allowed to land because the ship did not make a continuous journey to Canada, as was prescribed by Canadian immigration laws at the time. After almost two months in the harbour, the ship went to India where, in an altercation with British soldiers, approximately 20 passengers and a number of soldiers died.

"The immigration restrictions experienced by some people of Indian descent mark an unfortunate period in our nation's history," said Minister Kenney, who travelled to Vancouver for the event. "This monument commemorating the Komagata Maru incident recognizes this past."

The Community Historical Recognition Program (CHRP) provided a total of \$667,407 to the Khalsa Diwan Society (KDS) of Vancouver for this project.

CHRP, announced in 2006 and launched in 2008, has already committed approximately \$13.5 million toward eligible projects that address historical events that affected the Indian, Italian, Chinese, and Jewish communities in Canada.

"The Indo-Canadian community has made enormous contributions to building our nation," said Minister Kenney. "The Government of Canada is committed to recognizing the experiences of Indo-Canadian and other communities affected by past wartime measures and immigration restrictions applied in Canada."

In May 2008, the Government of Canada passed a unanimous motion in the House of Commons recognizing the Komagata Maru incident and apologizing to those who were directly affected. On August 3, 2008, Prime Minister Harper conveyed that apology to the Indo-Canadian community in Surrey, BC.



Minister Kenney attends the unveiling of the Komagata Maru monument at Harbour Green Park – Vancouver, British Columbia



MP Nina Grewal and Minister Kenney attend the unveiling of Komagata Maru monument at Harbour Green Park – Vancouver, British Columbia

Children's Corner



THE COBRA AND THE POLANGA (Viper)

Once in a certain country there was a great drought. All the rivers and water holes being dried up, there was no water anywhere. A Cobra was dying of thirst. He crawled and lunched his way up to a village looking for water.

In a certain house there was a little child. The child was playing with water filled in a large bowl. The child's mother was not at home.

The Cobra went and started drinking the water in the bowl. The child wishing to play with the Cobra, and not knowing that it was a fierce serpent, wanted to have fun with the serpent. He chuckled, and then he began to throw water on the Cobra's head with a coconut shell and hit him with its hand and foot.

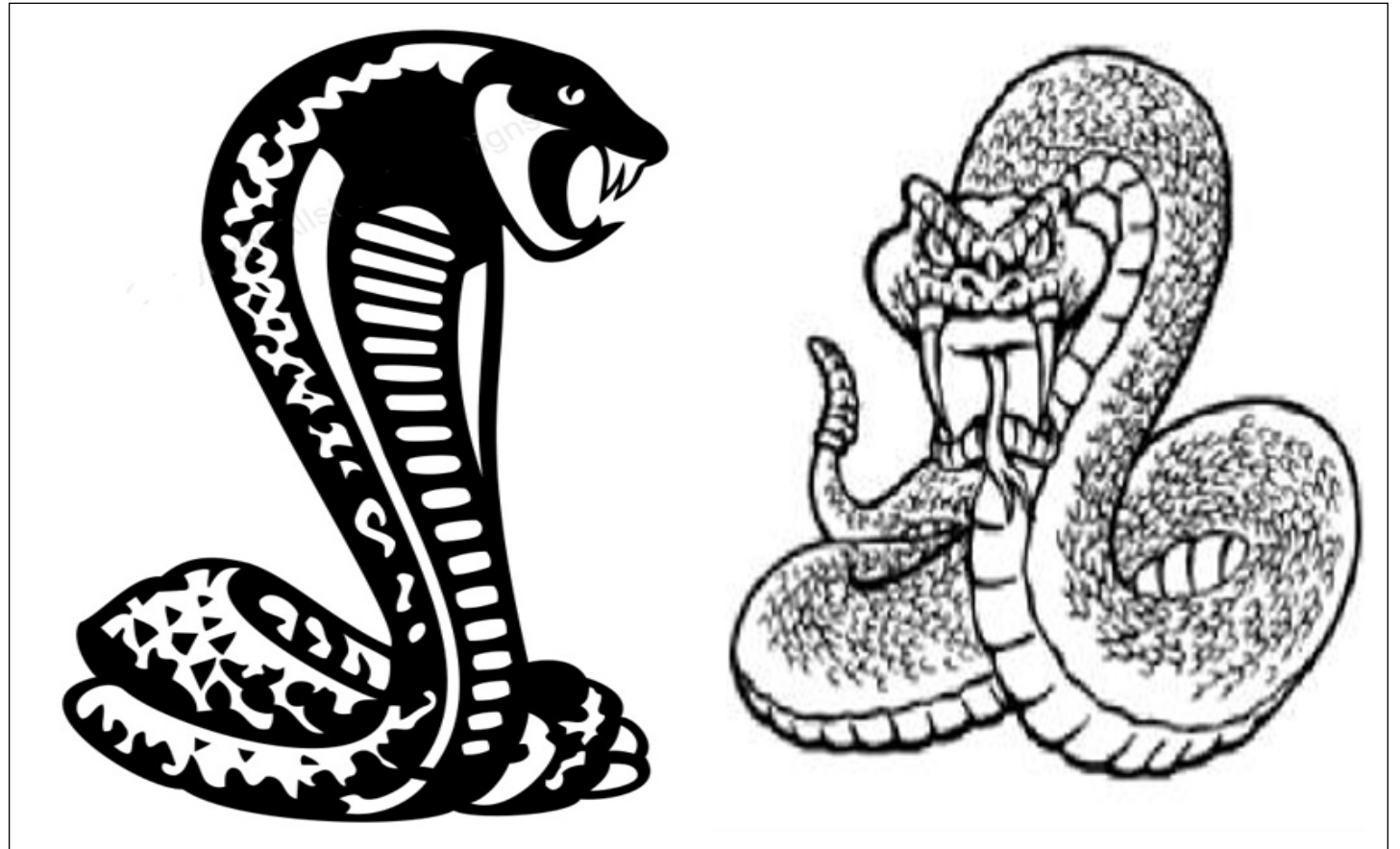
The Cobra realizing that the child was innocently trying to play with it, did not get angry with the child, but drank a belly full of water and went away. The Cobra went on drinking water like this for several days.

One day the Cobra met a Viper. The Viper asked the Cobra, "Friend, where did you drink water?"

The Cobra said, "I drank no water. Where is there any water for anybody to drink in this fierce drought?"

The Viper then forcing the Cobra into telling him the truth said, "Friend, don't tell lies, tell me also the place where you drank water."

Now the Cobra did not wish to disclose to the Viper the place where he drank the water, as he was fairly suspicious of the Vipers instincts to spring on



the child if hurt. But the Viper continued to pester him. So the Cobra said, "At such and such a place there is a child playing with water in a bowl. I go there and drink water and the child throws water on me with a coconut shell and strikes me on the head with its hand and foot. I don't get angry at all with the child, but drink water and come away. You however will not be able to restrain yourself. If you can remain quiet without doing any harm to the child, go there and drink water and

come away." said the Cobra.

The Viper then went off to drink water.

The Cobra however, on the sly went behind the Viper and hid himself behind the bushes. It remained looking at the child while the Viper drank water.

In the same manner the child threw water with the coconut shell on the Viper's head and struck him with its hand and foot. The Viper remained quiet till it drank its belly full of water, then

sprang on the child and bit him on the head.

At the blow, the child fell into the bowl as though dead.

The Cobra then came running and sucked the poison out of the child's head and made the child conscious. Then he ran after the Viper and bit him and killed it.

Since then it is said, that the Cobra and the Polanga are bitter enemies.

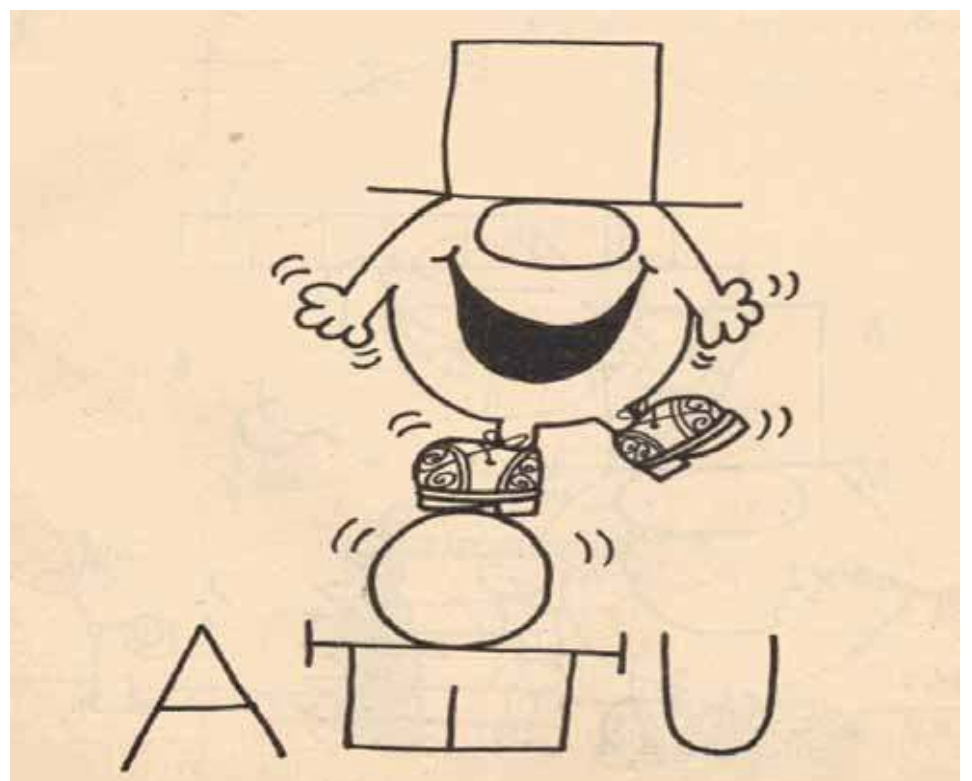
Change a Vowel - Find a New Word

Mr. Silly discovers that each of the words given becomes a new word when you substitute a new vowel for the vowel in the first word. Can you figure out the new words? An example is given for you.

STOP STEP

- | | |
|----------------|----------------|
| 1. THINK _____ | 6. BACK _____ |
| 2. MUD _____ | 7. GRAND _____ |
| 3. BANK _____ | 8. DUMP _____ |
| 4. TRAP _____ | 9. HANG _____ |
| 5. MAN _____ | 10. SHIP _____ |

- Solutions
- | | | | | | |
|----------|---------|---------|----------|--------|---------|
| 1. THANK | 2. MAD | 3. BUNK | 4. TRIP | 5. MEN | 6. BUCK |
| 7. GRIND | 8. DAMP | 9. HUNG | 10. SHOP | | |



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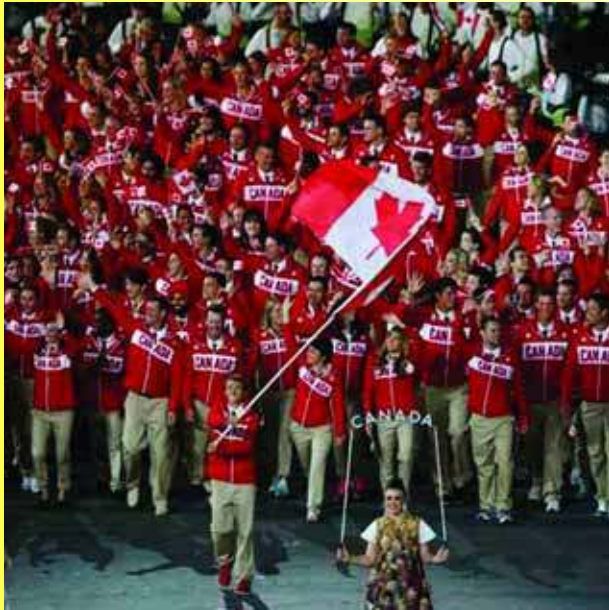
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The Summer Olympic Games - London 2012

by Tashvir Narine

The thermometer readings are reaching highs for the past few weeks and this can only mean we are in the midst of the summer months here at home. The beaches are packed, wedding bells are sounding and overall the mood is jolly. Over the sea in the United Kingdom however, the summer months will be additionally special with the arrival of the Games of the XXX Olympiad from July 27th to August 12th, to be held in the city of London. The excitement has started to increase as athletes from over 200 Olympic committees are piling into the Olympic village,



Team Canada enters the Opening Ceremony lead by Flag Bearer Simon Whitfield.



Performance by Sir Paul McCartney



Queen Elizabeth II Jacques Rogge, President of the International Olympic Committee, at the Opening Ceremonies.

each with the hopes of their fellow countrymen and women to back Olympic gold.

As always, the opening ceremonies were attended by dignitaries from the host nation and included entertaining performances. Fans were treated to stage pieces by performers such as Daniel Craig as James Bond, Rowan Atkinson as Mr. Bean, and a musical selection by Sir Paul McCartney. In traditional royal style, Queen Elizabeth II officially proclaimed the games open and a few hand-selected athletes from the United Kingdom lit the Olympic Cauldron, which

would continue lighting throughout the entire games. Each time around, the lure of the Olympics spreads further and technology has played an important part this movement. Nowadays, you will find the Olympic coverage playing on monitors everywhere, including smartphones and iPads which adds excitement to fans young and old.

Since the start of the Olympic summer games, Canada has completed in all but two Olympic Games. The Winter Olympics tend to be more rewarding for medals however the Canadian contingency will attempt to bring further success to our nation from the summer games in 2012. Last time in Beijing, the Canadian medal tally was 18 in total, the third highest in our nation's history but there is still room to grow. Former gold and silver medalist Simon Whitfield was chosen to be Canada's flag bearer during the opening ceremonies in 2012, which should provide encouragement for this year's athletes. Canadians are hoping for its highest count ever, including double digit gold medals, which was only done once before in our country's history.

There may be few medal hopefuls from the swimming events, however British Columbia's Brett Hayden will be an individual to keep your eye on. In addition to Hayden, Canadian rowing teams are also a strong bet on picking up some medals. In the boxing ring, last year's 75kg gold medalist from the Pan Am Games Mary Spencer is also considered a medal favourite and should repeat with gold in this year's Olympics. Finally, don't forget to keep a watch for Catherine Pendrel, the cyclist from New Brunswick who should finish in the medal standings for the women's mountain bike races.

These individuals, while not medalists yet, should provide excitement to Canadian supporters and may spark other competitors to do well in their respective events. Since the margin of victory is tiny in some of the Olympic events, there could be surprises and stunners which add further to the appeal of the Olympic Games.

The Monsoon Journal wishes the best of luck to our Canadian athletes who have sacrificed their time to represent our country. Inspire a Generation!



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Today is a good day to learn more, so let's talk.

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