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Canadian Experience Class: Creating Jobs across Canada New, Innovative and Fast Economic Program Attracts the World's Best and Brightest

Citizenship, Immigration and Multiculturalism Minister Jason Kenney announced on Sept 14th that Canada has welcomed its 20,000th permanent resident through the Canadian Experience Class (CEC) immigration stream, reflecting the success of the government's efforts to attract as well as retain the world's best and brightest skilled workers.

The Minister was joined at the announcement by Gaurav Gore, originally from India, who was recognized as the 20,000th permanent resident admitted under the CEC. Mr. Gore earned a master's degree in business administration from the University of Toronto. He is applying his education as well as his experience as a business consultant with a major bank in Toronto.

"We are working hard to attract and retain the best and brightest students from around the world. Gaurav is an excellent example of the benefits of welcoming highly educated and skilled people to stay as well as work in Canada. Mr. Gore completed a challenging, competitive university program. He is now building a successful career, contributing to our economy and helping create jobs for Canadians here in Canada. Gaurav is exactly the sort of skilled worker that Canada hopes to attract and retain through the CEC program," said the Minister.

"As a student, I saw the wealth of opportunities that are available in



Canada," said Mr. Gore, a Personal and Commercial Digital Channels Advisor with BMO Financial Group. "I felt welcome. I wanted to stay, pursue a career here, and contribute to the economy as well as to the country. I was happy to discover that it was possible through the CEC and that I could use my skills immediately upon graduating."

"Canada's universities are pleased to see the success of the CEC in helping international student graduates become permanent residents. The graduates contribute their knowledge, talent and global perspectives to our communities and to our economy," says Paul Davidson, President of the Association of Universities and Colleges of Canada. "These graduates contribute to economic growth and innovation in Canada and

help Canadian businesses connect with new international markets."

The CEC, Canada's fastest growing economic immigration program, offers a pathway to permanent residency for international student graduates as well as others with skilled work experience in Canada. Those who are eligible may apply from within Canada and expect a quick decision. In the past, a brilliant student graduating from our top universities who wanted to stay in Canada and help create jobs would have had to return to their home country to wait at the back of a seven or eight year queue. They may have spent several years waiting in the immigration queue and may have been required to leave the country before applying for permanent residence. The goal of the CEC is to ensure that Canada

retains talented and motivated people who have already shown that they can put their skills as well as their experience to work, grow the Canadian economy, create jobs and integrate easily into Canadian life.

"The Canadian Experience Class is a sound program that responds to the needs of employers. The program contributes to economic growth," said James Knight, President and Chief Executive Officer of the Association of Canadian Community Colleges. "Equipped with diplomas as well as degrees, international students become Canadian citizens, excellent employees and community members."

In order to make the CEC even more responsive to Canada's labour market needs and economic goals, CIC is proposing changes that will expedite the transition to permanent residence of those already working successfully in Canada. With the proposed change, all applicants will require 12 months of Canadian work experience gained in the 36 months preceding their application. Some applicants currently require 24 months of full-time work experience. This change will make the program more flexible for international student graduates. It will provide them with more time to launch their careers as well as gain the necessary experience to apply for permanent residency through the program.

Minister Kenney concluded by saying that, "International student graduates have educational credentials that are recognized by Canadian employers as well as official language skills that are important factors for success. The proposed changes to the CEC will make it easier for them to stay here, contribute to Canadian innovation as well as to the economic development that will help ensure Canada's future prosperity."

Canadian citizenship not for sale: Minister Kenney provides update on residence fraud investigations

The Government of Canada's investigation into residence fraud continues to grow, with nearly 11,000 individuals potentially implicated in lying to apply for citizenship or maintain permanent resident status.

"We are applying the full strength of Canadian law to those who have obtained citizenship fraudulently," said Citizenship, Immigration and Multiculturalism Minister Jason Kenney. "Canadian citizenship is not for sale. We are taking action to strip citizenship and permanent residence status from people who don't play by the rules and who lie or cheat to become a Canadian citizen."

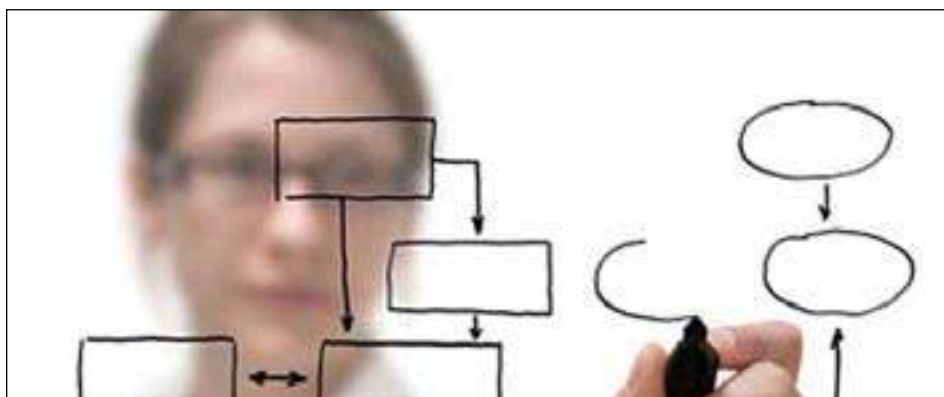
Citizenship and Immigration Canada (CIC) has begun the process to revoke the citizenship of up to 3,100 citizens who obtained it fraudulently. Minister



Kenney first announced the investigations last year. CIC is working closely with the Canada Border Services Agency (CBSA), the Royal Canadian Mounted Police (RCMP), and Canadian offices abroad to tackle this fraud.

Ontario Helps Create 400 New Businesses and Nearly 2,000 Jobs

McGuinty Government Supporting Young Entrepreneurs



Ontario is helping young entrepreneurs develop the skills they need to turn their business ideas into successful companies, supporting the creation of 400 new businesses and close to 2,000 jobs.

Through the Canadian Youth Business Foundation, Ontario's support will provide mentoring, business coaching, start-up loan financing and other resources for entrepreneurs aged 18-39 as they start and operate their own busi-

ness. Successful start-ups supported by the foundation include:

Dual Audio Services, a full service audio-visual company

Toronto's eco-chic clothing line, Aime Avenir Medical, PelvAssist, which offers a cost effective, improved alternative to traditional hip replacement technology

Paintlounge, a painting studio and cafe located in Markham

Monsoon Journal

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around us
All lands home, all men kin.

**"I am leaving this legacy to
all of you, to bring peace,
justice, equality, love and a
fulfilment of what our lives
should be."**

**- Rosa Parks (1913-2005),
US Civil Rights Activist
(Feb 4, 1913 - Oct 24, 2005)**

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Fall Festivities

Bittersweet October. The mellow, messy, leaf-kicking, perfect pause between the opposing miseries of summer and winter. ~Carol Bishop Hipps

October is here again, which means the end of summer and the beginning of autumn. But October, with its palette of wonderful colours, is also a time for many events and celebrations worldwide.

Hindus will usually entertain a busy time this month all around the world. Beginning October 16th, the Hindu calendar will enter a 9-night celebration of Navarathri which marks the dawn of the fall season. Navarathri actually stands for "nine nights", which commences on the first day of the bright fortnight during the lunar

month. During this time, Hindus worship the female form of the Divine and perform various pujas, depending on the night of Navarathri. On the day following these nine nights Dasara or Vijaydashmi is celebrated, which culminates the ten nights of devotion and marks the beginning of the harvest season. It is believed that invocation to the Mother Goddess at this time of the year sanctifies the fertility of the soil and thus leads to a successful crop. Following with this theme of worship to the Hindu goddesses, the festival of Deepavali or Diwali will be celebrated not too long after on November 13th this year. During this time, the Goddess Lakshmi will be revered for wealth and prosperi-

ty in the upcoming year.

Back in North America, Thanksgiving Day is a holiday celebrated during the Fall months to mark the harvest season as well. There are many origins of the festival, but usually families prepare Thanksgiving feasts and give "thanks" to God for various reasons. The most common dish served on this day is an oven roasted Turkey with stuffing, which was believed to have been served at the Pilgrim's first Thanksgiving. An interesting fact about Thanksgiving however, is that it is celebrated on different days and different months in Canada and the United States. Canadians are granted a holiday on the second Monday of October for this celebration

which will fall on the 8th of this month.

The end of the month of October will mark Halloween here at home. For children of all ages, this festival would include collecting treats, but for adults costume parties and haunted houses will be a fun pastime as well. However Halloween night can also become an unsafe situation and the Monsoon Journal would like to remind parents to be watchful of their children's whereabouts on this night, and also to be weary of the treats that children can gather as well.

Have a Happy Thanksgiving, Halloween & a Happy October this month!

Contributed by:

**Tashvir Narine,
BSc. (Hons)**

India Abroad Editor Aziz Haniffa wins prestigious Most Outstanding Journalist

Award presented by the National

Council of Asian Indian Associations



By Siva Sivapragasam

Aziz Haniffa, the Editor of India Abroad newspaper who has had more than a quarter century of journalistic experience has been presented with the Most Outstanding Journalist award by a coalition of Indian American community, political & cultural organizations functioning under the aegis of the National council of Asian Indian Associations.

The prestigious Award was presented to Haniffa by Nirupama Rao, India's Ambassador to the US and former Foreign Secretary, at a gala banquet held in Maryland where over 300 guests attended the reception to celebrate India's 65th independence day. The guests included senior state department officials and other distinguished guests. The award

was presented to Haniffa for his "untiring efforts to improve Indo-US relationships and empowering political and social awareness in the community through his writings". Haniffa was lauded for his scoops and exclusives in his writings which included interviews with US Presidents, cabinet ministers and senior officials.

Over the years Haniffa has won several awards and accolades including the US - Indian American Chamber of Commerce Journalist Award in 2005. Back in Sri Lanka Haniffa worked for the Sun group of newspapers and later left for the US to do his Masters in political science and international affairs at the George Washington University. He has worked with India Abroad for over 25 years and was appointed Editor five years ago.

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Starbucks to Open First India Store

The world's largest coffee retailer, Starbucks, says it will open its first store in India this month.

Starbucks is entering the Indian market as part of a joint venture with India's Tata Global Beverages.

Starbucks' China and Asia-Pacific President John Culver said the U.S. company will open a store in India's financial hub Mumbai by the end of October.

Culver said the outlet will be "the first Starbucks location to feature espresso sourced and roasted locally from India through the coffee sourcing and roasting agreement with Tata Coffee Limited."

Earlier this year, Culver told reporters that Starbucks hoped to open at least 50 stores across India by the end of the year.

Starbucks and Tata say the initial investment will be roughly

\$80 million. The 50 - 50 joint venture will be called Tata Starbucks Limited and be run by CEO Avani Saglani Davda.

Seattle-based coffee chain Starbucks has more than 17,000 stores around the world. Tata Global Beverages is the world's second-largest tea company.

While India is largely a nation of tea-drinkers, Western-style coffee chains have gained popularity among its fast-growing, wealthy middle class. Coffee consumption among Indians has doubled in the last 10 years.

Starbucks will face competition from established domestic chains like Cafe Coffee Day. The coffee giant is one of several U.S. retailers looking to cash in on India's growing appetite for Western fast food. The market is driven by a country where about 700 million people are under 30. -

VOA News



Case of Influenza A H1N1 Variant Detected in Ontario

On Sept 25th, 2012, Dr. Arlene King, Ontario's Chief Medical Officer of Health, issued the following statement on a case of influenza A H1N1 variant detected in Ontario:

"An Ontario resident has been confirmed as having been infected with an H1N1 variant (H1N1v) influenza virus. An influenza virus that normally circulates in animals is referred to as a variant virus when it infects humans.

This adult male patient became ill after close contact with pigs. He is being treated and closely monitored in a hospital in southwestern Ontario.

I would like to reassure Ontarians that this variant influenza virus rarely spreads from animals to humans. Subsequent human-to-human transmission is also rare. I would also like to stress that this is not a food safety issue; the consumption of properly cooked pork continues to be safe. Proper cooking of meats, including pork, kills all bacteria and viruses.

Ontarians should remember that hand washing is the single best infection prevention and control measure against respiratory illnesses such as influenza. Individuals should wash their hands often with soap and running water, or use an alcohol-based hand rub if soap and water are not available.



I also would like to remind Ontarians that it is important to get immunized every year with the seasonal flu vaccine when it becomes available each fall. This will protect you against seasonal influenza viruses that are expected to circulate. Everyone six months of age and older should get the seasonal flu vaccine each year.

The identification of this case is the result of the strength of our current surveillance system here in Ontario. It is not an unexpected occurrence and there have been a number of human infections with variant influenza viruses in the United States over the past year.

I would like to thank health officials in Ontario who displayed the utmost vigilance in identifying, treating and closely investigating this case. Protecting the health of Ontarians is a priority and we will continue to monitor the situation."

Minister Kenney Supports the Faster Removal of Foreign Criminals Act

The Honourable Jason Kenney, Minister of Citizenship, Immigration and Multiculturalism, urged Members of Parliament on Sept 24th to support the legislation to expedite the removal of foreign criminals from Canada and to enhance the safety and security of Canadians.

"We have introduced a law that will stop foreign criminals relying on endless appeals in order to delay their removal from Canada during which time they continue to terrorize innocent Canadians, we believe all parliamentarians should support this law," said Minister Kenney. "Canadians are generous and welcoming people, but they have no tolerance for criminals and fraudsters abusing our generosity."

The Faster Removal of Foreign Criminals Act, focuses on three areas which would:

Make it easier for the Government to remove dangerous foreign criminals from



our country;

Make it harder for those who may pose a risk to Canada to enter the country in the first place; and Remove barriers for genuine visitors who want to come to Canada.

Olympic and Paralympic heroes meet with Olympic fans all over Toronto area

TORONTO - As part of the 2012 Celebration of Excellence, members of the 2012 Canadian Olympic and Paralympic Teams were in Toronto on Sept 20th, 2012, visiting area schools and hospitals and meeting with elected officials, while 2012 Canadian Olympic Hall of Fame inductees attended an introductory media event.

Athletes started the day with the General Mills Youth and Olympians Breakfast at Maple Leaf Gardens.

"The Olympic Games are such a large event, and happens on such a big scale, that it's difficult for some of these kids to connect personally to it," said 2012 Olympic Beach Volleyball player Martin Reader. "It's really important for us to be ambassadors for international sport, and for our sports, to bring these kids in tune with our athletics, with our passion, our determination and everything that sport involves for us."

Schools were next on the agenda, as athletes inspired young fans to be active and to follow their dreams.

"Seeing the kids and the looks on their faces is honestly one of the best things about winning this medal and coming home and sharing it with kids

like that," said 2012 Olympic bronze medallist Mark Oldershaw. "They just get so excited. I want them to try as many different things as they can while they're young -- whether it's sports, or arts, or anything -- and just find what they're passionate about."

The Hospital for Sick Children and Holland Bloorview Kids Rehabilitation Hospital also welcomed Olympic and Paralympic guests, as athletes visited with hospital patients.

"Being able to connect with young kids living the same circumstances I did a few years ago is so important for me," said Summer Mortimer, four-time 2012 Paralympic medallist. "Showing them that gold medal gives them a positive outlook and hopefully they get inspired to take up para-sport and participate."

Canadian Olympic and Paralympic Heroes were also welcomed to Queen's Park, where they met with Ontario Premier Dalton McGuinty and Lieutenant Governor David C. Onley.

The class of 2012 Canadian Olympic Hall of Fame inductees met with the media at an event at the Air Canada Centre ahead of tomorrow's Gala Dinner and Induction Ceremony.

Helping Ontarians Restore Our Water Resources

McGuinty Government Supports Community Efforts



The province is helping communities protect local watersheds and the Great Lakes through the Ontario Community Environment Fund.

Applications are now being accepted for community-based environmental projects that remediate or restore the environment, foster spills preparedness or provide research and education in watersheds where environmental violations have occurred. The funding comes from

penalties collected from companies that spill contaminants or otherwise fail to comply with environmental requirements.

These projects will support the goals of Ontario's proposed Great Lakes Protection Act. The proposed act and accompanying Great Lakes Strategy are designed to empower communities to take an important role in protecting the lakes.



Commonwealth Secretariat must lay down benchmarks before hosting CHOGM in Sri Lanka

Open Letter to the Commonwealth Secretary-General:

21 September 2012

Dear Secretary-General,

When Commonwealth countries announced at the 2011 Commonwealth Heads of Government Meeting (CHOGM) in Australia that Sri Lanka could host CHOGM 2013, they agreed to actively promote and uphold the fundamental values and principles of the Commonwealth, including human rights and the rule of law.

We therefore urge you to press for adequate and satisfactory human rights progress in Sri Lanka by CHOGM 2013. We believe that the failure of the Commonwealth and its members to do so would be contrary to the Commonwealth's values and principles, and undermine its credibility.

It has come to our attention through the media that you have called for Canada to forego its human rights related objections and fully participate in the CHOGM 2013 in Sri Lanka - where you reportedly saw no deficit in the spirit of democracy. If true, such a call to drop human rights concerns is unprecedented in Commonwealth history.

We draw your attention to grave human rights violations in Sri Lanka that have been internationally recognised and reports of ongoing human rights violations that are regularly highlighted. Despite Sri Lanka's repeated denial, these serious and persistent violations have been widely documented by the UN Secretary-General's Panel of Experts on Sri Lanka in 2011. They also led to a UN Human Rights Council resolution on the country earlier this year.

In fact on the same day your statement was reported, the UN High Commissioner for Human Rights named Sri Lanka as one of 16 countries in the world that have gone unpunished for intimidation and reprisals against critics.

Even by the relatively lower standards of recommendations made by Sri Lanka's own Commission of Inquiry on Lessons Learnt and Reconciliation (LLRC), little or no progress has been made. Within the country, most mechanisms set up to comply with international and domestic standards are more cosmetic than real.

In the light of serious international criticism of Sri Lanka over its human rights record, the absence of convincing evidence on Sri Lanka's willingness to work with international human rights concerns and the absence of any publicly known Commonwealth benchmarks for progress in Sri Lanka ahead of CHOGM, we are surprised at the Commonwealth Secretariat's willingness to canvass



Heads of Governments to participate in CHOGM 2013.

We urge the Commonwealth Secretariat to require that Sri Lanka must demonstrate the 'spirit of democracy' with practical steps to tackle patent gaps in human rights, democracy and governance which have repeatedly attracted international concern.

The Commonwealth Secretariat must lay down benchmarks of discernable, quantifiable and measurable steps that the government of Sri Lanka must take before it can hope to host a CHOGM that has the wholehearted participation of both Heads of Governments and civil society.

We believe such benchmarks must at a minimum lead the government of Sri Lanka to:

1. Fully restore the rule of law;
2. Lift restrictions on the enjoyment of all fundamental freedoms for all people within its borders ;
3. Restore Constitutional provisions that guarantee separation of powers and re-instate the independence of the three branches of government;
4. Restore the independence of government institutions such as the Sri Lanka Human Rights Commission and ensure meaningful domestic implementation of the International Covenant on Civil and Political Rights;
5. Repeal or amend laws, including the Prevention of Terrorism Act, that do not conform to international human rights standards,
6. Institute effective mechanisms to protect journalists, civil society groups and human rights defenders who work for the promotion and protection of human rights;
7. Allow full and credible international investigations into all allegations concerning violations of international humanitarian law in the country; and
8. Fulfil all recommendations directed to it by the UN Secretary General's Panel of Experts and those recommendations of its own LLRC that are consistent with the recommendations of the UN Panel.

In the context of the ongoing Commonwealth reform process, only such principled action by the Commonwealth Secretariat will be indicative of the official Commonwealth's willingness to truly reform itself and to

apply values of human rights, good governance and democracy.

As a part of this reform process, at the 2011 CHOGM it was agreed that your office would work with the Commonwealth Ministerial Action Group (CMAG) to address all serious or persistent violations of Commonwealth values. This was to be an important step in strengthening the CMAG. In pursuing this commitment it is imperative that your office and CMAG do not leave grave international concern over human rights violations in Sri Lanka unaddressed.

We understand that as the Secretary-General of the Commonwealth your duties include implementing political

decisions taken by Commonwealth Heads of Governments, including the 2009 decision to let Sri Lanka host the 2013 CHOGM. At the same time, your position as the highest official of the Commonwealth comes with an obligation to strongly uphold, at all times, all the fundamental values of the Commonwealth.

At this time of Commonwealth renewal, we believe that upholding the core values of the Commonwealth naturally has precedence over other concerns.

Sincerely,

CIVICUS World Alliance for Citizens Participation

Commonwealth Human Rights Initiative

Forum for Human Rights and Development (FORUM-ASIA)

Human Rights Law Centre (Australia)

Human Rights Watch

Sri Lanka Campaign for Peace & Justice

United Nations Association of the UK

Najeeb Abdul Majeed Makes History as the First Muslim Chief Minister of Sri Lanka

Mohamed Najeeb Abdul Majeed made history when he was sworn in as the chief minister of the Eastern Provincial council before President Mahinda Rajapaksa on Tuesday September 18th 2012. After the swearing in ceremony at "Temple Trees", Najib as he is generally known has become not only the first Muslim chief minister of the Eastern Province but also the first Chief minister of Muslim ethnicity in Sri Lanka.

Chief Minister Najeeb A. Majeed is the son of late Abdul Majeed, who served in the government of Prime Minister Sirimavo Bandaranaike from 1970 - 77 as Deputy Minister of Information and Broadcasting.



Najeeb Abdul Majeed



Sri Lanka: Whether final batch of IDPs will one day be allowed to return to their homes remains to be seen

The last group of over 300 people from Menik Farm in Sri Lanka North, once the world's largest camp for internally displaced persons (IDPs), have been moved out, but not to their former villages.

"The world is being told an untruth about us being resettled," Sivaguru Angaramuttu Udalayakumari, a 43-year-old IDP relocated from Menik Farm, told IRIN as she got on a bus, adding that she had little idea where she was going.

The group was not allowed to return to their homes in the Kepapilavu area of northeastern Sri Lanka's Mullaitivu District because their land was being occupied by the military, but were instead, relocated on state-owned land and must wait to hear if they will be able to return home or, if not, whether they will receive compensation, the UN Refugee Agency (UNHCR) reported.

Menik Farm closed officially on 25 September amid protests by 346 IDPs from the village of Kepapilavu who claimed they were being relocated against their will.

Following the end of Sri Lanka's decades-long civil war, more than 225,000 Tamil IDPs lived in the camp at its peak, where they received international and government assistance, including shelter, food, water, education and health care.

On 24 September, Security Forces Commander Maj-Gen Boniface Perera said the last group of 1,186 IDPs from the war would be resettled in their villages in Mullaitivu.

However, according to the 346 displaced from Kepapilavu, that did not happen. Many say they cannot return to their homes because their land has been taken over by the military.

"When officials arrived on Tuesday [25 September], people started weeping and asking why they were being brought to Seeniyamottai when their homes were in Kepapilavu," Udalayakumari said.

Government provides tents, shelters initially brought to a school in Vattrapalai in Mullaitivu, the IDPs were later brought to a recently cleared jungle area near the village of Seeniyamottai in Mullaitivu where they were given tents and food rations by the government.

A limited number of transitional shelters had already been constructed.

"An army officer instructed us to move out of the school [in Vattrapalai, Mullaitivu District, where they were allowed to stay one night before being relocated]. We thought we were being



Kanthapillai Sarasvati, 67, is another returnee from Menik Farm, living with a host family in close proximity to the Seeniyamottai IDP village. Many residents are not being allowed to resettle on their land given an army presence in the area



Manoharan Suriyakumari holds a deed to her property now occupied by the military in Kepapilavu in the north eastern Mullaitivu District
- Photo courtesy: irin.org

returned home, but we have been relocated without any assurances of being resettled in our village," Udalayakumari said.

As of 28 September, access to the Kepapilavu IDPs remains limited, with nobody other than family members of the displaced allowed into the area, which has a strong military cordon.

"Some people are here with the clothes they wear and little else," said Udayakumari, who also complained of the lack of facilities. "We have just been brought here. There are no facilities in this cattle shed."

Manoharan Suriyakumari left Menik Farm in 2010 to live with a host family in Seeniyamottai. Despite having a clear title deed to her property, she too is unable to return to her home which is a only few metres from where she now stays. "My plight is common to many.

Our homes and lands are occupied by the military and we have never been compensated. There are no signs of them leaving or of restitution. This is why we are not being resettled," said the 41-year-old.

Whether this final batch of IDPs will one day be allowed to return to their homes remains to be seen. However, the prognosis does not look good.

"This is a permanent facility. It is not possible to facilitate their return to the place of origin," Nagalingam Vedanayagan, the government agent for Mullaitivu told IRIN on 28 September. "An army camp still exists there and we cannot say when the properties can be released. Instead, lands will be provided in Seeniyamottai for these IDPs and their construction of homes will be facilitated by the government."


On 25 September the UN welcomed the closure of Menik Farm, but expressed concern over the plight of those unable to return to homes now occupied by the military.

"The government is looking for solutions, but it is important that the displaced people should be able to make an informed and voluntary decision about their future, including being part of the planning and management of their resettlement," said Subinay Nandy, the UN humanitarian coordinator in Sri Lanka.

Nandy called on Colombo to fully implement the recommendations of the government's Lessons Learnt and Reconciliation Commission (LRRC) concerning the rights of people displaced by conflict.

"Allowing people to settle anywhere in the country and resolving legal ownership of land for those who have resettled away from their original homes is a key part of the reconciliation process."

(Via IRIN, the humanitarian news and analysis service of the UN Office for the Coordination of Humanitarian Affairs. The opinions expressed do not necessarily reflect those of the United Nations or its Member States.)



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Representatives of US and Canadian Tamil organizations make presentation at UNHRC sessions in Geneva

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Representatives of United States Tamil Political Action Council (USTPAC) and Canadian Tamil Congress (CTC) attended the 21st sessions of the United Nations Human Rights Council (UNHRC) Sessions in Geneva,



Switzerland and made presentations on matters concerning the situation in Sri Lanka.

USTPAC and CTC participated at the UNHRC Geneva sessions with the accreditation provided by Pasumai Thayagam Foundation, a Non Governmental Organization operating in South India which has special consultative status with Economic and Social Council of United nations.

Full Text of statements by Dhamy Rajendra and Tasha Manoranjan of USTPAC and Vani Selvarajah of CTC as follows:

UN Special Rapporteur on Racism urged to make an official visit to Sri Lanka



Presented by Dhamy Rajendra, United States Tamil Political Action Council (USTPAC), 25 September 2012:

Thank you Madam President.

We draw this Council's attention to

racism and intolerance in Sri Lanka against Tamils, Muslims and Christians.

Since the proclaimed end of the armed conflict in May 2009, the Sinhalese led government of Sri Lanka has accelerated its systematic discrimination against the Tamil speaking peoples living in the war-torn Sri Lanka.

Despite calls from the international community and the government's own Lessons Learned and Reconciliation Commission report to de-militarize, the Sri Lankan army (SLA) continues to construct new army cantonments and refuses to dismantle high security zones in the traditional Tamil majority areas of the island.

This has resulted in the coercive control and repression of the Tamils in virtually every aspect of their lives by an army whose ethnic composition is nearly entirely Sinhalese, and whose presence constitutes the largest military occupation per capita in Asia. There is 1 soldier for every 5 civilians, an army camp for every village, a guard post at every intersection.

The Sri Lankan army has facilitated the destruction of Muslim mosques and Christian churches, which is leading in part to the decimation of religious and ethnic identity of subjugated groups. The army is also responsible for exacerbating harsh conditions for women, particularly young or widowed Tamil women, who are victimized by rampant sexual violence by Sri Lankan soldiers.

Racism in areas of language, education and employment is pervasive and deeply ingrained in Sri Lanka's social, economic and political structures.

For these reasons and more we request the Special Rapporteur on Racism to make an official visit to Sri Lanka to make an assessment of the underlying structural inequalities and escalating intolerance there, and to report his findings and recommendations to the Human Rights Council. We also call upon the Council to establish an independent Commission of Inquiry to properly account for the past and present human rights violations committed by the Sri Lankan government.

Pasumai Thaayagam thanks this Council for its attention to the grave issue of racial discrimination and related intolerance. We also commend the work of Special Rapporteur, Mr. Mutuma Ruteere, including his recent visit to Bolivia.

Thank you Madam President.

Commission of Inquiry urged on Sri Lanka similar to Syria



Presented by Tasha Manoranjan, United States Tamil Political Action Council (USTPAC), 17 September 2012:

Thank you Madam President.

Pasumai Thaayagam welcomes this Council's attention to the tragic situation unfolding in Syria.

We support the Council's Commission of Inquiry for Syria, and urge the Council to extend the Commission's mandate in order to ensure that accountability - a necessary precursor to lasting peace - is achieved.

We would like to turn the Council's attention to another example of international justice suffering under a violently oppressive regime. This is a situation in which a ruthless government corralled over 330,000 civilians into so-called "Safe Zones", prohibited humanitarian aid organizations from reaching this suffering population, and intentionally deployed heavy firing and shelling against these dense civilian areas. Over 40,000 civilians were killed in a matter of months. And yet three and a half years later, this Council has failed to even utter the words "Commission of Inquiry." Today, we ask the Council - Why?

This is Sri Lanka. In early 2009, the Sri Lankan government ended decades of armed conflict through a brutal blood-bath on the beach. Now, Sri Lanka's ongoing militarization in the war-torn Tamil North and East, forces victims of Sri Lanka's war crimes to live next to their victimizers.[6] The Sri Lankan government has not pursued a single investigation or prosecution regarding these war crimes and crimes against humanity.

Sri Lanka's death toll sadly surpasses the death toll in Syria, and yet there is no discussion of a Commission of Inquiry for Sri Lanka. We urge the Council to demand accountability for Sri Lanka's past and present war crimes and crimes against humanity - first, by initiating an independent Commission of Inquiry, and

second, by requesting the UN Security Council to refer Sri Lanka to the International Criminal Court. These two mechanisms are the only way to bring truth, justice and sustainable peace to this war-ravaged island.

Thank you Madam President.

Concerns of fundamental human rights violations remain unaddressed; especially those against women



Presented by Vani Selvarajah, Canadian Tamil Congress (CTC), August 31st 2012:

Good morning. On behalf of the Canadian Tamil Congress, I would like to thank UPR Info for providing us with the opportunity to address you today.

Founded approximately 12 years ago, CTC is a non-profit advocacy organization that serves as the voice of Tamil Canadians.

Headquartered in Toronto, with several chapters across Canada, CTC advocates on the unique issues that affect and are of concern to members of the Tamil community.

In April 2012, CTC made written submissions in support of Sri Lanka's Universal Periodic Review with a focus on "The Plight of Tamil Women in Sri Lanka".

Since Sri Lanka's first Universal Period Review in May 2008, Sri Lanka has shifted from a state of war to a post-war framework. While the nation has attempted to make significant changes to recuperate from a divisive civil war lasting three decades, concerns of fundamental human rights violations remain unaddressed; especially those against women.

ISSUE #1: Rights of Women

a) Previous Recommendation: During its first UPR in May 2008, it was recommended that Sri Lanka should give special attention to the rights of women and further promote education, development and their representation in politics and public life.

Contd. next page...



Representatives of US and Canadian Tamil organizations ...

Contd. from previous page

The Government of Sri Lanka reported to the UN Human Rights Council, that it would continue to take steps that seek to advance the empowerment of women, women's rights and gender equality at national levels.

b) Progress, if any: Despite this general commitment, almost 3 and a half years after the culmination of the civil war, the plight of Tamil women in Sri Lanka has not improved.

Women in Sri Lanka's predominantly Tamil speaking North and East continue to face highly vulnerable circumstances that imperil their economic, physical and sexual security. Women continue to suffer from the loss of their husbands, children and multiple displacements.

Women have become victim to domestic abuse, rape, and discrimination. The heavily militarized environment in the North and East continues to pose very serious concerns.

Issues involving economic, physical and sexual security of Tamil women in Sri Lanka continue to be a concern that is often overlooked.

c) Recommendation:

The Government of Sri Lanka should be urged to take action to address the

most pressing issues confronting Tamil women in Sri Lanka with particular attention given to Tamil war widows and female-headed households.

ISSUE #2: War Widows:

a) While Tamil women were among civilians and combatants killed in the final stages of Sri Lanka's war, the vast majority were men. As a consequence of these deaths, tens of thousands of war widows and female-headed households were created in the north and east. Approximately 89,000 Tamil widows and female-headed households were estimated to be present in Northern and Eastern Sri Lanka as of December 2011.

b) They face a plurality of consequences ranging from the struggle for subsistence and economic survival to the threats of sexual violence and sexual exploitation. The struggle by female headed households to survive has produced the unfortunate consequences of mothers being forced into prostitution as the last economic alternative to provide subsistence for themselves and their children

Sexual abuse and the threat of sexual assault by Sri Lankan security forces against Tamil women have not ended

since the conclusion of the war

Since the policy of resettlement has been introduced, particularly in the North, the threat of sexual abuse has increasingly focused on the home fronts of Tamil war widows and female-headed households.

The fear of sexual violence in the home is increasingly widespread because of the military's unfettered access and because women often have no choice but to interact with them.

The dominant and overwhelming presence of government military and security forces plays a significant role in consistently exposing war widows and female-headed households to the ever-present threats and pressures of sexual exploitation.

Despite various allegations and even video footage that surfaced with the UK's Ch. 4 documentary, the Government of Sri Lanka has failed to provide a meaningful response to address these issues to date. What has emerged instead is consistent and systematic denial of abuse by state forces.

b) Recommendations:

We urge the Sri Lankan government to address ways in which Tamil women can explore and develop forms of economic enterprise. In order to liberate Tamil households from the omnipresent threat of sexual assault or exploitation, it is essential and the north and eastern regions be substantially demilitarized and replaced with local civil administra-

tive authorities and the rule of law that can both encourage economic development & provide physical security to families.

We urge the Sri Lankan government to train and equip police officers with the ability to handle gender based violence and to be cognizant of the security needs of women. It would also be helpful to reform the police presence by recruiting more female officers in the North and East.

*The civil war that lasted for almost three decades has had lasting effects on thousands of people. The consequences for Tamil women have especially been severe

*Tamil women are heading their own households and are trying to raise families in a highly coercive environment that emerges from the omnipresent role of government military and security forces.

*Tamil women who have experienced considerable trauma, tragedy and stress as a result of the war continue to suffer from a lack of resources to address their psychological/medical and rehabilitative needs.

*Unless these women are provided with opportunities to ensure their economic sustainability and until Northern and Eastern Sri Lanka is demilitarized and given some level of regionalized power,

*Tamil women in Sri Lanka will continue to live a life of fear, insecurity and economic hardship.

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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.



Health & Care

As spoken in the words of Virginia Wolf, "One cannot think well, love well, sleep well, if one has not dined well." There is truth in her words. I, for one, live to eat. I love food for all that it is. It takes me to my happy place. It makes me smile when I'm sad. It brings me joy when I prepare a meal that is enjoyed by my loved ones. It brings me closer to my family and friends. It comforts me in moments of frustration and stress. It provides me with the fuel to perform my daily activities. It nurtures my skin and body and allows me to live each day to the fullest. Food makes me feel good. Healthy, nutritious food, that is. It is



"Feel Good" Foods

true that food can make you feel fantastic or in some cases, terrible. Think of a time when you had a busy week at work, no time to prepare your meals and were forced to storm to the closest Tim Hortons to grab a quick double-double and chocolate glazed donut for breakfast. As the day progressed, and got busier your co-worker generously brought you a hearty burger and fries for lunch and then on the way home after having a 12 hour work day, you indulged in a few slices of greasy pizza for dinner. How did you feel? Probably, not at your best. Then, work slowed down, your boss went on vacation and suddenly you had time to buy groceries, prepare your meals at home, and toss the take out and restaurant food. Suddenly, you're feeling great; energized, happy and healthy.

Research suggests that your diet can affect your mood by triggering certain chemical and physiological changes in your brain. When you consume a diet full of unhealthy, fatty foods you feel lethargic, grumpy, and irritable. Alternatively, when you consume a diet rich in fruits, vegetables, whole grains, lean protein, low-fat dairy and nuts and legumes, you feel energized and on top of the world!

Here are some of my "feel good" foods. I consume them regularly to feel and look my best!

Edamame

Is truly a gift from the Japanese! I add it to my salads, snack on some between meals or have it as an appetizer before my main course. It's loaded with healthy vitamins, minerals and protein. In fact, a ½ cup serving has 11g of soy protein! That's a bonus for vegetarians, who struggle to incorporate protein into their diet. Edamame can be bought shelled or in pods. Boil it in water for a few minutes and toss a little salt for taste and enjoy this green delight!

Cinnamon

Cinnamon is considered a super food because of its many nutritional benefits. And, it adds flavour to absolutely anything! Add a dash to roasted vegetables,

a sprinkle to your morning oatmeal, yogurt or a cup of fresh fruit, a teaspoon to your iced coffee or whole in a cup of hot water. It is simply delightful.

Tofu

Tofu is definitely an acquired taste. Not everyone is pleased with the texture or taste of tofu. It comes in many forms including soft, medium, firm, and extra firm depending on how much water is extracted. One of my personal favourites is a tofu stir fry made with extra firm tofu, red peppers, Spanish onions, bok choy, broccoli, water chestnuts, mushrooms, fresh ginger, garlic, and bamboo shoots. Stir-fry is best made with extra firm tofu versus soft tofu which crumbles and breaks apart when it is mixed!

Green vegetables

I love my greens. I usually fill half my plate with an assortment of green vegetables including: kale, broccoli, Swiss chard, green cabbage, Chinese vegetables (bok choy, gai lan, sui choy), rapini, spinach, asparagus, green beans, romaine lettuce, and the list continues. Green vegetables are full of fiber and are extremely low in calories. I eat them raw in my salads or enjoy them on the side with my favourite protein. Go green!

Beans

Chick peas, Romano beans, white and red kidney beans, black-eyed beans, black beans are all my favourites! If you're a vegetarian, beans are definitely your best friend. They're a healthy combination of protein and carbohydrates and let's not forget fiber. One cup of cooked chick peas has 12g of fiber!

Vinegar

Apple cider, balsamic, or red wine vinegars are all great choices. Vinegar can do all sorts of interesting things in your kitchen. Add 1 tablespoon of vinegar to fish to eliminate the strong fishy odour. When making a delicious fruit sauce on the stove, add a spoonful of vinegar to enhance the flavour. If you're

vegetables are dying and you don't want to toss them then cut, slice, dice, or pickle them in a jar with vinegar. Mix a quart of water and a few tablespoons of vinegar and soak fish for 20 minutes to keep it white and esthetically pleasing.

Seafood

Scallops, mussels, oysters, crab, lobster, salmon, halibut, tuna are a major part of my diet. I consume seafood about 3-4 times a week. It's fast, healthy, full of great protein and incredibly easy to prepare! I live in a city where seafood is readily available and affordable which is another reason it is a significant part of my diet. The selling factor for seafood is that it is loaded with protein and is low in calories! You can bake, grill, poach, steam, or lightly stir fry your favourite seafood. The options are endless!

Greek yogurt

How can something that tastes so good actually be good for you? Well, Greek yogurt gets a gold star for taste and nutrition. It's creamy, light flavour is sinfully delicious and full of nutritional benefits. Because it is so concentrated, Greek yogurt is loaded with protein, low in calories, carbohydrates and sugar and full of minerals and vitamins. In fact, a 175g serving of plain, non-fat, Greek yogurt has only 100 calories, 18g of protein and 15% Calcium. Mix Greek yogurt with fruit and a tablespoon of granola for breakfast or better yet treat yourself to a tasty treat by making homemade frozen yogurt. Add your favourite fruit to a cup of Greek yogurt and toss it in the freezer for a few hours and enjoy!

Tea with cardamom

Orange pekoe tea with a few pieces of

freshly ground cardamom is the perfect start to my day. Cardamom is a plant that is native to India and is commonly used in "chai." It was also used for digestive processes and as a dental treatment in many areas of Southern India. Cardamom has a sweet, light flavour that can enhance any recipe!

Natural peanut butter

If you read the nutritional label for natural peanut butter, it has one ingredient "100% roasted peanuts". That is real peanut butter. Not the jarred stuff with hydrogenated oils and a list of ingredients that emulate terms in a Science textbook. Natural peanut butter has no sugar or salt added and is 100% pure peanuts. I spread a tablespoon on a piece of whole wheat toast and slice half a banana for a scrumptious breakfast. To satisfy my sweet tooth, I indulge in my own healthy no sugar, fat, salt version of a Reese's peanut butter cup! What's the secret?

Simply mix two tablespoons of natural cocoa, one tablespoon of natural peanut butter and Splenda to sweeten. Mix all the powdered ingredients together and then add 2 tablespoons of chocolate almond milk to make a semi-thick paste. Voila! You have a healthy dessert under 200 calories!

Almond milk (unsweetened)

A hidden treasure. I recently discovered unsweetened chocolate almond milk. And, what a pleasant discovery it was. Almond milk is not only nutritious (contains no saturated fat, cholesterol and is loaded with heart friendly omega 3 fatty acids, protein, vitamins and minerals), but also tastes amazing! It's a healthy alternative to cow's milk, rice or soy milk. Made of pure almonds and filtered water, almond milk is low in sodium and high in taste. Because of its rich vitamin and mineral content, almond milk doesn't have to be fortified which means it can be made at home. Heat up chocolate almond milk to make a healthy version of hot chocolate or drink it cold with ice as chocolate milk!

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Sometimes people feel Suicide is how the person feels or what is happening in their life or at the moment and the suicidal act is meant to stop the person's behavior, to control events or to effect some change in others. People commit suicide identifies Suicidal behavior is a means to relieve guilt or punish the person for their actions and the suicidal act is intended to inflict harm or punishment on others.

According to the International Association for Suicide Prevention (IASP) the goal of World Suicide Prevention Day is to promote a world-wide commitment to preventing suicide. It is dedicated to preventing suicidal behavior, alleviating its effects, and providing a forum for academics, mental health professionals, crisis workers, volunteers and suicide survivors. According to the World Health Organization statistic, someone around the globe commits suicide every 40 seconds. The suicide rate for Canadians, as measured by the WHO, is 15 per 100,000 people. Men commit suicide at a rate four times higher than that of women. In Canada, suicide accounts for 24 percent of all deaths among 15-24 year olds and 16 percent among 16-44 year olds. Suicide is the second leading cause of death for Canadians between the ages of 10 and 24. More than 90 percent of suicide victims have a diagnosable psychiatric illness, most of them diagnosed with mood disorders are at a particularly high risk of suicide. Major depression and bipolar disorder account for 15 to 25 percent of all deaths by suicide in patients with severe mood disorders.

Suicidal ideation can be temporary, and that suicide is often preventable. A suicidal person is feeling so much pain that they can see no other option and feel that they are a burden to others, and in desperation see death as a way to escape their overwhelming pain and anguish. As we know suicidal state of mind has been described as constricted, filled with a sense of self-hatred, rejection, and hopelessness.

According to Suicidology subject In general, people try to kill themselves for few reasons (commit suicide): "Depression" is without question the most common reason people commit suicide. Depression is always accompanied by a pervasive sense of suffering as well as the belief that escapes from it is hopeless. The depressive episode warps thinking pattern, allowing complicated ideas (ex: everyone would all be better off without me) which makes more rational sense. Under that rational sense they shouldn't be blamed for falling prey to such distorted thoughts any more than a heart patient should be blamed for experiencing chest pain: it's simply the nature of their physical or psychological disease.

Depression is almost always treatable; we should all seek to recognize its presence in our close friends and family members and loved ones. If you suspect someone (friend, family member or love one) might be depressed, don't allow your tendency to deny the possibility of suicidal ideation prevent you from asking about it.

Psychotic disorders are severe mental disorders that cause abnormal thinking and

perceptions. Malevolent inner voices often command self-destruction for unintelligible reasons. Schizophrenia is one of the major Psychosis condition. Schizophrenics are just as likely to talk freely about the voices commanding them to kill themselves as not, and also, in my experience, give honest answers about thoughts of suicide when asked directly. Clients with schizophrenia are more likely to commit suicide; they can act impulsively and without warning. Psychosis conditions are treatable, and usually must be for a schizophrenic to be able to function at all.

Many clients have been clinical interviewed after suicide attempts in order to better understand their reasoning. Majority of them feel they have overwhelming life circumstances, and problems that seem impossible to solve. People become maudlin and impulsively attempt to end their own lives with Drugs, alcohol and gambling. There is a major link between suicide and addiction; drug abuse increases these feelings, and is a serious risk for those with poor coping mechanisms. Alcohol, drugs and gambling are identifies underlying reasons for it are generally a greater concern in these people and should be addressed as aggressively as possible.

"A young teenage girl suffering genuine angst because of a relationship, either with a friend, boyfriend, or parent who swallows a bottle of Tylenol-not realizing that in high enough doses Tylenol causes irreversible liver damage". Some depressive client experiencing suicidal thoughts crying out for help, and don't know how else to get it. Majority of them don't usually want to die but do want to alert those around them that something is seriously wrong.

Few people have a philosophical desire to die. The decision to commit suicide for some is based on a reasoned decision often motivated by the presence of a painful terminal illness from which little to no hope of reprieve exists. They aren't depressed, psychotic, maudlin, or crying out for help and trying to take control of their destiny and alleviate their own suffering, which usually can only be done in death.

According to clinical study the entire genomes of patients with bipolar disorder who had attempted suicide (n=1201) and those who had not (n=1497). There were more than 2500 regions located on various chromosomes that showed significant associations with suicidal behavior. The association was with a region on chromosome 2 containing the ACP1 gene. ACP1 gene encodes for a signaling protein (tyrosine phosphatase) produced in the brain. ACP1 gene promotes the up-regulation of signaling proteins that influence cell survival and synaptic plasticity; it is also linked to immune system function and carcinogenesis. Medication compound Lithium is used to treat bipolar disorder and has antisuicidal properties. Tyrosine phosphatase also decreases the activation of a signaling pathway that is activated by "Lithium". According research based statistic data's people who have attempted or completed suicide, expression of this gene is high.

Neurobiologist at the Royal Ottawa Hospital found that depressed individuals with a mutation in the gene encoding the serotonin 5-HT2A receptor are more than twice as likely to attempt suicide as those who suffered from depression but did not carry the mutation. Serotonin is a neuro-



transmitter that carries messages between brain cells and is thought to be involved in the regulation of emotion, among other functions. It is a complex organic substance whose molecules realize the relationship and interaction of cells of nervous tissue. Decreased levels of Serotonin may be related to the prevalence of suicidal thoughts within a person's brain that attempted suicide. During a rehabilitation residential or outpatient process, an abuser of illegal drugs, alcohol or prescription drugs may also experience thoughts of suicide ideation as a result of chemical imbalances in the brain. Dr. David Bakish MD, a Psychiatrist at the Royal Ottawa Hospital says; The patients' brain cells had changed in an apparent attempt to make up for a lower than normal amount of a common brain chemical. David Bakish MD invented patients who could not stop thinking about killing themselves and who had a family history of suicide.

If you have lost someone to suicide survivors have suggested the following ways to care for yourself and others. Try to understand that intense feelings of grief, anger, rejection, guilt, and regret are normal, as are confusion and forgetfulness. Family and friends may experience a feeling of relief when someone who may have been difficult for them dies by suicide. Try to focus on what you need to do to heal, rather than replaying actions or events from the past. Many survivors find explain the situation to other people is best to simply acknowledge that the death was a suicide.

In the days and weeks following a suicide loss, delay major decisions that can wait. Remember that people grieve in different ways. There is no one "right" way to mourn the death of a loved one. Try to spend more time outdoors, listening to music, playing with a pet, or in other ways that bring comfort and recognize that you will heal in time.

Warning Signs

Talking about wanting to die or kill oneself

Looking for a way to kill oneself, such as searching online or buying a gun

Talking about feeling hopeless or having no reason to live

Talking about feeling trapped or in unbearable pain

Talking about being a burden to others

Increasing the use of alcohol or drugs

Acting anxious or agitated; behaving recklessly

Sleeping too little or too much

Displaying extreme mood swings

Withdrawing or feeling isolated
Showing rage or talking about seeking revenge

Steps That Can Help to Prevent Commit Suicide

" Suicidal thoughts, feelings and behavior should not be ignored or minimized.

" The presence of any Critical Suicide Risk Factors represents a potential emergency until they are evaluated by a qualified mental health professional or crisis intervention specialist.

" Contact a crisis intervention professional or qualified health care professional if you, or someone you know, may be suicidal.

" Recognizing the signs of suicide risk will help you know when to seek help and what to say.

" If you are feeling suicidal, or know someone who may be suicidal, the best choice is to seek competent help.

" Asking a friend or family member if they are suicidal, and doing so in a caring and confidential manner does not cause people who are not suicidal to become suicidal.

" It is always appropriate to seek advice, an evaluation and to develop plan for treatment when you or another person may be suicidal.

" Reducing stress and resolving conflicts in a positive manner, as well as accepting and communicating support, hope and confidence will help - but that is not a permanent solution.

" Evaluation and treatment for known or suspected drug and alcohol abuse is a critical part of prevention and treatment.

" It is always appropriate to establish a mutually agreed upon plan with a health care professional (doctors, psychologist, counselors and other mental health professionals) as well as other caring and responsible people. The plan should be able to manage and deal with any increase or reoccurrence of suicidal thoughts, feelings or behavior.

" When the risk of suicide becomes critical, it is appropriate to get immediate professional assistance.

" Familiarize yourself with the use of 911 and Police if you or someone you know may require immediate assistance.

" Every second day another Manitoban dies by suicide. That is approximately 183 people per year. Manitoba Suicide prevents support line 1-877-435-7170 (if you or someone you know is thinking about suicide or dealing with a suicide loss).



By Harshini Sriskanda

One of the joys of being a parent is watching with anticipation as your child learns to communicate. A babbling infant eventually says his or her first word and, with encouragement and practice, the words become longer and eventually short sentences are formed. Many parents notice that the child often understands quite a bit more than they are able to say out loud. This progression happens in most children, but how can you tell if your child is following a typical

path to understand what is being said to them. Both these children have delays, but in different areas.

Like the ability to crawl or walk, children vary in how quickly they acquire language and speech. Certain children are at higher risk of having a delay - for example, children who were born prematurely, males, and children with relatives who have speech and language delays. In the long term, children with speech and language delays may have more difficulty learning to read and write and may do more poorly in school. Older children are

also able to string two or three words together to make short phrases (for example, "Look, big dog!"). At age 4, most children understand most of what is said to them, and although they may stumble over their words a bit, their speech is easily understood by nearly everyone. Children learning two languages at once (for example, both English and Tamil) may mix them together until age 5, but this is expected. At no point should your child lose any previous language skills they have learned.

If your child is not meeting their lan-

guage milestones, a pediatrician specializing in development for further assessment, or to a speech-language pathologist for diagnosis and treatment.

Remember that you and your family have an enormous impact on your child's ability to acquire and express language. From infancy, encourage your child to speak, with questions and conversation. Tell stories to your child, sing, and play word games together. Reading books with your child every day is one of the best methods to improve their vocabulary and understanding. The public library

Does your child have a speech or language delay?



path to speech and language acquisition?

Speech and language are not identical. 'Speech' refers to the production of sounds or words that are understood, but 'language' refers to the ability to communicate with meaning (expressive language) and to understand what others are communicating in return (receptive language). Many children with autism are able to speak but they may simply repeat words and sentences that have no meaning. A child who does not speak at all, on the other hand, may still have fairly good language skills with the ability

to understand what is being said to them. Both these children have delays, but in different areas.

A child's speech and language development should be monitored at every medical check-up, especially in children under 5 years of age. By age 1, a healthy and typically developing child should be able to understand some simple requests (for example, "Give me the bottle"), and be saying their first words. At 2 to 3 years, the average child is able to answer some simple questions, and follow 2-step instructions ("First put your plate in the sink, and then wash your hands"). They

are also able to string two or three words together to make short phrases (for example, "Look, big dog!"). At age 4, most children understand most of what is said to them, and although they may stumble over their words a bit, their speech is easily understood by nearly everyone. Children learning two languages at once (for example, both English and Tamil) may mix them together until age 5, but this is expected. At no point should your child lose any previous language skills they have learned.

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CIBC CELEBRATION OF HOPE CELEBRATES ITS 24TH YEAR



Health & Care



Toronto, ON: Each year nearly one thousand people gather at a fundraising luncheon like no other. Both heart warming and informative, the CIBC Celebration of Hope brings together those affected by cancer, supporters, community dignitaries, Hope Award recipients and high-profile celebrities, all in support of the Markham Stouffville Hospital's Breast Health Centre and Cancer Clinic. CIBC has returned as the Title Sponsor and in the past seven years, \$1.7 million has been raised in the fight against cancer.

The 24th Annual CIBC Celebration of Hope will take place on Sunday, October 28, 2012 at the Hilton Suites Markham Conference Centre & Spa (8500 Warden Ave., Markham). From 9 a.m. to 4 p.m., visitors can enjoy two floors of fabulous boutique shopping. This year's "Diamonds and Denim" themed luncheon, emceed by CHFI Morning Show host Erin Davis, begins at 12:30 p.m. and runs until 3:00 p.m. The celebration features live entertainment, Franco Mirabelli fashion show, live and silent auction, fabulous food and numerous draw prizes including the Grand Prize raffle for a 2012 BMW 320i, generously donated by Town+Country BMW.

FOURTH ANNUAL HOPE AWARDS:

"Each award recipient has been an inspiration to thousands of people that are currently facing the same battle," says Allan Bell, Director, Corporate Sponsorship & Special Events, for the Markham Stouffville Hospital Foundation. "In their own way, they have given numerous people hope and courage that there is a meaningful life after being diagnosed with cancer. We



MSHF Director, Corporate Sponsorship & Special Events, Allan Bell, Sharon Hampson & Virginia Yule (2011 Award Recipients) and Erin Davis, Co-Host of 98.1 CHFI

are honoured to present them with the prestigious Hope Award created by award-winning blown glass artist, Gregor Herman."

This year's recipients are: Anne Parker, who's

inspiring cancer genetics story is portrayed in the soon-to-be-released film *Decoding Annie Parker* starring Helen Hunt; Ken Shaw, National Editor and Anchor for CTV Toronto, for using his national television platform to strongly advocate the importance of PSA testing for prostate cancer; and JC Chessell, Citytv's CityLine, for publicly sharing her breast cancer diagnosis, thus raising awareness of the unique treatment decisions and options younger women face.

TICKET INFO:

\$110 each;
Event Table:
\$1,100;
\$2,250 for a
Corporate Table.

For ticket information, contact:
Karen Gerrard,
kgerrard@trebnet.com,
phone 905.940.4180 or
visit www.hope.mshf.on.ca.

About Markham Stouffville Hospital Foundation

Markham Stouffville Hospital Foundation exists to provide financial support as the hospital fulfils its mandate of providing compassionate,

patient-centred care. Building a hospital is a partnership between the hospital, government and the community – each playing a significant role. All medical equipment is funded through donations from the community.



Fashion Show featuring Franco Mirabelli during 2011 Hope Awards Event



CIBC booth at 2011 Hope Awards Event

Markham Stouffville Hospital Foundation is raising \$50 million to support the expansion of the hospital as it continues to provide excellent quality care to the community.

For more information on how to give, please visit us at

www.msh.on.ca/mshf

Photos here were taken at 2011 event

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Health & Care

Markham Stouffville Hospital Launches the Baby Wall

We're growing Together with every New Bundle of Joy!

On September 13, The Markham Stouffville Hospital Foundation officially launched the Baby Wall in support of the new expanded Childbirth and Children's Centre. Family and friends who have already commemorated a special baby in their lives at Markham Stouffville Hospital, participated to celebrate the official launch of the Baby Wall. Guests were greeted by Dr. Bear and spent the evening reconnecting with their healthcare team at the hospital.

Janet Beed, President and CEO, Markham Stouffville Hospital, Suzette Strong, CEO, Markham Stouffville Hospital Foundation, Dr. George Arnold, Chief of Obstetrics and Gynecology, Markham Stouffville Hospital & Joanne MacKenzie, Director of Maternal Child, Markham Stouffville Hospital were there for the launch.

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date of providing compassionate, patient-centred care. Building a hospital is a partnership between the hospital, government and the community - each playing a significant role. All medical equipment is funded through donations from the community. Markham Stouffville Hospital Foundation is raising \$50 million to support the expansion of the hospital as it continues to provide excellent quality care to the community.

For more information on how to give, please visit us at <http://www.mshf.on.ca/mshf>



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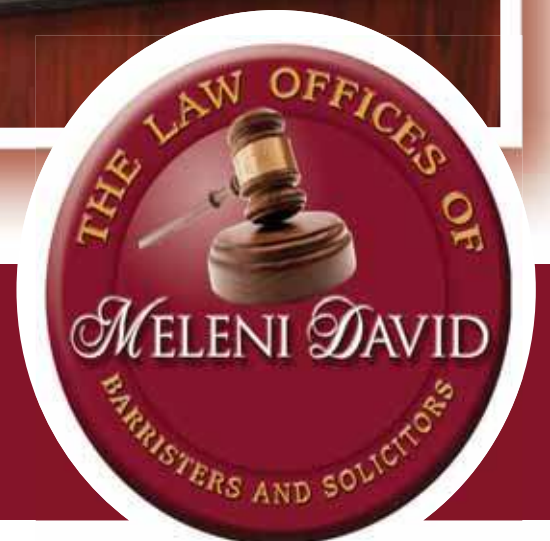
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VARASITHI VINAYAGAR HINDU TEMPLE JOINS THE SCARBOROUGH HOSPITAL FOUNDATION CAMPAIGN FOR THE NEW MRI



Sivasri Panchadchara Vijayakumara Kurukkal, Chief Priest of Sri Varasithi Vinayagar Hindu Temple appealing to devotees to donate to The Scarborough Hospital Foundation MRI Campaign during the pooja on Sept 19th, 2012

By Shiyam Loganathan, MD

On September 19, 2012 Varasithi Vinayagar celebrated Vinayagar Chathurthi, the annual Hindu festival celebrating the birthday (re-birth) of Lord Ganesha. Throughout the rites and rituals they used the Hindu holiday as a platform to promote a fundraising campaign for 'The Scarborough Hospital Foundation'. The Scarborough Hospital Foundation has been raising funds for a new Magnetic Resonance Imaging (MRI) machine at the hospital's Birchmount campus. The new MRI provides world-class diagnostic services to Scarborough residents. The Foundation had already raised \$3.6 million through staff, physicians, volunteers and donors, and then turned its sights on the Scarborough community to raise the remaining \$1.4 million to reach its goal of \$5 million. The official campaign launched January 18, 2012, and Varasithi Vinayagar Hindu Temple has pledged to donate \$100,000.



Kula Sellathurai, Varasithi Committee Member, Dr. John Wright, President & CEO of The Scarborough Hospital and Ganesan Sugumar, Varasithi Committee Member at the Chariot Festival on July 28th, 2012

Mr. Kula Sellathurai, a board member of Varasithi Vinayagar Hindu Temple urges his congregation, and Scarborough community to contribute. "The Scarborough Hospital needs our contribution. The Tamil community is a major beneficiary of the Scarborough Hospital and at this moment is still \$400,000 short of their \$5 million dollar need to pay for an MRI machine. Please donate by October 31 though Varasithi Vinayagar or any other organization so we all can reach this goal."

Dr. Pon Sivaji, a Physician from The Scarborough Hospital and also a fund raising committee member for the this special campaign, echoes Mr. Kula's sentiment in saying, "The Scarborough Hospital has taken care of our children and parents, family and friends, and it is our time to give back. The MRI will help all in the community." Since the

arrival of the MRI, which is currently being fundraised for, the waiting period for an MRI test has decreased from as long as 6 months to less than a month, a remarkable improvement.

On hand to witness the festivities and provide first-hand information at Varasithi Vinayagar Temple were Dr. John Wright, President and CEO of The Scarborough Hospital, and Michael Mazza, President and CEO of The Scarborough Hospital Foundation. They spoke to the large crowd commending their support and the hospital's need for their continued assistance. Dr. Wright, Mr. Mazza, and other members of The Scarborough Hospital Foundation had a booth set-up inside the temple handing out informational pamphlets and collecting donations, while the Head Priest regularly spoke over the speaker system of the foundation's campaign and the temple's pledge.

The scene in the temple was joyous with Ganesha grandly decorated, sitting high on a platform, carried on the shoulders of able-bodied men. Many

in the crowd filled the donation's box, which sat next to a miniature replica of an MRI machine, which caught the curiosity of many. The members of The Scarborough Hospital, who manned the booth, answered many questions regarding an MRI's capability, design and most importantly cost.

Mr. Ganesan Sugumar, another board member of Varasithi Vinayagar Hindu Temple, spoke on the Temple's behalf. "The Temple has collected money on multiple religious occasions, Thai Pongal, our harvest festival and Ther, our Chariot Festival, but we still have not reached our \$100,000 target. We collected \$5,000 on Tamil New Year and need to continue. This MRI, and all equipment The Scarborough Hospital acquires must be completely through public funding. There is no governmental support for any hospital's

equipment." Mr. Ganesan Sugumar also added, "There are 25,000 Tamil Canadians in the communities surrounding The Scarborough Hospital and we must contribute for this very worthy cause, it is our civic duty." Head Priest of Varasithi Vinayagar, Sivasri Panchadchara Vijayakumara Kurukkal during an impassioned plea, stated best, "Everyone should ask themselves not what the hospital has done for us, but what we have done for our hospital. Whatever we do is for our children, our family,



Health & Care



Kula Sellathurai, Varasithi Committee Member with Michael Mazza, President & CEO of The Scarborough Hospital Foundation at the Sri Varasithi Vinayagar Hindu Temple Chariot Festival on July 28th, 2012



Sri Varasithi Vinayagar (Lord Ganesha) being taken around the temple by devotees for Vinayagar Chathurthi (birthday) celebrations on Sept 19th, 2012

our community and our future generations."

Other members who is in the fundraising committee for the efforts by Varasithi Vinayagar Hindu Temple; Dr. Coomar Kirupa, Obstetrician & Gynaecologist and Stan Muthulingam, Co-Chairman & Chief Executive. CableShopper who is also a board member at The Scarborough Hospital Foundation.



The Scarborough Hospital Foundation staff with the banner showing Dr. Coomar Kirupa, Obstetrician & Gynaecologist with The Scarborough Hospital



Small children and mother making Donation at Sri Varasithi Temple towards The Scarborough Hospital Foundation MRI campaign

Jamieson Laboratories Launch Omega-3 Super Krill



Health & Care

By Shiyam Loganathan, MD

On September 18, 2012, Jamieson Laboratories released their newest product, Omega-3 Super Krill. Monsoon Journal, in an exclusive interview with Dr. Tina Sampalis, was able to hear first hand many of the unique properties of the supplement. Dr. Sampalis is the Chief Global Strategy Officer for Neptune Technologies & Bioresources Inc. Jamieson's Omega-3 Super Krill is made from Neptune Krill Oil, thus making Dr. Sampalis an authority on the krill oil supplement. Dr. Sampalis

diseases associated with aging. Neptune Krill Oil also naturally contains the potent antioxidant astaxanthin, which is a fat-soluble carotenoid that protects cells from free radicals which cause cellular damage." Independent studies showed that Neptune Krill Oil was a more powerful antioxidant than Omega-3 Fish Oil, vitamin's A and E, Coenzyme Q10 and Lycopene, and other supplements touting an anti-aging effect. Clinical studies have also shown Neptune Krill Oil's improvement of joint pain due to arthritis and symptoms of premenstrual syndrome and dysmenorrhea, other pathology's



Original Krill in a container and final product, Omega-3 Super Krill

acids contained in krill oil as opposed to fish oil are as revolutionary as they are numerous. Comparing purity, krill is proven to have purer forms of EPA and DHA, the fatty acid component of the compound, and have negligible amount of toxins or dioxins compared with fish oil. The reason for the krill oil's purity is that krill feed primarily off algae, a very pure food source."

Many of the other advantages of krill oil stem from the compound's natural construction she elaborated. "Unlike fish oil whose fatty acids are carried by a triglyceride, krill oil's fatty acids are carried by a phospholipid. What this means is where fish oil only dissolves in other oil environments, krill oil is readily dispersed in both oil and water. This can allow for easy digestion, which is why krill oil delivers no fishy reflux and why the body can better put these nutrients to work." The super nutrient's other highly billed benefit over its predecessor was just described. For those individuals who take fish oil, the embarrassing fishy burp can be quite bothersome, alas a resolution for those sufferers.

Dr. Sampalis further describes the health claims of the Super Krill supplement. HDL "good cholesterol", levels are increased and LDL "bad cholesterol", levels are decreased,

so the pill is smaller and easier to swallow. "Both fish and krill oil decrease triglycerides, though the dosage needed is double by fish oil to produce krill's results. Krill oil has 2.5 times the bioavailability that fish oil does", Dr. Sampalis stated. The crux of krill oil's improvement is the phospholipid which carries the essential fatty acids, EPA and DHA, which are easily absorbed by the stomach, unlike triglycerides which take much longer to digest.

On concluding the interview Dr. Sampalis was asked if there was anything else she would like to add, and she emphatically responded. The issue was sustainability. "There is worry in some circles that krill which is so vital to our planet's ecosystem, should not be harvested because of danger of depleting resources and endangering the rest of the ecosystem. Those worries are unfounded and ill-informed. The allowable quota for harvesting krill is 2% of the biomass, and all of the harvesters in the world combine for just 2% of that allowable 2%. We use krill one hundred percent for human health." Dr. Sampalis seemed genuinely disturbed their nutritional supplement was grouped with other goods containing animal products like cosmetics, fur coats and accessories. Her achievements and resume speak

volumes to her credibility and passion for the health industry.

Dr. Tina Sampalis joined Neptune Technologies and Bioresources in 1999. She leads the research and development department and is leading the development of a novel treatment for early-stage Alzheimer's disease and for the management of ADHD in children. Dr. Sampalis is also an oncology surgeon, trained in physiology at McGill University, medicine at the University of Patras (Greece), dermatology at Gottingen University (Germany) and Marselisborg University (Denmark), pediatric, general and oncology

surgery at the University of Athens (Greece), graduate training (PhD) in surgical research at the University of Athens and a second PhD in epidemiology and experimental surgery at McGill University. She has received several international scholarships and awards for her work on the clinical implementation of retinols in skin and breast cancer including the Helen Hutchison Award for geriatric medicine. Her work on Scintimammography resulted in her appointment at the International Educational Speakers Bureau, the Canadian and U.S. Faculty of Medical Speakers for Breast Imaging. As an international scholar she leads the development and implementation of innovative micro-invasive and stereotactic robotic surgical techniques for breast cancer. She is a member of the American Association of Naturopathic Medicine. Dr. Sampalis has been published in multiple peer reviewed publications.



Dr. Tina Sampalis, MD, Ph.D. of Neptune Technologies and Bioresources in an exclusive interview for Monsoon Journal by Shiyam Loganathan, MD

spoke to the product's advantages, not only of its own merit but also compared to its "predecessor", fish oil, as well as explaining the mechanism of its superiority.

First discussed, however, was what exactly krill was. A bowl of miniature, shrimp-like crustaceans was presented. Dr. Sampalis explained that krill was at the bottom of the food chain,

primarily induced by inflammation.

Dr. Sampalis speaks to the components of the krill oil that give it its anti-inflammatory properties. She explains how the fatty acid, EPA, the carotenoid astaxanthin, and the phospholipid which anchors the essential fatty acids all have unique anti-inflammatory properties. Theories how they work range from the



nonetheless a very essential building block for it. Surprisingly though, krill are the most abundant animals on the planet and are considered one of the most abundant biomasses as well. Krill feed on plant matter like algae, avoiding toxins which accumulate in larger species of fish, and in turn are among the purest sources of Omega-3 essential fatty acids. Dr. Sampalis added that Neptune Krill Oil harvests their krill at their nutrient peak from the cold waters of the Antarctic.

Among other benefits, the most touted is the anti-aging effect. The supplement is Jamieson Laboratories most effective anti-aging nutrient, says Paula Blacklock, of Jamieson Laboratories media relations. That fact alone is impressive considering Jamieson's website lists over 300 supplements. Dr. Sampalis explains, "The effect is gained by the supplement's ability to target inflammation, the cause of many



inhibition of inflammatory processes like the complement and kinin system, the activation and deactivation of fibrinolysis and coagulation, and the ability to incorporate into the cell membrane.

Dr. Sampalis continued to stress the advantages of krill oil as compared to fish oil. "The Omega-3 essential fatty

while both effects are not seen in fish oil. This can improve one's heart health without the side effect profile of many pharmaceuticals. Jamieson Laboratories is not claiming that the krill oil Omega-3 essential fatty acids be used in place of pharmaceutical therapy, but pointing out the benignity of such a useful supplement. Another of the nutrient's distinctive features is that it crosses the blood-brain barrier, unlike Omega-3 essential fatty acids from fish oil. This property is manifested by helping with migraines, memory and even ADHD. "An independent clinical study conducted at Barry University in Florida found improvements in focus, planning, managing money and completing tasks in people with ADHD taking krill oil compared with those not", said Dr. Sampalis.

The increase in absorption is responsible for many of the improvements of krill oil from fish oil. The recommended dose has decreased



Dr. Tina Sampalis, MD, Ph.D. of Neptune Technologies and Bioresources and Shiyam Loganathan, MD with display of Jamieson's products

RETIRED? DR. NEVILLE POY IS A WHIRLWIND OF ACTIVITY



Dr. Neville Poy

Dr. Neville Poy may have put the scalpel down 16 years ago but he still gives back to the community.

Befittingly, the Order of Canada recipient is also the first honoree of The Scarborough Hospital Lifetime Achievement Award which will be celebrated at a gala banquet Nov. 10 at the Sheraton Centre.

"I was absolutely thrilled to be told and absolutely surprised," he laughed. "I'd retired 16 years ago. It really was quite something when they called me."

The gala is a fundraiser for The Scarborough Hospital's Chronic Kidney Disease (CKD) program which is striving to build a Community Hub to provide comprehensive care delivery and management of kidney-related diseases.

It's all the more critically needed in TSH catchment area because the populations of Blacks, Asian and South East Asians are genetically and culturally prone to chronic kidney diseases triggered by hypertension and diabetes.

"He was an obvious choice because he accomplished so much at The Scarborough Hospital. Their family is so well known and respected in the community," said Dr. Robert Ting, a nephrologist and president of the Medical Staff Association driving the fundraising. "He also has such a strong connection to the renal program and helped build the Burn Unit."

Though Dr. Poy, 77, spent 30 years at TSH in plastic reconstructive surgery and helped pioneer the development of a world class Burn Unit during his 15 years as its first director, kidney disease is something which cuts close to his heart.

"One of my three sons – he's 43 now – contracted Scarlet Fever during a trip to China when he was a boy and lost both kidneys as a result," he said. "He's been through dialysis most of his life and now a third kidney transplant -- from his mother (Senator Dr. Vivienne Poy) – is totally successful, functioning as though it were his own kidney!"

Dr. Poy's journey to Canada began in 1942 when his family – including his sister, Adrienne Clarkson, who went on to become Governor General – escaped from Japanese held Hong Kong.

After attending McGill University, he arrived at TSH in 1967 and quickly established a reputation as a dedicated, caring physician.

"I think I was the first Chinese specialist there," he said. "There was just myself and Dr. Lloyd Carlsen as full time attending physicians and I remember in one 36-hour stretch, I performed 32 major and minor operations."

Over the years, he was president of the hospital's Medical Society and of the Ontario Medical Association Section on Plastic Surgery while also serving on TSH's Board of Governors, playing a significant role in fundraising for Capital Campaigns.

He also became one of the leading authorities on hand reconstructive surgery and honoured with the Hospital with the Award of Excellence in the Medical Community in Recognition of your Outstanding Contributions to The Scarborough Hospital in 1997.

The Burn Unit he created at TSH was the first in Canada and became the hub for serious burn victims across southern Ontario.

Today, Dr. Poy stays active as a professional fine art photographer, and as a force for change and leadership. He also finds time to indulge in his passion as an accordion and piano player while "on call" as Presiding Officer for Citizenship and Immigration's Citizenship Swearing-in Ceremonies for new Canadians. He is also featured as one of Canada's Top 45 Over 45 in Zoomer Magazine's October edition.

BYE-BYE BELTLINE



Health & Care



Nutrition and Food Services staff have had positive feedback about the new B-Lean pod system, which was implemented as part of the ReFRESHing Our Menu program to revolutionize the patient food experience.

Staff in Nutrition and Food Services Department waved goodbye to the old beltline and welcomed a revolutionary new meal assembly method that will enhance efficiency, quality, safety and employee and patient satisfaction at The Scarborough Hospital.

The B-Lean pod-based approach by Burlodge consists of work cells configured in a way to best suit the unique structure of the General campus kitchen, which is a conventional kitchen rather than an assembly-line or "kitchenless" set up used by most hospitals. Equipment is added or removed from the pods as required to ensure whatever components are used will maximize meal service efficiency.

Staff can also enjoy the ergonomic benefits associated with the B-Lean pod system, which was designed to reduce repetitive strain injuries or muscle ache due to repeated bending, crouching or twisting.

The efficiencies integrated within the new system allow for better work flow, more flexibility in customizing a work space, an effortless restocking process and easy cleaning. It will

also mean some staff will be retrained and some redeployed within the kitchen to production positions that will ultimately result in a selective menu for patients.

"We have been working with the pods, affectionately known as "Salt" and "Pepper," for about two months," says Susan. "Staff have assessed the new work style and provided valuable feedback and suggestions to make the system even better. We also discussed tray delivery issues with some of the nurse managers, and the workload readjustments were implemented on September 10."

None of this could be possible without the hard work of Nutrition and Food Services staff in making this change a success, and to Patient Care Area staff for their patience during this transition.

B-Lean pods were implemented as part of the larger ReFRESHing our Menu program, launched in 2011 to revolutionize the patient food experience by adding more local and fresh food cooked from scratch. TSH recognizes that good food promotes good health, which decreases patient length of stay in hospital and, ultimately reduces costs to our healthcare system.

New Medical Chief of Staff thrives on challenges

Dr. Tom Chan has never shied away from new opportunities and his latest as the new hospital Chief of Medical Staff is no exception.

No stranger to TSH staff and physicians, Dr. Chan has worked here for the past 17 years as an Emergency physician. He most recently served as the Medical Director and Chief in the Department of Emergency Medicine, a role he assumed in 2005.

With the Emergency Department running well, he was looking for a different position to test himself.

"I look for challenges. I'm not good with staying with the status quo," he says. "I have been very fortunate here at The Scarborough Hospital; every time I look for something different, a new opportunity presents itself. I've been afforded a lot of opportunities."

Dr. Chan wants to be part of shaping the future at TSH as healthcare transformation moves forward in Ontario. He believes TSH has the talent and leadership both in its medical professionals and its administrative team to be the "shining star" for health-care in the entire region.

"Our hospital needs to position itself as a leader in health-care in the region," he says. "I personally know all our physicians and medical directors very well. I know what levels of experience we have here and I think we would be doing a disservice to ourselves to not work towards being the best."

In addition to his responsibilities as the new Chief of Medical Staff, Dr. Chan remains Chair of the Canadian Association of Emergency Physicians' Canadian Triage and Acuity Score National Working Group, and continues to sit on the Executive Council of the University of Toronto's Faculty of Medicine – Division of



Dr. Tom Chan

Emergency Medicine. He is also an Assistant Professor in that program.

Despite his busy schedule, his family – wife Janette and daughter Talulah, 6 – remains a priority. He likes to keep active by running, mountain biking and skiing when he can.

Dr. Chan also finds time to serve as Associate Medical Director for the Honda Indy Toronto and teach motorsport, an interest he took up many years ago.

"I like the challenge. It focuses your mind and forces you to be in the moment," he says. "In that way, it's similar to an Emergency Department."

With Dr. Chan's appointment to Chief of Medical Staff, Dr. Norman Chiu will assume the position of Interim Chief of Emergency until a permanent replacement is appointed.

Refreshing our Strategic Plan



By Dr. John Wright,
President and CEO,
The Scarborough Hospital

The Scarborough Hospital has begun work to refresh our Strategic Plan and Clinical Action Plan in an effort to provide clarity and guidance regarding which hospital services should expand, remain fixed or decrease in order to meet the acute healthcare needs of our community.

So why is this necessary, and what will it mean for Scarborough?

Simply put, the healthcare system in Ontario is undergoing a significant transformation that will change the way patients receive care. The province's traditional provider-centered model of care is becoming more patient-focused, and funding is being reformed so that healthcare dollars follow the patient through the continuum of care.

Some services that are currently offered in hospitals will move into community clinics, providing they can be offered at the same high quality and at less cost. Hospitals will begin to specialize, focusing on services that can only be done in acute care hospital settings. For patients, it will mean



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receiving the right care, at the right time, in the right place.

These are the realities The Scarborough Hospital—and, indeed, all Ontario hospitals—face in the coming years.

Health system transformation is about more than just financial challenges. It's a philosophical change in the way our healthcare system will care for patients. We are witnessing a transformation in Ontario that is unlike anything that has happened since the introduction of universal healthcare more than half a century ago.

To meet the challenges ahead, we are working with a wide range of stakeholders to find solutions that will make our organization stronger moving forward, and a vital part of an integrated health delivery model.

We know there will be tough decisions to make, but we are confident that we can work together with our stakeholders to find solutions that allow us to continue our growing reputation as a leader in quality care—not just in Scarborough, but throughout the Greater Toronto Area.

Involving our stakeholders



We are committed to ensuring all of our community stakeholders have the opportunity to participate in our Strategic Plan Refresh. As a first step, community stakeholders are being asked to provide input into decision-making criteria that will be used as a lens to evaluate options for any program or service changes. The criteria are presented on the back of this page.

Stakeholder engagement sessions are being planned that will then allow interested parties to participate in the evaluation process. Details of those sessions will be shared as soon as they are available.

The engagement process is being overseen by a committee comprising members of the hospital Board, staff, and Community Advisory Council, as well as community leaders and a representative from the Central East Local Health Integration Network. A report outlining the stakeholder feedback obtained and how it was used to inform decision-making will be shared publicly following the engagement process.

Draft decision-making criteria

It has been proposed that the following criteria should be used to determine the relative priority of each clinical service or service element:

- Is the service meeting a population need?
- Uniqueness; is the service available elsewhere?
- Is there a strategic fit with the hospital's Clinical Action Plan?

- Is the service critically required to support emergency, birthing or mental health?
 - Does the service provide material financial benefit to the hospital?
 - Is there a binding contract with the Ministry of Health and Long-term Care, Cancer Care Ontario, or other organizations?
 - Is it an insured service?
 - Does the service have a significant positive impact on the organization?
 - How can I be involved?
- We welcome and encourage your feedback on this set of draft decision-making criteria. You may comment as follows:
- By email:
info@tsh.to
- Online:
Add your comments to our community engagement blog at tshengagement.wordpress.com. You may also subscribe to the blog for updates on the Strategic Plan Refresh, including dates, times and locations for future engagement sessions when they are made available.
- Speakers' Bureau:**
If you are part of a community group that would like to arrange a face-to-face consultation with the hospital, please contact Analiese St. Aubin, Community Relations Officer, at 416-438-2911 ext. 8308, or email astaubin@tsh.to.
- Social Media:**
We are active on Facebook and Twitter, too.

The current reality of TB in Scarborough

The Scarborough Hospital, Toronto Public Health and the Centre for Information and Community Services are co-hosting an information session on Tuberculosis (TB). The ninety-minute information session, presented in both English and Mandarin, will focus on the basics of tuberculosis, how it is transmitted, who is at risk and how it is diagnosed, treated and cured. It is being held at the Centre for Information and Community Services on Friday, October 5 from 10 a.m. to 11:30 a.m.

"Ninety-five per cent of people diagnosed with TB in Toronto were born outside of Canada," explains Dr. Elizabeth Rea, Associate Medical Officer of Health, Tuberculosis Prevention and Control, Toronto Public Health. "And one-third of all cases of TB diagnosed in Toronto are located in Scarborough. TB is a serious disease, but it's treatable, curable and preventable."

Dr. Rea is co-presenting with Dr. Reena Lovinsky, Medical Director, Infection Prevention and Control, The Scarborough Hospital. They will provide critical information designed to put TB in a cultural and Toronto context that is understandable to the general public, and answer any questions from the audience.

"Scarborough has a population that is at high risk for TB," says Dr. Lovinsky. "Many of our community members come from countries where TB is a common infection. The Scarborough Hospital works closely with Toronto Public Health and other community partners to diagnose, treat and cure patients with TB."

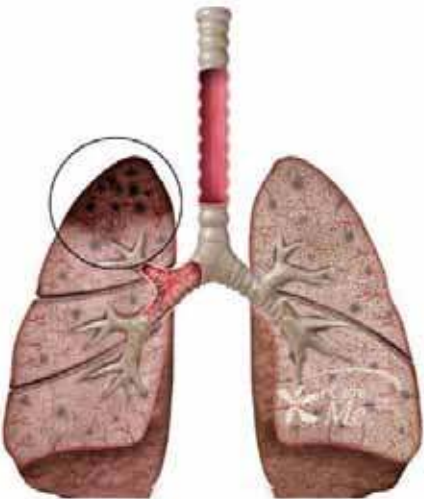
The Scarborough Hospital has taken the lead in bringing together our partners – Toronto Public Health and the Centre for Information and Community Services – to improve awareness and understanding of TB in our community.

"The Scarborough Hospital is committed to serving our diverse community, many of whom are newcomers," explains Waheeda Rahman, Director, Diversity, Equity and Stakeholder Outreach for TSH. "We hope this information session will empower our community with knowledge and provide them with access to community supports."

Opening the information session is Moy Wong-Tam, Executive Director of the Centre for Information and Community Services, who will discuss the settlement challenges that newcomers face upon arrival in Canada.

"While most newcomers enjoy generally good health when they first arrive in Canada, the stresses and strains of immigration often lead to health issues over time," explains Ms. Wong-Tam. "Health promotion services are therefore greatly needed by newcomers to help them adopt a healthy lifestyle and to prevent them from getting chronic illnesses."

The event is open to the general public.
To register, call 416-292-7510 ext. 0.





Hundreds of people danced in flash mob to raise money for community hospital

The beat was pumping, and hundreds of Scarborough residents were jumping and dancing to a choreographed flash mob routine which surprised onlookers in Albert Campbell Square earlier this afternoon.

The event was hosted by the Foundation to kick off Workout to Give Back to Scarborough, a 10-day fitness program that was created to promote health, engage our diverse community and raise funds for The Scarborough Hospital.

"We wanted to get people's attention; make them sit up and take notice of what we're doing to support the hospital so it can provide enhanced services to our community," says Michael Mazza, President of The Scarborough Hospital Foundation. "The outstanding participation in today's event really shows how committed our community is to advancing healthcare in Scarborough, and we are extremely grateful for this kind of enthusiasm."

Sponsored by the Scarborough Town Centre, CTV Toronto, G98.7 FM, Roadsport Honda and three local No Frills' stores (Michael's, Nick's and Dave's), the event featured performances by Canadian R&B singer, Jully Black and hip hop duo, Perfeck Strangers, who kept the vibe flowing all afternoon.

Workout to Give Back to Scarborough continued until September 30 with local participating fitness, dance and martial arts studios, gyms and sports leagues donating the proceeds from a class or sporting event to The Scarborough Hospital Foundation, which supported their goal of raising \$5 million to purchase a new MRI for the hospital.

Dr. Wright awarded Diamond Jubilee Medal for outstanding contributions to healthcare

Dr. John Wright, President and CEO of The Scarborough Hospital, received the royal treatment on September 8, 2012 when he was awarded the Queen Elizabeth II Diamond Jubilee Medal.

Dr. Wright was one of 28 individuals in East Scarborough who received this medal in a ceremony hosted by The Honourable John McKay at his annual community BBQ. The event was a chance to recognize and honour unique contributions from diverse members of the community.

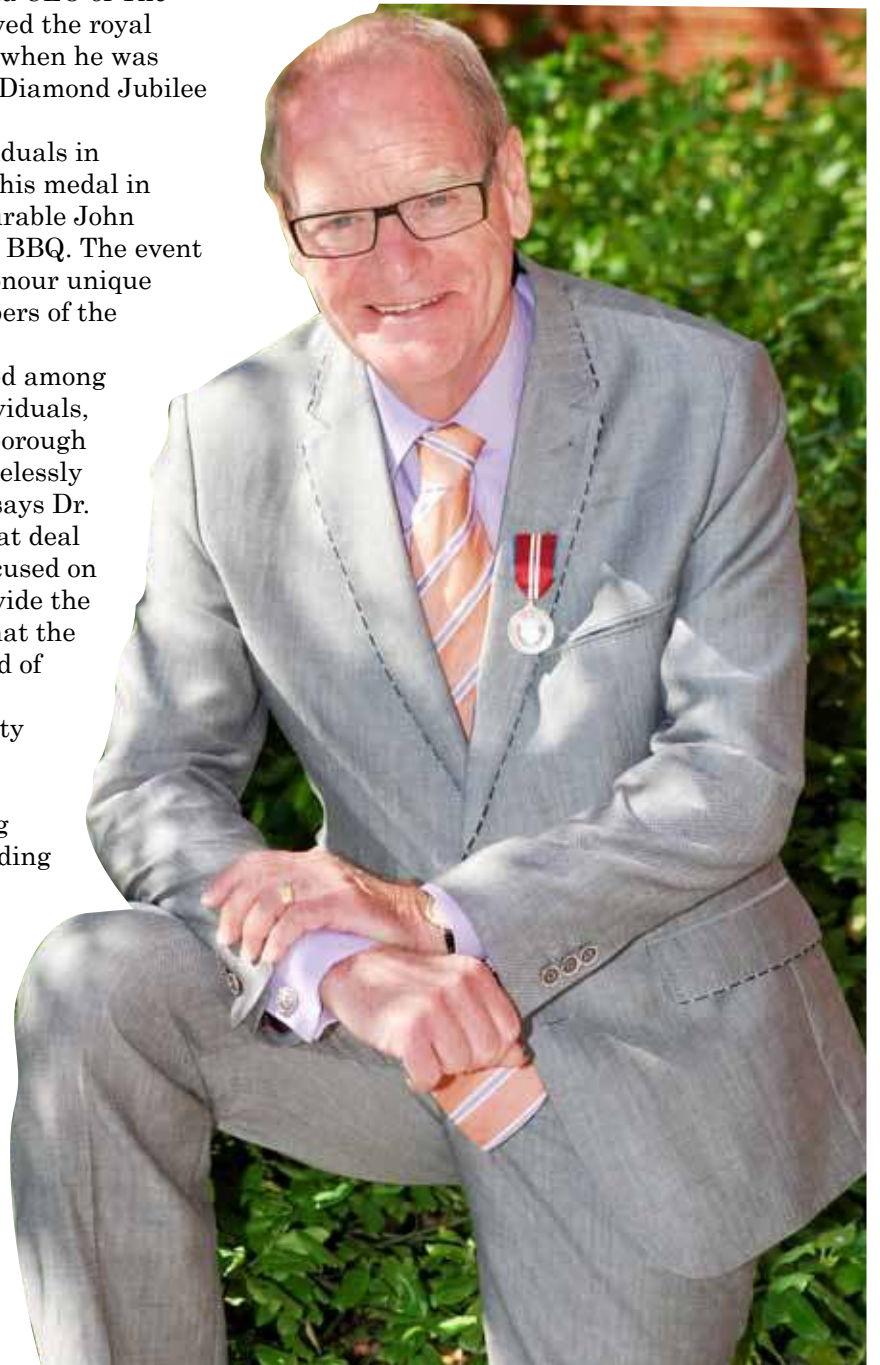
"It is an honour to be recognized among a truly remarkable group of individuals, and inspiring to know that Scarborough is filled with people who work tirelessly to make this community great," says Dr. Wright. "We certainly have a great deal to be proud of, and we remain focused on continuous improvements to provide the highest level of patient care so that the community we serve can be proud of their hospital."

Teachers, nurses and community workers were all included in the group, and Dr. Wright was acknowledged for his outstanding contributions to healthcare including his role as Senior Advisor to two Ontario Ministers of Health.

Under his leadership over the past five years, The Scarborough Hospital has achieved excellence in many areas which include, going from worst to first in the Hospital Standardized Mortality Ratio, the best hand hygiene rates in Ontario, the best flu vaccination compliance rates of any Toronto community hospital, the lowest C-Section rate of any Toronto community hospital and the lowest 30-Day In-Hospital Mortality Following Stroke of any GTA hospital.

These accomplishments, as well as many more, have dramatically improved quality of care and safety for our patients, and extend beyond the walls of TSH to improve the overall health and well-being of our unique community.

The Queen's Diamond Jubilee Medal was created to celebrate Her Majesty's accession to the Throne 60 years ago. This commemorative



By Dr. John Wright, President and CEO, The Scarborough Hospital

medal is a tangible and lasting way to pay tribute to 60, 000 Canadians whose achievements have benefited their fellow citizens, their community, their organization and the country. It provides an opportunity to look back and recognize those who made Canada what it is today, and to look forward and recognize youth who are actively involved in our country's future.



ROUGE VALLEY HEALTH SYSTEM



Health & Care

Mayors' Charity Golf Classic raises \$100,000 for Men's Health

Howard Sokolowski award presented to long-time, dedicated volunteer, Diana Hills-Milligan

The Men's Health program at Rouge Valley Ajax and Pickering hospital has received a tremendous boost thanks to the 2012 Mayors' Charity Golf Classic, with \$100,000 raised this year toward purchasing a new portable ultrasound machine for the community hospital.

Event co-chairs, Jim Witty and Bill Collier, are excited that this year's event was a huge success and are proud that the tournament has now reached a total of nearly \$2.5 million for Rouge Valley Ajax and Pickering hospital, in the 17 years it has been held. They expressed their appreciation to Ajax Mayor Steve

Parish, Pickering Mayor Dave Ryan, and Regional Chair Roger Anderson for taking part and helping to make it one of the most popular tournaments in Durham Region, year after year.

They also paid tribute to the sponsors and golfers for participating and providing great support.

"We are fortunate to have such generous partners in this tournament," says Mr. Collier. "Without our sponsors, this just wouldn't be possible. We are fortunate to be able to help improve local health care in a way that makes an impact on the care our local hospital can

provide to the people it serves."

This special occasion is also an opportunity for the Rouge Valley Health System Foundation to announce the recipient of the Howard Sokolowski Award, presented to an individual who has shown great dedication to health care in the community. A closely-guarded secret until the post-golf dinner, this year's recipient was revealed to be Diana Hills-Milligan, who has been involved for a number of years as a leader in numerous fundraising activities supporting the Rouge Valley Health System Foundation, dating back to the 1990s.

"Diana is truly deserving of the award," says Mr. Witty. "She is a selfless volunteer and her dedication has encouraged many others in the community to be a part of fundraising efforts for the Foundation over the years. Her enthusiasm and dedication are an inspiration."

Created in 2001, the award honours Howard Sokolowski, former CEO of Tribute Communities, and his long and distinguished history of volunteer service for Rouge Valley Ajax and Pickering hospital.



From left, Bill Collier, Co-Chair, Mayors' Charity Golf Classic Committee, Chad Hanna, President & CEO, Rouge Valley Health System Foundation, Jim Witty, Co-Chair, Mayors' Charity Golf Classic Committee, Dave Ryan, Mayor City of Pickering, Steve Parish, Mayor, Town of Ajax, Roger Anderson, Chairman, Region of Durham, Judith Barker, Chair, Board of Directors, Rouge Valley Health System Foundation, Joan Wideman, Chair, Board of Directors, Rouge Valley Health System.



Diana Hills-Milligan and event co-char Jim Witty

Foundation introduces new directors at AGM

Four local community leaders inducted to hospital charity's Board of Directors

Four community leaders were inducted and welcomed as the newest members to the Rouge Valley Health System Foundation (RVHSF) Board of Directors at the Foundation's Annual General Meeting, Wednesday, Sept. 26.

Janet Ainslie, Shiv Bansal, Sherry Robinson and Stuart Thompson now begin three-year terms on the Foundation's Board of Directors and will help to provide continued leadership and oversight to the activities of the Foundation. Judith Barker, Chair of the RVHSF Board of Directors, was pleased to welcome the four newest members during the AGM, on behalf of her fellow Board members.

"As a team of dedicated volunteers, we are always excited to add great com-

munity leaders to this Board," said Ms. Barker. "Each of these four individuals has shown a strong interest in helping the Foundation accomplish its goal of supporting Rouge Valley Health System to provide the best patient experience. In some cases, they have already been highly involved with fundraising efforts for the Foundation and this is merely a logical next step to ask them to bring their knowledge and expertise to our Board of Directors."

Ms. Ainslie is a Chartered Accountant and Certified Management Accountant with over 20 years experience providing financial and business leadership, primarily in small to mid-sized organizations in both corporate and not-for-profit sectors.



Mr. Bansal is a sales representative and real estate advisor at Century 21 Percy Fulton Ltd. Brokerage, serving the Greater Toronto area, specializing in Scarborough, Pickering, Ajax and Markham.

Ms. Robinson, a past president of the Ajax-Pickering Board of Trade and United Way of Ajax-Pickering-Uxbridge, spent 28 years with Royal Bank before leaving in 2006 to follow her dream to own her own business, opening the popu-

lar Spa Sedona in Pickering Village, Ajax.

Mr. Thompson is a Bank Executive with Bank of Montreal, currently in the position of GTA Divisional Director, Investment Sales. He has over 25 years in the Banking industry, working in all aspects of Retail Branch Banking, as well as Head Office Strategic Development.

Full biographies of the four new members of the RVHSF Board of Directors are available upon request.



Special Feature

Yoga and Health



By Sadhguru Vasudev

Fundamentally, the word health itself comes from the root word 'whole'. What we call, 'feeling healthy' is that we have a sense of wholeness within us. If we are free of diseases medically, that is not health. If we feel like a complete human being in our body, mind and spirit, that is when we are really healthy.

If one has to experience this sense of wholeness and oneness, it's important that one's body, mind, and above all, one's energy functions in a certain level of intensity within themselves. Now, physically, as per medical terms, one may be healthy, but energies may be lethargic. One doesn't know why things don't happen in life the way they should, both inside and outside; this is simply because one is not taking care of the well-being of his energy.

For every physical or psychological

situation that you go through in life, there is an energy basis, which in turn has a chemical basis. When it comes to health, no human being gets to live in perfect conditions. The pressures of life, the food that we eat, the air that we breathe, the water that we drink, all these can affect us in many ways. The more our activities are in the world, the more we're exposed to many things that can throw our chemistry off-balance and create health problems. But if the energy in our system is properly cultivated and kept active, these things will not have an effect.

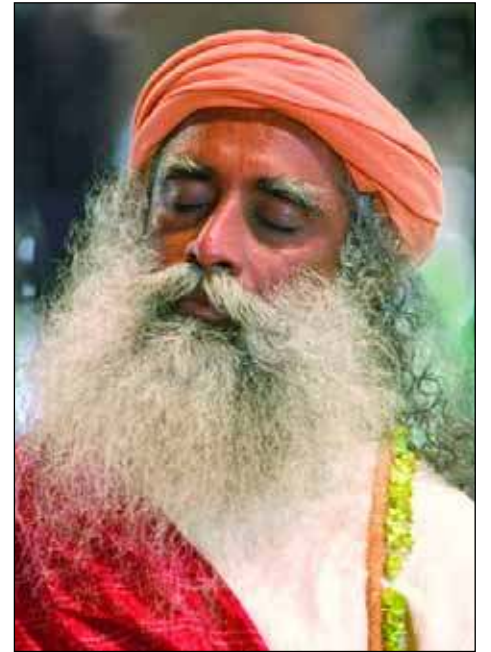
So, in Yoga, when we say health, we don't look at the body; we don't look at the mind; we only look at the energy - the way it is. If your energy body is in proper balance and full flow, your physical body and mental body will be in perfect health.

There is no question about it. Keeping

the energy body in full flow is not about doing any kind of healing or things like that. This is about going to the foundations of your energy system and activating it in a proper way, building a foundational yogic practice that establishes your energy in such a way that your body and mind are naturally fine.

See, life functions in many ways. Let us say you don't know what electricity is. This hall is dark. If I tell you to just press this switch and the whole hall will be flooded with light, will you believe me? No. Now if I just flip this switch, light appears. You will call it a miracle, isn't it? Simply because you don't understand how electricity works. Similarly, life happens in many different ways. You have limited yourself to just the physical, the logical - physical in experience, logical in thinking.

This life energy in you created your



whole body - these bones, this flesh, this 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

heart, this kidney and everything. Do you think it cannot create health? If your energies are kept in full flow and proper balance, it is capable of much more than just health.

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

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Tamil Canadian Walk in Support of Mental Health: Draws Hundreds of walkers



It was a sea of purple as hundreds of Tamil Canadians enthusiastically gathered at Thomson Memorial Park on Sunday, September 16th, 2012 for the 4th Annual Tamil Canadian Walk. This year, Tamil Canadians walked for mental health in support of Centre for Addiction and Mental Health (CAMH). The event featured a 5-kilometer walk, speeches, free BBQ, games and activities.

In addition to the presence of hundreds of supporters from the community more than 25 partnering organizations from Tamil Canadians walked with banners in hand. With the generous support of hundreds of community members, sponsors, partners, media outlets, and businesses, the campaign has reached an impressive \$45,000 up to now.

Among those who addressed the crowd were Roxanne James, MP Scarborough-Centre, Rathika Sitsabaiesan, MP Scarborough-Rouge River, Dr. Kirsty Duncan, MP Etobicoke North, Soo Wong, MPP -Scarborough-Agincourt, Logan Kanapathy, Councillor-City of Markham, Neethan Shan, President - NDP Ontario, Dr. Rajes Logan, Chair CMDDA and Dr. Priya Jeganathan, Co-chair for the walk-a-thon. Congratulatory messages from Ontario Premier Hon. Dalton McGuinty, Federal NDP Leader Thomas Mulcair and Federal Liberal Party Leader Hon. Bob Rae were also read at the event. Roxanne James MP brought greetings from the Prime Minister and the government of Canada. Sarah Downey, Executive Vice President spoke on behalf of CAMH and expressed her sincere gratitude for Canadian Tamil Congress's support this year. Mr. Sivan Ilangko, Co-chair for the walk-a-thon delivered the vote of thanks.

In the past, CTC has coordinated fundraising efforts for many great organizations such as Sick Kids Foundation (\$42,000) in 2009, the Canadian Cancer Society (\$36,000) in 2010 and the Amnesty International (\$50,000) in 2011. As pledges are still coming in we hope to raise over \$50,000 for CAMH before the end of the campaign. Any donation should be directed to Canadian Tamil Congress with cheques made payable directly to CAMH. CAMH is a charitable organization and all donation of \$20 or more are issued tax receipts.

Centre for Addiction and Mental Health (CAMH) is Canada's largest mental health and addiction teaching hospital. CAMH is fully affiliated with the University of Toronto, and is a Pan American Health Organization/World Health Organization Collaborating Centre. The proceeds from the event will benefit the Centre for Addiction and Mental Health's highest priorities including the Office of Transformative Global Health, which will be supporting capacity building training initiative in countries like Sri Lanka.

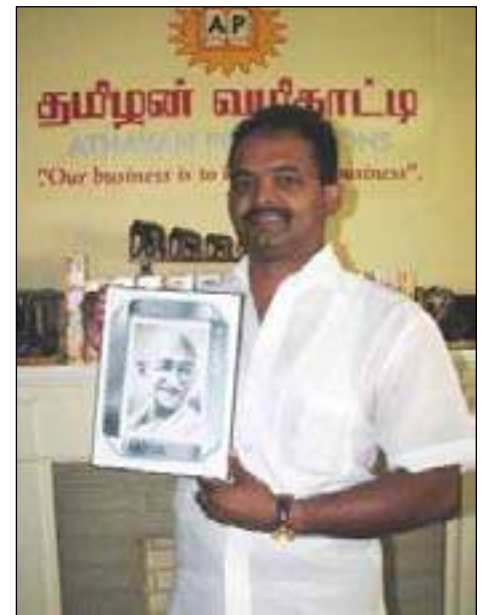
Canadian Tamil Congress wishes to thank the platinum sponsor, Cable Shoppe Inc. and gold sponsors Active Green & Ross (Kennedy & Steels), Canadian Medical Dental Development Association, The Canwest Group, Life 100 Insurance & Investment Inc., Neilson & McLevin Dental & Hygiene office and Printfast for sponsoring the cost associated with the event. CTC also wishes to thank the partnering organizations and our amazing team of volunteers.

[Canadian Tamil Congress Media Release]

Mahatma Gandhi Stamp Unveiled in Canada

A memorial stamp of the Father of the Indian nation, Mahatma Gandhi, was unveiled in Canada for his 143rd Birthday recently. More than 100 countries have released in memory stamp of Mahatma Gandhi and now it's Canada's turn and Canada's well known Tamil multi-establishment 'Tamils Guide', with the guidance of Canadian Postal Department, organized this milestone event.

Tamils Guide has honored the most popular Tamil personalities by releasing Vanity Stamps of them in Canada such as former Tamil Nadu Chief Minister M.G. Ramachandran, Arignar Anna - Founder of DMK (Dravida Munnetra Kazhagam) in Tamil Nadu, Sri Lankan Tamil scholar Arumuga Navalar, famous Tamil poet 'Kavip Perarasu' Vairamuthu, Tamil Publisher Thamizhvanan and famous Sri Lankan Lawyer - politician



Kumar Ponampalam in the past decade.

Here in the picture, the Chairman Mr. Senthil Chelliah releases the stamp in memory of Mahatma Gandhi.

Kumbaabishekam ceremony on October 28th at Richmond Hill Temple

Two Rajakopurams to mark the occasion

Temple authorities expect Donations from Hindu community to meet expenditure for Temple restoration work

North America's first Hindu Temple which was established in Richmond Hill a few years ago will have it's second Kumbaabishekam on the 28th of this month. Two large Rajakopurams which will stand 32 feet high above the roof level will be installed to mark this occasion.

Restoration work to modernize & refurbish the temple is also being carried out and the temple authorities expect that the total cost for the work is estimated at \$ 3 million. The committee expects the Hindu community in Canada to lavishly donate to meet this expenditure.

A committee spearheaded by the Temple's former Manager Mr. Subramaniam, has been entrusted with the work connected with the fund raising efforts. Mr. Subramaniam was the Temple's first Manager appointed in 1989 and had contributed years of hard work and energy for the upliftment of the temple.

The period after the 1980s saw an influx of many persons from the Hindu community from Sri Lanka and there was a need for a Temple for them to worship. They, along with the Hindu community from India began the work of establishing a Hindu Temple. The original board of trustees consisting of Messrs.



Gopalakrishnan, Dr. Shanmugathas, Sivalingam, Sakthi & Venkatraman obtained a loan from the CIBC Bank and began the building of the Temple. Mr. Kodeeswaran, a Building Engineer, took leave of absence from his work and devoted his time to supervise the building work.

Much of the work connected with the building operations and maintenance had been through teams of volunteers who spent countless hours and energy to make the Temple what it is today. The temple trustees are ever grateful to these volunteers who had spent time & energy in doing this work.

As the Temple is in urgent need of funds to meet the expenditure in the restoration work, the authorities expect the Hindu community in Canada to be lavish in their contributions to make their Temple a standing monument of worship. All contributions should be made in favour of the Hindu Society of Canada.



Special Feature

Vicar Vinson's Vision - TCCC Seeks Stability

The Tamil Christian Church which was inaugurated in Canada more than two decades ago is now engaged in acquiring a permanent building for itself in collaboration with the Bridle Towne Multicultural Church in Scarborough. The church has had its small beginnings when groups of family's met in apartments and worshipped together to continue their faith in the Canadian climes. They gradually progressed having regular meeting in rented church buildings and have now taken a decision to jointly own a church building. Their Pastor Dr. Vinson Samuel spearheaded the current project to acquire the building, though the TCCC has had already started collecting funds for the church building some years ago.

Pastor Vinson's vision is centered upon serving the community. The church is now engaged in fund-raising activities focusing on out reach efforts in the neighbourhood and relief work overseas. The church is also committed to empower the younger generation to enable them to

make useful decisions for themselves and choose the path they wish to follow in their lives. Currently the church is engaged in raising funds sixty per cent of which will be used to realise their vision of enriching the community and renovating the infra-structural facilities of the church to serve the community better. One of their envisaged projects is to erect a gymnasium for the youths in the immediate neighbourhood.

The TCCC has used its financial resources over the last few years to support humanitarian organizations both locally and globally. Their purpose is to serve the needy and the deprived. The worthy causes they supported include Tsunami relief of \$40,000 to NGO's operating in South Asia; helping internally displaced persons in Srilanka through the National Evangelical Alliance of Srilanka, American Ceylon Mission and the St. Anglican Church; Providing relief for needy children through Hope for Child Mission; Financing income generation programs for adults through the

Methodist Church in Srilanka and supporting the Operation Christmas Child by sending gifts in shoe boxes for needy children in Srilanka. Besides these, the TCCC has given financial support through the Canada Canadian Red Cross and the World Vision Canada for victims of Natural disaster in Pakistan, Haiti and Japan

The church has also been active in the immediate community. It has organised career coaching and mentoring seminars for persons in the immediate neighbourhood. Youths in the community were helped to participate in sports programs. Local schools were provided with support in their fund-raising initiatives. Food-shelter programs were assisted meaningfully. Materially and physically disabled children were improvised.

In addition to the usual fund-raising efforts, the church is hoping to stage a musical fiesta in October with Indian Gospel Singer, Jollee Abraham as the main attraction. He is practicing his vocation as a kind of service to the

Christian faith. He has travelled and performed in the major cities around the world. A fiesta of this manner is bound to give boost to the church's spiritual and material enterprises. Tony Balasingam, the chairman, the vibrant secretary, Mohan Thavaratnam and their team of dedicated committee members should be commended for their valiant efforts to put the church on a firm foundation. The modern church has to be multifarious in its services. In order to successfully implement its plans for the betterment of humanity, it must be well equipped. The church should be the fulcrum around which all services for the full development of the human personality should be woven. Jesus said, "You are the salt of the earth but if the salt has lost its flavour, with which it shall be salted? It is thereafter good for nothing but to be cast out and to be trodden under the foot of men." So Christians by their lives and services, are to keep the world from all kinds of wants. A church is not complete without an aura of the magnetic cum redemptive spirituality to draw men unto itself. It is in essence the essence of spirituality that Jesus spoke of. By bringing down the blessings of God in answer to their prayers, and by their influences and example, they save the world from universal wants. The church which has its foundation in Jesus Christ is a glorious institution. It is created by the water and the word to cherish and sustain.

Celebrating 100th Birthday

Mr Thiagarajah Sabaratnam, of Araly North, Vattukoattai currently living in Markham with his son's family.

Born on July 8, 1912 he celebrated his 100th birthday on Saturday (July 28th) at his son's residence in Markham, along with his children, grand children, nieces, nephews and family friends and well-wishers. He was also awarded with a congratulatory certificate from Prime Minister Hon. Stephen Harper.





WORDS OF PEACE

The Value of a Life

Today, it sometimes seems as though human life has no value. In despair, people say, "Life is cheap." Maharaji, who travels the world to speak to people about the possibility of finding peace and contentment within, says that's because people have forgotten what it means to be alive.

An inexpensive box does not have much value, Maharaji says. Empty, it's just a container. "If we put something very, very precious inside of it, such as a 40-carat diamond," he asks, "what happens to that box? The box remains a box, but would we treat it like an empty box if we knew there was a 40-carat diamond inside it?"

"If we don't have that information, it is entirely possible that we might treat it like any other box, looking only at the color or decorations on the outside. We would say, 'It's nothing special. There are a lot of boxes like it.'"

"If we knew that inside the box was the world's most precious diamond, all of

a sudden, it's no ordinary box. Now it's a very special container, a very precious box. It would be handled with that in mind.

"The difference is knowing the contents."

In the same way, Maharaji says, we tend to see the human body as a box, one of more than seven billion such containers—nothing special.

"I am here to talk about the contents of these boxes," he says. "Then, you decide if the contents should or could make each of these boxes precious."

"The content of these containers is that power that sustains this entire creation. It's the power that creates, destroys and manufactures, from dust, the most amazing things, and then returns them back to dust. Its power is such that no human mind can even begin to comprehend it."

Essentially, Maharaji says, we are something unimaginable: a finite container that, for a time, contains the infi-

nite.

"What does that make a person? It does not make anyone divine," he explains. "Because tea is in a pot, the pot does not become tea. It doesn't matter how long we leave the tea in the pot, that pot will never become tea, and the tea will never become the pot. They will remain separate things."

"Being alive and bound by time is what I call existence. I exist. That creates two possibilities: knowing and not knowing. The question is, in this existence, do I know that power that is contained within this box or not? For someone who doesn't know, this container will be just another box in the midst of all the other boxes. Knowing will make all the difference in the care and handling of that box."

Knowing the self is not just an idea Maharaji talks about. It is something, he says, that can be attained—not through the mind, as someone might gain knowledge of mathematics, but through feel-



ing.

"How do I know? How do we know anything?" he asks. "It requires that we be conscious. We have to be conscious to know, and we have to be unconscious not to know."

The difference between being conscious and being unconscious, Maharaji says, is a matter of having the know-how to experience consciousness within.

"Knowing brings peace. Not knowing brings doubt," he says. "Doubt brings anxiety; knowing brings peace. That's how you can get to peace. When you know, then the truest excitement of being alive starts. Then you become aware—not of the passage of time, but of the value of existence."

"What I talk about is not just talk, of course. There's more to it. If you want to know, I can help you know."

"It is not impossible to be happy in this lifetime. Don't take no for an answer. The answer is always yes—yes to that peace, yes to that joy, yes to that fulfillment. People will tell you it takes lifetimes to understand this. No. It takes less than a second. All it has to do is click, and it is done."

To learn more about Maharaji, call:

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Special Feature

by Navamalar Kanagasuntherie

Jaffna Holy Family Convent alumni from around the world are on their way to Sri Lanka to celebrate their alma mater's sesquicentennial in October this year

Starting with a dinner in Colombo on the 21st of October, hosted by the Colombo Branch of the School's Past Pupils Association the celebrations will move to the School's home town, Jaffna, where the School will celebrate the 150th Anniversary on the 25th of October, followed by the Global Union of the Alumni on the 26th.

Celebrations were also held in Australia, Canada and the United Kingdom earlier this year to mark the 150th Anniversary of Holy Family



Jaffna Holy Family Convent Celebrates sesquicentennial in October

Convent Jaffna The centennial is also an occasion for the School's alumni, teachers and pupils, past and present, and the community, to commit anew to the vision and ethos of the far-sighted pioneers who laid the foundation for this leading National School in northern Sri Lanka.

Humble origins

The School's origins date back to 1845 when Bishop Bettachini of Jaffna established two schools in the northern capital, one for boys, the other for girls, with the aim of imparting to them an English education. The girls' school began with a handful of pupils in humble surroundings, in the premises where the Rest House stands today, in 3rd Cross Street, Jaffna. It was managed by Mrs Mary Anne O'Flanagan, wife of an Irish military officer.

Meanwhile, events were moving fast in France which would play a crucial role in the school's development. Soon after the French Revolution, The Holy Family Association founded by the venerable Pierre Noailles in France, began spreading to other parts of Europe. The Association's reputation reached the Bishop of Jaffna, the Rt Rev Dr J.S. Semeria, who envisaging the benefits of a convent education for the girls in the north, approached the Association's founder to start a similar foundation in Sri Lanka. The founder acceded to this request but his death in February 1862 caused a short delay in implanting this arrangement.

Long, unfamiliar journey

Notwithstanding, on 6 September 1862, six young nuns, passionate in their zeal to educate the girls of Jaffna, said goodbye to their families and their leaders and accompanied by Bishop Semeria, set sail from Toulon in France. In Galle crowds gathered to welcome these first Christian nuns to set foot on Sri Lankan soil.

The nuns then journeyed on to Jaffna

arriving there on 2 November 1862. Mrs Flanagan handed over the little school which she had managed since its inception to the nuns, with Mother Helen Winter as the first Principal. About one hundred Tamil and 12 European children enrolled in the school to receive an English education. Confident in its academic progress, the school launched London matriculation classes in 1938. The pupils obtained distinction in university entrance exams in arts and science subjects. In sports too, the school excelled, winning first place in 1937 in tennis, badminton and tennis in the Island.

Among the post-Independence Principals who left their mark on the school was Mother Josephine Tynan who took over the reins in 1951. An excellent teacher in English, English Literature and History she brought energy and vitality to the School. She bequeathed to the school the House System, a music Band and the Past Pupils Association. Most cherished her parting gift, the school anthem, which continues to be sung with pride and gusto to this day.

New era with Sri Lanka Principals

Despite the setbacks, the school has succeeded in maintaining high standards. Its pupils entered the university faculties of medicine, veterinary medicine, agriculture, bioscience, law, arts and fine arts. They acquired high positions in their fields, serving not only in Sri Lanka, but in many parts of the world.

Landmark dates and new opening Landmark dates for the school were the year 2002 when it amalgamated with the Tamil Convent Mahavidyalayam, and 2010 when it was upgraded to a National School. Introduction of a 'school exchange programme' in 2010 during the Principal Sr. Thusnevis Ladislaus's period marked a new opening. In February 2011 Sr. Thayanayahi Sebamalai took over as

by Navamalar Kanagasuntherie

principal. She continues to uphold the values and ethics of the school founders while modernising the school to prepare is pupils for the modern world. and Current enrolment stands at 2000 pupils and teaching staff number 76.

Loyalty and Community support

Although publicly funded, the school is fortunate in the community support it receives. To the people of the area it has long been "our school". Several generations of their families have been educated, their characters developed, values of community service and service to the nation inculcated.

With their loyalty and support, and contributions in cash and kind the com-

munity, especially the school's past pupils, they are an invaluable resource for the School.

Future

What of the future? A school born of the boldness of vision of its founders, one that considers character building and preparing its pupils for contributing to the development of their community and the nation as equally important as achieving academic excellence can look forward to a rewarding and fulfilling future.

This future will be all the richer if it continues to reinforce and enhance its relationship and cooperation with the community it serves.

(Mrs. Navamalar Kanagasuntherie, is President, Jaffna HFC PPA Colombo Branch)

India knocked out of World T20, Pak enters semis

South Africa on October 2nd knocked India out of World T20 series, making way for Pakistan in the semifinals. India failed to restrict South Africa at 121 --magic figure required to facilitate India's entry into semis in Colombo on Oct 2. Earlier India set 153-run target for South Africa.

Suresh Raina scored an useful 45 while skipper Mahendra Singh Dhoni played a little cameo to help India post a respectable 152 for six against South Africa in their all-important last Super Eights match.

India will, however, have to restrict South Africa to 121 if they want to qualify for the semifinals, which is going to be a difficult proposition on a slow track where Dhoni has decided to play without Harbhajan Singh.

It was Raina whose contribution was a significant one as he hit five boundaries during his 34-ball knock. Skipper Dhoni also should be complimented for his 13-ball 23 as it provided the necessary impetus and helped the team cross 150-run

mark.

Dhoni hit Dale Steyn for 14 runs in the penultimate over, including two powerfully struck boundaries, which proved useful in the end. India's trouble started when they lost their top three batsmen within the Powerplay overs and then it was Raina who scripted the recovery act.

Opener Gautam Gambhir started off with a lovely cover drive but Morne Morkel knocked down his middle-stump after scoring only eight.

In-form Virat Kohli got one from Jacques Kallis that reared up and he gloved it for rival captain AB de Villiers who dived to pouch onto a spectacular leg-side catch. Kohli made just two.

Virender Sehwag lofted left-arm spinner Robin Peterson for a huge six over long-on but lost his off-stump trying to repeat the stroke the next ball. The situation demanded a bit of discretion but as his wont, the 'Nawab of Najafgarh' went for the jugular only to deepen India's misery. - PTI

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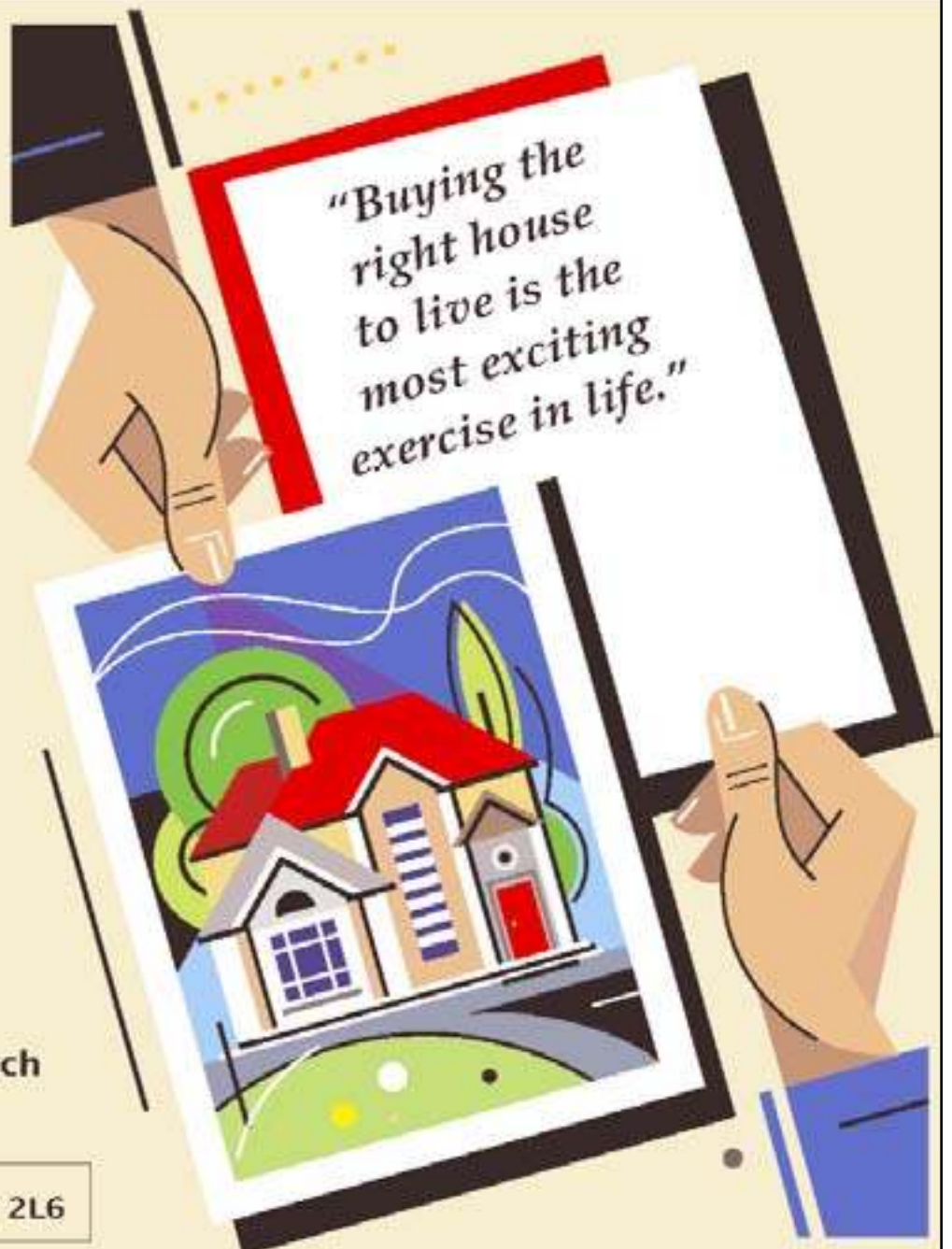
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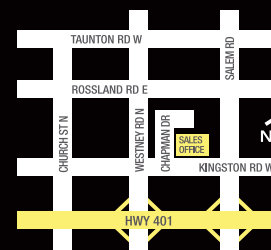
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Prem Rawat receives Lifetime Achievement Award in Malaysia



Special Feature



Kuala Lumpur, Malaysia
- On September 28, 2012, at a forum called "7 Billion Reasons for Peace," Prem Rawat was awarded the Asia Pacific Brands Foundation BrandLaureate International Hall of Fame Lifetime Achievement Award—their highest and most prestigious award. Reserved for statesmen and illustrious individuals whose actions and work have positively impacted the lives of people and the world at large, there have been only four other recipients: Nelson Mandela, Hillary Clinton, Dr. Mahathir

bin Mohamad (Prime Minister of Malaysia 1981-2003), and Heinz Fischer (President of Austria).

The award was presented by His Royal Highness Raja Dr. Nazrin Shah, Regent of Perak, and Dr. KK Johan, President of the Asia Pacific Brands Foundation, inducting Mr. Rawat into the BrandLaureate Hall of Fame. Introducing the award, Dr. Johan said, "Prem Rawat is a man worthy of our admiration for teaching us that peace is possible. His is an optimistic and empowering message that touches the heart

of the people. We offer you our support and say 'Yes' to peace."

Prior to receiving this prestigious award, Mr. Rawat addressed a distinguished audience comprising royalty, captains of industry, diplomats, and delegates from the Association of Southeast Asian Nations, the USA, Britain, and Australia. He spoke about the fundamental need for individual peace as a cornerstone of lasting peace in the world.

"Peace is about good times!" he said. "Not destruction—construction. If we forget the

human being in humanity, if we cannot get along, then heaven help us. Our dividing lines are the very things that divide us. Unification begins with each one of us."

Rawat accepted the award "on behalf of every single voice that stands for peace," and said, "It is time to practice peace. It is time to practice consciousness. It is time to practice kindness. It is time to practice embracing each other. And then, maybe, by the grace of God, there will be peace on this earth. I hope so, because the time has come."

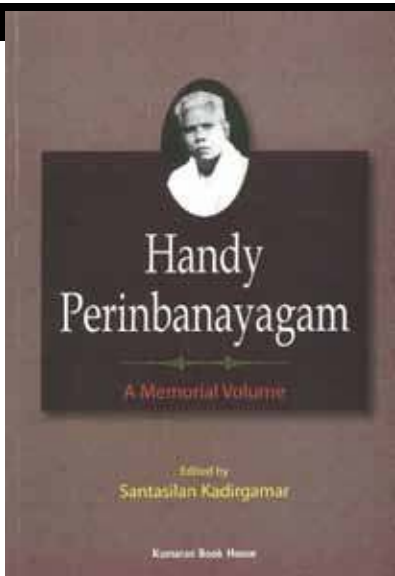
Book Review

Handy Perinbanayagam A Memorial Volume

Edited By
Santasilan Kadirgamar

Published By
Kumaran Book House
Chennai/Colombo

Reviewed By
Siva Sivapragasam



The wealth of Jaffna has been summed up by many in just one word – "Education". The Tamil community certainly owes its gratitude to those individuals who gave this wealth to the people of Jaffna. In this respect some names that flash across our minds are that of Handy Perinbanayagam – Principal of Kokuvil Hindu College, "Orator" Subramaniam – Principal of Skandavarodaya College, K. Pooranampillai - Principal of Hartley College & several others. They are no more but their memories and what they contributed to uplift the intellectual capacity of the people of Jaffna will linger on for many more years to come.

It is in this context that Santaseelan Kadirgamar has done yeoman service in bringing out an edited volume of the contribution made by Handy Perinbanayagam in the field of education and more importantly for the Jaffna Youth Congress. The motive and morale of the Jaffna Youth Congress is that it stood for national unity and advocated complete independence for Ceylon from British domination. The youth congress went further in tackling social issues such as untouchability, caste barriers and laid emphasis on an education policy that should advocate emphasis on the mother tongue and bilingualism.

The book provides rare insights into one of the glorious chapters in the modern history of Sri Lanka. The Jaffna Youth Congress (JYC) was inspired by the ideas and ideals of Mahatma Gandhi and the Indian National Congress which was in the forefront advocating complete independence for Ceylon from British domination. It stood for national unity, advocated a secular state and highlighted the necessity to get rid of the evils of untouchability and caste barriers and stood for an education policy which laid emphasis on mother tongue and bilingualism without ignoring the English language. The book, as Prof. Wiswa Warnapala has written, will be an eye opener for many Sinhalese youth. To quote Prof. Wiswa Warnapala, "People who see Tigers among Tamils should read the book to discover that there were Tamil patriots who fought relentlessly for Sinhala-Tamil unity and total political independence".

In the last phase of his life, Mahatma Gandhi was interviewed by a Western journalist, who asked him what his message was for future generations. Gandhi said, "My life is my message". The same holds true of Handy Perinbanayagam. He believed in practising what he preached and in preaching what he practised. To quote Handy Perinbanayagam, "Conscience has been my guide and not my accomplice". Leaders like Handy Perinbanayagam have become rare in South Asia today. Prof. Silan Kadirgamar's book fills an important void in the modern history of Sri Lanka.

For persons who would like to have an intimate knowledge of the thinking of persons of the calibre of Handy Perinbanayagam on issues connected with education, freedom, untouchability, independence, the working of the Jaffna youth Congress, this volume will certainly enlighten them.

The book is available for purchase from the Jaffna College Old boys Association in Toronto and those interested should contact Karuna Wijayanayagam at 416 299 0672.

A Locally designed Mobile Application with Global Appeal (In The Dark)

In August 2012, ProudLion IT, a Toronto based tech start up launched In The Dark App exclusively on the Android network. This new mobile application allows the user to send and receive plain text emails and SMS text messages in any dark setting. This app is the only app on the market with this functionality and capability. In The Dark app works in partnership with your Smartphone's native messaging and communication systems. No new messaging system is required. As your physical environment becomes dark, you tap the app icon. This action places your Smartphone in vibrate mode and reconfigures your phone's display settings.

As a result, any incoming email or SMS texts may be viewed in a secure, private, and unobtrusive manner. You never have to step out of a meeting or leave the room. You can respond to urgent emails or texts in real time. In The Dark App allows the user to customize font style, font size, font color, and screen exposure to suit individual needs and requirements. All you need is a valid GMAIL, YAHOO, or WINDOWS LIVE email account.

"Smartphone users from all parts of the world will sooner or later be physically in the dark. Issues such as security, confidentiality, etiquette, and time management relating to emails and texts will arise. We strongly believe that we have found a simple and effective solution," says Kyle

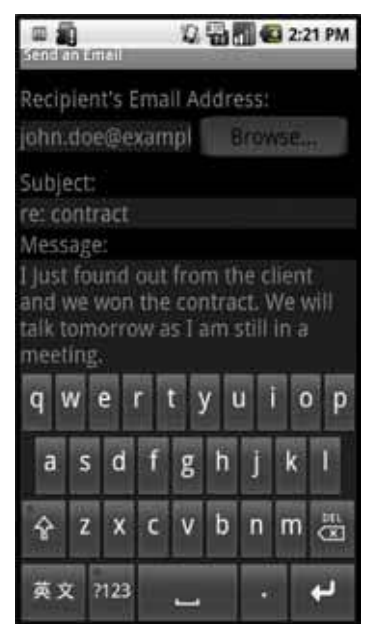
Goomansingh, lead developer of In The Dark App. "With our app, you can send and receive emails and texts in restaurants, theaters, and even business meetings while maintaining your privacy. Don't let being in the dark stop you from accessing your vital communications."

"In The Dark App was inspired by a personal experience. At a Scarborough movie theatre, my fiancée Meera and I were subjected to a fellow patron engaging in an extensive texting conversation", says Kyle. "After the movie was over, I searched for a solution to this problem and could not find one. I came up with the concept soon afterwards."

Armed with a novel idea and limited IT experience, Kyle with the support of his fiancée who is now his wife, entered this concept into an open competition with Communtech Inc.

Communtech is the IT hub of the University of Waterloo. This idea for the app won the 2011 competition and this app build began in January 2012. During the building process, it was determined that this software associated with this mobile application was patentable. Currently, this app functions in 27 languages. It functions in Hindi and Urdu and there is a plan to have the app work in Tamil in a subsequent build along with other dialects from India and the Asian subcontinent.

Since the app launch on Google play, this app has been featured in Maclean's



magazine, the Toronto Star, Toronto Sun and Vancouver Sun. It has been reviewed by several Android app review sites and has received positive feedback and recommendations. This app was also featured as a must have app during the Toronto International Film Festival 2012. "Texting in a movie theater is one problem that this app resolves and we believe that it can be used to solve this issue in movie theaters all over the world", says Kyle. "We also believe that this app will work in any dark setting as well as being a tool for greater privacy by Smartphone users."

This app retails for \$2.00. For more information about this app, visit www.inthedarkapp.com. From there, you can follow the link to Google play.



Aziz Haniffa has been awarded the best journalist year award for 2012 by the council of American Indian Organizations.



Halloween around the World

By Chandrani Warnasuriya

Witches and Broomsticks, Ghosts and Spooks, Elves and Goblins, Brownies, Pookas and Bogies! Do these ring a bell? What kind of feeling do you get talking about them? Do you believe them?

Perhaps if you've been to a Halloween party walking in a dark night with eerie characters making weird sounds and staring straight into your face and about to reach for you, you will feel chills go up and down your back. Then you too are a believer in ghosts!

Did you know that? Halloween is one of the few festivals celebrated round the world in many countries, next to Christmas and the most amount of candy sold in America and Canada. Homes, offices and shops are gaily decorated in different shades of orange. Halloween cut-outs, characters and symbols, pumpkins and Jack-o' lanterns, take pride of place, sitting by doors and windows and entrances to buildings.

How Did it All Begin? The Irish are credited with having first observed it as a seasonal festival. Before the Roman invasion of Britain, the Celts and Druids celebrated November 1st as the beginning of a new year. At the death of the old year souls were believed to enter into animals or take new human forms. With the invasion of the Romans, Celtic customs were forgotten and the festival took the name Halligan later becoming All Hallows, and turning into Hallowe'en. Romans substituted it with the festival Feralia, which came at the end of October. This being a religious festival of praying for the dead heroes of Rome.

The Legend of The Jack-o'-Lantern The legend is basically Irish. A man named Jack often played jokes and teased the devil. The devil got angry and condemned him to roam the earth carrying a lantern and never enter heaven until Judgment Day. In Ireland in many places still children go round wearing Halloween costumes and trick-o-treating in the neighborhood carrying lanterns and playing typical halloween games.

Halloween and Fortune Telling! Fortune telling became popular among the Irish, Scottish and the English at Halloween, borrowing from the Celtic New Year celebrations. Many of these centered round a maiden and a guy choosing a partner. If the girl made a cake of flour, salt and soot and ate it and went to sleep the guy who came to her in a dream offering her a drink of water was the man she should marry.

Throwing apple parings over the left shoulder or swinging an unbroken paring over the head three times and then throwing it down and watch the initial of the beloved, it then spells out is still another way of foretelling the future partner.



Nutcracker Night This was real fun! Sitting round a bonfire (the lighting of which was often done to frighten evil spirits) telling ghost stories and, throwing nuts into the fire, was thrilling. If the nuts burn bright it supposedly brought good luck. If a maiden and a guy throw a nut each in a bonfire and they burn together it meant the two would get married.

The caulcannon or "barnbrack," was a special Halloween dish, a type of fruit cake made from mash potatoes, parsnips and chopped onions with a ring, for marriage, a doll foretelling children, a thimble an old Maid and a coin for wealth, all hidden in a cake is still a fun feature in Halloween parties.

Halloween and All Souls The festival is also the Eve of All Saints Day for Christians. So fortune telling and praying for the dead went together. Lighting candles and bonfires, cleaning and decorating graves came to be an acceptable custom.

Soul-cakes! Want a Recipe? Any small cake recipe would be good enough. In former years it was customary to give a cake in return for prayers for the dead and carollers went singing from house to house;

"Soul! Soul! for a soul-cake!
I pray good misses, a soul-cake!
An apple or pear, a plum or cherry,
Any good thing to make us merry,
One for Peter, two for Paul,
Three for him who made us all..."

Today in America the carolling is substituted with children carrying Jack-o'-lanterns and parading down streets in gorgeous Halloween costumes and going tricko-treating to neighboring houses

In many Asian countries like China,

Japan, Korea, Vietnam and others "Festival of The Dead" is a yearly celebration, following the Lunar calendar. In Mexico and Latin American countries it is called "El Dia de los Muertos." In Japan it is the "Obon Festival" dedicated to ancestor spirits. It is a three day celebration, with family re-unions and get-together. Its holiday time. Every body gets back to their family homes, clean house and invite spirits of the dead ancestors, leading them with lighted lanterns, from their graves to their "Tablets" in the family shrine room and leading them back at the end of the three days. During this period offering food, lighting candles and burning incense sticks, are highlights of the celebration. Some of the most beautifully painted and decorated lanterns are on display in Japan at this time.

In China it is called the Ghost festival 'Teng Chich,' In addition to offering food before the 'Spirit Tablet,' in the home they burn 'Paper Money,' sometimes called 'Hell Money,' This is done to comfort the spirit in the belief that the soul has to incur many liabilities on its jour-

ney to the next world. The Chinese believe that a man has three souls. One goes to the future world to receive his rewards and punishments; one remains at the grave; whilst the other goes into the ancestral 'Tablet.' hence all precautions are taken to release the soul with offerings and burning "Stuff," that the spirit like to take with him.

Walk into a market in Hong Kong or Beijing there are plenty of stores with ready made paper-Mache items from kids shoes to chocolates, packs and packs of Soda, DVD players mobile cell-phones, you name it!..... Accessories for the departed!

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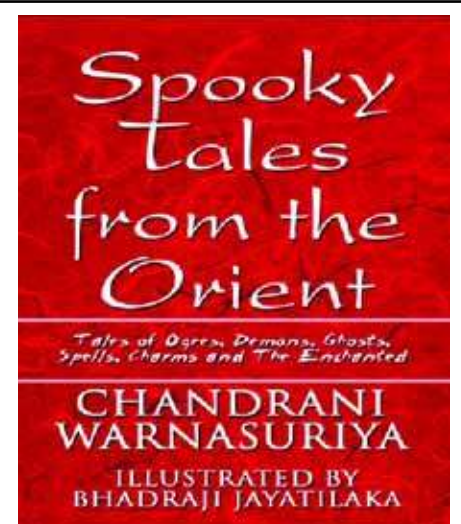
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CANADA





Short Story

Contd. from September issue

"Is this Mr. Selveratnam's residence?" the officer wanted to confirm that they were in the right place. Although he had pronounced the name wrong, Mala's mother knew that they were referring to her husband. She hesitated for a moment to say yes or no; but decided not to provoke anger so she repeated the name and admitted that they were in the right place. She also volunteered that Mr. Selveratnam had gone to Valvettithurai to attend to an ailing relative of his. When seeing the signs of incredulity on the officer's face, she quickly added that they were expecting

Mala's mother felt a thousand sledgehammers falling on her head simultaneously. She never thought that any of her relatives would come to know the relationship between Kumar and Mala in Jaffna, not to mention the Srilankan army, because she thought it was a closely guarded secret.

The officer waited for a response, but there was none. By this time Mala's aunt had let the sobs turn into wails. And at one point, an infantryman, unable to tolerate anymore, thrust his gun toward her, threatening to shoot and that put a damper again. The officer was stiff, debating in his mind whether to go in or wait; his body language betrayed the anger welling up inside. Facing the way

that she was all alone. The officer heard everything with his right hand raised and the neck turned toward her, still checking the movement of his subordinates. This late revelation had made him angrier than before. He blamed her for not being truthful from the beginning; brushed off her help when she volunteered to go inside to bring the daughter out. He left a soldier standing next to the ladies to keep a close eye while allowing the rest to go in. He warned them to be extra careful because he now believed that Kumar was hiding with his girlfriend inside.

The search dog had led the team of soldiers in; with the guns thrust in front they moved stealthily forward; the officer

"pariah" when ever referring to the Tamils; they were obviously not happy undertaking a second raid on the same day. There was no discipline or orderly search: their conduct was dictated by fear and greed; they feared that someone would attack them at any moment-- it was a miracle that they didn't shoot at each other accidentally, as such their nerves were badly overstrung, a burst of a balloon would have caused a great damage to the Srilankan army that day-- and at the same time they wanted something valuable to supplement their poor wages, they thought they were doing overtime without compensation. Their eyes were constantly in search of cash or gold jewelry.

Mala agonized over what to do when she heard her name being called out; she wondered whether her mother had caved in under pressure and revealed all the details. If not, how on earth they knew her name?; how did they put two and two together and find out the relationship on their own?; what should she do now?;

By: SIVAGAMI

THE TRAIL OF TEARS FROM THE LAND OF PALMYRAH



his return at any moment. Then she left her gaze linger on his face as if asking why they were there without uttering the words. When there was no answer forthcoming, she quickly lowered her gaze, fearing she might offend him otherwise.

There was a long pause from the officer. He looked around with fearful eyes as if expecting someone to jump out of their hiding; he whispered into the ears of the infantrymen and they readied themselves to go on a search inside; in the mean time someone went out to bring the search dog. They had their guns cocked and were ready to shoot at anything lurking in the vicinity. Then the officer turned and peered in to the face of Mala's mother; there was no kindness in his demeanor. He shouted a final warning in broken Tamil assuring that no one would be harmed if they came out voluntarily. He then dropped the bombshell: he used individual names; he first called for Kumar and then Mala; he promised that if Kumar came out voluntarily he would let his girlfriend go. Hearing this,

the events were unravelling, Mala's mother wished she never hid the information about Mala in the first place; she hoped that Mala had heard the warnings and by using her good sense would come out voluntarily; she panicked what if Mala didn't hear them and ultimately paid a heavy price for it. She wondered if she should volunteer before it was too late. Her head was swirling with all these conflicting thoughts. She knew the time was running out for any action. Seeing that they were gung-ho on searching the house, she concluded that leaving Mala inside was a risky business.

She raised her hand and tried to catch the attention of the officer. Noticing that she was trying to say something, the officer halted the move of the infantrymen and looked at Mala's mother expectantly. Having drawn all the attention on her, Mala's mother with pleading eyes addressed the officer in a most polite Sinhala that her daughter was in the house, recovering from a recent illness. She also hastened to add

though decided to stay outside. He noticed the audible sobs coming out of Mala's mother now; she never cried earlier, containing her emotions, but she couldn't anymore. Between sobs she pleaded with him not to hurt her daughter; she swore by the Kathragama God, revered by both Sinhalese and Tamils, that her family had nothing to do with Kumar-- there had never been an instance before that she believed in the Jaffna saying, that it was not a sin to lie to save an innocent soul, more than now. But the officer was not prepared to believe her; for him, she had already lost her credibility by not revealing Mala's presence at the outset. She knew from the looks that nothing was going to sway his conviction; she cursed herself for the whole incident. Out of desperation she took a vow: she muttered if Mala was not harmed she would become a lifelong vegetarian.

The commotion was heard very clearly now: the soldiers ransacking the rooms; turning things upside down, surreptitiously looking for any valuables. They pulled the armoires and the bookshelves down, rummaged through the bedrooms and the study and the kitchen on the ground floor. They trampled on the clothes and saris and books. They ripped open the sacks of flour, billowing white dust all over. As a result some of the soldiers had a layer of wheat or rice flour covering their faces, softening their coarse features and the ferocity customary to the situation. Some had punctured the oil cans with their bayonets in the store room, spilling large quantity on the floor and their colleagues who came after slid and fell. They cursed each other in expletives, cursed the mother of Kumar for all their travails; they used the word

Should she wait and see if they would go away?; What will happen if they find her inside? Should she go down and explain why she stayed behind? By the time she made up her mind to go down to face the music, it was too late. As she reached the staircase, the doors suddenly opened violently and the commotion ensued. She saw the unruly entry of the soldiers, their savage looks, and their lack of respect to the property. She heard their crude and vulgar remarks; the cursing and swearing; the derogatory terms addressing Tamils in general and Kumar in particular. Her legs unconsciously retraced the steps to take cover behind the wall. While hiding, her mind raced through different options, but nothing seemed promising. She thought about places to hide, but quickly got convinced that they wouldn't holdout too long; she thought about climbing down or even jumping off the balcony, but didn't have the courage to attempt. She thought of facing the soldiers boldly, using her knowledge of Sinhala, but doubted if that would calm them down. Then she heard the footsteps coming up the stairs; she knew she had to do something; her mind darted between the options, dithered and finally got frozen into inaction. When her mind resigned to do nothing, she felt a strange calmness. She stood there like a deer in the headlights, not attempting to dissuade her tormenters, rapidly approaching her on the upper level with their gaze transfixed. She could clearly see the savagery and the unbridled lust in their eyes; she felt like the sacrificial goat facing its fate resignedly, waiting for the knife to sever its head to end the misery.

Continued in November issue...



The market as usual was crowded by the arrival of the weekend crowd. Having purchased the required vegetables as per the list prepared by his wife, Chelliah Vaathiyar trudged his way towards the fish stall and stood there waiting for his turn to bid. While glancing the different varieties of fishes that were neatly displayed on the table, Chelliah Vaathiyar came across his favourite fish, the 'Vilai meen'. He was quite reluctant to bid the price of the fish as the purchasing power of the cash he had was limited. "What's the price of this?" he asked, pointing at that particular fish. "Rs.500/- Sir," was the vendor's immediate response. "This is too much," he muttered and stood there whether to bargain or not.

Chelliah Vaathiyar had retired from service ten years ago. He was a duty conscious and a well disciplined teacher, who devoted his heart and soul for the profession. But he was sidelined in the selection for promotions, because the teachers were not evaluated nor accountable for their performance. As a result it

He never felt lonely or bored, because visits by his friends, relatives, neighbours and past students raised his morale. Among his past students was Sriharan, who having graduated was planning to go abroad. Both of them would go on talking, mainly about their school days. Once the talk centered around Sriharan who was nicknamed notorious Sri. He was an incorrigible student, always creating problems in class. He never respected the teachers nor was he interested in studies. "Where is Sri?" asked Chelliah Vaathiyar. "I heard he had gone abroad" replied Sriharan. "He must be a problem there too" quipped the teacher. "Wherever he goes he creates problems" said Sriharan.

Standing in front of the fish stall Chelliah Vaathiyar resolved to bargain and said, "I'll give Rs.300/-." "What Rs.300/-, vacate the place," fumed the vendor. Feeling humiliated Chelliah Vaathiyar remained speechless. "Vaathiyar! buying fish!" a familiar voice was heard from behind. Turning back

in the verandah waiting for his arrival. Chelliah Vaathiyar's face lit up with surprise and delight on seeing him. "Hello Nada, how are you?" "I'm fine and how are you?" "I'm somewhat okay, don't you know when one reaches the winter of his life one is bound to be afflicted with various health problems." "Quite so," replied Nadarajah. Both of them, meeting after a long time, began recollecting the days they spent together in the same school. While talking Chelliah Vaathiyar said, "this morning I saw the notorious Sri who has returned from abroad." "Oh! the chap who was a problem for both of us," said Nadarajah. "He came neatly dressed at the fish stall and while I was bargaining for a particular fish, this fellow straightaway handed a Rs.500/- note, fetched that particular fish and left the place." "There are so many such cases, who are well off in foreign climes, earning large sum of money through illegal means and indulging in nefarious activities," said Nadarajah. "You are correct Nada, most of those who were heroes

daughter. Don't worry about that, I have a good proposal for your daughter, the boy is very smart and handsome. He has arrived here from abroad to find a suitable bride. Shall I propose him?" "How about the dowry?" "I told you not to worry about that, he only wants a good and presentable girl." "Sounds nice," thought Vaathiyar. "Well who is the boy?" "Don't be in a hurry, first I shall contact the party and get their consent," saying so he left the place.

A couple of days later Ratnam arrived early in the morning and conveyed the news that the party had consented to proceed with the marriage. "I shall bring him this evening along with his parents and fix the matter." "Now tell me who the boy is?" "He is a good natured boy working in a foreign country." "What is his qualification?" "What qualification you are talking about. Don't you know that nowadays jobs abroad are not for qualifications, but for one's ability to handle a particular job and for his/her experience." "Just tell me Ratnam, who the boy is?" "He is well known to you and is popularly known as Sri." This bit of information landed as a bombshell for Chelliah Vaathiyar, who was flabbergasted on hearing. "Oh! the notorious Sri," he sat thunderstruck. "What are you thinking Vaathiyar?" "I know him, he was my student, a good for nothing fellow." "He must have been so but he has gone abroad, refined himself and is in a sound financial position. Furthermore he is not expecting dowry and also is prepared to bear the entire expenses of the wedding. What more you want?" After a few minutes silence Ratnam continued, "accept the proposal, I'll come with the boy and his parents this evening," saying so he left the place. Chelliah Vaathiyar sank into his chair and remained dumbfounded.

The mood in his house remained sombre and as the inevitable moment approached Chelliah Vaathiyar appeared visibly shaken and there was an expression of despair in his face. "Am I to hand over my only child to an uneducated, uncultured and irresponsible fellow," thought he. "Shall I tell Ratnam outright, I don't want to proceed with the proposal, in that case will he not bring any proposals hereafter," thought he. While breaking his head over the predicament he was in, a car stopped at the gate. Ratnam who was seated beside the driver alighted first, followed by the boy and his parents who were seated behind. On seeing them at a distance Chelliah Vaathiyar's heart began to beat fast. "Oh! What am I to do," he was in a fix. He was unable to recognize the party at a distance, as his vision was poor. As they approached closer, he peered and got a clear view. All of a sudden his eyes lit up with excitement and joy! The bridegroom was not the notorious Sriharan but his favourite student Sriharan. Exhilarated by the sight, he hurried down the steps, went towards them, received them warmly and led them into his house. For the hardship, humiliation and discrimination he suffered all these years, he saw the light at the end of the tunnel.

THE LIGHT AT THE END OF THE TUNNEL

by C. Kamalaharan

was not the survival of the fittest but survival of the misfits. And so his teaching career that began as an assistant teacher also ended as an assistant teacher.

During the farewell function organized by the school, to felicitate his meritorious service, Chelliah Vaathiyar with tears brimming his eyes, conveyed his heart's heaviness. As the function came to a close, he wished goodbye to all and left the portals of the school, returned home, hung his school bag permanently on the wall, slumped into the easy chair and sipped the tea brought by his wife. While looking back nostalgically the years he spent in school, domestic problems too intervened in his thoughts. His immediate concern was to settle in marriage his only child, a daughter. "Can I settle her with only the commuted pension and the monthly pittance I receive as pension, besides my daily expenses" he mused.

For many who actively engage in service, retirement is a boon, for they are able to relax and lead a happy life. But for Chelliah Vaathiyar mounting financial commitments prevented him from leading a comfortable and relaxed life. Born in a farming community, he had gone through thick and thin in life. Since young he had helped his father in the farm, besides attending to his studies. Educated in a village school in the vernacular medium, he got through the G.C.E O/L exam, underwent teachers' training and became a trained teacher.

After retirement he engaged himself in domestic activities, according to his ability. Being a voracious reader, he spent most of the time in reading books.



Chelliah Vaathiyar saw his friend Muththiah who too had arrived to buy fish. "Yes thamby, this fellow is demanding exorbitant price for this fish." "What's your last price?" Muththiah asked. "No last price, it's only Rs.500/-." Just then a lad, neatly clad stretched a Rs.500/- note and said, "get me that." The vendor gladly handed the fish wrapped in a paper and got the Rs.500/- in return. Puffed up with pride, the lad glanced at Chelliah Vaathiyar and left the place. "Do you know who that fellow is?" asked Muththiah. "No I can't place him." "He is the notorious Sri who created problems in your class. A drop out from school, managed to go abroad, minted money and has arrived on a holiday. Chelliah Vaathiyar heaving a sigh returned home with only the vegetables he purchased.

At home a pleasant surprise awaited him. His former colleague Nadarajah sat

here are zeroes there and most of those who were zeroes here are heroes there." "Exactly", said Nadarajah. Just then Chelliah Vaathiyar's daughter brought tea for them. "Oh!, she is your daughter. What is she doing?" "She managed to pass her G.C.E O/L exam and is at present following a computer course in an institute. We are also in the look out for a suitable match for her. I'm also old and I want to entrust her to a good boy, who could take care of her." "I know a marriage broker named Ratnam, he will try and bring a boy according to your expectations. I shall contact him today and send him to you." "Yes, please do that." thanked Chelliah Vaathiyar.

A week later, Chelliah Vaathiyar was having a discussion with Ratnam, the marriage broker. "Look here Vaathiyar, you say you don't have any valuable property or much cash to settle your



Travel Destinations

I have often heard of paradise but after our recent delightful and memorable experience in Cancun Mexico my wife and my self feel that we might have just had a glimpse of all these in this excellent Caribbean holiday resort in Cancun- Grand Sirens Rivera Maya -during our week long stay.

From the very moment the Transat Airline took off from Toronto Pearson Airport, my self and my wife were eagerly waiting to reach our destination - Cancun Mexico. When the air craft landed at Cancun International Airport with a soft thud and taxied along the runway we were all agog with anticipation of the

very pleasant holiday we were about to enjoy.

When we arrived at the elegantly luxurious resort we were pleased by the fast check in by the well trained hotel staff who greeted us with a pleasant smile, saying "Hola" (Mexican version of Hello). The architecture of the hotel built to international standard was simply breath taking and blended well with surrounding dense vegetation interlaced with brooks and streams.

After being checked into our room, we were amazed by the myriad of facilities in our very spacious room. After relaxing

a little bit we ventured out for the buffet dinner and were amazed by the glorious view of sunset in the distance - it was a haze of gold, a blessing of the dying sun enveloping the dense verdant vegetation stretching for miles all around our hotel.

The infinite variety of flowers of every possible hue and colour spread out throughout the entire resort area together with a variety of multi coloured birds flying all around and with countless frogs singing their own chorus added a glorious atmosphere.

After a wonderfully sumptuous dinner we enjoyed the Las Vegas Musical show in the centrally located spacious

theatre late in the night we returned to our room .The view from the balcony was simply breath taking with the full moon glowing in the distance. The vast variety of birds swooping around flapping their wings accompanied by the constant croaking of the countless frogs lurking in the nearby dense mangrove vegetation was a unique symphony of orchestra-provided by Mother Nature.

The following day early in the morning we left our room and having had a deliciously wonderful breakfast with more than 100 different food items we walked to the beach. We were amazed by the exquisite beauty of the palm fringed beaches and the crystal clear blue water of the Caribbean Sea , with an azure blue sky providing a beautiful back drop.

With hundreds of tourists from all over the world lying in the hammocks beneath bamboo palm huts and with children and teenagers frolicking in the water it was a pleasant experience that continued during the next six days.

By Raymond Rajabalan

Cancun Mexico - A Taste of Paradise



A talented Chef displaying his culinary expertise



A beautiful variety of Hibiscus



Yet another floral creation of omnipotent God



A unique variety of bamboo in all its glory



When questions on music came thick & fast

by R. K. Radhakrishnan

"At what point of your dance training can you develop a style of your own," a student asked Bharatanatyam exponent Alarmel Valli at an interaction here on Friday.

The elaborate answer's crux was that timing depended on the person, ability, confidence, and creative impulse. "You will know when you are ready," the dancer said. These and many more questions were thrown at Alarmel Valli, and Carnatic vocalists T.M. Krishna and Unnikrishnan by students and residents of Jaffna, at the interaction spread across two stages, three sessions, and two days.

The questions revealed a desire to rise above, and were searching in their nature. It did not seem like the questions came from a people caught in the traumatic end results of a self-defeating war, waged by a section of its own people against the state. "The questions made us think deep. It was not like in some places where people want a forum to air their views," said Alarmel Valli, who spent the night before in front of her tablet PC trying to string together sentences in written Tamil that the audience

Alarmel Valli, Krishna and Unnikrishnan reach out to Jaffna students and share the tips

will understand better.

"Krishna told me just a day before the interaction that I will have to speak in Tamil. Imagine my tension," she said, laughing. "Tamil here is slightly different and I am not very good at speaking," she said. But once on stage, her persona took over; there was as much 'speaking' with her hands, facial expressions and body, that most people I spoke to in the crowded Veerasingham Hall, said they understood every word.

With Unnikrishnan, the experience was different. No nerves over language for the soft-spoken singer. He was undoubtedly the star that everyone wanted to take a picture with or get an autograph signed. So much so that he ended up being mobbed as he was exiting the workshop. All the three artists also staged public performances.

Unnikrishnan too said the questions



Vocalist P. Unnikrishnan. Photo: Shiv Kumar Pushpakar

came thick and fast, and the answers had to be elaborate, to satisfy each person. One student asked him the nuances of voice culture; another had a question on problems in training on higher octaves. The singer told them that to improve voice, one needed to train with an expert. His talk drew largely on his own journey through music, and was peppered with anecdotes relating the big names of the past.

Alarmel Valli, Unnikrishnan and Krishna were in Jaffna as part of a three-day Cultural Festival, "Divine Ecstasy" (Theiveega Suga Anubhavam), organised on the auspicious days coinciding with the annual Nallur temple festival. The innovative theme was a brainchild of Krishna and Indian High Commissioner Ashok K. Kantha. It focuses on practical training by placing the students of music and dance in direct contact with perform-

ing artists in an environment conducive for learning.

This involves a combination of traditional cultural performances and series of workshops and presentations conducted by eminent artists, during which the students will get an opportunity to interact closely with them to understand the nuances involved in dance and music.

Given the lack of such exposure during the last three decades for the students in the Northern Province, the festival is aimed at providing cultural rekindling and much-needed inspiration for charting a better future.

The festival is part of various steps being taken by India to upgrade the Ramanathan Academy of Fine Arts of Jaffna University with the ultimate aim of reviving cultural ties with the Northern Province on a long-term basis.

(Courtesy: The Hindu)



Bharatanatyam exponent Alarmel Valli explaining a point as Carnatic vocalist T.M. Krishna listens intently, in Jaffna, Photo: R.K. Radhakrishnan

Restoration of Thiruketheeswaram Temple begins

A Memorandum of Understanding (MoU) was signed recently in Colombo between the High Commission of India and the Board of Trustees of Thiruketheeswaram Temple Restoration Society for restoration of the Thiruketheeswaram Temple in Mannar. The Indian Government will provide assistance to the tune of 326 million Sri Lankan rupees for the restoration work.

The High Commissioner of India Ashok K. Kantha and V. Kailasapillai, Chairman, Thiruketheeswaram Temple Restoration Society signed the MoU. The Indian assistance for the restoration of the Thiruketheeswaram Temple is about SLR 326 million.

A team led by the Superintending Archaeologist, Archaeological Survey of India, Chennai Circle and consisting of

representatives from the College of Architecture and Sculpture, Mamallapuram had visited Sri Lanka in August, 2010. A detailed report on the restoration of the Thiruketheeswaram Temple was prepared, based on discussions with the Department of Archaeology and TTRS, in addition to inputs from their field visit to the Thiruketheeswaram Temple. The signing of the MoU will result in the re-initiation of the restoration work which was being carried out in the years 2005-2006 at the Thiruketheeswaram Temple, but had to be abandoned due to the then prevailing security situation. The historic temple of Thiruketheeswaram is one of the holiest Hindu shrines in Sri Lanka and an important symbol of Hindu cultural Heritage in Sri Lanka.





Music/Dance/Arts

An Interview with 'JK' Jayakanthan the Award-winning Tamil writer

by S. Dorairaj

In his literary career spanning six decades, Dhandapani Jayakanthan, 'JK' to his friends and comrades, has won acclaim for wielding his pen against social injustices and economic inequality.

An inimitable orator, committed filmmaker, accomplished journalist and fearless activist besides being an outstanding writer, he has never hesitated to join hands with the votaries of democracy, equality, peace and progress at the global level.

Whether it is the political or cultural arena, he has expressed his views with utmost honesty and unparalleled courage. Awards and accolades have come to him. Among them are the Jnanpith Award, the Sahitya Akademi Award and Fellowship, the Soviet Land Nehru Award, the Russian Federation's Order of Friendship and the Padma Bhushan.

Born in 1934 at Manjakuppam in the composite South Arcot district, Jayakanthan grew up in a healthy environment, with his mother and maternal uncles instilling patriotic fervour in him. Dropping out of school after Standard V, he left his hometown in 1946 and landed in the office of the undivided Communist Party of India in Chennai.

It virtually became his university that imparted knowledge in various fields: world literature, culture, politics, economics and journalism. His association with communist stalwarts such as P. Jeevanandam, R.K. Kannan and S. Ramakrishnan, who were acclaimed for their literary works, during his "commune" life enriched his insights into the world of literature.

It took only seven years for Jayakanthan, the youngest member of the commune, to emerge as a full-fledged writer. His first short story appeared in 1953. He has never looked back since then. He brought out the life and struggles of people living on the margins of society through his stories. Shortly thereafter, popular Tamil periodicals vied with one another to provide a forum to the writer who had already expanded his literary horizon, touching the many problems of the middle class and the upper castes hitherto left unexplored by others.

His famous trilogy dealing with human relationships comprises Agnipravesam, Silanerangalil Sila Manithargal and Gangai Enge Pogiraal. Oorukku Nooru Per (Hundred activists a village) and Kaivilangu (Handcuff) reflect the author's deft handling of topics such as the death sentence and prison life.

On the non-fiction side, his works such as Oru Ilakkiyavaathiyin Arasiyal Anubhavangal (Political experiences of a literary person), Oru Ilakkiyavaathiyin Kalaiyulaga Anubhavangal (Experiences of a literary person in the world of art) and Yosikkum Velayil (While thinking) too have won wide acclaim.

In 1964, like a few of his predecessors, the accomplished writer also turned to the film world, where he assumed different roles, including that of script-writer and a director. His first movie, Unnaipol Oruvan

(One like you) won the President's Certificate of Merit.

The more than 200 short stories, 45 novels and novelettes and 20 collections of essays he authored and about 10 films for which he wrote the script stand testimony to his creativity and ideological commitment. Stressing the need to adopt a socio-spiritual approach while venturing into writing, he argues that this approach is not inconsistent with Marxism.

Excerpts from Jayakanthan's interview with Frontline:

You have been a prominent figure in the progressive literary movement in the country. Is there a future for the movement? Can it play a significant role in the world of literature?

The term 'progressive' has acquired an increasingly political connotation. Hence, the future of the progressive literary movement depends on the prospects of progressive political forces.

Writers and artists who until recently conformed to realism and socialist realism have started turning to postmodernism and magical realism. What impact will these trends have on progressive literature?

As long as they do not abandon the first two genres [realism and socialist realism], these relatively new trends will not cause any serious harm to progressive literature. It will be fine if they encourage and support the earlier trends.

The civil war has come to an end in Sri Lanka. As an Indian Tamil writer, what is

death penalty even as certain others favour its continuance on the grounds that it would serve as a deterrent.

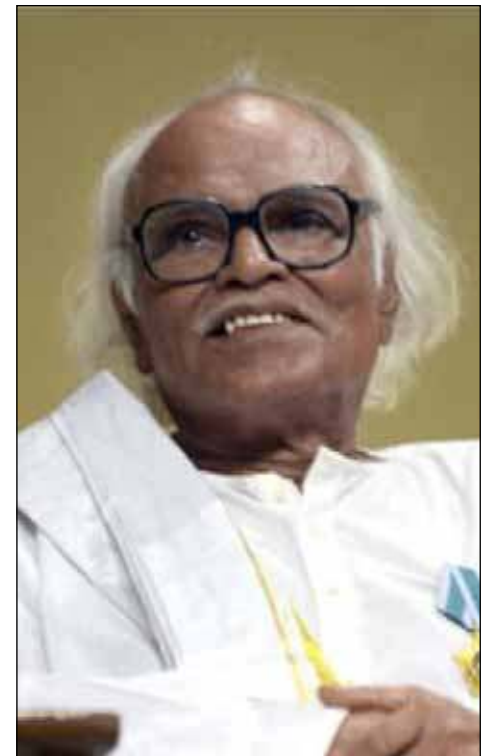
I have already expressed my views on capital punishment. There is no change in my position [that the death penalty should be done away with, as death cannot be a penalty]. Punishment will not help reduce crimes.

On several occasions you have declared that the national revolutionary poet Subramanya Bharathi as an individual and the Great October Revolution in Russia as a historical movement have been your sources of inspiration. Only five years are left for celebrating the centenary of the epoch-making revolution. Please recall its impact on you as a writer.

It opened the eyes of humanity. Several changes are taking place in that light. There is no question whatsoever of any setback to this process. There is nothing wrong in effecting necessary changes in our course and rectifying the mistakes. Indeed, this is absolutely essential. This is what has exactly happened in the Soviet Union. This is not backsliding. I hope those who were inspired by the October Revolution will also draw necessary lessons from these events.

The Soviet Union, which was the guiding spirit for progressive writers and artists like you, has disintegrated. The socialist camp has collapsed. Does it mark the failure of socialism or is it only a temporary setback to socialism?

In this exclusive interview to Frontline, Jayakanthan, who turned 78 on April 24, speaks on a wide range of issues:



Jayakanthan has authored 200 short stories, 45 novels and novelettes, 20 collections of essays and scripts for 10 films

action. This is a great achievement of the communist movement. We live in an era where the definition and concept of communism and socialism are taking shape as an ideology transcending party boundaries.

You have never hesitated to wield your pen to denounce gender bias and sexual assaults. Is it not a harsh reality that women and children bear the brunt of armed conflicts between nations and of caste and communal flare-ups within the country even today? However, the silver lining is that the voice against such atrocities has become stronger these days

Whenever a change unfolds, such atrocities are committed against people irrespective of gender. What we are witnessing today is only its evolution and continuity.

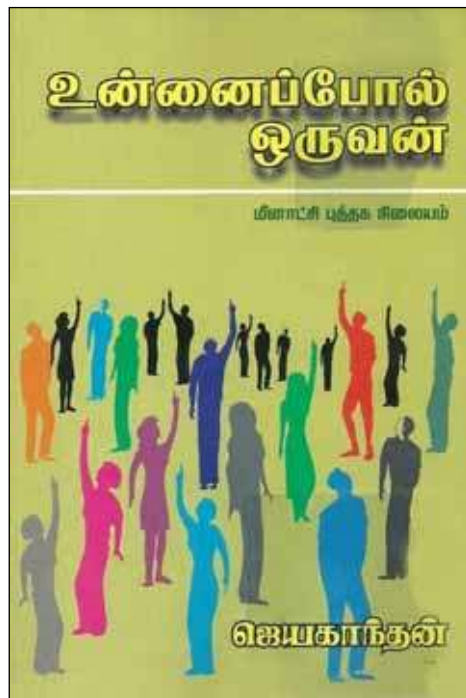
Civil society groups, including the one led by Anna Hazare, have raised the banner of revolt against corruption. Don't you think that corruption is a major issue haunting the nation?

A society free of corruption is a progressive dream just like communism. Corruption has always prevailed in all societies. Its exploitation by politicians is the greatest corruption. Anna Hazare's attempt should also be seen in that light. There are people in all parties who oppose corruption.

It is but natural that corruption rears its head in all societies based on private property. In independent India, the right to property has been included in the fundamental rights. Therefore corruption has become a fact of life here. Corruption can be rooted out only in a society which abolishes private ownership of property.

You are not only a great writer but also an accomplished journalist. How does your experience in journalism make an impact on your literary writings and vice versa?

Contd. next page...

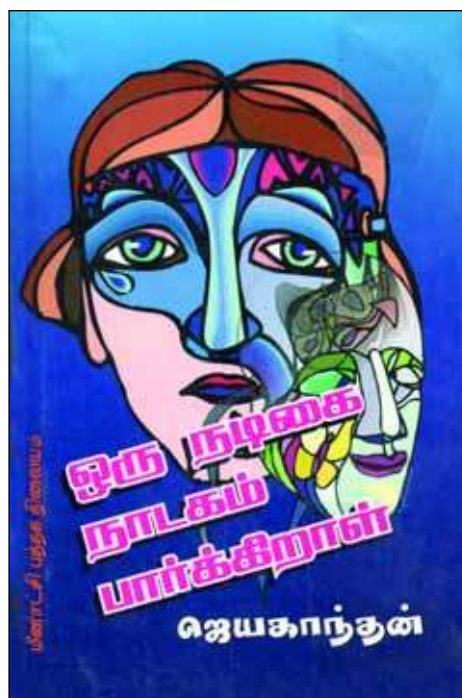


Bestselling Novels by Jayakanthan

your suggestion to the Government of India to safeguard the interests of Tamils in the island nation?

This is their internal problem, which has to be sorted out internally. I feel no third-party intervention, especially that of India, will help. The problem should be handled in Sri Lanka exactly the way it is being done in India. But this is a belated suggestion.

Your views on capital punishment are well known. The debate on this issue has come to the fore again, with human rights groups calling for the scrapping of the



This is not even a setback. If we draw the right lessons, these changes will be regarded as necessary.

You joined the communist movement when you were a child. In the prevailing political situation at the global and national levels, how do you assess the prospects of the communist parties in India?

The days are gone when communist parties alone were seen as essential for the communist movement. Now the word and meaning of communism has exerted a deep impact on many political parties for



Ernest Macintyre: Half a century of Theatre in Sri Lanka and Australia

By Thulasi Muttulingam

Ernest Macintyre is one of the most famous names in Sri Lanka's golden era of theatre but having emigrated to Australia in 1973 to provide a better education for his children, he might not be so familiar a name to the generations that have come after.

Acting and directing plays since his student days at the Peradeniya University, Macintyre has been into theatre for well over 50 years.

As is the case for most creative artistes of Sri Lanka, Macintyre had to sideline his passion to a hobby as he had to earn his daily bread. However, with a varying career including seven years in the Sri Lankan Air force and four in the United Nations, he has managed to contribute substantially to Sri Lankan theatre, both in Sri Lanka and Australia. At the packed auditorium recently at the ICES (International Centre for Ethnic Studies), he shared some of his views.

Theatre and drama: At the outset, he claims that theatre and drama are two different things; drama he says is the exploration of emotions and relations between the characters, both intellectually and emotionally while theatre is mostly

the props, choreography and the 'show' part of it. As such he thinks some plays make good dramas but not theatre and vice versa.

While exploring in depth the context and meaning of the plays he had written, he also said that many Sri Lankans assumed that there had to be a message in the play. Which he made clear was not a view he shared. "There is an American saying; 'If you want to send a message, go to the post office.' The arts are not post offices. We don't necessarily have to relay messages.

I believe in the ancient Hindu idea of Natya (drama) and Loka (world), where drama and theatre are intertwined with and inspired by the world, but I don't believe in sending out explicit messages. If you can clearly discern a message from a play, then in my opinion, it is a poor play."

Speaking to Ceylon Today, he further elaborates when asked what inspires him to write plays;

"Natya and Loka of course. The ancient Sanskritists used these words in conjunction because for them, theatre was a part of the world, not part of entertainment."

Inspiration: "I too draw my inspiration from what is happening around me.



The first successful play I wrote, The Education of Ms. Asia, was directly a result of the JVP insurrection. So Loka led to Natya."

The play, a text in the local G.C.E O'Level syllabus for over ten years, while exploring youth ideas, perceptions and identities does not have an explicit message at the end of it. Because the world does not necessarily deliver clear messages through its circumstances or events and so, neither do Macintyre's plays, inspired by the Loka.

In his exploration in the microcosm of the macrocosm however, he tries to replicate what he sees and thus provides food for thought to the audience about the society they are living in and the societal constructs they live with. Thus, he might not believe in writing 'bad plays' with 'clear messages' but he believes in presenting the world they live in to people in the form of drama and theatre, for them to form their own conclusions.

For example, the play he staged in Australia; Let's give them curry, explored issues of a Sri Lankan family that had migrated to Australia. Although having migrated to a new country they were solid in holding onto the beliefs and culture of the old country which led to many problems.

Crisis hits when the daughter of the family falls in love with an Australian and the parents are outraged that she has not waited for them to select a bridegroom for her from their own country, region, ethnicity, class and caste."

In his exploration of this Sri Lankan family and their prejudices, a clearer picture would have emerged to the Australians of the Sri Lankans living amongst them. Does not this representation of Loka as Natya then lead to accusations from his own community of 'washing dirty linen in public'?

"Of Course" he replies. "I get that response a lot, but with some plays, more than others. Let's give them curry for example didn't draw as much inner-community criticism as Irangani - my latest play. It was very difficult to find Sri Lankan cast members for the play when I staged Irangani in Australia. I had to depend on close friends and relatives."

The fictional play, explores in depth the issues of war, peace and political solutions in contemporary Sri Lanka. The

book launch held in Colombo however saw a number of prominent Sri Lankan theatre artistes supporting him with readings of excerpts from the play.

He also mentioned that the Australian audiences' response to Let's give them curry was that they simply enjoyed the play, while the Sri Lankan Australians rooted for the parents' cause of bringing their daughter round somehow to their way of thinking, and getting her to marry a bridegroom from back home. They had apparently been disappointed when in the end she married her White Australian boyfriend, but on the whole, took it rather well.

Even the reaction then, was a representation in the microcosm of the macrocosm. This is a well known story in diasporas; the first generation fights to hold on to the old culture and is bewildered by the next generation not being of the same culture and belief systems. The parents might espouse traditional, hierarchical values at first, but also accept the inevitable with good grace eventually - should it indeed prove inevitable.

Macintyre meanwhile, still battling strong in his late seventies, has been a regular visitor over the last few years to the country; the Jaffna peninsula in particular. He wants to build up drama and theatre, which has been neglected for so long in that peninsula and is thus dedicating a lot of effort and time towards it.

"Tamil drama as a whole has not moved forward much in Sri Lanka," he explains. "The huge dominance of South India is probably a reason why. The Sinhalese have no such heritage to fall back on and so they have had to exert themselves to create their own arts.

"There are also other circumstances which led to the suppression of the creative arts in Jaffna. Batticaloa did not have the same problems and so they have developed their theatre to a certain extent but the aspiring young artistes of Jaffna need help."

He also believes in the reconciliation process and reaching out to the youth, to facilitate that reconciliation but says that a lot of work remains to be done.

"I find that the young people of Jaffna are willing to reach out across the racial divide. But at the same time, they have a deeply felt intrinsic need to be recognized as equal citizens of this country. That equality cannot come from well-meaning people simply telling them, 'You are equal to us.'"

It has to be recognized constitutionally. Even in a case as simple as romantic love, unless it is recognised constitutionally as marriage, neither partner has any rights. Marriage protects the rights of both parties. In that sense, the Sinhalese and the Tamils need to be 'married' to each other and for that, they need to constitutionally recognize each other's rights."

Courtesy: CeylonToday.lk

Interview with Jayakanthan...

Contd. from previous page

Please change your assessment that I am a successful journalist. I cannot agree with your assessment until I ascertain the meaning of a successful journalist.

But you waged an uncompromising battle as the editor of various journals

In a society where compromise is equated with success, an uncompromising journalist cannot be successful.

Certain sections in society continue to oppose the three-language formula in Tamil Nadu. Would you like to comment?

To oppose this is to play politics. Even those who oppose this formula adopt it in their personal life. On the whole, eschewing linguistic hatred will be good. Why education in just three languages? I even think that education in many languages is necessary.

Concerns are raised about the misuse of the Internet. Some people even favour government measures to curb such abuse of the social media

Be tolerant of mistakes. Human society may in the beginning tend to use any invention for wrong ends. But eventually only what is useful, what is essential and what helps human progress will survive. Let us hope that people will, in the course of time, abandon the negative features of these technologies.

Incidents of moral policing and attacking youngsters who participate in Valentine's Day and birthday celebrations in some major cities are on the rise

You cannot interfere in another man's freedom on some pretext or the other, as it will snowball into a social

issue. People with self-respect will not indulge in such conduct.

Certain groups raise an alarm that India's disintegration is imminent in view of unresolved regional issues. Is there any basis for such a fear?

These should not be viewed as regional issues. Such disputes can be averted if viewed as national rather than regional issues.

No factor can cause the dismemberment of India. Raising such fear psychosis is nothing but politicking.

What should be the approach of a progressive writer while writing historical novels?

The writer should have a comprehensive outlook. He should aim at a holistic understanding of the prevailing social, political and economic conditions.

He should evaluate all factors in a balanced way. To take a selective view will be erroneous. A realistic approach becomes necessary. This requires healthy literary criticism and exchange of views.

A writer should necessarily venture into his enterprise by touching on a single issue. But then he should relate it to other socially relevant issues. This is what we call the socio-spiritual approach.

You may begin your work dwelling upon the problems of an individual, but then as a writer you should be able to view it as part of the larger social reality

(Courtesy: frontlineonnet.com)



Business & Finance

MANAGING YOUR MONEY

Be a money-mentor

David Joseph M.A. (Economics)

Foundation for Economic Education's long-term investments.

You want the best for your kids. That's why you send them to school and mentor them at home. Education is vital to success in life, but an important skill-set your kids likely won't get at school is a dollars and cents education. Young children should learn that you need money to buy things, that you earn money by working, that you might need to wait before making purchases, and that wants are not necessarily needs. As they get older, they should be taught the importance of avoiding credit card debts, investing wisely and managing risks.

Age-appropriate money-management skills that are best learned from you.

6-12 Years: Make savings fun! Give them a special bank to fill with coins from you and others. Mark their graduation to a real bank account and give them an allowance tied to completing certain tasks. A fixed amount is best because it teaches that serious choices need to be made when it comes to spending or saving. Get them to buy into pay-yourself-first strategy by saving at least ten percent of their allowance and explain how interest makes their money grow. Other good money education tools are board games and interactive websites such as the Bank of Canada's (www.bankofcanada.ca) and the Canadian

(www.monwyand youth.cfee.org).

Use shopping trips to discuss debit and credit with particular emphasis on the fact that most credit cards carry much higher interest rates than other forms of borrowing, such as a personal loan.

12-16 Years: Give your kids a hand in developing their own simple budget that includes keeping tax receipts and statements so they can keep track of where their money went. Factor in a charitable giving component to show how their money can have a positive impact on the community. Give them a bonus allowance for extra work that must be invested. Introduce them to concepts of compounding and tax-saving through RRSP eligible investments and other

16-18 Years: Be sure each child files a tax return as soon as they have a job that results in a T4. This will give them an up close and personal view of income taxes and they will build up room for future contributions of RRSP eligible investments. Co-sign for a low-limit credit card in their name. Monitor its use and stress the importance of making monthly payments to maintain their good credit rating while avoiding high interest rates and late fees. Use their monthly credit card statements to discuss spending pattern and best uses for their purchasing power. Teach them the difference between good debts and bad debts. Show them the examples of good debts, such as a business operating loan or even borrowing to invest. Some types of debts are even tax

deductible.

Bad debt: This is debt you acquire through over spending, such as charging an expensive vacation on a credit card. Bad debt is any form of debt with a high interest rate for things you can't afford.

Develop some short and long term goals together, and check their progress towards these goals. Good money management begins with setting goals. It's important for them to know exactly where, when, and how they are spending their money.

Involve your kids in family financial discussions and explain how your family budget must balance expenses and income. Set aside regular time for the discussion of money matters. Avoid blaming any member of the family for financial problems. Introduce them to investment products such as stocks, bonds, mutual funds, Guaranteed Investment Certificates, and registered and non-registered savings plans. Explain investment concepts like portfolio diversification and risk/reward decisions as well as the role insurance plays in maintaining financial stability and family protection.

Disclaimer:

This report specifically written and published as a general source of information only, and is not intended as a solicitation to buy or sell specific investments, nor is it intended to provide investment advice. For more information on this topic please contact me.

By Jay Wigna

Timing is important in foreign distance learning

In today's environment you can get a degree without actually attending a class in person. Distant education can make sense, however it does not come with same experience being at the dorm. If you are planning to have a distant post-secondary degree, you would find this article helpful.

Facts

In a recent case of Abdalla v. The Queen, Mr. Abdalla was enrolled at the University of Phoenix, taking a number of online courses leading to a degree. As soon as a course was completed, Mr. Abdalla would start another one. No single course was 13 weeks or more in duration, although by taking the courses back to back Mr. Abdalla's courses in aggregate were certainly more than 13 weeks long.

When Canada Revenue Agency looked at the tuition paid by Mr. Abdalla, it disallowed \$3,154 of the tuition claim. CRA denied the claim on the basis that Mr. Abdalla was not enrolled in a course of 13 weeks or more in duration.

Legislation

Our tax law will allow a tuition tax

TAX POINTS

credit in three possible situations: (1) where an individual is enrolled at an educational institution in Canada (part-time or full-time); (2) where an individual is in full-time attendance in courses leading to a degree at a university outside Canada; and (3) where an individual resided near the border between Canada and the U.S., was enrolled at an educational institution in the United States that provided courses at the postsecondary level, and commuted to that institution.

If either (1) or (3) applies to you, there is no requirement that the courses be of a certain duration. If scenario (2) applies, then our tax law will exclude any tuition "paid in respect of a course of less than 13 consecutive weeks duration." The question, in this case, is whether Mr. Abdalla was enrolled in a course of 13 weeks duration or longer.

Verdict

Justice Webb in Mr. Abdalla's case agreed with the judge in the Siddell case. He made reference to subsection 33(2) of

the Interpretation Act, which says that "words in the singular include the plural, and words in the plural include the singular." Therefore, he concluded, that where the Income Tax Act refers to the word "course," it will include "courses." This was good news for Abdalla. The fact that Mr. Abdalla was enrolled in consecutive courses that in total amounted to more than 13 weeks of study was enough for Mr. Abdalla to win battle with Canada Revenue Agency.

The tax court rendered another decision on the same issue on the same day. In Lowry v. The Queen, the taxpayer was not able to claim his tuition because he



took a week break between each of the online courses (each of which was less than 13 weeks in duration). This did not meet the test of 13 weeks of "consecutive" study required under our tax law.

Summary

Taking online courses from a non-Canadian institution can give rise to tax credits, but make sure you meet the 13-week test for consecutive study. Carefully plan the timing of your study to gain maximum tax relief.

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Day Trading is becoming the new hot topic of in the business media. The main difference between a trading strategy and buy-and-hold approach to investing is the time horizon. A day-trading is any holding period no longer than a day.

There are also other short term trading methods such as swing trading, position trading etc. the duration for these methods ranging from 2 to 3 days to months. Buy-and-hold investing is involve longer periods, it covers some years to retirement planning periods as well. This might consider any portfolio with turnover (number times trading) exceeding just 10% or 20% per annum. For concreteness, however, let's

If the owner of the option does not exercise this right before the predetermined time, then the option and the opportunity to exercise it cease to exist, the option expires.

Call Option

A Call option gives the buyer or holder the right to purchase the underlying asset and gives the writer or seller the obligation to sell a set number of shares of the underlying stock at a specified price (strike price) on or before the date the contract expires (expiration date).

Put Option

A Put option gives the buyer or holder of the contract the right to sell the underlying asset and give the writer or seller of the

trading days in a month the investment return can be calculated as:

$(\$250 \times 15) = \$3,750$ for a \$5,000 capital used $\$3,750/\$5,000 \times 100 = 75\%$ in just a month.

For one year $\$3,750 \times 12 \text{ months} = \$45,000.00$

Assume $(\$150 \times 15) = \$2,250$ for a \$5,000 capital used, $\$2,250/\$5,000 \times 100 = 45\%$ in just a month.

For one year $\$2,250 \times 12 \text{ months} = \$27,000.00$

The real capital involved is \$75,000 (i.e. $\$5,000 \times 15 = \$75,000$) on a revolving basis. Always try to preserve your capital and harvest every opportunities of the gain in

since 1992.

James Simons (age 69) is 57th, with a net worth of \$5.5 billion. Math Ph.D., UC Berkeley. Founded Renaissance Technologies 1982. His quantitative hedge fund uses complex computer models to analyze, and trade securities. The fees are as high as 5% of assets, and 44% of profits. A \$2.5 million investment in his funds in 1990 would be worth \$1 billion today (for a 42% annualized return).

Stanley Druckenmiller (age 54) is #91, with a net worth of \$3.5 billion. Bachelor's, Bowdoin College. He orchestrated a billion-dollar raid on the British pound in 1992 with a timely short position.

Bruce Kovner (age 62): #91, with a net worth of \$3.5 billion. Bachelor's, Harvard. He started trading soybeans where he turned \$3,000 that he borrowed on his credit card into \$45,000. Then, he forgot to hedge, and lost half of the profits. In 1983 he founded Caxton Associates. The Caxton Global Investments hedge fund has returned 25% annually net of fees. Assets: \$15 billion.

Paul Tudor Jones II (age 53) is #105, with a net worth of \$3.3 billion. Economics, Bachelor's, Univ. of Virginia. His early success was trading cotton on Wall Street. In 1980 he founded the Tudor Investment Corp. hedge fund. he predicted the 1987 stock market crash, and returned 125% net of fees that year. Assets are now \$20 billion. Estimated average annual returns are 24%, which is down this year amid summer's violent market turmoil.

Kenneth Griffin (age 38) is #117, with a net worth of \$3.0 billion. Bachelor's, Harvard. He started investing as an undergrad, managing \$1 million of family, and friends money by his senior year. He founded the Citadel Investment Group 1990 with Frank Meyer's money. His hedge funds said to have averaged 20% net of fees annually. The assets under management exceed \$16 billion.

It is possible to make consistent profits by undertaking Day Trading the market.

Active Day Trading Strategy Vs. Buy & Hold Investing

define "investing" as holding any position for a year or longer, in line with the cut-off for tax purposes between long-term and short-term capital gains. Within this definition, managers running portfolios with turnover exceeding 100% per year will be deemed to be "trading." Trading methods undertake higher turnover. Among these Day Trading not only undertake higher turnover, but also consider shortest time durations, sometimes it is possible to enter and exit a trade within 30 minutes.

Multiples of Capital

Using the minimum capital with well trained skill of preserving it to the maximum, a Day Trader's capital amount is revolving several times e.g. if your capital is \$5,000, it could turn over 15 to 20 times (minimum assumption). That means $\$5,000 \times 15 \text{ times} = \$75,000$ or $\$5,000 \times 20 \text{ times} = \$100,000$. It is similar to engaged in an investment of \$75,000 or \$100,000 in a long term investment. But the money put in long term Buy & Hold Investing sitting there for longer periods. It has to face ups and downs not only the returns but also heavy risk of value going below the capital invested.

Developed Skills and Market Insights

The decision to invest or trade should be based on your assessment of two factors. Increase in expected return. How much pick-up in return do you expect to gain by trading, i.e., by switching from one asset to another, such as selling one stock to buy another? Other one is Costs of Trading include broker's commissions, the bid-offer spread, the tax impact of trading, another important thing is to be prepared to Whenever expected pick-up exceeds frictional costs, it makes sense to trade out of one asset and into another that promises the higher return. Considering all these Active Day Trading could bring higher benefits than long-term investments when applied with well developed skills and an understanding of market insights.

Advantage of Using Options for Day Trading

An option is a contract that derives its value from an underlying asset. That contract either gives the owner the right to buy the asset (call option) or the right to sell the asset (put option) at a predetermined price and within some predetermined time frame. The key idea here is that the owner of an option has a right, not an obligation.

contract the obligation to buy a set number of shares of the underlying asset at a specified price (strike price) on or before the date contract expires (expiration date).

An option contract usually controls 100 shares of stock. However, if there has been a recent split in the stock this may not be the case. The buyer of the contract will pay a premium, while the writer or seller of a contract will collect a premium.

Leverage - e.g. Buying a Stock worth \$60 for \$3.75

Control 100 shares of stock by purchasing the option at a premium of \$3 per share for a cost of \$300 (1 contract x 100 shares x \$3 premium = \$300). If the option premium rose from \$3 to \$11, the original cost was \$300 and it is now worth \$1100. You have an \$800 profit, but a 266% return!

Diversification In Day Trading

Why not take advantage of what the market is offering on any particular day in order to minimize loss, cut cost, and perhaps end up with more shares of your favorite long position. If markets are efficient, with perfect and instantaneous information flow among all participants, no pick-up in expected return should be available from switching out of one asset and into another; instead, frictional costs will only drag down returns. On the other hand, if it is possible to use available information to one's advantage to outsmart others, then trading can be a highly profitable business.

Please note how you may benefit from the day trading transactions above compared to the Mackenzie Mutual Fund given. Mackenzie Universal North American Growth Class Series A Fund has an average of 2.365% returns over a 5years period. Further there are negative performances in 2008 and in 2011.

2011 -11.30%

2010 7.70%

2009 25.20%

2008 -21.80%

2007 12%

$11.80\%/5 = 2.36\%$

If half of the capital i.e. \$5,000 has been used as capital in Stock Options Day Trading with an average of \$250 net gain per market open days (This is a moderate lower assumption - Gain can be between \$100 and \$1,000 per day with well developed skills at entry and exit points and market acumen). If we consider only 15 days of successful trading days out of 22

By Arun Senathirajah
ACB, MBA (Banking Mgmt)

the stock option trades and add to your basket.

Prominent Winners of Successful Trading

Here are some well-known traders on the Forbes list of the 400 wealthiest Americans:

George Soros (age 77) is #33, with a net worth of \$8.8 billion. Bachelor's, London School of Economics. Founded Quantum Fund with Jim Rogers.

Steven Cohen (age 51) is #47, with a net worth of \$6.8 billion. Bachelor's, Wharton, U. Penn. He founded hedge fund SAC Capital 1992 with \$25 million in assets. Today he manages \$14 billion. Charges 3% of assets, 35% of profits, and has returned an average of 34% net of fees each year

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(Sheppard & Brimley)

T. S. S. A. (CANADA) SPORTS DAY HIGHLIGHTS



The Annual Sports day of the Tamil Schools Sports Association (Canada) was held recently (July 29th) at Sir John McDonald Collegiate Sports fields.

It was sponsored by 'ROAD SPORT HONDA' of Toronto, and Mike Ahilan - (President, Canadian Tamils' Chamber of Commerce) was the Chief Guest.

The day's events started with the flag hoisting ceremony - Canadian flag, T. S. S. A. flag and the Tamil flag. Events were held in Soccer and Netball.

Here are some events captured in camera.

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5th Annual Golf Classic

by Canadian Tamils' Chamber of Commerce

Some of the moments captured by Ken's camera at the Golf Classic event held on Wednesday, Sept 5th, 2012 at Deer Creek Golf Club can be seen here. The event raised \$5,000 for "The Scarborough Hospital Foundation". It was a nice sunny day and there were many friendly competitions and awards and gifts were presented at the dinner.

The winning team - Kanish & Partners

Runners up - NJ Team

Putting Competition - Dr. C P. Giri





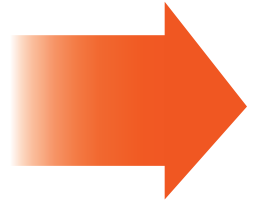
5th Annual Golf Classic

by Canadian Tamils' Chamber of Commerce





Community Watch





3rd Brampton Mayor’s Cricket & Community Festival was a success

It was a success, says Fasih Masood, Founder & President of Corporate Canada Cricket Club (www.corporatecricket.ca), organiser of the event on the 3rd year in Brampton presented by CIBC with a mixture of Cricket, Cultural activities, Health awareness and fun all day on Saturday, September 15 at Sandalwood Parkway in Brampton. It was the 3rd Annual Brampton Mayor’s Cricket and Community Festival.

Hon. Mayor Susan Fennell gave a short speech about cricket and the need of a field and stadium in Brampton to develop this sport further.

There was information by staff from Heart and Stroke Foundation and Canadian Breast Cancer Foundation for health awareness.

There was free cricket coaching

available for kids at the event. Here are some of the details:

- Teams:**
- Asapient-Thunderbolts (AT), BMO, CIBC, Mississauga Dynamites (MD), Mississauga Warriors (MW), UAE Exchange (UAE)
- Winner:**
Asapient-Thunderbolts
- 1st Runner-up:** Mississauga Warriors
- 2nd Runner-up:** CIBC
- Individual Awards**
- Best Batsman:**
Mehul Roy, Asapeint-Thunderbolts

- Best Bowler:**
Ali Aslam, Mississauga Warriors
- Best Fielder:**
Sarmad Farooqi, Mississauga Warriors
- Best Wicket-Keeper:** Ushvinder Bhatia
- Best All-Rounder(s):**
Gaggan Singh, Mississauga Warriors & Sarab Jot, Asapeint-Thunderbolts

- 2 Singers entertaining
- 3 Live Vocal, Music and Dance
- 4 1st Runner-up-Mississauga Warriors
- 5 Face painting
- 6 Practice net
- 7 Magician entertaining kids
- 8 Mayor, MP & other dignitaries with team captains

Photos

- 1 Winners-Asapient Thunderbolts

3rd Mississauga Mayor’s Cricket Festival held successfully

On September 30, 2012, Corporate Canada Cricket Club and the presenting partner, CIBC, along with the Community Charity Partners, Heart and Stroke Foundation and Canadian Breast Cancer Foundation, hosted the 3rd Mississauga Mayor’s Cricket Festival, a Community Celebration of Cricket at Courtneypark Cricket Field at 550 Courtney Park Drive West, Mississauga.

The festival provides a unique opportunity to the charity partners to showcase their programs and services to the communities in the Peel Region, in general, and Mississauga, in particular, and encouraged both youth and adults to adopt sport (cricket) as a vehicle for an active and healthy lifestyle and showcase their batting, bowling, wicket keeping, and fielding skills on the field. The concept of the festival was

conceived in the summer of 2009 with the City of Mississauga to promote an active and healthy lifestyle and multi-culturalism in partnership with the Community Charity Partners, Heart and Stroke Foundation and Canadian Cancer Society.

Chief Guest: Mayor, Hon. Hazel McCallion and Guest of Honour(s): M.P. Streetsville; Hon. Brad Butt, Councillor Ward 3, Hon. Chris Fonseca, Councillor Ward 5, Hon. Bonnie Crombie and Councillor Ward 6; Hon. Ron Starr commended Fasih Masood, Founder & President of Corporate Canada Cricket Club (www.corporatecricket.ca) for his hardwork in organizing such a good sporting event with full of fun activities.

FREE Family Activities including Pop Corn, Face Painting, Henna/Mehndi Tattoos, Inflatable Bouncer, Food Vendor etc.

- Teams: Asapient-Thunderbolts (AT), BMO, TD CIBC, Summerset Cricket Club and Mississauga Dynamites (MD)
- Results:**
- Winner:** TD
Runner-up: CIBC
- Individual Awards**
- Best Batsman:** Preet Inder Johan, TD
Best Bowler: Zain Malik, CIBC
Best Fielder: Mohsin Bhat, CIBC
Best Wicket-Keeper: Thushitha Kalansuriyage, TD
Best All-Rounder(s): Sumit Datta, TD

Photos

- 1 Winners-TD Team
- 2 Runners up-CIBC Team
- 3 Cricket attracted an Ice Cream Vender
- 4 CIBC presenting cheque to Heart & Stroke Foundation
- 5 Mayor, Councillors, MP, presenting partner CIBC with Founding President of CCCC
- 6 CCCC Recognizing Monsoon Journal, Santosh receiving plaque from Mayor and CIBC Director
- 7 CIBC presenting cheque to Canadian Breast Cancer Foundation
- 8 Pic 4: Fasih Masood introducing Team Captains



Tribute

Hector Abhayavardhana: The Internationalist

Veteran Sri Lanka Left Theoretician Passes Away at 93

by Jayantha Somasundaram

If a man does not keep pace with his companions, Perhaps it is because he hears a different drummer. Let him step to the music that he hears, However measured or far away. - Henry Thoreau (1854)

Last month the Lanka Sama Samaja Party (LSSP), the country's oldest political movement, celebrated its 70th anniversary. The founding generation of Sama Samajists encountered a world that was vastly different from our's.

It was a world rigidly stratified by social class and caste hierarchy. It was a world in which it was seditious to question the legitimacy of European colonial rule. It was a world that was so steeped in tradition and conservatism that it was revolutionary to even contemplate change.

Paradoxically it was also an age of excitement. It was a time of war, a time of economic upheaval, a time of anti-imperialist struggle and a time of revolution. It was an age when it was easy to be filled with a sense of expectation, a sense of romance and a sense of heroism.

Birth

Hector Abhayavardhana is the last remaining Sama Samajist of its early years.

He was born in an Anglican vicarage in Kandy where his maternal grandfather, Rev. Amarasekera was Minister. His father Hector Wilfred Abeywardena was Chief Clerk in Governor Regional Stubs office. His middle class Govigama Protestant heritage meant that Hector belonged to a privileged strata in society.

Hector received an exclusive education, in English, at the premier Anglican Public School, St. Thomas' College Mount Lavinia. He then proceeded to the Ceylon University College where he continued his liberal arts studies and to the Colombo Law College, where the Ceylonese elite were groomed for their places within British Ceylon.

Hector turned his back on this path, rejecting the very foundations of the system that offered position and privilege to aspiring young Ceylonese.

He opposed British rule as well as capitalism, the economic system that propelled colonialism.

Best years

Through the most radical political movement of his day, the Lanka Sama Samaja Party, he threw in his lot with the under-privileged the exploited and the marginalised. He committed himself to champion the cause of the voiceless

,regardless of race, religion or caste. He identified not only with resistance movement in his own country, but gave his best years in the service of the struggle in India. Such non sectarian internationalism is the highest expression of radicalism.

Anti-Colonialism

In 1935 while the LSSP was taking shape, Hector Abhayavardhana was still a student at St. Thomas'. In his English class, he along with his fellow matriculation student, were posed the following question by their teacher W. T. Keeble: Would you have been better off under your own king? In responding to this question Hector began to address the issue of nationalism and his own status under British colonial rule.

His views were also influenced by a relative, George Amerasinghe who was an admirer of Gandhi and the Indian Congress. Through him Hector began to follow events in the Madras Hindu a newspaper he still subscribes to.



Office of the LSSP-pic by: Wayan Vot

At about this time Hector also began to purchase publication of Harold Laski's Left Book Club through which he was introduced to critical views prevailing in Europe. These influences together fashioned a sense of nationalism which was strongly internalised and secular, looking to the Indian resistance movement and the Russian Revolution as models.

Hector Abhayavardhana attended his first LSSP rally at Galle Face Green on May 5, 1937, when the party dramatically surfaced Bracegirdle whom the colonial Police had been desperately searching for.

His political consciousness continued to grow as he entered University College and came under the influence of Lyn Ludowyke and Dric d' Souza, teachers

who had Marxist sympathies. While seeking out the company of dissenters like E. R. S. R. Coomaraswamy at the Varsity, Hector also launched a discussion group, the Mount Lavinia Literary Society, which had among its guest speakers Dr. Colvin R. de Silva and J. R. Jayewardene.

Hector Abhayavardhana was recruited to the Lanka Sama Samaja Party in 1940 by Esmond Wickremesinghe, an activist among university students.

Hector became part of the clandestine section of the LSSP that was established to work underground in the event the party was proscribed. His task was to maintain a safe house for Leslie Goonewardene who headed the clandestine wing.

The Indian Years

In June 1940 the colonial authorities proscribed the LSSP and arrested its leaders: Dr. N. M. Perera, Philip Gunawardene, Dr. Colvin R. de Silva and Edmund Samarakkody.



Hector Abhayavardhana
(5 January 1919 - 22 September, 2012)

cover in a slum. Here, he contracted smallpox which nearly killed him. After he recovered, Hector went north to Calcutta from where most of the Sama Samajists operate until the end of the war.

Hector Abhayavardhana was among four Sama Samajists who remained in India after the war. He engaged in both party work and political journalism all over India. After some time in Bombay working on the fortnightly New Spark, Hector moved first to Madras where he became General Secretary of the Socialist Party which came out of the 1948 merger of the Bolshevik Leninist Party of India, Ceylon and Burma (BLPI) and the Congress Socialist Party.

Then on to New Delhi where he was editor of the Socialist Appeal and contributor to the Hindustan Standard. Later at Ranmanohar Lohi's request, he spent two years in Hyderabad editing Mankind. And then back to Delhi where he began the critical journal Maral, named after the mythical Indian bird that was able to sift milk from an admixture of water and milk. Each issue of Maral dealt with a different political theme, national or international.

Hector Abhayavardhana spent 18 years as a practical internationalist working with and for the people of India. In August 1992 on the 50th anniversary of the Quit India move, Hector along with Vivienne Goonewardene and Bernard Soysa were guests of honour in New Delhi.

In 1959 Hector Abhayavardhana married Kusala Fernando and returned to his homeland to begin a new chapter in his personal and political life. This was a period of political ferment. Both the Sri Lanka Freedom Party and the United National Party seemed to be discredited and in decline. The LSSP entered the March 1960 General Election confident of being returned to power.

Hector realised however that the LSSP had come to a fork on the political road. It could not operate as both a Parliamentary and revolutionary outfit. Given the weakness of the working class the party had to rethink its strategy.

Cynical disenfranchisement

Hector realised that despite the LSSP having taken principled stands on all major issues, despite unequivocally championing every worthwhile cause, its inability to secure power stemmed from a long history of fragmentation and emasculation of the working class.

Contd. next page...



G. Kasturi, A Giant of Journalism & Former Editor of the Hindu newspaper passes away

By Siva Sivapragasam

He lived the trust he inherited and kept the legacy of the newspaper he edited.

The recent passing away of Gopalan Kasturi, (better known as GK to his friends and contacts) who was the Editor of the prestigious Hindu newspaper brings down the curtain on a giant of journalism and a golden era in the annals of the newspaper industry. Kasturi was eighty-seven years of age when he died in the early hours of the morning last month at his home in Chennai, surrounded by his family members.

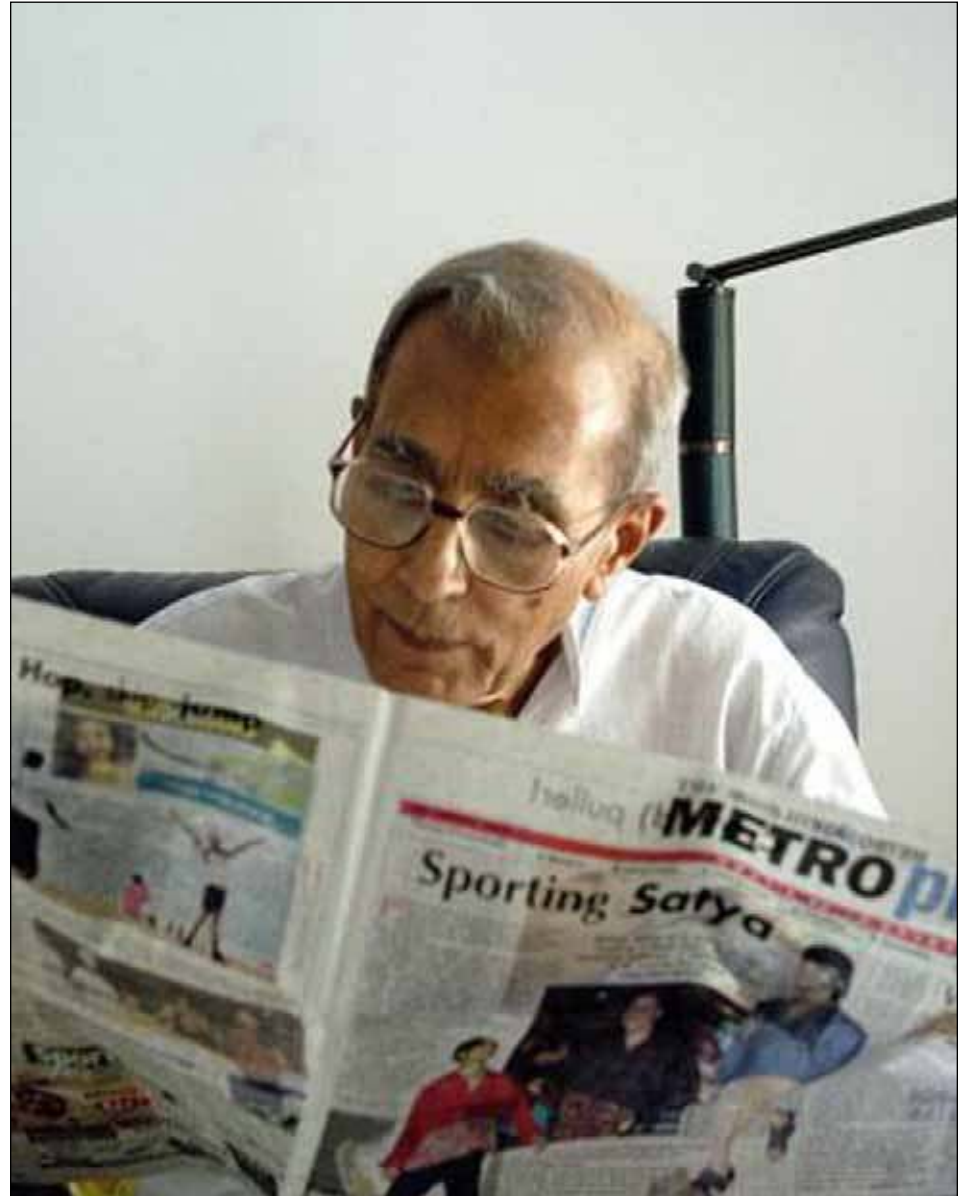
G. Kasturi was a powerful Editor of a prestigious newspaper that commanded respect across the country although he stayed away from the limelight of publicity and preferred not to be seen or heard in the public sphere, but to be read and felt only through the columns of his newspaper. Kasturi converted the Hindu newspaper from a provincial newspaper in Southern India to a truly national vehicle which moulded the thinking of Indian society and shaped events of history.

His editorship was a period that saw the newspaper take important steps towards modernization on the editorial, technological and production fronts. He introduced editions through facsimile

and later digital transmission of page images and transferred the production process from the hot metal process to computerized technology. During his time employees worked with pleasure and pressure. He planned and polished pages before they went to print. It is to his credit that the Hindu can boast itself as one of the best newspapers read across the whole of India.

Kasturi was meticulous in producing a fine newspaper and looked into every minute detail even selecting photographs that went into the newspaper. His favourite past times were photography and sports. He was an all rounder in cricket and tennis. Even after retirement he would walk into the Hindu offices down Mount Road to familiarise himself with what was happening in the newspaper he built during his lifetime. His deep understanding of the different aspects of the newspaper industry in the fields of design and typography was unmatched and widely acknowledged among the industry leaders of his time. He would leave the office in the late hours of the night just before the newspaper went to print and would be back in his corner office very much before noon the next day.

Gopalan Kasturi will long be remembered by the newspaper fraternity and memories of him will not fade away.



Hector Abhayavardhana

Contd from previous page

It started in 1938 when Jawaharlal Nehru came to Sri Lanka to report on the status of the plantation workers of Indian origin. The LSSP pleaded with Nehru against the formation of a communal organisation for them, fearing it would open the door for these workers becoming pawns in racial politics.

They were prophetic: with the formation in 1939 of the Ceylon Indian Congress, the forerunner of the Ceylon Workers Congress, the stage was set for not only the injection of communalism into working class politics, but also the cynical disenfranchisement of the workers of Indian origin in order to weaken the Left movement.

"It is alleged," says Hector, "that the presence of the Indian plantation workers on the electoral lists enabled them to return candidates of Indian descent to 7 parliamentary seats and influence the verdict in another 20 parliamentary constituencies, such that left-minded opponents of the UNP were returned at the 1947 election."

The subsequent fragmentation of Sri Lanka politics along communal lines would proceed over the next half century. "By expelling the Indians the UNP hoped to ensure its majority," explains Hector.

"Bandaranaike saw no reason why he should not collect his votes by advancing the interests of the Sinhalese majority community of the country. Chelvannayakam saw the necessity of constitutional reforms to ensure that the interests of the Tamils were protected. All of them would be benefited by spreading communal attitudes for the purpose of collecting votes."

The plantation workers comprised half of all organised labour in the country.

By limiting them to trade union activities and denying them a stake in mainstream politics Sri Lanka's working class was mortally weakened and divided. Unlike the plantation workers who were confined to their work environment and solely dependent for their livelihood on the sale of their labour, the urban worker was socially less homogenous.

Many of them do not live in the towns but commute from villages where they still had interests in small plots of agricultural land. Not only were they less dependent on the sale of their labour but within rural society they could aspire to middle class ambitions and status as small property owners.

Given the limited size of the urban

working class, and given the weaknesses arising out of their social ambiguity, the doctrinaire policy of the Left of seeking to advance reforms through a party of politically conscious urban workers was in effect doomed.

According to Hector the left failed because they "persisted with the strategic line of mobilising the rural poor through a party based on the working class."

Samagi Peramuna

As Sri Lanka went through the tumultuous sixties, Hector realised the need to forge a united front with other progressive political forces in order to bring about changes that would improve the economic and political position of the weaker sections of society. Given the weak state of the economy this required a major role on the part of the Government, which needed to engage in the economy in order to deliver benefits to the people.

He promoted an alliance with the SLFP and the Communist Party, which finally emerged with the signing of the Common Programme in 1968. During the years the United Front was in opposition Hector launched the Socialist Study Circle where its future leaders were intellectually and politically groomed.

It served as a forum for the development of the ideas behind the far reaching

political and economic reforms that would be introduced after 1970.

During those years he also brought out the political weekly. The Nation, to encourage serious discussion on current events. When the United Front was in office (1970-75) Hector served as Chairman of the Peoples' Bank attempting to make available the finance that small enterprise needed for commerce, agriculture and industry. During this period the People's Bank launched its monthly journal The Economic Review.

Hector retains his intellectual courage, willing to critically evaluate and even discard those concepts that have out-lived their validity. Nor have global events left Hector behind. He remains cognisant of trends and currents and does not shrink from formulating theories to explain them.

The passage of time and the impact of the years have changed little. Though physically confined Hector remains intellectually active and mobile. His passion for understanding the world around him, for analysing the course of events, and for questioning and challenging ideas remains unchanged.

(This article is reproduced from the "Daily News" of January 5th 2006 to honour the life and memory of Hector Abhayawardhana who passed away on Sep 22, 2012)



Community Watch

Durham Tamil Association appreciates Bavatharani's Bharradhi Arts

Bavatharani's Bharradhi Arts conducted a 48 hour continuous musical program and raised over \$56,000 for Markham Stouffville Hospital.

In the process, they surpassed their own Guinness World Record. Several parents of Durham Tamil Association volunteered and supported this noble effort to help change lives in the City of Markham. DTA is extremely proud of its own Youth Committee Member Mathav Muhunthan, who tirelessly played key board for 48 hours along with other young enterprising musicians. Besides, DTA's two young and extremely talented artistes Sarika Navanathan and Magisha Bahi who became popular thru

Vijay TV Junior Super Singers contest, entertained the crowd with their melodious voice. DTA congratulated Bavatharani's Bharradhi Arts for the successful completion of their Guinness Record breaking initiative and thanked all participants for their dedication and commitment to this noble cause.

DTA also wished Bavatharani's Bharradhi Arts will conquer many more milestones such as this and continue their honorable service to Tamil Arts and Culture. To commemorate this event and to encourage the participants, DTA presented a Plaque to Mr. Mathivasan Seenivasagam of Bavatharani's Bharradhi Arts.



DTA's Mathav Muhunthan receiving appreciation from Mayor of City of Markham, Frank Scarpitti, Markham City Councillor Logan Kanapathi is on right



TEAM DTA appreciating Mr. Mathivasan of Bharradhi Arts



DTA's Sarika and Magisha entertaining @ 48 hours show by Bharradhi Arts



Mrs. Uma Suresh of DTA presenting MPP Tracy MacCharles Appreciation's certificate to Mr. Mathivasan of Bharradhi Arts, Markham City Councillor Logan Kanapathi is on right



Durham Tamil Association

Durham Tamil Association participated in CASSA's Toronto Mela

The South Asian Fest, Toronto Mela 2012 was organised by CASSA on August 25th at Albert Campbell Square in which various ethnic cultural groups from South Asia participated. The event was a wholesome whole day program from 10 am till 9 pm. Each stall captured their country's traditional jewellery, clothing, handicrafts etc.

There were cultural programmes as well which further enhanced the flavour of the event. DTA proudly took part in this wonderful show that united most of the South Asian communities. There was a huge turnout to watch the colorful performances by kids and youth who represented various cultural backgrounds. Many dignitaries too attended the pro-

gram.

DTA participated in this event in a big way. 17 youth committed to volunteer this great fete throughout the day in shifts. DTA's Nivedha Ramalingam's students gave a classical Bharathnatyam performance, Sarika Navanathan, one of the top 20 contestants of Vijay TV's Junior Super Singer sang a beautiful song. Another vibrant dance number was performed by DTA youth girls team Movements. This remix number was choreographed by Banuja Ganesalingam. As a token of recognition, Neetha Shan, Executive Officer of CASSA presented a plaque to DTA. All the youth were awarded with certificates.



DTA Volunteers with MPP Tracy MacCharles @ CASSA's Toronto Mela - 25 August 2012



DTA's Bharathalaya Dance Academy students @ CASSA's Toronto Mela - 2012



DTA's Sarika Navanathan @ CASSA's Toronto Mela - 2012



DTA's Movements @ CASSA's Toronto Mela - 2012



Durham Tamil Association



Community Watch

DTA's Dinesh Kumar honoured with Queen's Silver Jubilee Medal

A new commemorative medal was created to mark the 2012 celebrations of the 60th anniversary of Her Majesty Queen Elizabeth II's accession to the Throne as Queen of Canada. The Queen Elizabeth II Diamond Jubilee Medal is a tangible way for Canada to honour Her Majesty for her service to this country. At the same time, it serves to honour

significant contributions and achievements by Canadians.

During the year of celebrations, 20 deserving Canadians were recognized from our Region. Dinesh is the first and only Tamil recipient this honor from our Region. It is a testament to his years of service to the community. DTA is very proud of Dinesh and grateful to his significant contribution to our Durham Community. We thank him for his years of service and wish him the very best.

CDCD organised the Summer



Durham Tamil Association's 'An Event for Seniors'



DTA's MOVIE TIME for Seniors - 16 Sept 2012

4.30 p.m. on Saturday, the 16th September 2012, was an evening out for seniors. A movie screening was arranged by the Durham Tamil Association at the Ontario Power Generation facility (the latter are ever so forthcoming to provide their auditorium to the Association).

"Karnan" an old Tamil movie which was in black & white film of the bygone era has been digitalised and made into a Technicolor one with the late Shivaji Ganesan in the role of Karnan-the ill-begot son of Kunti of Mahabharata.

The movie screening was arranged for

the (nostalgic) senior members of the DTA, though there were a few others of the younger group. In all about forty people attended the screening. The event commenced with a welcome address by Mr. Suresh who made the seniors feel that they too were an integral part of the community.

No event is complete without a repast. So the bonhomie included samosa, vadai, rolls, cake, cookies and tea/coffee, served a plenty. The event ended with the senior members requesting for more such movie nights.

Durham Tamil Association's Youth participated in the Summer Leadership Program

Leadership Program along with Swis Durham on Friday, August 10th from 9:00 am - 2:30 pm at the Ajax Welcome Centre. Eight youth from Durham Tamil Association took advantage of this great program. In all around 25 students from various communities participated. Oliver Forbes and Waseem Sheikh of Swis

Durham organised various activities which was very educative and fun based keeping the participants engaged throughout. A light lunch was provided and DTA sponsored the dessert for all the participants. Freebies were given to the youth.



Team DTA Youth with CDCD Staff @ The Summer Leadership Program
- 10th August, 2012

CREATIV FESTIVAL CELEBRATES SILVER ANNIVERSARY!

The Creativ Festival (formerly Creative Sewing and Needlework Festival) is Canada's largest consumer show dedicated to the creative arts of sewing, knitting, quilting, needlework, spinning, weaving, beadwork, scrap-booking, crafting, fibre, textile and paper arts.

This year, in honour of their 25th Anniversary, there is more than ever to see, do, learn and buy! Hundreds of exhibits will feature crafting supplies and tools, plus artisans selling their unique creations and sharing insider tips. The Creativ Festival also offers over 200 educational workshops and seminars given by innovative designers, skilled artisans and industry experts.

NEW THIS YEAR: Designer Style Awards - A 25th Anniversary initiative to recognize talented Canadians who excel in the arts of Beadwork & Jewellery Design, Fashion Sewing & Design, Quilting, Fibre Art/Surface

Design, Knitting/Crochet, Needle Art, Paper Art and the hot trend of UpCycling. To date, over 400 unique mixed-media pieces have been submitted for judging in the eight categories.

NEWS YOU CAN USE

Creativ Festival Dates: Friday, October 12 to Sunday, October 14, 2012

Location: Metro Toronto Convention Centre, South Building, Toronto

Times:

Friday 10:00 am - 8:00 pm
Saturday 10:00 am - 6:00 pm
Sunday 10:00 am - 5:00 pm

Admission:

\$15.00 Adult
\$12.00 Seniors (60+)
\$ 4.00 Youth (10-17 yrs)
\$ 5.00 Starlight pass
(Friday only; available at 4:30 pm)
\$ 25.00 3-day pass (adult/senior)

For further information on tickets and/or conference classes

visit www.creativfestival.ca



TCASD Welcomes the Fall at Bonita Park

By: Tobias Pushparajah and Reneeth Jeykumar

What does the season fall mean to you? Well, to TCASD it means that Earth is preparing for the long sleep of Winter, to come alive again in the spring. It also means beautiful colours in nature, wonderful smells of fallen leaves and the joy of a cup of hot chocolate on a chilly day. For the Fall season, the Tamil Cultural Academic Society of Durham has many events and activities have planned to do

in this joyful time of the year. One of the events the group hosted was the Fall Kickoff at their own adopted park, Bonita Park. This park was adopted in the year 2008 by our very own Tamil community and is located on Fairport and Bonita Avenue.

The Fall Kickoff was on the 22nd of September from 2pm-5pm, loving and caring people showed up to this event to

support and help in cleaning the park. Cleaning the park is a very important thing to do because it is used by all aged citizens in the neighborhood. To do so, the TCASD members raked leaves and picked up garbage. After cleaning up the park, games were hosted for youths and kids. Some of the games the youth participated in were soccer, football, and capture the flag. The younger kids got to play some interesting games like, collecting different colored leaves, tag, and the

use of various park equipment. As the park was being cleaned a surprise guest dropped by and we were very delighted to see him. Councillor Bill McLean from Ward 2 came by and encouraged and supported us for doing a great thing for the community. He also told us that the people will greatly appreciate this. Overall, the Fall Kickoff was a success and it really got this organization going for more events to come. Look out for our next event coming up soon!!



Councillor Bill McLean and some of the TCASD members at the park



Councillor Bill McLean and some of the TCASD members at the park



Adopted park sign



Pathimithaa and Janushan showing off their leaves collection

Team Monsoon



Sept. 16: Monsoon vs. Any Given Sunday
Sean Grant, Tashvir Narine, Fahad Iqbal, Ansar Abedi, Shiyam Loganathan, Ujjwal Verma, Mark Tang

Inaugural Season in the Greater Toronto Area Flag Football League



Sept. 30: Monsoon vs. Child Please
Top: Sean Grant, Tashvir Narine, Jagroop Padda, Fahad Iqbal, Ujjwal Verma, Shiyam Loganathan Bottom: Ahmed Abedi, Ansar Abedi, Sarangan Ratnarajah

Trade Mission to India by City of Markham & Imperial Service by CIBC at Tamils' Chamber

The Quarterly Meeting held on Wednesday Sept 26th, 2012 at the Delta Hotel located at Kennedy and 401, Scarborough, Ontario, included a cheque Presentation to The Scarborough Hospital Foundation.. The money raised was from funds collected through the Annual CTCC Golf Classic.

Guy Bonnell, Vice President Community Development from The Scarborough Hospital Foundation accepted the cheque from Mike

Ahilan, President, Canadian Tamils' Chamber of Commerce and the Board of Directors of the CTCC.

Following the cheque presentation, the City of Markham held a presentation on the upcoming Trade Mission to India. Councillor Logan Kanapathi, Ward 7, Markham, Stephen Chait, Director of Economic Development and Prashanth Srichandramohan, Economic Development Officer were there with details and

stayed after the presentation and discussed the benefits to CTCC members.

There was another presentation from CIBC called "Options to Finance your Business and the Unique offer of Imperial service", Presented by Len Baker, Director, Commercial Banking, CIBC, Shridhar-Shah, Manager, Commercial Banking and Ash Damien, District Vice President Scarborough and Pickering District.

The following members were elected for the nomination committee to oversee the process and accepting applications for the new Board of Directors. Raj Rajasri, Sam Thiruvardhelvam and Gabriel Thavaratnam will compose this committee.

A light dinner was served to members and guests as the networking portion of the night commenced.

Photos by: digitalgnane



(L-R) Jay Sinnadurai, Guy Bonnell, Mike Ahilan, Ken Kirupa and Dilani Gunarajah at podium

Team from City of Markham



Team from CIBC

Mike Ahilan, President

Nomination Committee, Gabriel Thavaratnam, Sam Thiru and Raj Rajasri



Section of the members at meeting

Members at registration

The multicultural arts scene reflects the diversity of Waterloo Region



Regional News

Multicultural arts and culture rejuvenates Waterloo Region.

Over the years, artists have come from across the globe to reside in our communities to spread their knowledge, culture and arts. A good example is Isabel Cisterna, a popular artist from Chile and a local community leader.

You may not be aware of the challenges these individuals face to get their talent noticed or to compete for funding to grow.

Waterloo Region is one of the fastest growing and most diverse communities outside of Toronto. Arts and culture brings added life and fresh value to the community. From the outside, many won't notice the preparation and determination that goes into cultural events. It takes a lot of work, and a lot of hurdling barriers, to get an event up and running.

Funding is an important element in the growth of art. In our region, new groups find it difficult to compete alongside well-established organizations such as the Kitchener-Waterloo Symphony or Oktoberfest. Ethnic artists don't have the network or the knowledge of how the system works, or have the clout to be part of the mainstream. A major disadvantage they face is lack of knowledge or ignorance of them on the part of approval agencies or the business community. And media networks will not pay much attention to these diverse groups. These challenges leave them to compete for crumbs rather than for the pie.

In our region, multicultural events are organized by volunteers or non-profit organizations that are independent and financially still in the early stages. Local governments and corporate sponsors restrict funding for diverse groups because of a lack of prior history or because they are growing entities. For them, multiculturalism is only part of their co-operative policy, unless they are the beneficiary.

Established arts organizations do get sponsors that allocate them a set amount of funds. Sounds easy? That's only half the challenge. Artists also have to depend on public interest. Poor audience attendance due to inefficient marketing or lack of media sponsors means another continued struggle to attract funds.

Most diverse communities cater events to preserve and pass on their culture to the next generation. Unlike established groups who do it for leisure, they have a duty to preserve and nurture. They band together under a single umbrella to promote their culture or to raise funds for the public. A good example is the walkathon organized by the East Indian community, along with other organizations, for Grand River and Cambridge Memorial hospitals.

Newcomers to Canada keep their arts and culture alive through community spirit. For them, their young people are vulnerable to unwelcomed social pressures due to their new environment, and art is one of the tools used to divert attention away from those issues.

Even though our municipal leaders see funding as an expense, they fail to realize it is an investment in their community. Politicians think financing a structure or theatre is equal to that of supporting an artist. If we think in these terms, we will end up with empty seats.

Downtown Kitchener has the Tapestry

festival and the K-W Multicultural Festival. The latter is very popular, due to its variety of ethnic food and entertainment. Then there is Latinfest, Tamil Cultural Nite, the South Asian cultural festival, Indian Mela, and

Chinese New Year. They are very popular and capture people's imagination.

The multicultural art scene is an important part of our community. It reflects the diversity of not only Waterloo Region but Canada itself. The world of

art is at our door step, let's enjoy it.

Lakshmi Sivakumar is a student at Cameron Heights Collegiate Institute in Kitchener.

(Source: The Record Newspaper)

Tamil
Cultural Nite
South Asian Performing Arts festival

தமிழ் மாதலைப் பொழுது

Saturday, October 20th
5.30 - 10.00pm
Humanities Theater
University of Waterloo
Free Admission

தமிழக நாதஸ்வர கலைஞர்கள்

Indian Artists - Nadaswaram
Laya Lasya Dance Students
Sri Abiramy Dance Students
Bollywood Dances & Tamil Music
Tamil Language School Drama
Sri Lankan & Indian Food

Tamil Cultural Association of Waterloo Region

INDIAN MELA FESTIVAL BRINGS THE SPIRIT TO THE COMMUNITY



KITCHENER — The pouring rain on Saturday morning may have driven Mela, the South Asian Cultural Fair, into the shelter of Kitchener City Hall, but the spirit of community remained high.

Plan B for weather cover was made back in February, when organizers for the ninth annual festival started pulling together the ingredients of entertainers, vendors and food.

The fair drew about 500 visitors in 2003, its inaugural year. Attendance has since grown to about 5,000.

Chandrika Anjaria, co-chair and vice president of the India Canada Association, promises a big celebration for the 10th anniversary next year.

The organization focuses mainly on Indian culture, although that nation has more than 22 states with distinctive cultures.

Anjaria says South Asians started populating this region in the mid-1960s. She arrived in 1972, and says the region is now the second largest destination in Canada for South Asians immigrants. Our friends from the Tamil cultural association of Waterloo region has been very supportive to our event from day one.

“I guess we live in a great community,” said Anjaria. “We welcome people, we respect each other’s culture and we celebrate the culture.”

Sachin Golechha, a telecommunications engineer, said he had no apprehension when Research In Motion (RIM), the blackberry maker suggested he pack up his family and settle here about a year ago. “India is definitely a culturally rich country, but I have found the same thing here in Canada,” said Golechha. “Within a week we were all settled.”

Dennis Loyola, a member with the Tamil association said coming to the festival gives his family the opportunity to celebrate their



roots. However, he sees all cultures living in harmony here.

Kokila Khanna, the Mela chair, says those wanting to participate in the 2013 event should prepare their applications soon. Space for vendors and entertainment filled fast this year.

“The strength in our success is everyone pulling together,” Khanna said.

jalowe@therecord.com



SOUTH ASIAN COMMUNITY RAISES \$35,000 FOR CAMBRIDGE HOSPITAL

Waterloo: This year the South Asian community organisations, including East Indian community and Tamil Cultural Association of Waterloo Region held its annual Walkathon on Sunday, September 23rd at the University of Waterloo. The community banded together and raised a sum of \$35,000 for Cambridge Memorial Hospital.

Dr. Ken Banduk was the lead organiser and member of East Indian community. Last year, we raised funds for St. Mary’s Hospital and this year it’s for Cambridge and we will rotate in next year to Guelph, he said. The Cambridge Tamil community representative, Mr. Suresh Abraham mentioned that although we are a small community in the region we also are making a significant contribution to local hospitals. This is another way to give back to the society.

Close to 500 people participated in the 5 -10 km walk. The Mayors and Regional Chair, Mr. Ken Seiling also attended the event along with Mr. Subbu Subramaniam and Secretary, Mrs. Dharini Sivakumar of the Tamil Cultural Association.





WHITBY
ONTARIO • CANADA



Regional News

TOWN OF WHITBY: CLEAN, GREEN AND ACTIVE

Waterfront Parks and Open Space Master Plan Phase 2 Public Information Centre



A Public Information Centre will be held regarding the consultant's findings of Phase 2 of the Waterfront Parks and Open Space Master Plan.

Date: Tuesday, October 2, 2012

Time: 6:30 p.m. review of display boards and opportunity to meet the consultant, and formal presentation to occur at 7:00 p.m. with discussion to follow

Location: Avalon Lounge, Port Whitby Marina, 301 Watson Street, Whitby (Please enter the marina grounds via the gate on Watson Street south of Victoria Street.)

The purpose of the meeting is to review the consultant's suggestions and for residents to

provide comment.

If you cannot attend in person, please send your comments to:

Steve Edwards

Manager of Parks, Marina and Long Range Planning

Community and Marketing Services

Town of Whitby

575 Rossland Road East, Whitby, ON L1N 2M8

Phone: 905.430.4300 x7424

Email: edwardss@whitby.ca

You can download the Waterfront Parks and Open Space Master Plan Phase 2 Report (PDF, 11.5 MB) at www.whitby.ca.

Town of Whitby October Events and Meetings

<http://www.whitby.ca/en/Calendar>

Operations Committee Meeting
October 1, 2012, 7:00–10:00 p.m.

Decorating on a Dime – Seniors Services
October 2, 2012, 2:00–4:00 p.m.

Waterfront Parks and Open Space Master Plan
Phase 2 Meeting
October 2, 2012, 6:30–9:00 p.m.

Free Seniors Blood Pressure Clinic – Seniors
Services
October 5, 2012, 10:00–12:00 p.m.

Electronic Waste Drop-Off and Reuse Event
October 6, 2012, 8:00 a.m.–12:00 p.m.

Regular Meeting of Council
October 9, 2012, 7:00–10:00 p.m.

Planning and Development Committee Meeting
October 15, 2012, 7:00–10:00 p.m.

Boosting Your Immune System – Seniors Services
October 16, 2012, 2:00–4:00 p.m.

Management Committee Meeting
October 16, 2012, 2:00–5:00 p.m.

Operations Committee Meeting
October 22, 2012, 7:00–10:00 p.m.

Seniors Halloween Dance
October 27, 2012, 7:30–10:00 p.m.

Regular Meeting of Council
October 29, 2012, 7:00–10:00 p.m.

Armchair Travel–Africa – Seniors Services
October 30, 2012, 2:00–4:00 p.m.



Town of Whitby Youth Dances

The Town of Whitby and the Whitby Youth Council invites youth aged 10 to 14 to join in on the fun and dance the night away at the Heydenshore Pavilion this fall.

The Town of Whitby is a Platinum Level Youth Friendly Community that gives youth opportunities to interact with peers. Safe and supervised Youth Events have been identified as one of four main priorities by the Whitby Youth Council, comprised of volunteer youth and adults working together to address the needs of youth in the community.

Participants are encouraged to have fun and follow the rules, regulations and dress code set out on the Town's website at www.whitby.ca/youthdances. To further ensure safety, youth must leave accompanied by an adult by 10:00 p.m. when the dance ends.

Youth Dances will be held at Heydenshore Pavilion, 589 Water Street, Whitby, from 7:00 to 10:00 p.m. on the following dates: September 14 and 28; October 5 and 19; November 2, 16 and 30; and December 14. Tickets are \$8.00 and must be purchased at the door.



New Online Booking Service for Special Collections

The Town of Whitby has launched its Online Booking Service for the Special Collections program. Items like old sofas, barbecues, fridges, toilets and televisions can be easily scheduled for a Special Collection on the Town of Whitby's website.

Each year, more than 9,000 Special Collections are booked by telephone for Whitby residents. With the growing popularity of this service and new waste diversion options available, such as electronic waste recycling and porcelain recycling, staff have been working to help simplify the booking process for residents. This new online booking service for the Special Collections program will provide better convenience to residence.

To learn more about Whitby's Special Collection (bulky waste) program, visit www.whitby.ca/specialcollection.

Online Booking



Community invited to Scotiabank Backyard Rink



Aspiring young hockey and ringette players offered a little extra help this season

In an ongoing partnership with local businesses and organizations, the Town of Whitby is pleased to announce the return of the Scotiabank Backyard Rink. Whitby has always been an enthusiastic hockey community. Making the sport accessible and affordable is a municipal mandate. Having free access to high quality facilities to learn and practice sport will support the next generation of players.

Scotiabank Backyard Rink has already started its full season. The program is free to all and offers the ice, nets and professional facilities at Iroquois Park Sports Centre as a communal, indoor backyard rink. Parents can introduce children 7 years of age and under to the sport of hockey or ringette. No need to shovel or flood or even wait for winter weather; parents just need to provide the sticks, pucks and protective gear.

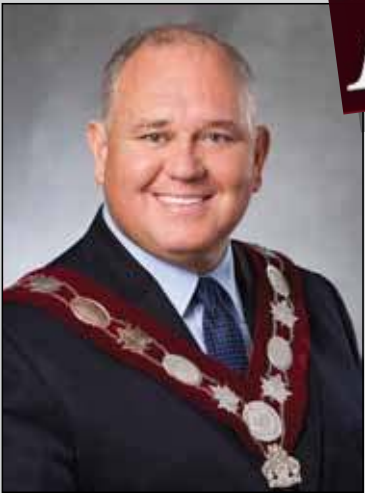
From September through March, the program runs Mondays (1:30–3:00 p.m.), Wednesdays (9:00–10:30 a.m.) and Fridays (9:00–10:30 a.m.) at Iroquois Park Sports Centre, 500 Victoria Street West, Whitby, and on also on Wednesdays (1:00–2:30 p.m.) at Luther Vipond Memorial Arena, 67 Winchester Road East, Brooklin.

The program is a key component of the three-way partnership amongst the Town of Whitby, Scotiabank and Whitby Minor Hockey Association launched in February 2010.

MESSAGE FROM HON. MAYOR
FRANK SCARPITTI

MARKHAM

Regional News



HERITAGE, HEROES
AND HALLOWEEN

We enjoyed many Fall events that give a deep nod to our rich heritage and hard working residents.

Mid-September, the Town Crier opened the annual Thornhill Village Parade in which I rode in a vintage truck, which fanned into a full festival, including an exhibit to commemorate Queen Elizabeth II's Diamond Jubilee Exhibit.

On September 8, the RBC Markham-Milliken Children's Festival weathered an early morning storm to entertain over 3,500 on a sunny afternoon. It was a great way to cap off the first week back at school for kids and parents alike.

We also enjoyed Doors Open Markham, a great chance to tour historically significant homes and buildings across Markham. At the Civic Centre, recently designated under the Ontario Heritage Act, we welcomed 60 groups and shared info on our city's history.

And the Markham Museum hosted Applefest, where visitors peeked into the past and enjoyed apple cider and more. Thanks too to the museum team for launching a new online exhibit showing Markham's agricultural history on a national website.

At month-end, we had the Markham Fair, which, at 168 years old, is one of the oldest in Canada.

While we celebrated our heritage, we also made history: raising the world's longest "dancing dragon." And we recognized some local heroes, both at the York Region Police Exemplary Service Awards and Markham Firefighter's Night of Honour.

In Council Chambers, and at all the dozens of events I attend every month, I appreciate residents' input and ideas. Two topics on October's agenda are electoral boundary review and the arena. Find out what's coming up in Council and across the Community at www.markham.ca.



Business for the Arts, Canada's national association of business leaders who support arts and culture in Canada by connecting arts organizations to business patrons and volunteers, held a reception to celebrate the success of its artsVest™ program in Markham on September 5, 2012. On held to join in the celebration (left to right): Councillor Howard Shore; Mayor Frank Scarpitti; Ardy Reid, director, Markham Village Festival Corp; and Regional Councillor Jo Li



Markham received a prestigious provincial award for being a Bicycle Friendly Community from Share the Road Coalition this summer. In September, Markham CAO Andy Taylor (far left), Mayor Frank Scarpitti (centre), members of Council and senior staff gathered to celebrate the bronze status Markham was awarded during the recent Annual Association of Municipalities of Ontario Conference in Ottawa.



Allan Bell, Director, Corporate Sponsorship and Special Events, Markham Stouffville Hospital Foundation; Councillor Carolina Moretti; and Councillor Logan Kanapathi welcome Leo the Lion to the Markham Civic Centre. Leo was on hand to welcome families to the RBC Markham-Milliken Children's Festival on September 8.



Mayor Scarpitti and Shakir Rehmatullah, President, Flato Development, welcomed Bollywood singing sensation Shreya Ghoshal to the Markham Civic Centre on September 19. Ms. Ghoshal will be performing at the Flato Markham Theatre on October 9.



SCARYFEST

at



Trick-or-treat your way around the Museum grounds where you will encounter ghosts and goblins of all sorts!

For children 10 and under.

Saturday, October 27 • 5 - 8 p.m.
Sunday, October 28 • 3 - 6 p.m.

Adults: \$6 | Students/Seniors: \$5 | Children: \$4
(Children under 2 are free)

9350 Markham Road
905-294-4576 • www.markhammuseum.ca





It was a rainy day for the RBC Markham-Milliken Children's Festival but Mayor Scarpitti (centre) and Leo the Lion found room under a tent. While they were there, they checked out some great balloon creations created by Festival visitors.

OCTOBER EVENTS IN MARKHAM: MARK YOUR CALENDAR*			
Markham Sports, Entertainment and Cultural Centre Open House	October 4	Markham Civic Centre, Great Hall	7 p.m.
Pan Am Centre Ground-Breaking Ceremony	October 9	Enterprise and Old Kennedy Road	10 a.m.
Anti-Graffiti Initiative	October 10	Markham Civic Centre, Great Hall	10 a.m.
International Festival of Authors	October 23	Flato Markham Theatre	5:30 - 9:30 p.m.
Scaryfest	October 27 & 28	Markham Museum	10 a.m. - 4 p.m.

*Please see the Events Calendar at www.markham.ca for further information and updates.



Special Feature

Anbu Illam (Loving Home)



Though it's not an easy task to organize and hold events contributing to good deeds in the community, Parames, Publisher of Eelanadu successfully conducted a fundraising program on Sunday, Sept 23rd in Toronto. It was a music program with dinner seeing a full house in attendance and disappointing many would be attendees at the gate for being turned away due to lack of seats.

Since the aftermath of the war in Sri Lanka in May 2009, people in need of assistance in homeland continue. Orphaned children and families without their head of household are in dire need of help.

The help provided by diaspora for the people in North and East parts of Sri Lanka is very much insufficient to meet those needs. Many homes set up for orphaned children by well wishers operate with much love and care amidst heavy financial burden and lack of adequate funding for growth.

Therefore we have to commend the publisher of Eelanadu newspaper in Toronto for undertaking such an immense responsibility to raise funds for the Orphanage home called "Anbu Illam" that provides care for 180 children.

The fundraising program held for the benefit of Anbu Illam was well supported and participated by many in the community.

South Indian popular classical and playback singer S. Unni Krishnan highlighted the event with so many of his favourite melodies, performing free of any fee and was supported by local music group and singers.

Many dignitaries and well wishers from religious, political, business and community groups attended the function.

Parames appealed for help and at the same time gave assurances to the children and administrators of the home that they are not alone and here thousands of people from diaspora are ready to give a hand.

Those who want to continue to help for this noble cause can contact Parames and offer their assistance.

Monsoon Journal extends its congratulations and wishes to Parames in continuing the good deed in rendering a better future for children affected by the war.

(Information excerpted from article by P. Sriskandan on Eelanadu)

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e-mail: vbremjit@msn.com

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- Family owned and operated for over 8 years.
- Seating Capacity - 50

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featuring

RONNIE LEITCH

Saturday, December 1st 2012
starting from 6:30pm

Scarborough Convention Centre

20 Torham Place, Scarborough ON M1X 0B3

<http://silverbellsseason.wix.com/dinnerdance>

TICKETS

Adults \$60

Children

(under 12) FREE

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