

A parfait media publication

Monsoon

Journal

VOL 7 ISSUE 6 NOVEMBER 2012



US Ambassador in Sri Lanka Michele Sison opened the newly built classrooms at Kalumunthanveli General Tamil Mixed School in Batticaloa on October 23, 2012. The project was funded by USA. The Ambassador and Embassy staff is seen here with the talented students who performed traditional dances after ribbon cutting ceremony.



**Unemployed? Maternity finished?
 Second Career?**

Receiving welfare? New immigrant?



Computek College
 BUSINESS • HEALTH CARE • TECHNOLOGY

Call: 416.321.9911 | 905.471.3344

DENTAL CLINIC
Dr. Iru VIJAYANATHAN
 BDS, FAGD, MFDS RCPS (Glasg)
DENTAL SURGEON

3150 Eglinton Ave East Unit #5, Scarborough (Markham & Eglinton) 416-264-3232	3351 Markham Road Unit #129, Scarborough (Markham & Steeles) 416-609-2022
---	---

Real Estate Needs....

MATHAN MARKANDU
 416.888.5730

**ALL THE SERVICES YOU NEED...
ALL IN ONE PLACE!**




- Settlement Services
- English Language Classes
- Employment Supports
- Accreditation Information
- Services for Women, Youth and Seniors
- Language Supports

AND MUCH MORE! **7 Locations**

Ajax
Markham North
Markham South
Newmarket
Pickering
Richmond Hill
Vaughan



Services provided free of charge to clients
Des services sont aussi disponibles en français.
Mobile Outreach Services available in some rural areas.

www.welcomecentre.ca
1-877-761-1155 info@welcomecentre.ca

Funded by: Citizenship and Immigration Canada Financed par: Gouvernement du Canada




COMMUNITY PARTNERS TRADE SHOW

THURSDAY, NOVEMBER 8, 2012

3:00PM TO 8:00PM

Providence Healthcare
Montcalm Conference Centre
3276 St. Clair Avenue East, Toronto

★ **Partners Attending**

- Accessible Daily Living
- Adecco Employment Services
- BMO Bank of Montreal
- Boss Promotions
- Canadiana Flowers
- Frank Bott, Remax - Hallmark Realty Ltd. Brokerage
- Jawny Bakers Restaurant & Catering
- Jerrett Funeral Homes
- McDougall & Brown Funeral Homes
- Paragon Travel
- Premier Mobility
- Scarborough North Dental Group
- Shoppers Drug Mart
- Shoppers Home Health Care
- Toronto Community News

**OPEN TO PUBLIC
FREE ADMISSION!**



Meet the businesses showcased, enjoy product giveaways, demonstrations, draws and more!

For more information, please contact Providence Healthcare at 416.285.3630

Advertise in

Monsoon Journal

www.monsoonjournal.com

416-358-3235

2012 TOYOTA PRIUS V





TOYOTA





Call for Appointments

Damien Nadarajah
Product Advisor

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

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



PRIME MINISTER HARPER TO VISIT INDIA

Prime Minister Stephen Harper announced that he will travel to India from November 3-9, 2012. He will be accompanied by Ed Fast, Minister of International Trade and Minister for the Asia-Pacific Gateway, Joe Oliver, Minister of Natural Resources, Gerry Ritz, Minister of Agriculture and Agri-Food, Bal Gosal, Minister of State (Sport), and Tim Uppal, Minister of State (Democratic Reform), along with representatives of the business and cultural sectors.

"Canada enjoys a strong working and personal relationship with India but we must further strengthen the links between our two countries," said the Prime Minister. "India is a growing economy with enormous potential, and expanding our trade and investment links with India will create jobs, growth



Prime Minister Stephen Harper sits down with Narinder Chauhan, Acting High Commissioner for India to Canada, in his centre block office in Ottawa. PMO photo by Deb Ransom

and long-term prosperity here in Canada." During his visit the Prime Minister will meet with Manmohan Singh, Prime Minister of India, and other ministers and officials from the Indian government. He will also address the World Economic Forum on India, an independent international organization committed to improving the state of the world by engaging business, political, academic and other leaders.

Trade between India, one of the fastest growing economies, and Canada is increasing. The strength of the ties between the two countries is also reflected in the estimated 1 million Canadians of Indian origin and that more than 23,000 Indian students are currently studying in Canada, making India the second-largest source of foreign students to Canada. This will be Prime Minister Harper's second official visit to India. He will visit Agra, New Delhi, Chandigarh and Bangalore.

Province's Chief Medical Officer Reassures Ontarians after a Federal Vaccine Suspension

Ontario's annual flu immunization campaign continues to protect Ontarians from the flu despite a temporary suspension of two vaccines by Health Canada.

"The flu shot remains the most effective and safe way to protect you and your family from seasonal flu," said Dr. Arlene King, Ontario's Chief Medical Officer of Health. "I encourage everyone to take advantage of the free influenza vaccines."

Late Friday, Dr. King sent a memo to public health units, pharmacies, doctors and other health care practitioners in the province asking them to temporarily suspend the use of two Novartis products (FluAd and Agriflu) as advised by Health Canada. Ontario's influenza (flu) vaccine supplies are not overly affected by the temporary suspension of FluAd and Agriflu which represent only 18 per cent of Ontario's supply. Ontario offers two other publicly funded vaccines not affect-

ed by the federal suspension which make up the other 82 per cent of Ontario's supply. Dr. King is working closely with her federal colleagues and provincial health partners to monitor this situation.

Ontario's flu shot is an annual immunization against the influenza flu viruses expected to circulate for that year. Flu immunization in Ontario commenced a few weeks ago and no serious or unexpected adverse health reactions have been reported for any of the vaccines being used, including those from Novartis.

Ontarians who have already had their flu shots and have concerns can call Telehealth at 1-866-797-0000, TTY: 1-866-797-0007.

For more information about the flu and Ontario's flu campaign, visit <http://www.health.gov.on.ca/en/public/programs/publichealth/flu/>

PCP Trade Show

The Providence Community Partners program is making a difference in our local community and at Providence Healthcare.

Everyone is welcome to attend their first annual Community Partners Trade Show 2012.

This partnership event, held at Providence Healthcare, Montcalm Conference Centre on Thursday, November 8, 2012 from 3:00pm till 8:00pm, will showcase the businesses involved in the program, offer product giveaways to guests attending, and fea-

ture live product demonstrations and great draw prizes, too!

There will be close to 20 exhibits for everyone to enjoy. Join us and meet our 'Community Partners'.

Admission is free and the event is open to the public.

'Partners' Exhibiting

Accessible Daily Living

Morex Capital Corp.

Adecco Employment Services

McDougall & Brown Funeral Homes

BMO Bank of Montreal

Paragon Travel Home

Harper Government Unveils New ePassport New Look Celebrates Canadian History while Boosting Security

Foreign Affairs Minister John Baird today announced that Canada's new ePassport will be full of iconic images that will make Canadian passports more attractive and more secure.

"The new ePassport will be more reflective and representative of who we are as Canadians," said Baird during an event at the newly renamed Canadian Museum of History. "These images showcase Canada's history and the building of our great nation while adding essential new security features for the 21st Century."

The new images will also serve to keep the Canadian passport one of the world's most secure travel documents. The complexity of the images is - first and foremost - a security feature that makes the passport more difficult to counterfeit.

"Our government is tremendously proud of Canada's rich history. We urge all Canadians to learn more about the events and people that shaped Canada and the great sacrifices made to secure our freedom," added Baird.

Countries around the world review



their passport designs and security features periodically to stay steps ahead of counterfeiters. The new-look ePassport will help facilitate legitimate trade and safe, secure travel which, in turn, helps create jobs, growth and long-term prosperity for Canadians.

The first 5-year ePassports will be issued in select locations during the first quarter of 2013. Production will ramp up through the spring resulting in the full availability of both a 5- and 10- year ePassport in early summer.

Boss Promotions
Premier Mobility
Canadiana Flowers
Scarborough North Dental Group
Frank Bott—Remax,
Hallmark Realty
Shoppers Drug Mart
Jawny Bakers Restaurant
Shoppers Home Health Care
Jerrett Funeral Homes
Toronto Community News

For Advertisements

in Monsoon Journal

Call 416.358.3235

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

**The weak can never
 forgive. Forgiveness is
 the attribute of the
 strong.**
 - Mahatma Gandhi -

Managing Editor & Publisher
 Logan Velumailum

Editorial & Marketing Consultant
 Siva Sivapragasam

Graphics & Layout Design
 Santosh Kumar K.A

Photo Journalists
 Gnane B. Gnanendran
 Rudy Ruthran

Contributing Columnists

Dr. Amal Siva
 Arun Senathirajah
 J.J. Atputharajah
 Ayktah Grover
 Devadas Chelvam
 Dr. Fonseka

Dr. A. Gobikrishna
 Jennifer Dilipkumar
 C. Kamalaharan
 Krishni Narine
 Kumar Punithavel
 Nate. V

Parthipan Kugadason (PK)

Raymond Rajabalan
 Senthil Senthivel
 Shiyam Loganathan
 Sivanesan Sinniah
 Sri Krishnan. S
 Tashvir Narine
 K. Thirukumaran

Circulation Co-ordinator
 Donald. J

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

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

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

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

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

from the publisher's desk

World Diabetes Day: "Protect Our Future" - November 14

Every year the Commonwealth nations remember our war heroes on November 11th through Remembrance Day. This is indeed a special time of the year as we reflect on those that have served and lost their lives for the opportunities we enjoy today. It is always marked on the 11th hour of the 11th day of the 11th month, to remember the end of hostilities going back the First World War.

Shortly after this however, the World Health Organization has marked November 14th as World Diabetes Day, where we have a chance to increase worldwide awareness in the battle against another type of enemy. Founded in 1991 by the International Diabetes Foundation and the WHO, World Diabetes Day is a response to the threat of this growing illness and the effects on our lifestyle as we know it today.

My pick up line is, 'Slow down sugar, because I'm a diabetic!'

~ Nick Jonas

Diabetes itself is a chronic disease relating to the level of sugar in our blood. Our body first creates insulin to monitor this blood sugar. When the body either cannot create enough insulin or creates a resistance to insulin, this causes diabetes. The day November the 14th is actually the birthday of Frederick Banting, who was one of the individuals that led to the discovery of insulin in 1922.

Diabetics then often carry insulin pens or pills to help control the blood sugar levels if needed. The illness can appear in both the young and elderly, but diabetes has also been linked to obesity, so

being active can also be key in the fight against it. Famous diabetics include celebrities Halle Berry and Nick Jonas, as well as sports icons like Chicago Bears quarterback Jay Cutler.

The Centre for Disease Control estimated two years ago in a press release that one in ten U.S. adults had diabetes. By 2050, if our current habits continue this could become one in every three adults, which is why awareness is crucial today. Since 2009, the WHO has been using World Diabetes Day to educate and empower individuals to understand this disease. In 2012 the slogan has been granted "Protect Our



Future" so that we can become better equipped for future generations.

So this year, in addition to wearing your Remembrance Day poppy remember to wear something blue on November 14th to mark World Diabetes Day. You can also visit the WHO website at www.who.int for more details about this day however it is never too early to have a conversation with your doctor about how this could affect you. Have a safe and healthy November!

**Contributed by
 Tashvir Narine, B.Sc**

The Score on Sports MLB World Series

By Tashvir Narine

It's about that time of the year when America's summer pastime leaves us and the fall classic of the World Series stretches our evenings and weekends. However this year the 108th rendition of baseball's championship battle was truly a one-sided affair. In typical championship swagger, the San Francisco Giants swept the Detroit Tigers, using four games to win the 2012 World Series on October 28th bringing an end to the MLB season.

For the Giants, this was the seventh title of the franchise's his-

tory and the second in 3 years. After going down two-nil and three-one in the first playoff series, they showed the tenacity and fight that was needed in a champion, and rallied to dispose of the Reds and the Cardinals in deciding games. However, World Series MVP Pablo "Kung Fu Panda" Sandoval gave the Giants a roaring start in Game 1 of the World Series by homering three times and they never looked back.

For the Tigers, they will surely feel that they had the tools to compete in the finals with the likes of triple-crown winner



Also known as Kung Fu Panda, SF Giants' Pedro Sandoval homers three times in Game 1 of the World Series

Miguel Cabrera and pitching ace Justin Verlander in the lineup. But Detroit's hitters were never able to mount any consistency against the San Francisco pitching attack. This, along with the absence of any late game heroics that was so crucial in disposing of American league rivals New York Yankees, gave the Tigers little hope of trumping the Giants.

NHL Lockout

And after the completion of the baseball season and the turmoil of Hurricane Sandy, sports fans will then go back to their regular schedules of weekly sports digests. For pigskin lovers, that will mean Sunday evenings and Monday nights while fans of the "coolest" game on Earth will tune in on Saturdays for the world famous Hockey Night. That is, unless the lockout has been lifted by then.

Since mid-September the National Hockey League has locked out members of the Players' Association as the league's collective bargaining agreement had expired. This has currently delayed the start of the 2012-2013 season with more than 300 games already cancelled, disappointing fans across North America. In

fact, even if a deal was struck today there still would be no hockey until December, a whopping two months late!

Last November the Monsoon Journal covered a similar story, relating to a different sport though in basketball. However, it seems that the issues of revenue sharing and salary caps are a common theme that have led to rifts in both of these national sport leagues. This is truly unfortunate to consider when economically, these games give rise to our communities and lifestyles. In addition, our childhood stars are now looking to Europe to continue their careers in the absence of the NHL season.

It is truly a travesty when once a year we have to discuss the politics and finances of a sport, rather than the sport itself. Negotiations are currently on hold between the two sides and we hope that both the players and the league get back to the table soon to discuss a deal that can salvage the season. Here in Canada, we would sure like to see Don Cherry and his colourful outfits once again on Saturday nights.

INDEX

	Page
Canada News	3 & 5
Publisher's Info	4
World News	6 - 9
Health & Care	10 - 23
Special Feature	24 - 37 & 62
Short Story	38
Book Review	39
Vacation & Travel	40
Arts	41
Business & Finance	44 - 45
Community Watch	(47 - 57)
Vaani Vizha	47
Ilayaraja	48 - 49
CTCC AGM	50
Mixed	51
Kalaiarasi	52
Super Singer	53
DTA	54 - 55
TCASD	56
Tamil Mirror	57
Regional News	
Waterloo News	58 - 59
Whitby News	60
Markham News	61



ONTARIO NEEDS TO STRENGTHEN ITS TRADE RELATIONSHIP WITH INDIA: ELLIOTT



Minister Oliver Highlights Successful Mission to Strengthen Natural Resource Opportunities with India



Canadian Minister of Natural Resources Concludes Visit to India

The Honourable Joe Oliver, Canada's Minister of Natural Resources, addressed the Indo-Canadian community in Toronto to highlight his successful economic mission to India, where he met with top government officials and industry leaders to strengthen investment, innovation and partnerships with Canada in the natural resource sectors.

"The Harper Government recognizes that Canadian exports to India are vital to our future prosperity. We continue to achieve tremendous progress in trade, investment and scientific innovation," said Minister Oliver. "The Indo-Canadian community is playing a key role in helping Canadian businesses to compete in the fastest-growing region in the world."

The Minister's visit supported the Government's priority to increase market opportunities for the export of Canadian natural resources to create jobs, growth and long-term prosperity. Canada views India as a priority country for trade and investment. India's rapid expansion has made it one of the world's fastest-growing energy markets, and energy security is one of its top priorities. India is the world's third-largest energy consumer,

with energy consumption expected to double by 2035 - and India's demand for energy already outweighs its current supply.

"Our Government is committed to a trade plan that benefits all Canadians," said Minister Oliver. "The natural resource sectors directly and indirectly employ 1.6 million Canadians and drive almost 20 percent of our economic activity. We will continue to focus on what matters to Canadians - jobs, growth and long-term prosperity."

Canada is well positioned to help India meet its energy needs. The importance of strengthening our energy relationship with India is underscored by Canada's vast reserves of natural gas and its capacity to become a major exporter of liquefied natural gas. The Minister reinforced Canada's role as a responsible energy supplier and advanced opportunities to diversify natural resource exports to India.

Last year, Canadian exports to India increased by 27 percent and imports from India increased by over 19 percent. India's bilateral trade with Canada totalled \$5.1 billion, and two-way investment reached \$5 billion.

Ontario PC Leader Tim Hudak, Ontario PC Deputy Leader Christine Elliott, Finance Critic MPP Peter Shurman and Small Business Critic Todd Smith met with the Indo-Canada Chamber of Commerce at Queen's Park. The ICCC was led by President Naval Bajaj and their past President Satish Thakkar

Ontario will lead Canada in job creation again, but to get there we need to knock down barriers to free and open markets with India and grow Ontario through increased immigration, PC Deputy Leader Christine Elliott said today in a roundtable with the Indo-Canada Chamber of Commerce (ICCC).

The path to job creation and economic growth means that Ontario should take a lead role in advocating for new international trade agreements and proposing a pro-growth plan to immigration.

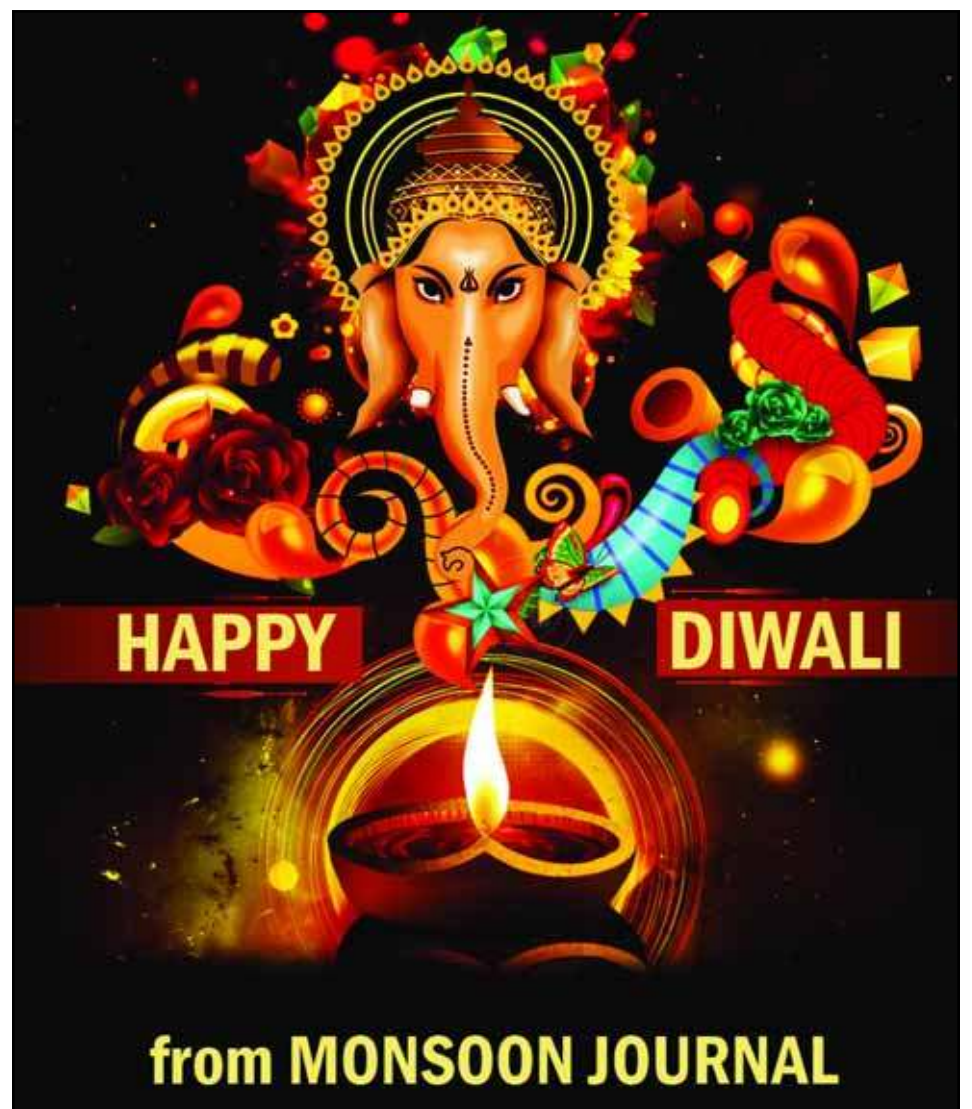
"Free trade creates jobs and investment," Elliott said. "Ontarians benefit from new markets, greater innovation and productivity. Families get access to a wide range of higher quality products at the best price and they have more money left over to invest back into the economy," Elliott added.

Elliott, who serves as chair of the Job Creation Task Force said that "the Liberals have failed to champion free trade, either within Canada or abroad, they've failed to open up new markets for Ontario's businesses to compete in."

"In the coming years, India will have a middle class 10 times the size of Canada's population. India's market offers Ontario's businesses vast untapped markets," Elliott said.

"It's going to take leadership at Queen's Park to prioritize the role free trade plays in job creation."

Elliott concluded the meeting with leaders from the ICCC by stating "Ontario can be the best place in the world to get a job and raise a family, but a critical step in growing our economy is growing the Province's relationships with international markets, including India."





Pakistani Designer Clothing on Sale in India

By Anjana Pasricha

NEW DELHI - The Pakistan Fashion Design Council has entered the Indian market to sell clothes by Pakistani designers to Indian customers. The initiative to open its first store in India comes amid recent efforts by the two rivals to improve trade ties.

The festival and wedding season is approaching in India and thousands of women are scouring the market for new outfits.

This year, they have a new stop - a flagship store of the Pakistan Fashion Design Council opened in an upscale neighborhood in the Indian capital. On display is a collection of intricately embroidered bridal wear, as well as garments by 18 Pakistani designers. They come in a mix of bright oranges, reds and yellows that appeal to Indians, as well as pastel colors that are more popular in Pakistan.

Well-known Pakistani fashion designer Khadijah Shah is in New Delhi to showcase her 2013 bridal collection. She says India presents massive potential.

"For Pakistani designers in terms of scale it is going to be, it is your one wish come true because you get such a huge market," said Shah. "And it is the only

other country in the world where they wear the same clothes. Making eastern wear you can't really export it anywhere. With India it is actually another huge market that you are able to tap. So that way, it is amazing, it is a great opportunity.

Pakistan and India, divided along religious lines when India became independent in 1947, share a similar heritage and culture. In both countries for example, formal wear is often heavily embellished with intricate handwork.

The Pakistan Fashion Design Council store has been opened as a franchise with an Indian partner, Mini Bindra, amid new moves by both countries to liberalize trade. Bindra hopes the new store will foster communication between the two sides.

"People have no issues among themselves, that is what I think, like we are interacting with 18 different designers in two different cities of Pakistan and we are in Delhi, they are very cooperative," said Bindra.

Akanksha Bhalerao, who helped establish the store, says Pakistani designers are turning out to be popular with many Indians.

"The response has been incredible," said Bhalerao. "We have brides coming in



Khadijah Shah with her collection at the store in New Delhi, October 23, 2012. (Anjana Pasricha / VOA)

whoa are getting married this year or early next year and they are wanting to wear like Sana Safinaz pieces or Umar Sayeed."

Designer Khadijah Shah hopes the New Delhi store will catapult Pakistani fashion into India.

"If we are able to achieve peace between the two countries, if trade stays on track, we are able to sort of realize that our differences aside, this is something that is very good for the two countries, very good for the people of the two countries, I think this is just the first step, we will expand further into India," said Shah.

The Pakistani Fashion Design Council has plans to open stores in other Indian cities such as Mumbai and Chandigarh.

As first steps aimed at mending their often tense relations, India and Pakistan have taken several measures in the last year to boost business ties. Pakistan has agreed to substantially increase the number of products that both countries can now trade. India's Trade Minister has said that strengthening economic ties could be the biggest confidence building measure between South Asian rivals that have fought three wars.

- VOA News

Drought hits rice farmers in Sri Lanka North

Officials in northern Sri Lanka's Vavuniya District say 60 percent of the rice harvest could be lost if the dry weather continues.

"In Mannar District [in the north] we have records indicating that between 5,000 to 6,000 paddy hectares of the cultivated 10,000 are lost," Ravi Vinanithambi, an environment officer for the North East Reawakening Programme (NERP - part of the Ministry of Economic Development), told IRIN.

Residents report no significant rain in the region for over eight months. In some villages like Visvamadhu in Kilinochchi District, they say the last rains of any substance were in September-November 2011.

"This year has been a big problem because most of the people in the region depend on agriculture heavily," Vinanithambi said, noting despite some rains earlier this week, they needed several weeks to fill dried-up wells and reservoirs.

According to the most recent Sri Lanka Labour Force Survey released on 11 October by the government's Census and Statistics Department, more than 37 percent of the over one million people in Northern Province depend on agriculture

as their main source of livelihood.

Livelihoods are a key issue in the government's reconstruction efforts in the north, where more than 440,000 internally displaced persons (IDPs) have returned to their places of origin, three years after government forces declared victory over the Liberation Tigers of Tamil Eelam (LTTE), who had been fighting for an independent Tamil homeland for more than 25 years, says the UN Office for the Coordination of Humanitarian Affairs (OCHA).

Of 390,000 hectares of paddy across the island, over 43,000 have already been destroyed by drought, according to the Department of Agriculture.

A Joint Humanitarian Recovery Update released by OCHA on 21 September said that a "23 percent production loss due to drought, from the expected production of 1.57 million metric tonnes", was feared, citing reports from the Agriculture Department.

However, according to Merrill Perera, a project engineer for NERP, the impact on farmers in the north will probably be greater.

"The war devastated the infrastructure and the drought has killed off the one thing that was getting an income -

agriculture," he said.

He also warned that current losses calculated by the government only looked at crop losses, while the real effects were much wider. "We have not looked at loss in yields, stress on family savings, transport industry, the impact on coping capacities and possible increase in government welfare spending," Perera said.

According to a March 2012 nutritional report compiled by the UN Children's Fund, the World Food Programme and the Ministry of Health, at least one fifth of households in Northern Province were engaged in paddy cultivation.

Moreover, one third of households surveyed had indicated they would like to get into paddy cultivation. One third of the households were also reliant on home-gardening as an income source, the report said. Meanwhile, the practical impact of drought is taking its toll on local communities like the village of Kalagosweva, about 20km from Vavuniya.

"There are 22 wells here. All are dry," said village resident Badaralge Badralatha.

Her family has already lost two hectares of paddy and about 30 banana plants. "I have already pawned my jewel-



ry. Next will be my land," said the recent returnee.

Public officials say a better long-term weather forecasting mechanism is vital. "If we had prior knowledge that the weather was going to be dry, we could have warned villagers to take mitigation measures," Vinanithambi said.

According to W. L. Sumathipala, former head of the Climate Change Unit in the Ministry of Environment, Sri Lanka will probably experience longer than usual drought periods in the coming years; an increased minimum air temperature; high intensity rains; and high variability in rainfall patterns.

(IRIN News- 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)



Sri Lanka: Soldiers Occupying Homes of Displaced Prevents Resettlement of IDP's

by MA Sumanthiran M.P

(Oct 7, 2012) Your home is your castle. By this abiding legal tradition, many 'castles' in Sri Lanka are under siege. During the War many non-combatants in the North and East were driven from their homes. Even after the War was officially pronounced over, most Internally Displaced Persons (IDP) were prevented from returning to their homes.

In May of 2009 the Centre for Policy Alternatives filed a fundamental rights petition on behalf of 282,000 such IDPs who were being held against their will at Menik Farm in Vavuniya.

Despite the Constitutional mandate that fundamental rights cases be decided within 6 months of the filing date, the Court convened in October only to put off the case indefinitely. During this time, the Government of Sri Lanka was busy courting a different body -the international community.

On 26 May 2009, even as Menik Farm was detaining close to 282,000 IDPs, Hon. Mahinda Samarsinghe Minister of Disaster Management and Human Rights told the UN human rights council

that, "the Government is firmly resolved to ensure that all those who have been dispossessed of their lands, are afforded the opportunity to return to the lands they once owned.

The Government will closely monitor and expedite making lands, previously used for security purposes, for resettlement/return." This disconnect between the reality at home and Government's rhetoric abroad persisted past the Minister's statements.

On 23 September 2011, H.E. President Mahinda Rajapaksa told the United Nations General Assembly that 95% of the IDPs were resettled and "contrary to malicious propaganda, the numbers of the Armed forces personnel present in the Northern Province is at a minimal level."

The assertion that 95% of IDPs have been resettled is certainly misguided. Over 100,000 IDPs have not been resettled in any sense. If this number represents a mere 5% of the original number of IDPs then by the President's math over 2 million people were displaced. That figure represents almost the entire com-

bined populace of the North and East. Beyond questioning this dubious calculation, the assertion that 95% of IDPs have been resettled forces us to question the Government's notion of resettlement.

Yesterday I went to Mullaitivu to visit the last batch of Menik Farm IDPs to be 'resettled'. One week ago, these people were told to gather whatever belongings they had because they would be going home. Once gathered, the Army transported them from Menik Farm to a remote jungle area near Keppapulavu and left them to fend for themselves.

The people were forced to clear the previously uninhabited land and set up rudimentary shelters to protect themselves from the elements. The location the Army chose is situated inland; those who were fishermen by trade have no way of securing their traditional means of livelihood. Because the local is remote, there are no schools the children can attend. Water is sparse as wells are only now being built. Likewise the food supply is inadequate.

The Government claims that these

people have been resettled, but this is not resettlement by any standard. It is certainly not a demonstration of the government's resolve "to ensure that all those who have been dispossessed of their lands, are afforded the opportunity to return to the lands they once owned." What the Government has not said is the reason these people will not be returned to their homes is because their homes are occupied.

In addition to claiming that 95% of IDPs were resettled, the President claims that "the numbers of the Armed forces personnel present in the Northern Province is at a minimal level." There is cause for serious alarm if 75% army deployment totaling 200,000 troops and comprising 14 out of 19 army divisions is the "minimal level." Assuming even the most generous statistic, the ratio of soldier to citizen in the North is 1 to 10. These soldiers are not just occupying space. They are occupying homes.

The government's promise to resettle IDPs remains empty so long as the North and East remain full of soldiers. The very nature of displacement requires that the displacing element be removed before the object can be refilled. If the 'clearing' of the area was to free these people from the clutches of the LTTE, such rhetoric certainly sounds hollow now.

US State Department expresses concern over rushed resettlement of final IDPs in Sri Lanka

The U.S. Government recently awarded over \$3million to three organizations supporting resettling communities in the Mullaitivu and Killinochchi districts. The United States Agency for International Development (USAID)'s Office of U.S. Foreign Disaster Assistance awarded funding to ZOA Refugee Care, Sewalanka, and Practical Action to provide the basic needs that many Sri Lankans urgently require.

The support will provide help to nearly 50,000 Sri Lankans with basic services such as adequate shelter, access to potable water and proper sanitation, and food security. The programs will also put these individuals on the road to a sustainable future, with support to start generating needed income, and connect farmers and fishermen with markets.


The United States welcomes the work by the Government of Sri Lanka

to quickly resettle the large number of internally displaced persons (IDPs) following the 26-year conflict. However, we remain concerned about the rushed resettlement of the final IDPs to close the Menik Farm camp.

Many of the most vulnerable families of the war-affected population in the North have been placed on land hastily cleared without adequate shelter, water and sanitation, or provisions to continue their livelihoods.

Meanwhile, many long term IDPs remain unable to return home or access basic services from the Government of Sri Lanka. Through its assistance, the United States is helping resettled people move towards a better future and the U.S. Embassy looks forward to continuing to work with the Government of Sri Lanka provide the services and care Sri Lankans need.

[Press release: US State Dept. via US Embassy Sri Lanka]



The Law Office of
T. Jegatheesan
 Barrister, Solicitor & Notary Public, ON.

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

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



New regulations to protect the fauna and flora of Sri Lanka

The Government of Sri Lanka has proposed new regulations to protect the fauna and flora of the country. Under the new regulations passed by parliament recently strict guidelines will be imposed on whale and dolphin watching expeditions as many laws are being flouted with the influx of tourists into the country.

Under the proposal made by the Minister of Wild Life and Agrarian Services S.M. Chandrasekera tour operators will be required to obtain an annual license to conduct such expeditions in the future and it would be mandatory for them to obtain insurances for both passengers and the vessels.

Another area where the fauna and Flora Protection Ordinance is being violated is in connection with the forest reserves in the country. A number of private safari camps have been set up at many of the wild life sanctuaries disturbing the peaceful environment of the place. Following this issue being brought to the notice of President Mahinda Rajapakse recently officials of the wild life department were directed to immediately remove all such constructions put up by the private sector from the Yala Wild Life Sanctuary. Even though the Wild Life Department (which has been functioning without a Director General for more than a year), is entrusted with the responsibility of providing facilities for the visitors to these reserves they have to ensure that no hotels or any other such constructions are put up within the reserve. However, the department has clearly violated the law by permitting the public sector to put up safari



camps in not only Yala but also at other national wild life reserves such as Udawalawe, Wilpattu, Kumana and also Horton Plains.

Wild life safaris are now being conducted on a very competitive manner by many tour operators with the development of tourism in the country. There have been many reports of guides racing with each other to get ahead and be the first to give the tourists a glimpse of animals such as leopards which are not spotted often. Speeding vehicles within the reserve have even led to the death of leopards and baby elephants. Many wild life enthusiasts have called upon the Government to ensure the protection of precious wild life in the country, especially at these reserves where tourism is having an adverse impact on the wild life.

Students of two leading boys' schools clash

The deterioration of discipline among schoolchildren in the country was further expounded with the clash which broke out between two leading boys' schools in Colombo, Sri Lanka on October 23 near the racecourse grounds at Reid Avenue. Student groups of Thurstan College and Royal College turned Reid Avenue into a battlefield when they clashed over a personal issue pelting stone at each other disrupting traffic and causing destruction to some school property. Eight students and also a constable who tried to disperse the students from obstructing traffic sustained injuries in the mayhem. Some of the students who had spotted the presence of the media had got into a frenzy and even manhandled a photographer and removed the memory chip from his camera.

The Minister of Education Bandula Gunawardena called for the immediate suspension of classes from Grades 10, 11,

12, and 13 in both schools until October 30. The Principal of Royal College, Colombo scheduled a meeting with the parents of all students in these grades to discuss the ongoing problem between the two schools. The Principal of Thurstan College, Y.A.N.D. Yapa said that he was of the view that the reason for the recent clash was a long standing personal problem between twin brothers of Thurstan and two students of Royal College. However, many old boys of both schools claim that the enmity between the two schools is a perennial problem and that in order to avoid clashes the authorities had even taken the initiative to open and close these two schools at different times. Ironically President Mahinda Rajapaksa is an old boy of Thurstan College while the leader of the opposition, Ranil Wickremesinghe is an old boy of Royal College.

- Colombo Correspondent

Raj Rajaratnam Appeal Targets Wiretaps

Hedge fund founder Raj Rajaratnam is seeking reversal of his conviction on insider trading charges, arguing that the government misled the court by providing "misrepresentations and material omissions" in seeking permission to wiretap his phones to build its case against him.

A ruling on Rajaratnam's appeal is expected in the next few months.

His lawyer Patricia Millett told a panel of federal appeals court judges on October 25th in New York City that the government violated his constitutional right to privacy and federal law on wiretaps by providing incomplete information to authorizing judge Gerard Lynch in seeking permission to wiretap his phones.

Rajaratnam's lawyers said the government made a "long pattern of falsities, misleading misrepresentations and material omissions" to Lynch, a district court judge in 2008, when it sought authorization to wiretap his mobile phone.

Millett said the law requires that federal authorities should first exhaust all other conventional investigative procedures, like interviewing witnesses and reviewing documents, before seeking authorization to secretly record telephone conversations.

The government has to prove that it tried all other options to collect information against a defendant but failed before it is allowed the use of wiretaps.

Millett said the government had failed to disclose to Lynch that the Securities and Exchange Commission was conducting a parallel civil investigation against Rajaratnam for over a year on insider trading.

This lack of disclosure showed a "reckless disregard for the truth" and had misled Lynch in making his decision.

Millett asked the appeals court to suppress the wiretaps that prosecutors had used at Rajaratnam's trial, a move that could mean the government would



have to retry Rajaratnam without the dozens of phone calls in which he is heard swapping confidential information about publicly traded companies.

The FBI had recorded more than 2,000 calls between Rajaratnam and 130 business associates, friends and family over nine months.

The government used that evidence to build its case against him and won his conviction after a two-month jury trial in May last year.

According to a Reuters report Raj Rajaratnam "has gotten some backing in his appeal, including a friend-of-the-court brief from a legal expert considered the architect of the U.S. wiretap statute, G. Robert Blakey, a professor at Notre Dame Law School in Indiana"

The report further states:

"Bluntly, they lied," Blakey, in a telephone interview with Reuters, said of investigators. He said he believes, however, that Rajaratnam's conviction was "righteous."

Blakey wrote in his brief that the trial judge, Richard Holwell of U.S. District Court in Manhattan, misinterpreted the statute and should have suppressed the evidence. Blakey is the author of the "Blakey Bill," which became the model for key language of Title III of the Omnibus Crime Control and Safe Streets Act of 1968, which governs the use of wiretaps.

(PTI, Reuters)





Tamil Nadu government created problem by trained Dalit to perform "Pooja"

"In India's Tamil Nadu state, a lawsuit by upper-caste Brahmins has kept lower-caste Dalits from taking up jobs as priests, the tradition domain of Brahmins.

Kesavan's father and grandfather were caretakers who sold candles and performed basic rituals at their local makeshift temple attended by fellow Dalits, or members of the so-called untouchable caste. In India, these structures are omnipresent around sacred trees, on sidewalks, abutting overpasses....

So when the government of southern India's Tamil Nadu state offered to train Hindus as priests regardless of their caste - a calling traditionally limited to upper-caste Brahmins - he leaped at the opportunity....

Four years after completing the year-long program, however, he and 206 mostly lower-caste classmates are still waiting for jobs as a lawsuit filed by Brahmin groups wends its way through India's Supreme Court. While the state owns and runs most temples in Tamil Nadu, the suit says, it has no right to meddle in

priest selection or administration. Angry and frustrated, the Dalit trainees say the long delay only underscores Brahmins' entrenched power in Indian society....

Frustrating their ambitions are Brahmin religious groups, politically minded Hindu nationalists and traditionalists keen to defend one of the last overt structures protecting the 4,000-year-old caste system....

Traditionally, Dalits have occupied the bottom rung of this complex hierarchy. They are viewed as unclean and relegated to jobs such as collecting human waste in a country where two-thirds of households lack a sewer connection.

The wannabe priests say they are not trying to take over India's most famous temples or push Brahmins out. In fact, India has a significant priest shortage amid changing lifestyles that has left thousands of temples of all sorts shuttered. Rather, they just want jobs in some of Tamil Nadu's 34,000 state-run temples, they say, in keeping with a constitution that outlaws caste and other discrimination....

The real problem isn't Dalit impurity

or tradition, they argue. Rather, it's that Brahmins don't want to share money or power....

Officially, priest salaries are modest, often \$50 to \$150 a month. But earnings from weddings, blessing ceremonies and funerals can be substantial. Top priests also rub shoulders with elite politicians, businessmen and socialites, opening various social and economic doors....

Further upsetting tradition, the Dalit trainees want mantras and blessings to be said in the local Tamil language rather than ancient Sanskrit, which they believe further safeguards Brahmin power. "Even pious people can't understand what they're saying to the gods," Kirupanandasamy said. "It's a dead language."

"Dalits are not impure, but they're not as pure as Brahmins," said V. Jagannathan, general secretary of Chennai's Brahman Thamizh Nadu Brahmin Assn., adding that Dalits smoke, drink and wear dirty clothes.

Tamil Nadu is no stranger to caste indignities, although it's probably no worse than in other states. Over the



years, Dalits have been attacked and burned alive; Dalit women have been sexually assaulted to "show them their place." Two years ago, upper-caste residents in two villages strung barbed wire to keep out Dalits.

Kesavan said he was very excited about the state's certificate course in "Agama Sastras," or priesthood studies, with its instruction in giving blessings, performing rituals and worshipping the gods."

LONDON LIFE

With strong ratings for claims paying ability & financial strength.

YOUR MORTGAGE PROTECTION POLICY

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



Offers Insurance & Banking Solutions

To help our clients reach their goals and dreams.

Jeganathan Balasundaram (Bala) B. Eng., CHS
Certified Health Insurance Specialist

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

Tel: (416) 291-0451, ext. 227

Cell: (416) 518-9489

Fax: (416) 291-3779

Email: bala.balasundaram@freedom55financial.com

Toll Free: 1-877-566-5433

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

Representing London Life, Manulife & Sun life

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



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



Health & Care

"My workout will take an hour if I really want to break a sweat. I have to shower and commute home. All this takes way too long. I can't do it. I just don't have the time." These are the words of my best friend. We've been friends for eighteen years yet I'm surprised at how she still finds excuses NOT to exercise. She has to drive the kids to their soccer game, or she has to prepare a big presentation for work, or her in-laws are coming over for dinner so she has to prepare a fabulous feast. The excuses never seem to end. Unfortunately, after spending endless days and evenings with her, wit-

nessing the chaos in her life, I realized there was truth to her words, her time was limited and excuses were justified. So, in light of these findings, to help my overworked, sleep-deprived, do-it-all, super mom, I designed three, short, effective, power workouts that will make you sweat in 30, 20 or even 10 minutes! Try one at home, during your lunch break, take it to the gym, or if the sun is shining, take it outdoors to a park!

master. Pump up the intensity for 1 minute!

Circuit 2
Downward dog with leg raise - Get into a V position with hands and toes on the ground, hips raised and gaze on the floor. Raise your left leg behind you squeezing your bum and then lower. Raise your right leg and repeat. Alternate sides, right and left for 20 repetitions.

Hamstring curls on stability ball - Lie on your back and place your heels on the ball. Keeping hips lifted, roll the ball in towards your bum and then straighten

your legs to roll the ball out. Tuck the ball closer to your bum with each repetition. Do 15 repetitions.

Vertical punches - Standing in a slight squat with toes pointing forward and feet slightly wider than hip width apart, punch with your left arm and then right arm twisting at your waist for 1 minute.

Prayer twist - Sit on your bum, with knees bent and feet flat on the ground in front of you. Sit with your back at 45 degrees and hands interlaced in front of you. Twist from left to right touching the ground on either side and keeping your gaze on your hands. Do 20 repetitions side to side.

Cardio: Jump squats - squat down, keeping your gaze forward and touch the ground and jump up high to reach the ceiling for 1 minute! Try to jump higher with each repetition.

Got 20 minutes?
Perform each exercise for 1 minute then rest after you've completed the entire circuit.

Dumbbell swings - Hold a 8lb dumbbell with both hands and stand in a squat position. Holding the dumbbell directly in front of you at chest level, squat down and bring the dumbbell

between your legs and then swing the dumbbell forward to shoulder level and then lower again to a squat bringing the dumbbell between your legs and repeat for 15 repetitions.

Chest press - Lie on your back and hold 8lb dumbbells in both hands with your palms facing away from you. Bring your arm to the side until your elbows are bent, keeping dumbbells at chest level. Bring the dumbbells up in front of you at chest level and then lower again till your elbows are bent.

Rear delt flys in a chair pose - Hold 5lb dumbbells in both hands with your palms facing each other. Bring knees and feet together and sit in a chair position sitting your bum back into your heels and keeping your back at 45 degrees. Extend your arms out to the side keeping your arms straight but not locked and squeezing your shoulder blades together. Do 12 repetitions.

Alternating forward lunges - Hold 5-8lb dumbbells in both hands and step forward with your right leg and bend so right knee is in line with your right ankle and left leg is behind you, bent and close to the ground. Step back to starting position with both feet together and step forward with left leg and repeat. Alternate legs for a total of 20 repetitions.

Mountain climbers - Get into plank position with hands and toes on the ground, hips lifted and gaze to the ground. Bring your right knee in towards your chest then your left knee in a rapid motion as if you were really climbing a mountain! Alternate for 60 repetitions.

Steam engines - Standing tall with your arms out to the side bring your right elbow to your left knee then your left elbow to your right knee. Squeeze your abs and bring your knee up as high as you can for 60 repetitions.

100s - Sit on your bum with your knees raised in the air and your back at 45 degrees with your arms by your side and palms facing the ground. Slowly pump your arms down and up by your knees maintaining the V position and lifting your chest and looking up at the ceiling.

Even 10 minutes?
Around the world - Hold a 10lb dumbbell with both hands and squat down. Sit tall in your squat as you turn to the left and then bring the weight over your head and then down to the right, making a complete circle. Do 10 rotations clockwise then 10 rotations counter-clockwise.

Push up to star - Do a push up with your hands and toes on the ground and nose facing the floor. Raise your right arm toward the ceiling, keeping your arm straight and looking up at the ceiling forming a straight line from head to toe. Hold for 2 breaths. Bring your right arm back to the ground and do another push up. Repeat on other side. Do 20 repetitions (push ups).

Cardio: Pretending there is a straight line in front of you, hop side to side. Keep a good pace for 1 minute.

Soldier walk - Keeping arms close to your body and legs straight with toes flexed and pointed toward the ceiling walk forward with the opposite arm and leg. Raise the right arm and left leg then left arm and right leg. Keeping body very tight and tall and palms facing each other, walk a long length of whatever space you are in (home, gym, park).

Bent over row with palms facing away from you - Keeping knees and feet together in a chair position, bend forward slightly so your back is at 45 degrees. Hold 5-8lb dumbbells in both hands with palms facing the ceiling and arms extended in front of you. Bring your elbows toward your waist, squeezing your shoulder blades. Try to relax your shoulders. Extend your arms back to starting position and repeat for 15 repetitions.

Cardio: Standing climbers - Bring knees up towards your chest quickly running on the spot while keeping arms by your head as if you were punching the ceiling, alternating right and left. Picture yourself climbing a mountain really fast for 1 minute!

It's your body - Fuel it, Use it and Love it!!!

Got 30, 20, or even 10 minutes for ultimate fitness?

nessing the chaos in her life, I realized there was truth to her words, her time was limited and excuses were justified. So, in light of these findings, to help my overworked, sleep-deprived, do-it-all, super mom, I designed three, short, effective, power workouts that will make you sweat in 30, 20 or even 10 minutes! Try one at home, during your lunch break, take it to the gym, or if the sun is shining, take it outdoors to a park!

Got 30 minutes?

Do 2 sets of each circuit. Rest for 60 seconds after completing each circuit. Perform all exercises in circuit 1 first then repeat entire circuit. Repeat for circuit 2.

Circuit 1

Thrusters - Hold 5lb dumbbells in both hands at shoulder height with palms facing away from you. Lower into a squat and as you raise yourself back to standing press the dumbbells up in the air above your head and then lower back into a squat keeping the dumbbells at shoulder height. Do 15 repetitions.

Chest fly on ball - Lie on the ball so your head and shoulders are rested. Make sure your hips are lifted and feet are wide so you maintain balance. Hold 8lb dumbbells in both hands at chest level with palms facing each other. Spread your arms to either side to shoulder height, make sure to keep your elbows slightly bent but not locked. Do 15 repetitions.

Dumbbell pullover - Staying in the same position as the above exercise, hold an 8 lb dumbbell with both hands and bring your arms behind your head and lower and then raise the dumbbell to chest height, keeping your arms close to your ears. Do 15 repetitions.

Abdominal ankle reach - Lie on your back and raise your legs straight into the air. Using your lower abdominal muscles, lift your upper body off the mat and reach for your ankles. Relax your head and neck. Do 15 repetitions.

Cardio: 1 minute fast speed on your favourite cardio machine; elliptical trainer, row machine, seated bicycle, or stair-

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



your legs to roll the ball out. Tuck the ball closer to your bum with each repetition. Do 15 repetitions.

Prayer twist - Sit on your bum, with knees bent and feet flat on the ground in front of you. Sit with your back at 45 degrees and hands interlaced in front of you. Twist from left to right touching the ground on either side and keeping your gaze on your hands. Do 20 repetitions side to side.

Cardio: Jump squats - squat down, keeping your gaze forward and touch the ground and jump up high to reach the ceiling for 1 minute! Try to jump higher with each repetition.

Got 20 minutes?
Perform each exercise for 1 minute then rest after you've completed the entire circuit.

Dumbbell swings - Hold a 8lb dumbbell with both hands and stand in a squat position. Holding the dumbbell directly in front of you at chest level, squat down and bring the dumbbell

palms facing each other. Bring knees and feet together and sit in a chair position sitting your bum back into your heels and keeping your back at 45 degrees. Extend your arms out to the side keeping your arms straight but not locked and squeezing your shoulder blades together. Do 12 repetitions.

Alternating forward lunges - Hold 5-8lb dumbbells in both hands and step forward with your right leg and bend so right knee is in line with your right ankle and left leg is behind you, bent and close to the ground. Step back to starting position with both feet together and step forward with left leg and repeat. Alternate legs for a total of 20 repetitions.

Mountain climbers - Get into plank position with hands and toes on the ground, hips lifted and gaze to the ground. Bring your right knee in towards your chest then your left knee in a rapid motion as if you were really

Ayktah Grover
BSc, BAA, PTS and NWS

Certified fitness, nutrition
and wellness specialist



Aura Wellness
www.aurowellness.co

Hertz®

Car Rental

**Insurance Replacement Rentals
are welcome**

**Billed directly to
Insurance Companies**



**Weekend
Special
from \$84**

**Attractive
Weekly/Monthly
Rates**

Serving at 2 locations

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

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

www.hertz.ca

TBC Toronto Business College

கனடாவில் கல்வியில் 93 முதல்கட்டம் தருகிறது



DIPLOMA PROGRAMS

Accounting & Payroll Admin.

35 weeks

Computerized Accounting

26 weeks

Medical Office Administrator

32 weeks

Personal Support Worker

26 weeks

- ★ Currently Receiving EI
 - ★ Laid off after 2005 working less than 20 hours/week
 - ★ Received maternity / Parental benefits within last 5 years
- Eligible for Tuition Fees, Books, Living Expenses, Day care & Transportation up to \$28000

Certificate Courses

Windows, Word, Excel, Power Point, Access Quick Books, Simply Accounting, Accpac

☘ **416-291-5155** ☘

4465 Sheppard Ave. East #208

(Sheppard & Brimley), Scarborough

www.tbcollege.com info@tbcollege.com

(Registered as a Private Career College under the Private Career Colleges Act 2005)



Alphonsus & Associates Chartered Accountants

Accounting • Assurance • Taxation • Business Advisory

Do you have a

CHARTERED ACCOUNTANT to look after your business?

Our services include:

- Audit, review and compilation of financial statements;
- Preparation and consultation of personal and corporate taxes;
- Preparation of business plans;
- Advice on businesses purchase and sale;
- Bookkeeping services, monthly payroll remittances, HST (GST) return filing and consultancy;
- Represent clients with Canada Revenue Agency and Ministry of Finance;
- Assistance with incorporation, start-up planning and advice;
- And other professional accounting services you need.

HEAD OFFICE

305 - 29 Gervais Dr, North York,
ON. M3C 1Y9

BRANCH

223 - 5215 Finch Ave East,
Toronto, ON. M1S 0C2

Tel: 416-493-8220 Fax: 416-493-6760 www.alphonsusca.com



ORAL CANCER

Dr. Shanmugam Sivanesan,
President, Toronto East Dental Society (TEDS)

The mouth has long been recognized as a mirror reflecting the health of the body.

The Canadian Cancer Society estimates that 3,400 new cases of oral cancer were diagnosed in Canada in 2010. It is also estimated that 1,150 of those Canadians diagnosed in 2010 will die from the disease.¹

This too-often fatal condition has a greater mortality rate than both breast cancer and prostate cancer. However, oral cancer can be successfully treated if caught at an early stage

What is oral cancer?

Oral cancer refers to all cancers of the oral cavity (mouth), which includes the following:

- Lips
- Tongue
- Teeth
- Gums (gingiva)
- Lining inside the lips and cheeks (labial mucosa and buccal mucosa)

Floor of the mouth

Roof of the mouth (palate)

The area behind the wisdom teeth

Most oral cancers are located on the sides of the tongue, floor of the mouth and lips.

Oral cancer starts in the cells of the mouth. Normally these cells are quite resistant to damage, but repeated injury from smoking, alcohol or even friction may cause sores or painful areas where cancer can start.

Symptoms

A sore on the lip or in the mouth that does not heal

A lump on the lip or in the mouth or throat

A white or red patch on the gums, tongue or lining of the mouth

Unusual bleeding, pain or numbness in the mouth

A sore throat that does not go away, or a feeling that something is caught in the throat

Difficulty or pain with chewing or swallowing

Swelling of the jaw that causes dentures to fit poorly or become uncomfortable

A change in the voice and/or pain in the ear

Risk Factors

Smoking and chewing tobacco or betel nut - particularly if combined with heavy alcohol consumption

Heavy alcohol consumption- particularly if combined with smoking

Excessive sun exposure- particularly to the lip

Age- people over the age of 40 have a higher risk of developing oral cancer

Gender- men are more susceptible than women to developing oral cancer. In the past, men had a 6:1 ratio of incidence of oral cancer compared to women. However; this ratio is narrowing and is now closer to a 2:1 ratio

HPV- more research is emerging that connects human papilloma virus infection - especially HPV-16 with oral cancers

A diet low in fruits and vegetables- fruit and vegetables have a protective factor that is believed to reduce the risk for oral cancers

Prevention

o See a Dentist for a regular dental exam



o Quitting (or reducing) your tobacco and alcohol use lowers your risk of developing oral cancer

o When you are outside and exposed to the sun, use lip balm with UV protection and wear a hat

o Eat a healthy diet rich in fruits and vegetables

o Brush and floss your teeth daily

Complete Dental Exam

or Check Up

Your dentist does more than protect and care for your teeth, gums and smile.

As oral health experts, dentists are in a unique position to help in the early detection of many medical conditions, including cancer.

Dentists are trained in medicine so they recognize the relationships between oral and overall health.

Most people see their dentist regularly, so your dentist is often the first health-care professional to have an opportunity to detect the many health conditions that affect your mouth. Many patients are not aware of the extent that a dental exam can play in disease prevention.

Through the dental exam, your dentist can see if there are any abnormalities or changes in your mouth that might be indications of health problems, such as oral cancer or diabetes.

At each visit, a dentist will conduct a medical history review and ask you about your current health.

It's important to answer these questions carefully. What you say can help your dentist alert you to potential health concerns that may require further investigation, diagnosis or treatment by a physician.

Without an examination by a dentist, most early signs of oral cancer are difficult to detect. If you notice a mouth sore or anything out of the ordinary that does not go away or heal after a couple of weeks, discuss it with your dentist.

The oral cancer examination performed by a dentist during a routine dental exam is fast, easy and painless - and it could save your life. With regular visits to a dentist and good oral health routines, you will have lots to smile about.

Links

Cancer Care Ontario
Canadian Cancer Society - Oral Cancer
Health Canada - Healthy Living: Oral Cancer

References

Canadian Cancer Statistics 2010.
Toronto: Canadian Cancer Society

Source

Ontario Dental Association and Canadian Dental Association

Breast Cancer Screening Saves Lives

More than 1.9 million Ontario women may be eligible for screening in 2012

The Toronto Central Regional Cancer Program is encouraging women to know the importance of breast cancer screening and to be proactive about it.

In 2012, it is estimated that 9,100 Ontario women will be diagnosed with breast cancer and that 2,000 will die from the disease. There are approximately 1,937,000 women in Ontario aged 50 to 74 who are potentially eligible to be screened for breast cancer in 2012.

Breast cancer screening aims to detect cancer as early as possible, before symptoms appear. Research clearly shows the benefits of screening for breast cancer, the most common cancer in Canadian women affecting 1 in 9 in

their lifetime.

"Research shows that regular screening of women aged 50 to 69 can reduce deaths from breast cancer by 21%. We have seen a 37% reduction in breast cancer death rates for Ontario women aged 50 to 74 over the period of 1990 to 2008, which is a direct result of better treatments and increased screening with mammography," says Dr. Lisa Del Giudice, Primary Care Lead, Toronto Central Regional Cancer Program.

"Screening finds breast cancer earlier, when there are more treatment options and an improved chance of survival."

The Ontario Breast Screening Program (OBSP) provides high-quality mammography services and meets Canadian standards for the early detec-

tion of small invasive cancers.

Select OBSP High Risk Screening Centres in the Toronto Central region now facilitate genetic assessment for women who may be at high risk for breast cancer (if appropriate), and offer screening mammography and breast MRI for women whose high risk status has been confirmed.

Women who think they may be at high risk for breast cancer need to visit their physician for a referral to the OBSP's high risk screening program based on their family or medical history.

Women aged 50 to 74 who are not at high risk for breast cancer can call any OBSP screening location to make an appointment since a referral is not needed.

Women should see their family doctor or nurse practitioner to discuss what



breast cancer screening option is appropriate for them. Ontarians can also visit ontario.ca/screenforlife and complete the "Time to Screen" tool to find out when it's the right time for them to get screened.

To find an OBSP site, call 1-800-668-9304 or go to www.cancercare.on.ca/obspllocations



Chiropractic is widely recognized as one of the safest drug free, non-invasive therapies available for the treatment of back pain, neck pain, headaches, joint pain of the arms or legs, and other neuromusculoskeletal complaints. Although chiropractic has an excellent safety record, no health treatment is completely free of potential adverse effects.

The risks associated with chiropractic, however, are very small. Many patients feel immediate relief following chiropractic treatment. But some may experience mild soreness or aching, just as they might after exercise. Current literature shows that minor discomfort or soreness following spinal manipulation typically fades within 24 hours.

In addition to being a safe form of

Neck adjustment is a precise procedure that is generally applied by hand to the joints of the neck. Patients typically notice a reduction in pain, soreness, and stiffness, along with an improved ability to move the neck.

Although neck manipulation is a remarkably safe procedure, some reports have associated high-velocity manipulation of the neck with a rare injury to one of the arteries in the neck, which can lead to a certain kind of stroke.

However, the most recent study, published in the February 2008 edition of *Spine*, suggests that patients are no more likely to suffer a stroke following a chiropractic neck treatment than they are after visiting their family doctor's office-

By: Dr. George Traitses

this condition may experience neck pain and headache that lead them to seek professional care, but the care they receive at that time is not the cause of the injury.

The best evidence indicates that the incidence of artery injuries associated with high-velocity upper neck manipulation is extremely rare-about 1 case in 5.85 million manipulations. To put this risk into perspective, if you drive more than a mile to get to your chiropractic appointment, you are at greater risk of serious injury from a car accident than from your chiropractic visit.

It is important for patients to understand the risks associated with some of the most common treatments for neck and back pain-prescription and over-the-counter non steroidal anti-inflammatory

common chiropractic treatments, including manipulation, as for other treatments such as prescription and non-prescription drugs and surgery.

If you are visiting your doctor of chiropractic with upper neck pain or headache, be very specific about your symptoms. This will help your doctor offer the safest and most effective treatment, even if it involves referral to another health care provider. If the issue of stroke concerns you, do not hesitate to discuss it with your doctor of chiropractic. Depending on your clinical condition, he or she can forgo manipulation and instead can recommend joint mobilization, therapeutic exercise, soft-tissue techniques, or other therapies.

Research Ongoing

Dr. Traitses believes that patients

How Safe Is Chiropractic Care?



treatment, spinal manipulation is incredibly effective, getting patients back on their feet faster than traditional medical care. Giles and Muller found that spinal manipulation may provide better short term relief of chronic spinal pain than a variety of medications.

Two years later, they found that for treating chronic mechanical low-back pain and neck pain, spinal manipulation may provide broader and more significant long-term benefits than acupuncture or pain-relief medication.

Neck Adjustments

Neck pain and some types of headaches are sometimes treated through neck adjustment. Neck adjustment (often called cervical manipulation) works to improve joint mobility in the neck, restoring range of motion and reducing muscle spasm, which helps relieve pressure and tension.

and concluded that vertebrobasilar artery (VBA) stroke is a very rare event.

The study, which analyzed nine years' worth of data, also suggests that any observed association between a vertebrobasilar artery (VBA) stroke and chiropractic manipulation most likely comes about when patients with an undiagnosed vertebral artery dissection seek care for neck pain and headache before they have a stroke. In other words, patients with a pre-existing arterial injury are sometimes treated by a doctor of chiropractic for what seems to be a simple case of neck pain. Instead, patients' discomfort turns out to be an evolving case of injury to a neck artery.

This type of arterial injury often takes place spontaneously or following everyday activities such as turning the head while driving, swimming, or having a shampoo in a hair salon. Patients with

drugs (NSAIDs)-as these options may carry risks significantly greater than those of manipulation. According to a study from the *American Journal of Gastroenterology*, approximately one-third of all hospitalizations and deaths related to gastrointestinal bleeding can be attributed to the use of aspirin or NSAIDs such as ibuprofen.

Furthermore, surgery for conditions for which manipulation may also be used carries risks many times greater than those of chiropractic treatment. Even prolonged bed rest poses some risks, including muscle atrophy, cardiopulmonary deconditioning, bone mineral loss, and thromboembolism.

Researchers recently completed a comprehensive review of scientific evidence related to neck pain treatments. They found at least as much evidence supporting the safety and effectiveness of

have the right to know about the health benefits and risks associated with any type of treatment, including chiropractic. Today, chiropractic researchers are studying the benefits and risks of spinal adjustment in the treatment of neck and back pain through clinical trials and literature reviews. All available evidence demonstrates that chiropractic treatment holds an extremely small risk. The chiropractic profession takes this issue very seriously and engages in training and postgraduate courses to recognize the risk factors in patients, and to continue rendering treatment in the most effective and responsible manner.

For more information on health and safety visit the Ontario Chiropractic Association Web site at www.chiropractic.on.ca or call 1877-327-2273.

Dr. George Traitses, 416-499-5656, www.infinite-health.com



NEW LIFE FRESH START

உங்கள் கடன் அட்டை, வங்கிக் கடன்களில் 80% வரையிலான கழிவு

We will reduce your debts up to 80%

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

கடன் அட்டை, வங்கிக் கடன்களுக்கு விதிக்கப்பட்ட சகல வட்டிகளும் நிறுத்தப்படும்

We will stop all interest on your debts immediately

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

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

உங்கள் சொத்துகள், முதலீடுகள் பாதுகாக்கப்படும்

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

மாதாந்த ரீதியில் ஒரே கட்டுப் பணத்தில் எல்லாக் கடனையும் தீர்க்க வசதி செய்தல்

We will make one monthly payment to all your creditors

வங்குரோத்துக்கு செல்லாமல் தீர்வுகாண ஏற்பாடு செய்யப்படும்

No need to file for Bankruptcy

பலவருடகால அனுபவமுள்ள

Suren Sornalingam BBA

Post Graduate Diploma in Business Management

Federal Government Registered & Certified (BIA) Insolvency Counsellor

Member of Canadian Insolvency Foundation

CREDIT RECOVERY CANADA

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

Tel: 416-264-1272

Fax: 416-332-0914

Web: www.creditrecoverycanada.com





Interested in a new career?

Become an Insurance Advisor

We provide you with Exceptional Service:

- Life Licensing Qualification program
- Free Seminars and workshops for career development
- Free product and sales training
- Providing best advice and knowledge in the field of financial industry
- Competitive compensation packages
- Ongoing training and support
- Mentoring and motivational support by professionals

Protection for You and Your Family

Non-Medical Life Insurance.
Immediate coverage no waiting period



Buy-Sell Agreements, Key Person Insurance for Partnerships, Corporations Small Business Owners and Self Employed .
Receive up to \$2 Million if you diagnosed with a covered Critical Illness or Stay healthy and Get all your money back .

LIFE • CRITICAL ILLNESS • HEALTH & DENTAL MORTGAGE INSURANCE
• GROUP INSURANCE • RRSP • RESP



INSURANCE & INVESTMENTS INC.



Sritharan Thurairajah

CLU, CHS

Direct: **416.918.9771**

Business: **416.321.2500**

10 Milner Business Court, Suite 208, Scarborough, ON M1B 3C6
Web: www.life100.ca, E-mail: info@life100.ca



- digi Media -

Are you getting Million Dollar advice?



TITLE SPONSOR **CIBC** FOR WHAT MATTERS.

24TH ANNUAL **CIBC Celebration of HOPE**
SUNDAY, OCTOBER 28, 2012

BENEFITING **MARKHAM STOUFFVILLE HOSPITAL**
EXPANSION CAMPAIGN
We're growing. Together.

\$225,000 RAISED AT CIBC CELEBRATION OF HOPE
PRESTIGIOUS AWARDS PRESENTED



Paul Calandra, Member of Parliament, Oak Ridges-Markham awarding Queen's Diamond Jubilee Medal to Allan Bell and Betty Bell.



Allan Bell and CHFI radio's Erin Davis present Hope Award to JC Chessell

The 24th annual CIBC Celebration of Hope "Diamonds and Denim" Luncheon benefiting the Breast Health Centre and Cancer Clinic at Markham Stouffville Hospital was a heartwarming and exciting afternoon.

Held at the Hilton Suites Markham Conference Centre & Spa in Markham, over 1,000 women and men gathered to support those affected by breast cancer and to spread the word of Hope.

This year's event raised \$225,000 in support of the fight against cancer. Allan Bell, Director Corporate Sponsorship & Special Events, alongside CHFI radio's Erin Davis, handed out three prestigious Hope Awards to the following deserving recipients: Annie Parker, Ken Shaw and JC

Chessell for sharing their personal cancer story publicly, thus giving numerous people the gift of Hope.

In honour of their continual service supporting their community, Paul Calandra, Member of Parliament, Oak Ridges-Markham awarded the Queen's Diamond Jubilee Medal to Allan Bell and his mother, Betty Bell. Both Allan and Betty have dedicated their lives to the fight against cancer and giving back to the community.

The Raffle of Hope winners were announced and the 2012 BMW 320i generously donated by Town+Country BMW was awarded at the luncheon to Daniella Scopazzi of Markham.

For further details please visit www.hope.mshf.on.ca.



Allan Bell and CHFI radio's Erin Davis present Hope Award to Annie Parker



Allan Bell and CHFI radio's Erin Davis present Hope Award to Ken Shaw



SKN FINANCIAL



**Government
Approved**

Fully Insured

Lowest interest rates in Canada for Gold Loans

- \$ Need money for an emergency?
Need money to start new business
- \$ Need money for down payment
for new home?
- \$ We will help you re-finance your
existing gold loans
- \$ Facility to pay monthly interest
in your bank
- \$ Tax receipts will be provided for
your interest payments



SKN FINANCIAL



*wishing you a
Happy Diwali*

Full safety & Insurance for your jewellery

Lowest Interest Rates

More Value..

416 - 269 - 5393

4 - 2677 Eglinton Ave. East, Scarborough, ON M1K 2S2 (Eglinton & Brimley)



STOP THE SILENT THIEF

Fact from Fiction about Calcium and Osteoporosis

By: Shiyam Loganathan, MD

An international panel of experts were on hand at The Spoke Club on October 19th, the eve of World Osteoporosis Day, as Jamieson Laboratories hosted a breakfast event to discuss bone health and calcium nutrition. These experts and health care professionals presented their latest calcium research while also providing their own clinical insights.



Paula Blacklock from Jamieson Lab introducing the panellists.

The intimate environment attended by many other health care professionals, allowed for a two-way dialogue between both panellists and participants benefitting all who attended.

The panellists included Dr. Robert Heaney, Professor of Medicine at Creighton University, who has researched osteoporosis, Vitamin D, and calcium

physiology for more than 50 years; Penny Kendall-Reed, a leading naturopathic doctor and endocrine specialist; Lauren Davidson, a nutritionist and clinical consultant at the Cleveland Clinic; and Brent Bishop, a Kinesiology major and Toronto-based fitness expert.

Many important facts were discussed, some that were common knowledge reiterated, others vital to the public's improvement in bone health. Also, lengthily discussed were misconceptions and false-truths about Calcium, which can be potentially dangerous if believed. Dr. Robert Heaney, an authority on Calcium's role in our well-being, was especially helpful in proving and disproving various facts about Calcium by sharing his research, as well as citing many other prominent researchers.

Several key points illustrated were as follows:

- Calcium intake plays an important role in building and maintaining optimal bone mass
- Calcium is essential to prevent decreases in bone mass starting in the teenage years
- Bones are constantly being remodeled with calcium eaten away from bone by osteoclasts, requiring new calcium to be available
- Calcium deficiency can cause spasms, palpitations, high blood pressure, osteoporosis, loose teeth and gum diseases, insomnia, premenstrual cramps, high blood pressure and arthritis

■ Calcium can be found in high amounts in yogurt, quinoa, salmon, sesame seeds, broccoli, spinach, orange juice, green peas

■ Exercise is a key element on maintaining bone health

The key misconception that was challenged was whether Calcium can cause heart attacks. A study published by the British Medical Journal identified that it could however, many expert groups including the National Osteoporosis Foundation and American Society for Bone and Mineral Research quickly pointed out faults in the new analysis and reiterated their calcium guidelines. In a large study that Dr. Heaney and his colleagues conducted afterwards, they found that women taking calcium supplements actually had a reduced risk of heart attacks.

Thus, the panellists advised women over 50 and men over 65 to reach 1,200 mg of calcium per day from their diet and/or supplements. Younger people should get at a minimum 800 to 1,000 mg per day. Nutritionist Lauren Davidson recommends obtaining as much as you can from your diet, since calcium-rich foods are also full of other key nutrients for overall health. All of the panelists were in agreement that well rounded living including a healthy diet, routine exercising, and nutritional supplementation are all required for not only healthy bones but for an overall healthy life.



The panellists Lauren Davidson, a nutritionist and clinical consultant at the Cleveland Clinic, Brent Bishop, a Kinesiology major and Toronto-based fitness expert, Dr. Robert Heaney, Professor of Medicine at Creighton University, who has researched osteoporosis, Vitamin D, and calcium physiology for more than 50 years and Penny Kendall-Reed, a leading naturopathic doctor and endocrine specialist.



Participants



Dr. Robert Heaney, Professor of Medicine at Creighton University and Dr. Shiyam Loganathan



Brent Bishop demonstrating an easy fitness program





Entrepreneur brothers awarded Diamond Jubilee Medal for outstanding contributions



Monty Muthulingam received the royal treatment with Queen Elizabeth 11 Diamond Jubilee Medal from Ontario's Minister of Energy, Hon. Brad Duguid, MPP

Monty Muthulingam

Monty Muthulingam is a successful entrepreneur and Chairman of CableShoppe Inc., a leading broadband repair company that provides the most advanced broadband repair solutions and products.

Muthulingam immigrated to Canada in 1984 and like all new immigrants faced numerous challenges. Determined to become successful he formed

CableShoppe in 1991 along with his brother Stan Muthulingam. Like in all new businesses the early years were rough but with a high degree of determination, perseverance and courage Cable Shoppe was on the road to success and grew steadily. Monty believed throughout his

business career the importance of the community and continues to give back to the country and the community. He is happily married and is the proud father of three sons.

Stan Muthulingam

Stan Muthulingam is the Co-Chairman & Chief Executive of

of a new immigrant. However, along with his brother Monty, they formed CableShoppe, a company dealing in broadband repair solutions and over the years made it a very successful venture. Stan believes in continued investment for the better growth of the Company. Stan believes in helping others and has helped numerous families. He is a



Stan Muthulingam received the royal treatment with Queen Elizabeth 11 Diamond Jubilee Medal from Ontario's Minister of Children and Youth Services, Hon. Eric Hoskins, MPP



Monty Muthulingam and Stan Muthulingam with Ontario's Minister of Energy, Hon. Brad Duguid, MPP

CableShoppe. He immigrated to Canada in 1984 and initially faced the challenges

member at The Scarborough Hospital Foundation Board of Directors. He is the father of three children - two boys & a girl.



SCARBOROUGH
WIN a CAR

2 cash prizes of \$2,500
10 iPads to be Won



Charity Raffle

All proceeds will go towards Cancer Care at The Scarborough Hospital.

Tickets
\$20
each
3 for **\$50**

Purchase your tickets at:

The Scarborough Hospital Foundation
General campus office
3030 Lawrence Avenue East
Medical Mall, Suite 108

Volunteer Gift Shop
The Scarborough Hospital
General campus
3030 Lawrence Avenue East
Medical Mall, Main Floor

Volunteer Gift Shop
The Scarborough Hospital
Birchmount campus
3030 Birchmount Road
Main Floor, across from the cafeteria

Eglinton Square Mall
Across from Coles book store
TSH Volunteer Booth
At this location, only from
November 1st - 15th, 2012

Tickets may be purchased from October 31, 2012 until Friday, December 21, 2012 at 4 p.m. Only 8,900 tickets will be sold

PRIZE	VALUE	DETAILS
Car	\$24,135.90	2013 Toyota Corolla
Cash	\$2,500	Two Cash prizes
iPad	\$475	Ten iPads to be won

Draw Date: Wednesday, January 9, 2013 at 6:30 pm at The Scarborough Hospital Medical Mall, General campus

Rules and Regulations can be found at www.tsh.to • Lottery License No. M699038 • Charitable Registration No. 11914 2263 RR001



Gentle touch of TSH staff and physician put young patient at ease

For many kids a tumble off a bike can mean a scary trip to the hospital, but it was a far nicer experience for Avery Upshaw, thanks to the staff at The Scarborough Hospital.

Avery, 12, was riding her bike in June when she fell off and hit her knee hard on the pavement.

"It was really hurting," she says.

When the pain didn't go away mom Lynn Crombie-Upshaw decided to bring Avery to the General campus' Emergency Department. Here Dr. Mei Hweng assessed the injury and prescribed an immobilizer for Avery's leg for a week.

"I had to walk really funny," she says. "I had to walk like a penguin."

The ordeal was made more pleasant thanks to the care Avery received, which included a doctor with a sense of humour.

"My first doctor was really funny," she says.

Lynn appreciated the treatment she and Avery received here.

"They were amazing in their gentle care, age

appropriate communication and making her feel special," Lynn wrote in a letter. "Many thanks for taking care of us."

Dr. Hweng and TSH staff put both of them at ease.

"They were just so well suited to paediatric care. They were amazing," Lynn says. "They kept it very light so Avery wasn't scared. It took away the fear factor."

The immobilizer is long gone and the knee is fine now, except for a little pain now and then. Avery has been back on her bike without any more tumbles.

While Lynn says that visit was almost fun, she doesn't want to come back anytime soon.

"They took such good care of us. They were very



Avery Upshaw's doctor had her laughing at hospital visit, which helped the young patient feel at ease during a frightening experience.

conscious of her being a kid," she says. "They seemed to take special care of her."

CAMPAIGN HELPS HOSPITAL STICK IT TO THE FLU

Triple-digit improvements for staff and physician flu vaccinations in recent years have helped The Scarborough Hospital top other Toronto community hospitals for compliance, and the highly successful Stick It To The Flu campaign is once again aiming to set new records.

Over the past two flu seasons, vaccination compliance rose by 113 per cent at the Birchmount campus, and by 116 per cent at the General campus, a rate nearly 84 per cent above the median for acute care hospitals in the city. The

Birchmount campus was the top performing community hospital; the General campus ranked third overall.

This year's flu shot season is already underway, and the hospital is looking for even greater improvements.

"The results we have seen are outstanding, and demonstrate the culture of patient safety we are instilling at The Scarborough Hospital," says Dr. John Wright, President and CEO. "Along with good hand hygiene, getting the flu shot is probably the easiest way we can protect our patients—

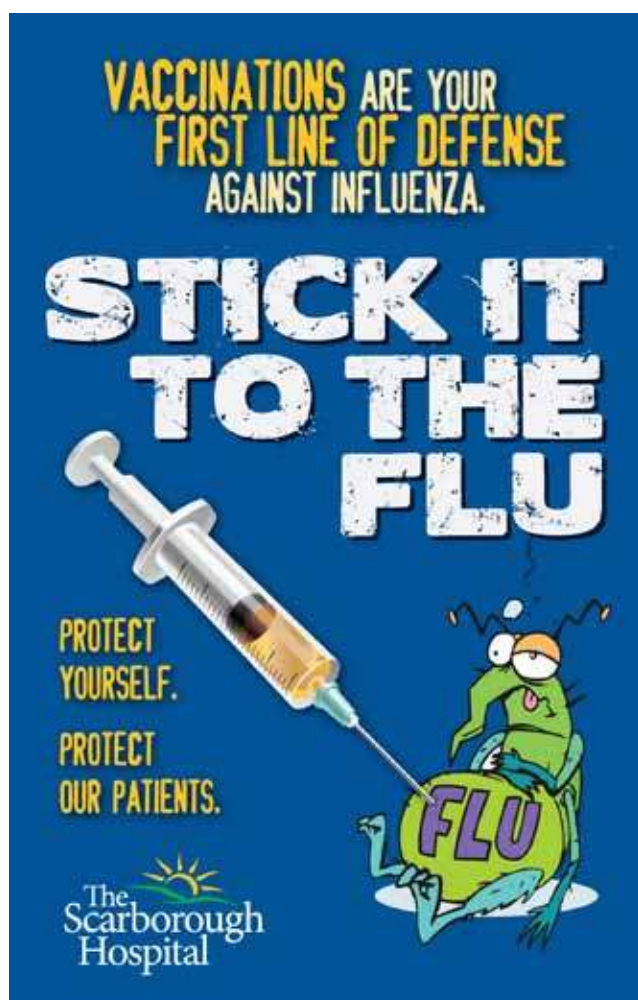
and our staff and physicians—from the avoidable effects of the flu virus."

The Stick It To The Flu campaign has increased awareness of the importance of getting the flu shot at TSH over the past two years, and actively combated myths surrounding the vaccination.

"Part of the reason this particular campaign was so successful is because we worked to identify the barriers to getting the flu shot," says Yvonne Walfall, Manager of the Occupational Health Department at The Scarborough Hospital. "The campaign made it easier than ever for staff to get vaccinated, and was supported with a strong educational component that addressed the concerns of anyone unsure about whether to get the shot."

A cartoon image of a flu bug helped brand the campaign on posters, signage, ID badge stickers, screen savers and educational materials, making Stick It To The Flu a highly visible reminder about the importance of getting vaccinated.

The Stick It To The Flu campaign has earned The Scarborough Hospital local, national and international honours from the International Association of Business Communicators (IABC) this year—an OVATION Award of Excellence, the Silver Leaf Award of Excellence, and a Gold Quill Award of Merit.



Annual Charity Car Raffle



Do you feel lucky? The Scarborough Hospital Foundation is hosting their annual Charity Car Raffle, and this year there are even more chances to win.

This year's prizes include:

- **A 2013 Toyota Corolla**
- **Two cash prizes of \$2,500**
- **10 iPads**

Tickets are \$20 each or three for \$50, and will be on sale until Friday, December 21 at 4 p.m. Keep in mind they make a great gift for the holidays. The winner will be drawn at a special event at The Scarborough Hospital on January 9, 2013 at 6:30 p.m. in the Medical Mall at the General Campus.

Purchase locations:

- The Scarborough Hospital, Foundation Office, General Campus 3030 Lawrence Avenue East Medical Mall, Suite 108, Scarborough
- The Scarborough Hospital, Volunteer Gift Shop, General Campus 3030 Lawrence Avenue East Medical Mall, Main Floor, Scarborough
- The Scarborough Hospital, Volunteer Gift Shop, Birchmount Campus 3030 Birchmount Road, Main Floor, Scarborough
- Eglinton Square Mall, TSH Volunteer booth across from Coles bookstore (from November 1 to November 15)

Order forms are also available on the TSH website, which you can print and send, along with cash, cheque or credit card information, to:

The Scarborough Hospital Foundation
3030 Lawrence Avenue East
Medical Mall, Suite 108
Scarborough, ON M1P 2T7

All proceeds will support Cancer Care at The Scarborough Hospital. Visit www.tsh.to for contest rules and regulations.



Volunteers recognized for 1 million donation to TSH



Councillor Norm Kelly with Volunteers

The hard work and dedication of The Scarborough Hospital's Birchmount campus Gift Shop volunteers has raised more than \$1 million to benefit patient care in Scarborough.

That hard work was recognized by Councillor Norm Kelly (Scarborough-Agincourt) when he presented the volunteers with a special certificate signed by himself and Toronto Mayor Rob Ford

"It is a privilege to be able to acknowledge the success of the fundraising efforts by these wonderful people who give so freely of their time to benefit others," says Councillor Kelly. "You're a gift to this hospital and the community."

Regular donations have been made to the Foundation from the profits of the Gift Shop for more than 25 years, reaching a

milestone of \$1 million in the spring. The money has benefitted numerous campaigns over the years, including the current "Look Inside Yourself" campaign to raise funds for the new MRI machine at the Birchmount campus.

Volunteers also received a letter of appreciation from the Foundation for their contribution.

"We are grateful for the generosity and hard work of our extraordinary volunteers and know the money they've raised makes a big difference in

the lives of our patients," says Michael Mazza, President of The Scarborough Hospital Foundation. "To raise \$1 million is not a small feat. I know you've worked tirelessly to reach that milestone."

Dr. John Wright, TSH President and CEO, also expressed his appreciation to the volunteers.

"We couldn't run a hospital without you. It's not just here at the Gift Shop, throughout the hospital volunteers are working hard," he says. "If you guys were to disappear, I don't know where we'd be."

Gaynor McConnell, Chair of the Gift Shop Committee, says all the volunteers feel good knowing people appreciate the work they do.

"We feel great," she says. "We've started work on the second million now!"

TSH staff step up for blood donations

On September 18, 2003 Marcus Nazir was in isolation at the Hospital for Sick Children following a bone marrow transplant for Leukemia. It was also his eighth birthday, and his only wish was for his mom to host a blood donor clinic so that everyone who needed blood would not have to wait.

Marcus passed away eight years ago shortly after his eighth birthday, but ever since, his mother, Teresa Reardon, Patient Care Manager of the Emergency Department at The Scarborough Hospital's Birchmount campus, has organized numerous blood donor clinics in his memory.

The most recent clinic, held at the General campus on October 1, attracted more than 50 staff, physicians, patients and visitors; some first-time donors and some who have been donating to Canadian Blood Services for years.

"I always feel good about it," says Sisi Azzopardi, who attended the clinic to give her 13th donation. "I find it to be almost zero discomfort and you get so much appreciation. It's a pleasure to donate."

One blood donation equals about two cups of blood, which is replenished in about six weeks, and can help up to three people.

First time donor, Brenda McCormick, says she has always been afraid to donate, but decided to take the opportunity following a recent experience with the need for blood.

"My mom is getting chemotherapy at TSH and has needed transfusions," says Brenda. "So I thought I should give back, something I should have done a long time ago."

She adds there is no reason to be



Paulina Szlachta, Award Gala Coordinator, Community Development with The Scarborough Hospital Foundation, attended the Blood Donor Clinic on October first to give her 4th donation.

afraid, and wondered why she waited so long.

"Just do it," encourages Brenda. "There's nothing to it. It's an hour of your time and you could save a life."

Teresa has organized several blood donor clinics at the hospital in partnership with Canadian Blood Services, and while she is always pleased with the turnout, she knows next time we will do even better.

"Every day someone dies because the blood they need isn't available," says Teresa. "The selfless act of donating blood to save another person's life is the most amazing feeling, and seeing my colleagues donate fills me with such pride and hope."

Teresa adds that she hopes everyone who donated at the October 1 clinic will continue to donate regularly.

"You can contact Canadian Blood Services at any time to find a location near your home," she says. "Remember, blood is in you to give."

Lan Can Pages - 2013

Expand your business to the Sinhalese community in Canada just for \$75 a year..

Only business directory being circulated among Sinhalese community in Canada

More than 60 Tamil businesses advertised in the 2012 issue

More than 10 000 copies are printed

Many in the community keeps a copy of the directory at home or in the car

Accepting ads for the Lan-Can Pages 2013 will close in a couple of weeks time. If you are interested please email the artwork of your ad and send in your cheque drawn to "GTA Challengers Sports Club" by post to the address given below.

For further information please call us on following numbers during weekends or after 6pm on weekdays.

GTA Challengers Sports Club, 88 Bunchberry way, Brampton, ON L6R 2E8

E-mail: gtachallengers@gmail.com

Tele: 416-786-8911 (Deepal), 647-282-6995 (Nihal), 647-206-6435 (Deva), 647-760-0653 (Bandula), 647-339-0824 (Ranjith)

Lan-Can pages is a fundraising project of the GTA Challengers Sports Club - a not for profit organization.



LOCAL GALLERY FOSTERS CREATIVITY IN PAEDIATRIC PATIENTS



Visiechan Sivachandran receives the first recipient bag of art supplies from Framing Dames in the summer. Paediatric patients who meet certain criteria will receive the bags filled with items including sketchpads, clay and watercolours.

A local business is helping to foster the creativity of young patients at The Scarborough Hospital's General campus.

Catherine Hawthorn is owner of Framing Dames gallery and art school in Highland Creek. She's had a relationship with The Scarborough Hospital for some time – framing art from paediatric patients and running a children's art contest – but earlier this year, she approached the Paediatric Department with a new idea. She wanted to give patients who had extended stays in the hospital a bag of art supplies to take home.

"If a child has been in the hospital for five or more days, we give them a bag full of supplies like watercolours, sketchpads and clay," she says.

"It's a way for them to keep busy at home while they're recovering."

Wanda Bowen, Child Life Specialist, thought it was a great idea and that the young patients would enjoy taking it home with them.

"It's nice for them to have something creative to do," she says. "We at TSH and the patients appreciate Catherine's generosity to the hospital."

Catherine says she always enjoys working with the hospital so this gave her another opportunity to give back to her community.

"We just wanted to do something in the community that was positive and made us feel good," she says. "This was something we could do."

Catherine believes children

are innately creative so she wants to use every opportunity she can to foster that interest. And if the kit helps take the young patients' minds off their illness for even a little while, she's happy to help out.

Framing Dames also provides the young patients with a voucher for five free art classes once they are feeling better. So far, there have been just two patients who met the criteria for the art package, but they were both surprised and ecstatic for the gift.

"The smiles from the kids were just great," Wanda says.

Catherine enjoys seeing their reactions just as much as they enjoy receiving the present.

"It was amazing," she says. "It made me teary-eyed to see the big smiles on their faces."

BREAST RECONSTRUCTION EVENT RAISES AWARENESS ABOUT OPTIONS FOR WOMEN

While thousands of Canadian women undergo breast cancer treatment each year, many are unaware of their reconstructive options, therefore less than 20 per cent choose breast reconstruction surgery. Breast Reconstruction Awareness (BRA) Day aims to change that.

The Scarborough Hospital's Breast Reconstruction Group hosted a successful Breast Reconstruction Awareness (BRA) Day event Wednesday, October 17. The tea party and speaker series was one of many BRA Day events held across the country to raise awareness about breast reconstruction surgery.

The General campus' auditorium was filled with people wanting to hear from the hospital's plastic and general surgeons on topics ranging from TSH's history with microsurgery to breast lump inspection options for reconstruction. Talks were given in English, Cantonese and Tamil.

Dr. Narayanan Nandagopal, TSH Plastic and Reconstructive Surgeon, spoke in Tamil about reconstructive breast surgery following cancer. By having the event in Cantonese and Tamil, as well as English, the hospital had an opportunity to reach out to Scarborough's diverse populations who may not be as knowledgeable about their healthcare options.

Dr. Nandagopal, along with Drs. Timothy Sproule, Sandra Voice, and Sarah Wong, comprise the hospital's skilled reconstruction team. Thanks to their skills and team work, TSH is the only community hospital where the unique DIEP free flap microsurgery reconstruction option is performed. The doctors work as a team to perform the surgery in just four hours compared with six to seven at other sites.

The BRA Day event also gave people a chance to mix and mingle to share their stories or to speak with the physicians; the microscope used in microsurgery

was on hand to demonstrate how it works.

The event was organized by The Scarborough Hospital Foundation and sponsored by Johnson & Johnson Medical Companies.

Dr. Narayanan Nandagopal, TSH Plastic and Reconstructive Surgeon, speaks about breast surgery following cancer at The Scarborough Hospital's Breast Reconstruction Awareness (BRA) Day event Wednesday, October 17. He spoke in Tamil to reach out to a larger segment of the community.



Video showcases need for new surgical suites



One of the biggest needs we have at The Scarborough Hospital's General campus is new operating rooms. Our existing operating rooms were built in 1956, when the hospital first opened, and have had only minor renovations since that time.

Because our operating rooms are so old, we have no ability to increase their size and bring them up to modern standards. Despite facing significant budget pressures at the hospital, surgical suites are critically-needed to help us add the new technologies that are required for minimally-invasive or robotic surgeries, and to help recruit and retain the best and brightest surgeons and nursing staff.

These are things our patients deserve, and we want to continue to provide outstanding healthcare to our community.

Our operating rooms are extremely busy. In 2010, the surgical team at the General campus performed approximately 29,000 surgeries. When you compare that to 1956 when the surgical team did 1,200 surgeries in the exact same operating rooms, you can see how we are challenged.

Our physicians and staff are highly respected in the healthcare community for innovation and patient outcomes. They need the best facilities in which to provide patient care—and, of course, our patients deserve nothing less.

In order to do this, we have asked the Ministry of Health and Long-Term Care for funding that would allow us to build new Surgical Suites at the General campus. We have submitted a proposal that outlines our needs, and we hope to receive approval in 2013 to move forward with more detailed planning and design of the new facilities.

You are encouraged you to watch the video, which gives a great picture of how badly we need these new Surgical Suites. The link is available on our home page at www.tsh.to.

Please feel free to share it with friends by email and through your social networks.



Rouge Valley announces film festival winners

Films about bugs and treadmill accidents pick up awards at hospital film festival

Wash your hands, get the flu shot, and listen to your exercise therapist when she explains the safety precautions for running on a treadmill!

These are just a few of the valuable lessons to be learned from the winning films in Rouge Valley Health System's (RVHS) second annual Hands Up Film Festival (HUFF). Awards were handed out for the films at recent staff Town Hall meetings at both Rouge Valley hospital campuses, in east Toronto and in west Durham.

RVHS employees, doctors, the general public and a patient safety expert panel all took part in deciding the festival winners among the fun and educational films submitted. HUFF 2012 featured eight one-minute-long films promoting patient safety, which were produced by, and starred, Rouge Valley staff and physicians. From Sept. 10 to 21, the films were made available for viewing and online voting on the RVHS website, its YouTube channel and on-site at the hospital. Awards were handed out in three categories: Most Viewed Film; Best Film - People's Choice; and Best Film - Experts' Choice.

Award for Most View Film & Award for Best Film - People's Choice

Two awards were won by the film *A Patient Falls for Heart*, which was made by staff from Rouge Valley's cardiac rehabilitation team. This entry not only had the highest number of online YouTube views, it also received the most

votes by staff and the public. The film is a parody of a popular casino commercial in which a video of a man falling off a treadmill goes viral. The film also has a cameo appearance by the cardiac rehab team's spoof of the *Old Spice Guy*, a character that they first introduced last year in their HUFF film, which itself went viral receiving more than 7,400 views.

"We really wanted to highlight one of the most important patient safety issues for our team, which is providing patients with proper instruction for performing exercises, particularly when using equipment like a treadmill," says Rajeanne Leveille, program coordinator, cardiac rehabilitation. "We were excited to win one award, but winning two awards was a great surprise. We want to thank all the staff, patients and everyone else who took the time to view the films and cast their votes."

Award for Best Film - Experts' Choice

The film selected as the experts' favourite is *Bugs Love You*, made by the RVHS infection prevention and control department. This simple but powerful film uses a blend of classy music and a series of photos and to-the-point captions to warn its viewers about how much bugs such as bacteria, influenza, and *C. difficile* love them, and urges viewers to fight these bugs by washing their hands, getting the flu shot and cleaning hospital equipment between use.

All the films were reviewed by a panel of five of Rouge Valley's experts in



patient safety and professional practice. Together, they chose *Bugs Love You* as the top festival film, feeling it best reflected the judging criteria, including: connection to the hospital's own patient safety plan and required organizational practices (ROP); staff, physician and volunteer engagement in creating a culture of patient safety; educational value and ability to captivate an audience.

"All the entries were really strong, so we are very excited to win. This was a real team effort, and such a fun way to engage staff," says Michael Paetzold, infection control practitioner. "We wanted to deliver easy messages for keeping patients safe - such as getting the seasonal influenza vaccination, which is so important at this time of year. We hope our film goes a far way towards promoting patient safety."

HUFF in its second year

The Hands Up Film Festival began last year, as part of Rouge Valley's corporate hand hygiene campaign. Recognizing the value of the festival in fostering team engagement and rallying staff's pride in their work, and in their hospital, Rouge Valley decided to make

HUFF an annual event. HUFF 2012 carries on the same spirit, celebrating Rouge Valley's mission, vision and values. This year, there were over 1,000 online views for the films, and more than 2,000 votes were cast.

"We are extremely happy with the success of our second film festival, and so much of it is thanks to the creativity of the participating teams and their eight amazing films. We really want to thank everyone who got involved, including the many staff, physicians and community members who took part by watching and voting," says Cheryl Owen, professional practice accreditation ROP lead, and head of the HUFF 2012 coordinating committee. "I'm particularly happy we were able to highlight patient safety, and the role that we all play at the hospital. Through the film festival, our staff had an opportunity to demonstrate just how committed we are at Rouge Valley to keeping patients safe."

All HUFF 2012 films can be viewed at www.rougevalley.ca/huff. Photos from the Oct. 17 award ceremony and the Sept. 10 festival kick off can be viewed on Rouge Valley's Flickr page.

Rouge Valley gets highest accreditation standing

Exemplary Standing rating awarded to community hospital

Rouge Valley Health System (RVHS) has been awarded exemplary standing status from Accreditation Canada - the highest level of achievement possible under the accreditation program.

RVHS met 98.2 per cent of the 2,025 standards set by Accreditation Canada. Accreditation Canada is a not-for-profit organization that sets standards for quality and safety in health care, and accredits health organizations in Canada and around the world. The accreditation award will stand for three years, until 2015, when another accreditation survey will be done.

"We are extremely pleased at these outstanding results and credit our hard-working team of staff, physicians and volunteers. The award means that we are continuing to deliver the highest quality of care and patient safety to our patients, which is the goal of our strategic plan," says Rik Ganderton, president and chief executive officer, RVHS.

"While this is a fantastic result and

evidence of our shared commitment to patient and staff safety, we know that there is always room for improvement. We will continue to relentlessly focus on achieving error-free service delivery."

Organizations that are accredited by Accreditation Canada undergo a rigorous evaluation process. Four Accreditation Canada surveyors were onsite at both RVHS hospital campuses (Rouge Valley Centenary in east Toronto, and Rouge Valley Ajax and Pickering in west Durham Region) from Sept. 23 to 27, analyzing all of the hospital's programs.

The surveyors, who are experienced clinical and administrative leaders from other Canadian healthcare organizations, spoke with staff, management, physicians, patients, community partners and members of the RVHS Board of Directors.

They reviewed dozens of documents and gathered information through direct observation in several departments. RVHS was evaluated in the following

categories: Population Focus; Accessibility; Safety; Work Life; Client-Centered Services; Continuity of Services; Effectiveness; and Efficiency.

"The Accreditation Canada standards and required organizational practices that help us to reflect on our own performance. This allows us to continue to work diligently to fulfill our commitment to providing the highest standard of care and safety for our patients," explains Karen Mayne, director, quality and professional practice.

"At Rouge Valley we keep quality, safe patient care, and the patient's experience at the forefront, and this has guided us in the right direction."

Staff, physicians, hospital leadership and members of the RVHS Board of Directors began preparing for accreditation almost three years ago, after our last survey in 2009. The preparation process was just as rigorous as the accreditation survey itself. Clinical excellence teams comprised of leaders from each program,



led self-assessments so that the hospital could measure its own performance against Accreditation Canada standards. From there, a plan of action was developed and implemented to address those performance gaps.

Mock surveys were also conducted by a group of management and front-line staff members, who were trained in Accreditation Canada's "tracer methodology". This helped staff to increase their awareness and compliance with the accreditation standards and feel comfortable with the accreditation process.

There was also an extensive hospital-wide interactive educational campaign. The surveyors recognized RVHS' governance and leadership, quality program, clinical services, diagnostic services, support services, communications and community relations as excellent.



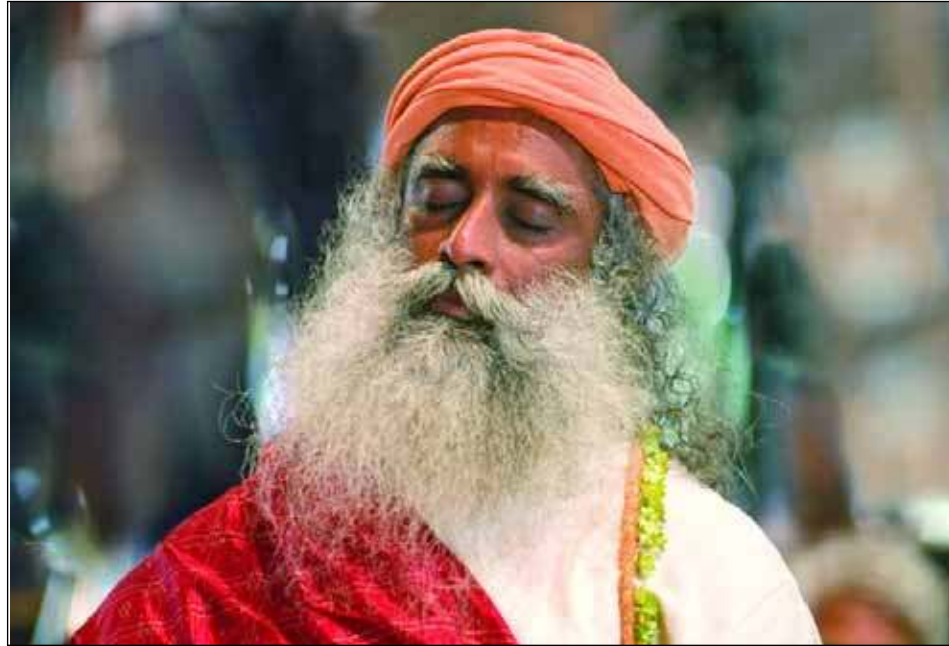
Special Feature

Body - The First gift

By Sadhguru Vasudev

Now people have come to the conclusion that body means pain. Body is not pain; body can be very, very beautiful. You can make your body in such a way that you need not have to carry it around, you can let it just float with you. Just food, practices and a little change in attitude, you will see this body becomes a miracle. If you look at this body as a mechanism, definitely it is the most sophisticated mechanism on this planet right now. All your super computers do not match this one. They say a single molecule of DNA can perform 100 times more functions than all the computers in the world put together. A single molecule of DNA contains that many functions. So, this is definitely the best machine.

This is the first gift that was given to you. And those people who do not appreciate this gift, those people who are not bothered to take care of this one proper-



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



ly, will God give any more gifts to them? It stops there. God gave you this wonderful body. Whoever is your creator, he gave you this wonderful body; the first gift that is given to you is a physical one, and then if he sees you are abusing it so badly, if you do not know how to take care of it, he knows it is not worth showering more gifts upon you. So it is very important that the body is kept in a comfortable and joyous state. If the body is joyous, it will encourage you to go further.

You don't have to become a great athlete or something, but you can keep it well, healthy, comfortable and happy. Keeping the body happy is very important, otherwise it will pull you down, wherever you want to go it will pull you down very easily. The physical body itself can be happy in the sense - after a bout of rain, if you go out and see, all the plants seem to be happy. Have you seen that they are almost laughing? Not just washed and clean, if you are sensitive you can see they are exuding happiness.

Have you felt this?

So particularly the body can be happy if it is kept properly. If you eat certain foods, the body will become happy. If you eat certain other foods, the body will become dull and lethargic, it will increase your sleep quota; we have not come here to sleep and go, isn't it? I am talking about life, you know. See if we are sleeping for 8 hours a day, if we live for 60 years, we have slept for 20 years. 20 years of our lives we have slept; that

is one third of our lives we have spent sleeping. Now, if we are sleeping for 12 hours, 50% of our lives we spend sleeping, the remaining 30 to 40% goes in eating, toilet and the other ablutions, so what is left for life? There is really no time left.

Nobody can enjoy his sleep. In sleep you don't exist. The only thing that you can enjoy is restfulness. The body is well rested, that you enjoy. How to keep the body well rested? First of all, why tire it? Tiresomeness doesn't come to the body because of work, for most people. People who are working more, are more active, isn't it? Food is one important aspect, attitudes are also there, but food plays an important role. If you eat the wrong kind of food, you have to drag your body and go. If you eat the right type of food, it goes ahead of you, and that is how it should be kept.

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.



SAI GLOBAL AKHANDA BHAJAN

Sri Sathya Sai Baba was born November 23rd 1926. His birthday will be celebrated at Sri Sathya Sai Baba Centre of Scarborough at 5321 Finch Ave East Scarborough on that day. During the 2nd weekend of November, Global Akhand Bhajan will be held in all parts of world Sai Centres. In Canada at Scarborough Sai Centre, 5321 Finch Ave East, the 24 hour continuous bhajan will commence on Saturday Nov 10th at 6.00 p.m. and finish on Sunday Nov 11th at 6.00 p.m. All Sai devotees are welcome to participate in the Bhajan session.

Let your whole life be a bhajan. Believe that God is everywhere at all times and derive strength, comfort and joy by singing His Glory in His Presence. Let melody and harmony surge up from your hearts and let all take delight in the Love that you express through that song

-Sri Sathya Sai Baba; Nov 14, 1976 on the occasion of Global Akhand Bhajan

The 24 hour bhajan were started in Bangalore in the year 1945 by eight families that first came to Puttaparthi as a culmination of the year long Thursday bhajans that they had commenced an year earlier during the time of World War II. When they wrote to Bhagawan seeking permission for the same, Bhagawan blessed the idea, named it Akhand bhajan and promised them that He would attend it as well. Since 1945, the Akhand bhajan has become a global phenomenon.

Of all the Sai programmes for promoting harmony and unity among the peoples of the world, nothing is as significant and far reaching as the observance of "Akhand Bhajan" on a global scale. The Akhand bhajan represents a unique attempt at making people in every part of the world conscious of their Divine essence and are an opportunity to experience the sense of oneness spiritually. The Akhand bhajan, which is observed by Sathya Sai Centres in all countries, from Tokyo in Japan to Vancouver in Canada, has become over the years one of the most looked for event in the Prashanthi calendar.

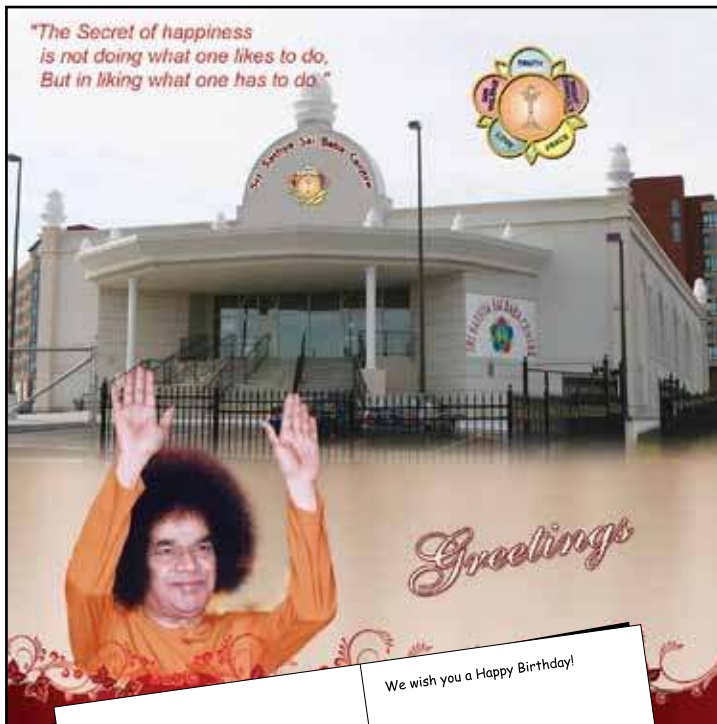
The Akhand bhajan involves the constant contemplation on God in the morning, evening and even during the night time. It is constant contemplation on God during all the three states – the waking, dream and deep sleep state. It is "Sarvada Sarvakaleshu Sarvathra Harichintanam," said Bhagawan long ago, explaining the significance of the marathon spiritually elevating saga.

Shravanam (hearing the Glory of the Lord), Keerthanam (singing the name and Glow of God), Vishnosmaranam (allowing the mind to dwell on that Glow), Paadhasevanam (adoring the Feet of the Lord), Vandhanam (experiencing gratitude and joy at His Grace), Dhaasyam (feeling oneself as His instrument), Sakhyam (awareness of his being one's constant and closest companion) and Aathmanivedhanam (dedicating one's full being to Him)—these are the nine steps in the path of devotion. [BUT ONLY 8 ARE LISTED] The Akhand bhajan draws on each of these nine steps to bring the devotee closer to the One.

But was is an akhand bhajan? It is begun at 6:30 on the evening of one day and is closed at 6:30 on the evening of the next day. It is a bhajan without a break. Can we call it 'unbroken' bhajan? What is a period of 24 hours when we consider the vastness of the Universe and the eternity of time? It is just a wink,

a minute part of the life of man on earth. By engaging yourselves in the recitation of the Name of God for one single day, you claim to have done bhajan "without a break!" Akhand-bhajan must be as continuous as breathing itself if it is to deserve its name.

You must probe into the real significance of the samkeerthan that you are engaged in. Keerthan is "singing



Sairam!
Please be present at our Sai Centre on your Birthday at 7:30pm and participate in pooja & aarthi.

Sri Sathya Sai Baba Centre of Scarborough,
5321 Finch Ave East, Scarborough, ON M1S 5W2
416-335-7242 / 416-725-5410 / 416-609-2525
www.saicentre.net

We wish you a Happy Birthday!

Whatever you do, wherever you are remember that I am with you, in you and will save you from conceit and error that will make your seva worthy of the people you serve.

loud the Glory of God." Samkeerthan is the process of singing that originates in the heart, not from the lips or tongue. It is the expression of the joyous thrill that wells up from the heart when the Glory of God is remembered. It is the spontaneous manifestation of inner ecstasy. No attention is paid to the blame or praise that others may give. It does not seek the admiration or the appreciation of the listeners. It is sung for one's own joy, one's own satisfaction, one's own delight. Keerthan of this supreme type, alone, deserves the name samkeerthan.

Naamasamkeerthan can cleanse the atmosphere

Singing this intense yearning for God and enjoying the experience of adoring Him, helps to purify the atmosphere. Man is today forced to breathe the air polluted by sounds that denote violence, hatred, cruelty and wickedness. No man can escape the influence of the pollution of the air he breathes. The sounds that we produce, with good intent or bad, spread throughout the air around us. This is our daily experience. Consequently, he is fast losing the high attainments that



are in store for him. The vibrations of the naamasamkeerthans (heart-felt recitation and Lord's name) can cleanse the atmosphere and render it pure, calm and ennobling. It is with this high purpose in view that this programme of global samkeerthan was designed.

Prayer should come shrieking through the heart

And Akhand Bhajans of yester years used to have Bhagawan's greater participation. Reminiscing the beauty and subtlety of the marathon Bhajan Saga, one of the former students of Bhagawan's University, who has been blessed by Bhagawan to sing in His presence writes:

"Akhand Bhajan was about to begin in a few minutes. Bhagawan entered the bhajan hall from the rear side and was slowly walking on the carpet towards the altar where He had to light the "Akhand Jyothi" to mark the commencement of the Bhajans. As He reached the altar, He noticed a glittering artificial garland placed around the neck of the Hanuman Idol by the side of His chair. One could see a frown on His face as He went close to the Idol, bent over the lamp placed by its side, removed the garland and dropped the same saying ARTIFICIAL. We all know that every act of Bhagawan has an inner meaning. We felt that Bhagawan was indirectly teaching us to sing Bhajans from the Heart and not as an Art. He says, whatever we do should be "Heartificial" and not Artificial."

Path of devotion is the most effective Sadhana

Some may prefer to adore Him as the Giver of equanimity (shaantham), others as a Friend, Guide and Guardian (sakhya), still others as the child one loves and tends (vaathsalya) and yet others as the lover whom one loves with sovereign love (madhura). Naama means the Name of God, and so naama-sankeerthan means the adoration of God, calling upon Him by various Names, each describing His glory, His achievements, His relationship with the individual.

The Names are many, or even countless; it is so in all languages. We have many groups of 'thousand and eight Names' which can be used, for God, as the Vedhas (ancient revealed sacred scriptures) declare, has a 'thousand heads, a thousand eyes and a thousand feet.' Devotees can adore Him and derive bliss through that adoration, filling each Name with the meaning and significance it carries. Some people do question the propriety of calling God by means of such a multiplicity of names. But each Name is indicative only of one aspect of Divinity. It denotes a single part of the Supreme Personality. The eye, the nose, the mouth, the hand or the finger may be denoted by distinct words, but they all belong to the same individual. So, too, one must remember that every Name is but a facet, a part, a ray, of the Supreme. The sadhana consists in recognising

and becoming aware of the One that supports and sustains the many. That is the precious gem of wisdom that one must secure and treasure.

God responds to prayer that emanates from the heart

Once upon a time, Naamadheva (noted for his mastery of the bhakthi-marga through constant recital of the Name) and Jnaanadheva (noted for his mastery of the path of wisdom), were together crossing a thick jungle. They were both afflicted with severe thirst but could not find water anywhere in spite of a tiresome search. At last they came upon a ruined well with a little water far down its depths, but they had no means of going down the steep sides. So Jnaanadheva used his power and transformed himself into a bird. The bird flew down and drank its fill, only to change itself into Jnaanadheva again! Naamadheva relied upon the power of the Name. He sat on the edge of the well and called, 'Naarayana,' in great anguish. God responded to his prayer. The water rose up to where he sat and he could gather it in his palms and quench his thirst. He had no need to embody himself anew and disembodied himself again for the satisfaction of a physical thirst.

When God is invoked by prayer that emanates from the heart, let it be but once, He responds immediately. But now the call emanates only from the lips, it has not the ring of sincerity and faith. From the lips, it must roll back on the tongue: from the tongue, it must go deep into the throat; from the throat, it must reach down into the heart. Continuous sadhana alone can grant success in this endeavour. You must become like an infant with no inhibitions or stratagems. The mother may be attending to her daily chores on the first floor of the house, leaving the infant in the cradle on the ground floor. But when the child sends up a loud wail, either through fear or hunger, she rushes down to lift the child, fondle it, feed it and comfort it on her lap. She will not stay away because of the wall not being musical or melodious.

This programme of bhajan continuously done for 24 hours all round the world in all lands has spread the message of love through the Names of Embodiment of Universal love. It has saturated the atmosphere with thoughts of God and of the peace and joy that He showers. The bhajan not only affects this particular area and its environment, but will transmute the entire atmosphere.

Life is a song, sing it. That is what Krishna taught through His life. Arjuna heard that song on the battlefield, where tensions were at their highest and when the fate of millions was to be decided by the sword. Krishna sang the Geetha for Arjuna to listen. Geetha means 'song,' and He sang because He was Aanandha (Divine Bliss), wherever he might be—in Gokulam, on the banks of the Yamuna or at Kurukshetra between the warring armies.

You too must pass your days in song. Let your whole life be a bhajan. Believe that God is everywhere at all times, and derive strength, comfort and joy by singing His Glory in His Presence.

Let melody and harmony surge up from your hearts and let all take delight in the Love that you express through that song.



KANTHASASTI FESTIVAL

C. Kamalaharan

Kanthasasti is an important festival of the Saivites, celebrated in the month of 'Aipasi', according to the Tamil calendar. It commences in the 'Pirathamai thithi', the day following Deepavali during the 'Sukla Paksha' (bright fortnight) and concludes in the 'Sakthi thithi' of the sixth day of the waxing moon. Accordingly it will be celebrated this year from November 14th to November 19th in most countries with slight variations in dates in a few other countries.

To cut an epic story short, once the three Asuras; Surapadman, Singhamugasuran and Tharakasuran inflicted severe sufferings on the

U.S.A, and Europe. Tiruchendur presents a sea of heads, where lakhs and lakhs of people throng from all parts of India and from foreign countries, on the very beach where the epic war took place. There is a practice at Tiruchendur during the enactment of 'Surasamharam', a live rooster is jolted vigorously by a man holding its legs tightly until it dies, just in front of Surapadman. The rooster, I read later was the spirit of the slain Surapadman and by killing it the demon was finally wiped out. I felt baffled as to why a rooster should be subjected to such a painful ordeal, year after year. Can't they symbolize this enactment also with a model!

In Srilanka, 'Surasamharam' is

Actions). Lord Murugan has also another Sakti, 'Gnana Sakti' (knowledge). And so to attain a goal, one needs to have desire (Ichcha Sakti). Then he/she needs to have the right Knowledge (Gnana Sakti) and finally he/she should perform actions (Kriya Sakti).

SIGNIFICANCE OF SURASAMHARAM

The destruction of the three Asuras symbolizes the destruction of the 'Mummalangal' (the three impurities); Anavam (ego), Kanmam (binding action) and Maya (illusion), thereby purifying the souls and taking them into His fold.

Surapadman too though vanquished was granted a great boon, to become the vehicle of Lord Murugan and the rooster emblem in His flag.

FASTING

Devotees fast on all six days, culminating on the sixth day (Sakti thithi) of the waxing moon. There is no common method in fasting. Some consume only fruits, some only milk, some both fruits and milk, some only one meal per day while some only water. There are some 'advanced' devotees who consume only three pallets of pepper and three gulps of water. Whatever the methods may be, devotees follow the basic rules.

Most devotees stay in the precincts of the temple and spend the time in prayer, meditation and listen to spiritual discourses, mainly 'Kanthapuranam' recital in verse form, for which the meaning is conveyed instantly by a devotee who is well conversant in it. Devotees also recite 'Thirumurukaarupadai', 'Kanthar Kali Vemba,' 'Kanthar Anuputhi', 'Kanthar Alangaram' and 'Kantha Sasti Kavasam'.

BENEFITS OF OBSERVING KANTHASASTI FASTING

Fasting brings discipline in one's life. By fasting, unwanted toxic elements are flushed out and the body is cleaned. The mind too is cleaned through prayer, meditation and listening to spiritual discourses. It also keeps the body supple, reflexes sharp and the mind alert. It removes bloatness' as a result the body experiences lightness.

During the six day fasting, I daily

maintain a record of my Weight, B.P, and B.M.I. The records show a gradual drop in the readings in all the three areas. The whole body is 'serviced' as we regularly service our motor vehicles. My body becomes physically and mentally sound and I experience lightness with refreshed energy.

CONCLUSION

Our Saiva Saints have passed down through ages Saiva Agama Texts that contain the principles and practices of Saivism, for us to assimilate and practice them in our daily life. And temple festivals are part of these practices. One who observes this important Kanthasasti Festival with staunch faith, strict discipline and completely surrenders to the Lord, his/her prayer will be answered by 'Kaliyuga Varathan' (the Bestower of Grace in this present Kali Yuga Age) besides acquiring a clean mind in a clean body.



Thiruchendur

Devas. To destroy them Lord Murugan emerged as an incarnation out of a spark from the third eye of Lord Siva and received the Divine Vel (spear) from Goddess Parvati. Accompanied by Veerabahu Devar, the emissary and other Devas, arrived at the sacred shrine of Tiruchendur, to wage war with Surapadman and his demonic army.

During the first five days of the war all the Asuras of Surapadman got perished. On the sixth day of the war, Surapadman severely beaten and sensing his end nearing, went into hiding in the form of a monstrous mango tree. Lord Murugan hurled his Divine Vale and split the tree into two halves. One half got transformed into a peacock which Lord Murugan used as His 'vahanam' (vehicle) and the other half got transformed into a 'Seval' (rooster) which became the emblem in Lord Murugan's flag. Hence in short 'Surasamharam' is the victory of good over evil and the restoration of Dharma.

To celebrate the victory of Lord Murugan over Surapadman, 'Surasamharam' is enacted annually on the sixth day (Sakthi thithi) at Tiruchendur and in all Saivites temples in Tamil Nadu, Kerala, Andhra Pradesh, Karnataka, Srilanka, Malaysia, Singapore, Mauritius and in some temples in Canada, Australia, U.K,

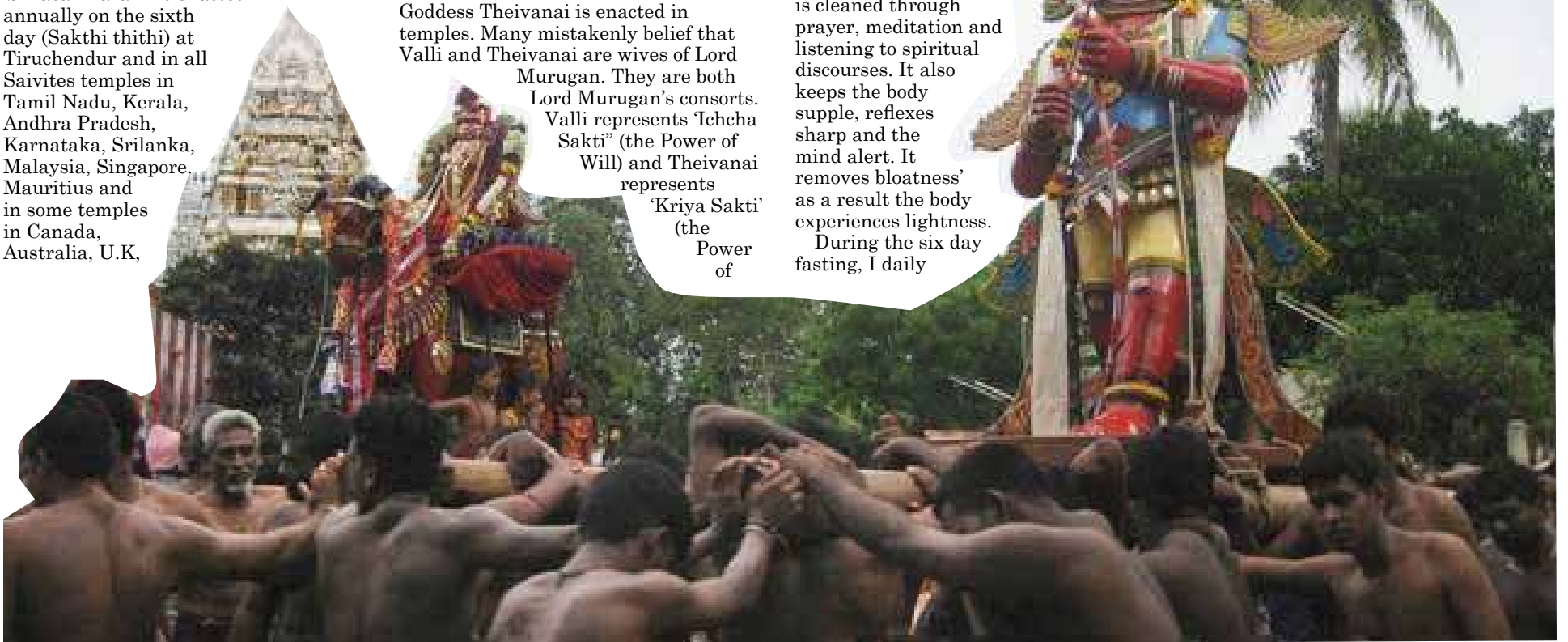
enacted in almost all the Saivites temples and in particular Murugan temples. All Saivites observe this festival in full faith, fasting on all the six days and finally breaking the fast on the seventh morning (Parana) when they attend prayer and pooja in the temples, early in the morning and partake rice curry and other items with relatives and friends. During 'Surasamharam' Lord Murugan usually appears in his peacock vahanam (vehicle). But in some temples like Nallur Kandasamy Kovil and Inuvil kandasamy Kovil Lord Murugan appears in His 'aadukidai' (billy goat-he goat) 'vahanam'. At Inuvil Kandasamy Kovil the billy goat 'vahanam' is a huge magnificently sculptured figure, with fiery eyes and a pair of horns with spiral ridges, never to be found anywhere else. The 'Surasamharam' is enacted in the midst of a large gathering of devotees from Inuvil and the other villages.

The following day after 'Surasamharam' 'Thirukalyanam' (the celestial wedding) between Lord Murugan and Goddess Valli and Goddess Theivanai is enacted in temples. Many mistakenly belief that Valli and Theivanai are wives of Lord

Murugan. They are both Lord Murugan's consorts.

Valli represents 'Ichcha Sakti' (the Power of Will) and Theivanai represents

'Kriya Sakti' (the Power of





WORDS OF PEACE

Don't Believe It

"When something is important in your life, do you believe, or do you want to know?" asks Maharaji, an internationally renowned ambassador of peace. "When a man falls in love with a woman, is he just supposed to believe that she will marry him? Suppose he asks, 'Will you marry me?' and she says, 'Believe whatever you want.' That means, 'No!'"

In the same way, Maharaji says, when it comes to peace, belief is not enough. It is necessary to know it-not intellectually, but through direct experience.

Born in India, Maharaji moved to the West at an early age, and has spent most of his life traveling the world with his message of peace and fulfillment. The peace he talks about, he makes clear, is not an abstract concept like "world peace," but something that can be experi-

enced in the heart of a human being.

"I have been around the world many times," he says, "and I can tell you one thing. It is we human beings who need peace-and that peace has to be, by its very nature, felt in our hearts."

Yet many people don't even believe that peace is possible. "A long time ago," Maharaji says, "I was clearing Customs to go back from Canada to the United States, and the customs officer said, 'What were you doing in Canada?'"

"I said, 'I was talking about peace.' He said, 'There will never be peace!'"

"Have you heard that? Remember the story about the fox that jumped and jumped, trying to get at some grapes? When it couldn't reach the grapes, what did it say? 'Those grapes are sour.' It's the same thing, the same exact mentality, the same exact thought process-'No.

There can never be peace.' Why not? I'm here to tell you there is already peace inside of you."

What he has to say, Maharaji reminds people, is not new. Throughout history, there have been those who have reminded people that what they are looking for, what they yearn for, can be found within.

"There is a beautiful song written by Kabir that goes, 'The fish is thirsty in the water, and every time I hear this, it makes me laugh,'" Maharaji says. "The condition of human ignorance does not make Kabir weep. The condition of human ignorance is found to be comical by Kabir-as comical as when you have your glasses on your head. That's a famous comedy piece-the glasses are on your head, and you're saying, 'Have you seen my glasses? Have you seen my



glasses? Where are my glasses?"

"Kabir says that peace resides within each human being, just as the scent of a musk deer resides within the deer's navel. The musk deer searches for the source of that musk, and not finding it, is saddened."

Just as that musk deer becomes sad, Maharaji says, human beings are saddened when they do not find the peace they seek. They stop believing that it is possible.

"The business of believing can only be stretched so far," Maharaji says. "When you forget who you are, you are flooded with doubt, fear, anger, anxiety-every element that you don't like, but you can't do anything about. You need to know, without uncertainty. No ideas and philosophies, please. Reality!"

"I say to you, you need peace in this life. Search for peace, and find it wherever you can. If you can't find it, I can help. This is what I do-I help people find that peace inside of them. I cannot tell anyone what peace is, but I can help people find it inside."

To learn more about Maharaji,

Call 1 877 707 3221 Eng
416 431 5000 Tamil
416 264 7700 Hindi

www.wopg.org

www.tprf.org



Award-winning TV series
tv.wordsofpeace.ca

words of Peace

Peace is possible.
It needs to
be felt.

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

AVAILABLE ON **CTV Two** VIA:

Bell TV Channel 219 Throughout Canada by Satellite

Shaw TV Channel 346 Throughout Canada by Satellite

Most Cable & TV stations carrying CTV2 Toronto and CTV2 Barrie

FOR MORE INFORMATION:

www.wordsofpeace.ca (Canada)
www.wopg.org (global)

Toll free 1.877.707.3221



Special Feature

Kateri Tekakwitha, a woman credited with life-saving miracles, has become Canada's first aboriginal saint after a canonization mass at the Vatican.

Kateri was among the seven saints Pope Benedict XVI added to the roster of Catholic role models Sunday Oct 21st morning as he tries to rekindle the faith in places where it's lagging.

Aboriginal Canadians and Americans in traditional dress sang songs to Kateri as the sun rose over St. Peter's Square. They joined pilgrims from around the world at the Mass and cheered when Pope Benedict, in Latin, declared each of the seven new saints worthy of veneration by the church. In his homily, Pope Benedict praised each of the seven new saints as examples for the entire church. "With heroic courage they spent their lives in total consecration to the Lord and in the generous service of their brethren," he said.

Speaking in English and French, in honour of Kateri's Canadian ties, Pope Benedict noted how unusual it was in Kateri's culture for her to choose to



was knocked over while playing basketball, striking his lip on a post. The incident led to the boy developing a high fever which landed him in intensive care where doctors determined he had a flesh-eating disease.

The deacon said Sister Kateri Mitchell, a Mohawk from the Akwesasne reserve, happened to be visiting the area and was summoned by the family. She had a bone relic of Kateri Tekakwitha which was held to Jake's chest as his family prayed. According to Mr. Boyer, at that point the infection stopped spreading and began to heal.

Thomas Cardinal Collins, Archbishop of Toronto, was among 17 bishops who made the trip to the Vatican, while House of Commons Speaker Andrew

by Raymond Rajabalan

Scheer too attended Sunday's mass.

The other new saints are: Mother Marianne Cope, a 19th century Franciscan nun who cared for leprosy patients in Hawaii; Pedro Calungsod, a Filipino teenager who helped Jesuit priests convert natives in Guam in the 17th century but was killed by spear-wielding villagers opposed to the missionaries' efforts to baptize their children; Jacques Berthieu, a 19th century French Jesuit who was killed by rebels in Madagascar, where he worked as a missionary; Giovanni Battista Piamarta, an Italian who founded a religious order in 1900 and established a Catholic printing and publishing house in his native Brescia; Carmen Salles Y Barangueras, a Spanish nun who founded a religious order to educate children in 1892; and Anna Schaeffer, a 19th century German lay woman who became a model for the sick and suffering after she fell into a boiler and badly burned her legs.

Kateri Tekakwitha becomes Canada's first native saint

devote herself to her Catholic faith. "May her example help us to live where we are, loving Jesus without denying who we are," he said. "Saint Kateri, protectress of Canada and the first Native American saint, we entrust you to the renewal of the faith in the first nations and in all of North America!"

Kateri, who is also known as "Lily of the Mohawks," was born in New York

state in 1656 before fleeing to a settlement north of the border to escape opposition to her Christianity. She died in 1680 at the age of 24. Her body is entombed in a marble shrine at the St. Francis-Xavier Church in Kahnawake, a Montreal-area Mowhawk community.

The process for her canonization began in the 1880s and Kateri was eventually beatified by Pope John Paul II in

1980.

According to a long time deacon at the Kahnawake reserve, an event six years ago is widely viewed as a miracle which sealed Kateri's canonization. The case involved six-year-old Jake Finkbonner, who belongs to the Lummi tribe in Washington, said Ron Boyer, who was appointed by the Vatican in 2007 to help make the case for the canonization. Jake

Vaani Vizha- Celebration of Human Values

The Ramakrishna Sevashram of Canada organised a Vaani Vizha at The Senior's Building at Scarborough recently. Dr. Ravi Subramaniam giving the keynote address said that Vaani Vizha is a celebration of human values

The Goddesses Dhurka, Lakshmi and Saraswathy represent these values respectively and they are worshipped for nine consecutive nights ending up with the Vaani Vizha. He waxed eloquent in giving a modern interpretation to the

celebration. Violin recital, dances both single and group, devotional songs and musical recitals captivated the hearts of the audience. They were all built round the human values depicted by the goddesses. Kavnagar Kandavanam (President of the Hindu Society of Canada) gave a talk explaining the glory of the Navarathiri describing it as a series of wars waged by goddesses against the forces of evil, he called 'asuras'.

The Siva pop music group gave an excellent recital of old classical Tamil devotional songs of T. K. Baghavathar, Seerkali Govindarajan, T.M. Soundararajan and Veeramani Iyer which were a real treats for the seniors who gathered in large numbers to participate in the festival. The meeting was presided over by Ms. Mani Sinnathamby, the president of the Ramakrishna Sevashram of Canada. Sumptuous food was served for all participants and the function came to an end with the vote of thanks proposed by T. Krishnarajah, the secretary.



of determination, satisfaction and intelligence.

concept of Hindu deities. There were a variety of cultural items to enrich the

Nandikadal



Maaveerar Naal

I did not realize I would become sensitive at fifty one, an age one would think of fifty projects to occupy the mind, not one of which implied missing a daughter blind, or trying to hip hop through the weeds to spot an egret fishing, or the stuffed corpse of a Tamil scaring birds away from the lagoon, which will remain sacred burial ground for dreams, a nation, spring poetry up in every generation to come until thy will be done.

by Indran Amirthanayagam



Start your

SUCCESS STORY

We will help you finish it.

TECHNOLOGY (IT)

- Network Engineering
- Enterprise Network Engineering
- Inter-Network Specialist
- A+ / Network + / CCNA / Linux + *
- MCITP (680, 640, 642, 643, 647, 646)*

HEALTH CARE

- Medical Office Assistant
- Community Service Worker

BUSINESS / OFFICE

- Computerized Accounting
- Business Administration
- MS Office 2010
- Payroll Compliance Practitioner *
- QuickBooks / Simply / ACCPAC

* Exam Preparation

Newcomers, Second Career clients and Socials Assistance recipients welcome

citiCOLLEGE

Call today for more information
647-476-4148

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



www.CitiCollege.ca

Microsoft | IT Academy Program

Financial assistance may be available to those who qualify



ASCEND CANADA HOSTS ITS FIRST FALL CONFERENCE

On October 3, 2012, Ascend Canada hosted its Fall Conference at the Arcadian Court with an overwhelming response from 400 Pan Asian professionals that were in attendance. Sivan Ilanko, Senior Manager of Ernst & Young played a significant part in organizing the event that focused on high profile leaders sharing their perspectives on diversity and leadership in Corporate North America.

The conference commenced with the President address by Kelvin Tian, Senior Vice President, TD Bank Group and featured a fireside chat between Ed Clark, Group President and CEO of TD Bank Group and Constance L Sugiyama, Vice Chair of

Canada Health Infoway. The motivating discussion was followed by a panel discussion orchestrated by Kathleen Butterfield, Partner at Fasken Martineau. Panellists included Kevin J.E. Adolphe, COO (Investments) of Manulife Financial and President and CEO of Manulife Real Estate; Mark Whitmore, Managing Partner (GTA) at Deloitte and Touche LLP; Richard Wong, Partner at Osler, Hoskin & Harcourt LLP; and Tom Komya, Managing Partner - Assurance, Ernst & Young.

The theme of conference was "Diversity: Our competitive advantage at Home and Abroad". The Key messages delivered by the panellists included the need to develop your own brand before others developed it for you,

and to build a diverse team to capitalize on unplanned opportunities that could arise in the future. The importance of self-promotion, sponsoring individuals that you believe in, and focusing on the commonalities among people instead of their differences were also emphasized throughout the conference.

Ascend is a not-for-profit organization, serves to address the lack of Pan-Asian leadership in corporations across North America. Ascend is dedicated to enabling its members, corporate partners and the community to realizing the leadership potential of Pan-Asians in global corporations.

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



Ed Clark and Kelvin Tran with participants



Event organizers: Monique Rudder, Wing-Lok Wong, Balinder Ahluwalia, Sivan Ilanko, Teresa Yung, Le Van, Grant Sun, Edwin Chan



Siva Sivapragasam, Sivan Ilanko, Sohana Inderlal, Umesh Vallipuram, Raj Krishnamoorthy



Chitwant Kohli, SVP, RBC and Balinder Ahluwalia with participants.



President of Ascend, Kelvin Tran (SVP, TD Bank Group) with members



Ed Clark, CEO of TD Bank Group



Anjappar

Chettinad Restaurant



Chicken 65



CHICKEN BIRIYANI



Pepper Chicken



Chicken Lolly Pop



Crab Roast



Chicken Roast



Ghee Dosa



Chettinad Thali



CHICKEN MASALA



Mutton Bone Soup



Fish Fry



Paper Dosa

- Perfect atmosphere to enjoy the food of your choice.
- Party Hall available @ Brampton and Scarborough.
- Catering available for 10 to 500 people
- Please call the location for the details or email indiagopal@yahoo.com

"100% HALAL"

DELIVERY IS AVAILABLE ON MONDAY TO SUNDAY EVENINGS

Scarborough

3090 Eglinton Avenue East
Scarborough, ON - M1J 2H1
(Eglinton & Markham)

Tel: 416-265-2695 Fax: 416-265-4990

Mississauga

4310 Sherwood Towne Blvd Unit 1
Mississauga ON - L4Z 4C4
(Huronario and Rathburn Street)

Tel: 905-272-2232

Brampton

Bartley's Square, Unit #5
1 Bartley Bull Pkwy, Brampton, ON - L6W3T5
(Steeles & Highway 10) Opp Shoppers world

Tel: 905-450-7575 Fax: 905-450-3287

www.anjapparcanada.com Email: info@anjapparcanada.com

iNFORCE LIFE அலுவலகத் திறப்புவிழா

காப்புறுதி மற்றும் நிதி ஆலோசகரான சந்திரன் இராசலிங்கம் புதிதாக ஆரம்பித்திருக்கும் Inforce Life நிறுவனத்திற்கான அலுவலகத்தை கடந்த ஓக்ரோபர் மாதம் 26ம் திகதி வெள்ளிக்கிழமை, ஸ்காபரோ ரூஜ் ரிவர் தொகுதியின் நாடாளுமன்ற உறுப்பினர் ராதிகா சிற்சபைசன் திறந்து வைத்தார். இந்த அலுவலகம் மார்க்கம் மில்னர் சந்திப்புக்கு அண்மையில் அமைந்துள்ளது. ரொறன்ரோவின் முன்னணி வர்த்தகப் பிரமுகர்கள் உட்பட நூற்றைம்பதுக்கும் அதிகமானோர் இந்த விழாவில்

கலந்துகொண்டனர்.

விழாவில் நாடாளுமன்ற உறுப்பினர் ராதிகா சிற்சபைசன், Desjardins Financial Security நிறுவனத்தின் இயக்குனர்களில் ஒருவரான Kim Stanley, Sun Life Financial நிறுவனத்தின் கணக்கியல் மேலாளர் Fedra Brantiotis, Sun life Financial நிறுவனத்தின் நிதி ஆலோசகர் Jai Singh, கனடியத் தமிழர் வர்த்தக சம்மேளனத்தின் தலைவர் மைக்கிலன் ஆகியோர் உரையாற்றினர். சிறுவணிகங்களுக்கான குழுக் காப்பீட்டுத் திட்ட

சேவைகளுக்கு தமது நிறுவனம் முக்கியத்துவம் வழங்கவிருப்பதாக சந்திரன் இராசலிங்கம் குறிப்பிட்டார். உடல்நல மருத்துவம்,

பல் மருத்துவம், கண் மருத்துவம், மாற்றுத்திறன் போன்றவற்றுக்கான காப்பீட்டு சேவைகளையும் இந்நிறுவனம் வழங்கவுள்ளது.



10 Milner Business Court, Suite 707, Scarborough, ON, M1B 3C6
Bus: 416 321 6000/ Direct: 416 909 0400







11th Youth Festival of Durham Tamil Association

DTA's **Helping Hearts** Initiative to support **ANBU ILLAM** Orphanage in Mullaitivu

All proceeds from this Fundraiser will be donated to ANBU ILLAM

**Nov
10**
@ 5pm

**DONATION
\$5**

Place:

J. Clarke Richardson Collegiate
1355 Harwood Avenue North,
Ajax, ON. L1T 4G8



முல்லைத்தீவில் அமைந்துள்ள 'அன்பு இல்லம்' அனாதைக் குழந்தைகளின் உதவி நிகரிக்கான நூறம் தமிழ் ஒன்றியத்தின் "உதவும் உள்ளங்கள்" நிதி சேகரிப்பு நிகழ்ச்சி

இந் நிதி சேகரிப்பின் மூலம் பெறப்படும் முழுத்தொகையும் அன்பு இல்லத்திற்கு வழங்கப்படும்

info@durhamtamils.com | www.durhamtamils.com | Tel: 905 428 7007

MORTGAGE SPECIALISTS

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

MIKE AHILAN

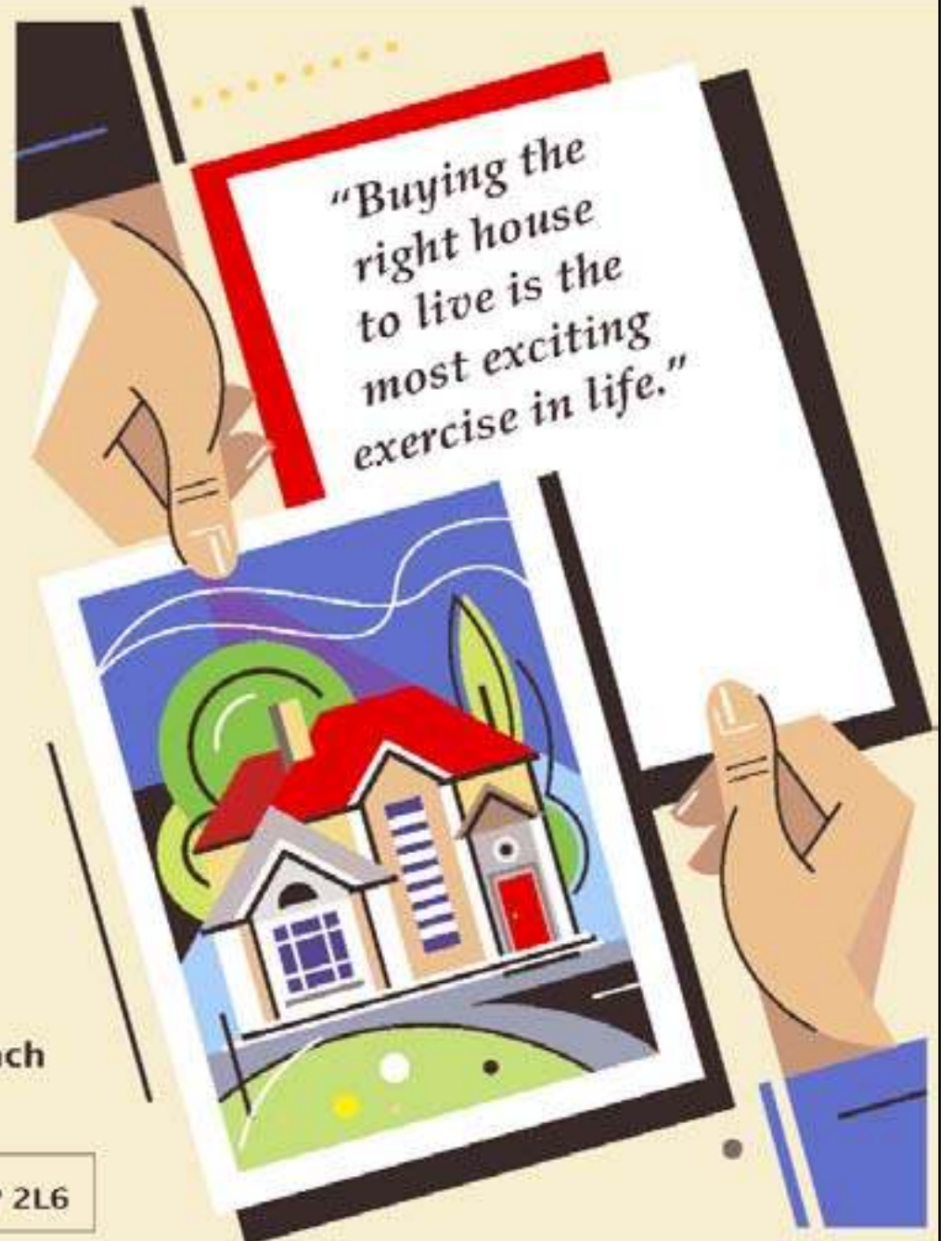
SENIOR ACCOUNTS MANAGER
RESIDENTIAL MORTGAGES

416-220-1184



Royal Bank of Canada
Kennedy & Ellesmere Branch

1421 Kennedy Road, Scarborough, ON M1P 2L6



KINGSWAY
REAL ESTATE BROKERAGE

Commercial Real Estate Services
Independently Owned & Operated

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

Avtar Sandhu

SALES REPRESENTATIVE



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

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

RESTAURANT FOR SALE



- Heart of Down Town • 5000 Square Feet
- Making good money
- Long-term lease
- 190 seating capacity with LLBO

ASKING \$550,000

UNIT FOR SALE



- Heart of Brampton Springdale
- Ready to use for family doc. & more
- Professionally finished with 10 offices
- Very Busy Plaza • 2327 S/F

ASKING PRICE \$799,000

SALON FOR SALE



- Corner of Markham and Steeles
- Professionally Finished • 1382 Square Feet
- Making Good Money • Low Rent
- Spent \$150K Renovation

ASKING \$49,000

HOTEL FOR SALE



- 24 Rooms • 7.5 Acres Land • Meeting Room, Banquet Hall & Restaurant
- 3 Bdrm Apartment • Close To Orangeville
- 1 Hour Drive From Brampton

ASKING \$1.2 MILLION

INVESTMENT PROPERTY FOR SALE

INVESTMENT
INVESTMENT
& INVESTMENT ...

- AAA tenant in City of Brampton
- Long-term lease • Free standing brand new building with good income

ASKING \$5 MILLION

UNIT FOR SUB LEASE



- 2900 S/F • Fully finished with 15 doctors' practice rooms • Next door to Shoppers Drug Mart • Queen and Kennedy in Brampton

ASKING \$29 PER S/F NET

TRUCKING COMPANY FOR SALE



- 7 Volvo trucks • 17 Trailers
- Making good money
- All trucks in good condition
- Gross sale \$1.4 million

ASKING \$750,000

UNIT FOR LEASE



- 1217 sq. ft. fully finished • Available for doctor, specialist, accountant or for many other users • Next door to Brampton Hospital.

ASKING \$30 S/F NET

Ontario approved Pawn Brokers
Pioneers and established leaders in the community

KANAGAAMBIKAI PAWN BROKERS



18
years of friendly,
guaranteed and
trusted service

**Two Branches to
serve you better:**

3160 Eglinton Ave East, Unit 3
Scarborough, ON. (Markham & Eglinton)
416-269-7197

2613 Eglinton Ave East
Scarborough, ON. (Brimley & Eglinton)
416-269-7198



Special Feature

It was on a lovely Saturday morning at about 9:30 am on 15th September 2012, while I was watching my only pre-recorded regular weekly program entitled "100 Degrees Centigrade" on the television (Rogers Channel 868). This program provides an analysis of the most important weekly events be they local, national or international. My live program that is broadcast during the week is a program that deals mainly with current affairs in politics, the economy, and social issues. I received a very pleasant text message from Mr. Sri, the President of Tamil One Television which has been broadcasting on channels Rogers 868 and Bell. He told me that a two way air flight had been booked for me to spend my vacation in India for 10 days. This was a pleasant surprise for me and I was so glad to be getting some spare time from my busy day-to-day schedule. I was in need of a vacation because I had put in a lot of hard work to complete my manuscript for



Exploring India in Search of Instant and Everlasting Happiness

by Samy Appadurai

my latest book on Canada entitled "Canada a Nation in Motion" and had just sent it to the publishing company. The destination of India somewhat deviated from my traditional location as such the Caribbean and Europe but I was delighted just the same. This vacation plan had a dual purpose. First of all it would provide a chance for me to relax from stressful work and bridge the gap between my engagements and participation in social and community life which had eaten up most of my time. Second, this vacation would satisfy my thirst for spirituality. I am just like many others who live their life in two worlds and this vacation would give me a wonderful opportunity to enter into the other world and India is one of the most suitable places to do this.

This was not my first visit to India and I am not a stranger to the Indian culture and the Hindu religious faith having inherited the Tamil ethnicity. The state where I planned to spend most of my vacation was in the state of Tamil Nadu which has over seventy million Tamils who have inherited treasures over the course of almost four thousand years in the forms of architecture, linguistics, fine-arts and culture along with the remains of the Lemurian civilization which has been widely gaining acceptance by western archaeologists.

I began to prepare for my trip and reported to the Indian Consulate Office on Eglinton Avenue West in Toronto, Ontario to obtain an entry visa and the treatment that I received was very cordial and accommodating. I considered this to be a good beginning to my journey and I sincerely thank them for their wonderful services.

I did have some preconceived notions,

opinions and convictions of modern India and so did my friends and coupled with the experiences that I had in my previous visit a few decades ago. I being a person who is attached to the public and media will be giving my own reflections in this article.

I arrived at the Chennai International Airport, in Tamil Nadu. The majority of the passengers on that flight were Indians and only a handful of tourists from Europe and the rest of the world; I presume that my transit flight originated from Dubai and I think that many of the Indians on my flight were engaged in working in Dubai on foreign contracts and were returning for their vacation.

The plane landed safely at the airport and I noticed that the passengers were somewhat accustomed to following the rules and regulations and completed their immigration and customs formalities. When compared with the past, things were not done in such an orderly way.

I began to travel from the cosmopolitan cities of Chennai, Trichy and Madurai into the core of the rural areas with Mr. Elangovan Paratheswaran, an excellent tour guide and CEO of a travel agency with a university education and who was somewhat fluent in English. He was a follower of the Jain religion and was impartial in his views. I considered it an advantage to have such an unbiased person with me.

I traveled on modern highway streets and then local roads with potholes, levelled surfaces and small lanes. It does not matter to narrate the richness of the roads, rather the nature of the traffic particularly during the holidays and the rush hours. In the evenings they are

unbelievably congested and roads are flooded with two wheel, three wheel and four wheel vehicles in a rush while an ocean of pedestrians used the same streets. In some cases a father, mother and two children traveled on a single two wheel motorcycle and even though this was scary and my heart was not at ease, I never noticed a single accident on the roads.

I saw numerous little Hindu shrines everywhere I went and I am convinced that if someone happened to slip and fall on the road, most likely they would land on one of these shrines attached to the shopping complexes, educational institutions, factories, parks, recreation centers and many other public places. For example, one of the hotels where I stayed was the Ramyas Hotel on 13-02 Williams Road, Cantonment, in Trichy, the third largest city with a population of 752,066 in Tamil Nadu where I stayed for a night. A small building was erected on the left side of the main entrance of the hotel for a mini temple shrine for the Hindu God Viniyaka (Ganesh) with a size of approximately 2.5 feet wide and 4 feet in length. Furthermore, in almost all vehicles pictures or statues predominantly of the Hindu gods were kept mainly in the front and in some cases in both the front and back making the vehicles moveable places of worship. This is not a new phenomenon for has been part and parcel of their life for many years. This tradition has been very strongly held even during hard times such as the colonial period. Those who continued their traditions were punished in various ways but for those who converted the rewards were many. However, for me it was wonderful to see this tradition of openly displaying ones faith continue so strongly.

I wrote this article while visiting the Srirangam Vishnu Temple, in Trichy and this one of the most famous and historically prominent places of worship at about 6.15 pm on October 1st 2012 on the birthday of Mahatma Gandhi. Gandhi was a great leader who led the fight for independence of India against the British Empire with an army of millions of Indians without guns, firearms, or any other destructive weapons. His only weapon was non-violence, fighting with honesty, determination and courage in resisting the cruel attacks by the opponents. However, Gandhi never considered the British enemies. The reward that he got for his selfless, fearless service to India was a cold blooded assassination.

His birthday has been declared the International Day of Non-violence, since 2007 by the United Nations. I would like to cite how Gandhi's philosophy was described by Martin Luther King, as an advocate for the freedom for the blacks against racial discrimination in the United States of America in this way "when someone hurts you and in return, if you hurt him back, it is like you're adding darkness to the dark instead you better throw some light by reacting in the way of love". It is also said in the Christian teachings that if someone slaps you on one side of the face, you better show him the other side for him to slap. It is hoped that by doing this, he will realize his wrong doing if not spontaneously, then later on and they will repent for their sin.

Samy Appadurai is a renowned broadcast journalist, author, educator and public speaker who makes his home in Toronto.

Contd. in the next issue...



Urgent Help needed for young boy paralyzed by Vanni war in Sri Lanka

Harshan Vipulanathan is a sixteen year old boy lying at the Jaffna Teaching Hospital paralyzed below the waist, as a result of the injuries he sustained in the war in Vanni. He needs urgent medical assistance if he is to be cured of this paralysis.

His parents already lost a daughter in the war when she was struck down by a shell. Harshan is the only surviving child for them. Doctors at the Jaffna Teaching Hospital have told the parents that his only chance of cure is to take him to India for further medical treatment where the chances of recovery will be good. With no income or any assets at his disposal the father is seeking financial assistance from good and kind hearted donors to take the son to India for further medical treatment.

Those who wish to make donations for this worthy and urgent medical cause are kindly requested to contact Mrs. Stella Saravanamuttu at 416 431 1262 or



Monsoon Journal at 416 358 3235.

Stella Saravanamuttu is a community activist based in Toronto and has been in the forefront for many charitable causes.

Thanksgiving Celebrations

By Chandrani Warnasuriya

In Canada and the United States Thanksgiving is both a national and a family celebration. Observed on different days in Canada in October and in the United States in November it is a National holiday, recognized and set apart to be a day to give thanks for many different reasons, such as good harvest, success, victory or a family get together; the spirit of thanksgiving pervades the hearts and minds of all. For children it is a break from going to school, to enjoy and have fun with friends and family, eat Turkey, Cranberry sauce, mashed potato/Turnips, pumpkin pie, apples and nuts; plenty of tasty food!

Canadians remember Martin Frobisher, who arrived home safe after trying to find a way to an archipelago in the North Pacific Ocean. Though he failed to discover the archipelago he gave thanks for his safe return home. Canadians continue to observe it and also celebrate a good harvest.

In the United States the beginnings of the celebrations go back to around 1621 when the Pilgrim Fathers of the Plymouth Colony gave thanks to God for being saved by the Native Americans, who helped them with food and so, together with them held a feast in recompense. The custom has been continued since these early days and today become a National holiday both in Canada and the United States.

Why Leaves Tremble in the Wind? (A

Native American Indian Story)

Long time ago there was a Native American Indian man who was an excellent hunter. He was well known as the bravest and fastest of all hunters in the tribe. The time came for him to get married. Many beautiful women desired to be his wife. But how could he choose from these dazzling beauties who welcomed him with sweet flowing words and captivating smiles?

One day the man decided to visit his uncle, the Medicine Man of the tribe as he was known to be. He had great magical powers to change people into different forms. The hunter told the Medicine Man his problem of having to choose the best wife. The Medicine Man thought and thought and came out with a plan. He changed the hunter to a ragged man in tattered clothes and looking ugly. The hunter then walked around the village and visited all the houses of beautiful women and begged for food and warmth. No one invited him inside or even looked at him.

He was very sad and hungry, cold and lonely. He visited one house at the edge of the village. Near the house sat two beautiful maidens. He begged them some food. They told him harshly to go away and even pelted stones at him. Then he saw another beautiful face, inside the house. The maiden invited him inside and made him feel warm. The sisters were angry. They yelled and laughed at her, and talked about how ugly he

Light up Children's Future in Remote Villages in Sri Lanka

Mankendy is a newly resettled remote village in the Madu Divisional Secretariat in the Vanni region with a population of 166 people belonging to 43 families. The village does not have access to electricity and children in the village had difficulties in completing their homework and continuing on with their studies.

Having heard about the situation New Dawn Projects Limited and Gods Own Children Foundation (GOCF) - Canada, constructed a solar powered Community Study Center in Mankendy village. This solar powered community study center provides safe lighting to the village in the night and enable the children to complete their homework and continue with their studies. Since solar powered light use electricity generated from free sun light there is no operating cost to the villagers for using this Solar Powered Study Center.

Currently children in Mankendy village are not only able to complete their homework and continue their studies but also learning English and other subjects from the elders in the village. This solar powered study center has brought much needed hope for the entire village.

Having heard about the study center in Mankendy village, villagers from thirteen neighbouring remote villages have approached New Dawn Projects to provide similar solar powered village study centers for the children in their villages.



Currently New Dawn Projects is developing a plan and approaching community members and organizations to get their support to construct solar powered study centers in those thirteen villages. New Dawn Projects is kindly requesting everyone to generously contribute to this project and help to light up children's future in the remote villages of motherland.

To provide your support to this project and for more information contact;

Nani Pradeepan at 416-721-9395 or Senthilvel at 416-707-1236 or by email at info@newdawnnet.com or info@GOCfoundation.org

Together we can make the difference!



looked.

"Why should we waste our time and food on such an ugly man? He can never provide us with anything." They snarled.

The maiden helped him sit by the fire, to make himself warm, and gave him a blanket to cover. The sisters sat giggling and laughing at him and ordered him to leave the house. So the man hurried out the door.

When the ragged man returned to his uncle's house he was changed into his handsome self. He sat by the fire with his uncle and told him the sad story of how he was treated by the two sisters. His face brightened up when he talked about the maiden who had helped him and held

out the blanket she had given him.

"You have found your wife at last," said the Medicine Man. The hunter and his uncle visited the house of the three sisters. This time all the sisters smiled and said kind words. But when they saw the blanket that belonged to the third sister, they realized the truth. The Medicine man changed the two sisters into trees. Then he changed himself into a strong gusty wind that shook the trees as he went his way.

The brave hunter married the beautiful maiden. It is said that forever since, trees shiver and shake whenever there is a strong wind, to remind people of the Medicine Man and the two mean sisters.



Short Story

Contd. from
October issue

The soldiers soon surrounded her like the wolf pack encircling the injured animal; they jostled for the access, ogling at her unblemished youth. They were like the animals in the rut, totally forgetting the rules of conduct or even what they had come for. Looking at their gawking faces devoid of commiseration, but full of lewdness, she trembled; the words wouldn't come out and when they came, they quivered. She pleaded with them not to harm her, tried in vain to stoke their conscience. When nothing seemed to dampen the lechery, she begged them to treat her like their sister, prostrated herself on their feet and implored for

and soon she lost consciousness completely. And that brought the savagery to an abrupt stop; soldier after soldier tried in vein to revive her: they slapped her face, shook her shoulders, splashed water on her, but nothing worked. They felt like someone had pulled the plug in the middle of the party: their carnal desires were so insatiable, and were thirsting for more; seeing a motionless cold body made them riled. They muttered their curses. Had it not been for the lack of power, their eyes would have incinerated her body. As a final gesture of frustration, some spat on her naked body and reluctantly dragged themselves out of the room.

When she regained consciousness, the officer was towering over her near

seemingly gathering his thoughts and when he appeared ready to talk, Mala expected that he would offer an apology. But nothing of that sort came out of his mouth, instead he accused the whole family of mendacity; he chided her for not being forthcoming with the truth. He didn't even give her a chance to tell her side of the story as the soldiers before him. The more he derided and trashed her family and her, the more determined Mala became that she wouldn't divulge any information about Kumar, even if her mother had already babbled out the most. A complete silence from Mala to his questions made the officer even more roiled and quickly losing temper he ordered her to be taken into custody for further interrogation. She was found too

Kumar that will never see the daylight: if selvaratnam had his way, Kumar wouldn't have appeared on his radar, let alone the shortlist. But life has its own twists and turns and presents its quirky surprises when least expected; and this was the quirkiest of all-- a mediocre man from a family of questionable repute, with no strong ties to Jaffna; not his cup of tea, to say the least. His love for his daughter knew no bounds, so in time he learned to like Kumar, if not love.

The 6 PM Temple bell broke the long silence: they were now close enough to the Temple, and the bell sound had evoked a few slogans under their breath for Lord Murugan. By this time the smoke was gone and the sky looked crystal clear. As the car approached the grand entrance of the Temple, their right hands unconsciously went up almost simultaneously, brushing their eyes and then the left side of the chest where their hearts were, as a sign of piety. Selveratnam felt as if he had asked for penance, although he knew that sending Kumar secretly away without informing his family could no way be construed as

THE TRAIL OF TEARS FROM THE LAND OF PALMYRAH

By: SIVAGAMI



mercy. She felt a hand lifting her up from the floor; felt its gentleness and it had her hopes up for a fleeting moment until many hands came jabbing, lifting her off the floor. She was carried to the room, while kicking and squealing. Her squeal was so loud that it would have been heard from the next village, but no one came to her rescue, except her mother who tried to rush into the house and was struck by the butt of the gun and fell. She was left lying on the ground unattended, blood gushing out of the laceration, while her sister-in-law was held back. Mala was thrown on the bed, pinned down spread eagle, and was easily overpowered by the savages. In no time her clothes were torn off. Soldier after soldier ravished her repeatedly and after a while she had no strength to resist; her mind and body became numb; the surroundings became blurry. She was bleeding profusely. As if the nature's way of protecting the most vulnerable, a veil came down, making the surroundings dark; she felt like she was weightless, being carried by the wind, floating in the air

the feet. Initially she could only see a blurred image of him and in time it became clearer. Then it struck like a thunderbolt what had really happened to her; it felt as if coming out of a terrible dream. It took some time to realize that she was stark naked, and once she became aware of her surroundings, she became self-conscious. The officer guessed right what her bleary eyes were searching for; he helped her pull the blood soaked bed sheet off the bed when she couldn't do it alone. She quickly swaddled her shivering body in it and tried to get up. But her legs were so feeble and she plopped back on the bed. She then drank the water offered greedily, looked around stealthily, fearing that she could be attacked again at any time. When she found the room was calm, she looked at the officer's face, searching for any signs of kindness. She couldn't find any, neither could she see any diabolism, that made her somewhat calm. She hoped that they would finally leave her alone.

The officer was silent for sometime;

frail to walk, so she was literally dragged out of the house by the soldiers to the waiting armored cars against the wails of protest from her aunt. Her earnest pleas fell on the deaf ears.

When the last armored car left the scene, it felt like a hurricane had just passed through, after having wreaked havoc on its trail. Neighbors, especially the brave ones, came out and made quick arrangements to take Mala's mother to the hospital in spite of her protests; and some tried to pacify the aunt unsuccessfully. For the time being, the plight of Mala was not discussed openly, for they all thought that being a customs officer, Mr. Selvaratnam should be able to influence the outcome in her favor, the only favorable outcome sadly was her life at that juncture. No one paid any mind to the carcasses of the dogs lying near the entrance covered with buzzing flies and ants.

Selvaratnam was seated next to the driver but they hardly spoke on their journey home; the car rattled along the bumpy road, and the frames of insipid scenery stood still as though being viewed through a malfunctioning view master. The long summer day had scarcely faded, but the roads were already deserted. He didn't feel good about what he had just done; he worried about the aftermath, but the die had been cast. A God fearing man, a misfit in his profession of malfeasants (customs officers), he didn't have the courage to nip in the bud when Mala brought Kumar home the first time. His silence had allowed the seed to become a giant tree. He realized with pain that there is a certain price every doting father had to pay for having to keep his only daughter at the center of the fulcrum around which his world revolved. Deliberately pushed to the far back corner were the true feelings; the true feelings about

anything but an act of compassion. The car had to make the semicircle around the Temple before making a right turn on Temple Road towards Mudamavadi. The Temple, especially during the puja, and the road itself looked unusually quiet but neither thought it was noteworthy to comment on. They were tired after the long journey and the purpose of which had dampen their spirits; and their silence felt appropriate to help put the whole experience behind.

All throughout out the journey there was one factor that was so conspicuous; that's the dearth of people on the roads; but it was about to change. As they approached the house they could clearly see the unusual bustle right in front of Selveratnam's house: people were going in and out; some clustered around outside, some huddled together in a serious conversation. Having been so attuned to bad news lately, Selveratnam felt a pang of impending doom, seeing the unusual human activity around his house. He was no longer the calm and collected man that he was well known for. He started chanting absentmindedly and it sounded strident. He kept repeating the slogans over and over, calling for help from all the Deities he could think of in the Hindu pantheon. He seemed not mindful of being vociferous; he was beyond any shame. As he got out of the car he heard the bawling coming from inside of his house. His sister was hysterical, overwhelming the neighbors in their art of comforting. Hearing his sister's voice, he felt as if his legs were about to buckle and let him tumble over; he had to hold on to the gate. He felt the stares from his neighbors, sad eyes exuding sympathy; they all looked very anxious to say something, but were lost for words.

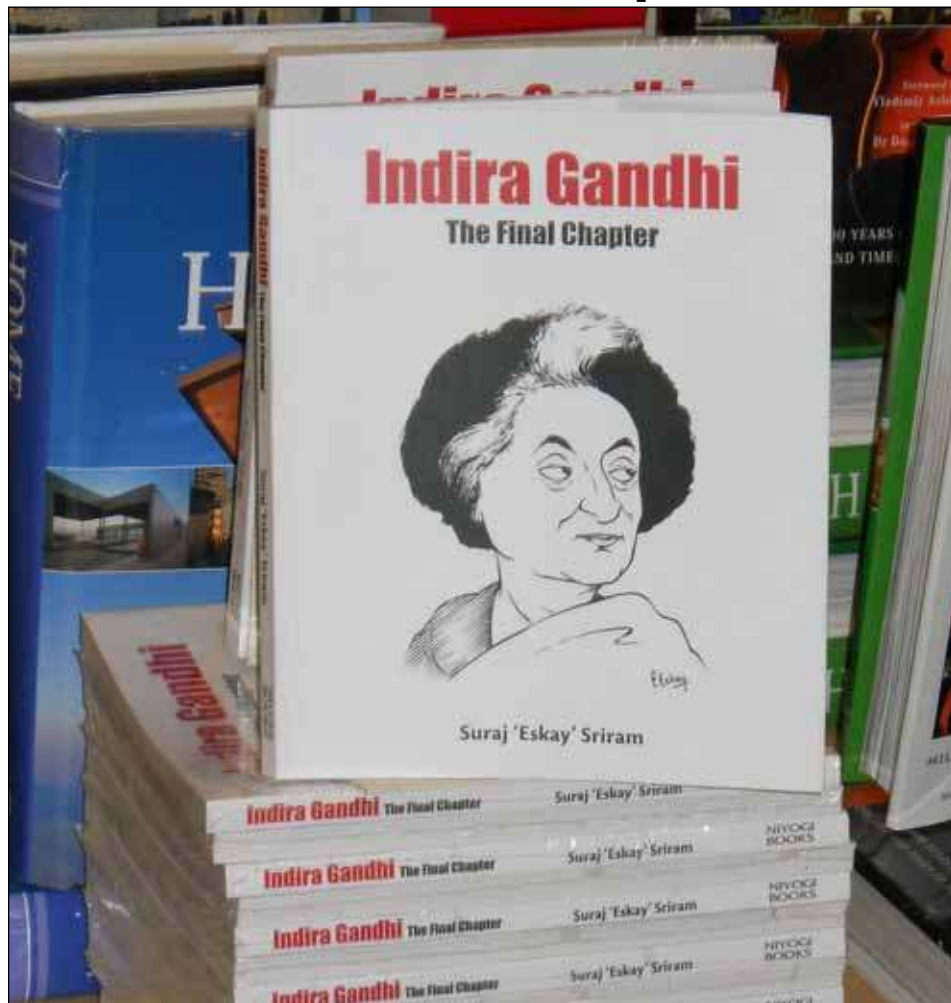
Continued in December issue...



BOOK REVIEW

Indira Gandhi

The Final Chapter



Former Indian Prime Minister Indira Gandhi was certainly a controversial figure in the country's history.

She was once hailed as Goddess Kali & later dumped into the dustbin of politics after her years of fearful emergency rule.

Suraj 'Eskay' Sriram's book "Indira Gandhi - The final Chapter" is a book consisting of cartoons & illustrations with witty and humorous text worth reading and enjoying. Suraj Sriram was a freelance cartoonist in Mumbai from 1976 to 1984. He was better known as 'Eskay' among the media fraternity. His cartoons and illustrations have appeared regularly in newspapers and magazines.

In his book, Sriram has an uncanny knack of presenting his cartoons with witty and pithy text to illustrate the cartoons to the reader better. There is tongue-in-cheek humour and cynicism in the illustrations.

They present a snapshot of the Indian political and social scene at the time she held power. He brings out in his cartoons and text some of the serious problems that India faced during her regime.

Indira Gandhi has been sometimes dubbed as the 'Iron Lady' for some of the bold steps she took when she was the Prime Minister.

She pushed for controversial land reforms, curtailed personal income, limited corporate profits and placed limits on

**Author: Suraj 'Eskay' Sriram
Publisher: Niyogi Books
Reviewed by:
Siva Sivapragasam**

personal property. She also became somewhat arrogant and intolerant of criticism.

Hence, she resorted to the fearful emergency regulations. But somehow or other she always remained as a leader among the people of India. The general elections held in India in 1980 saw her triumphant return to power from a period of political wilderness.

The book is a satirical portrait of the Indian leader, while humourously depicting certain behind the scenes political and social affairs of the country. The book brings out some of the important social issues that the country still faces.

Sriram's book brings together humour, history and a penetrating view of the truth that shadows the politicians and bureaucrats who manage a country

**NIYOGI
BOOKS**

www.niyogibooks.com

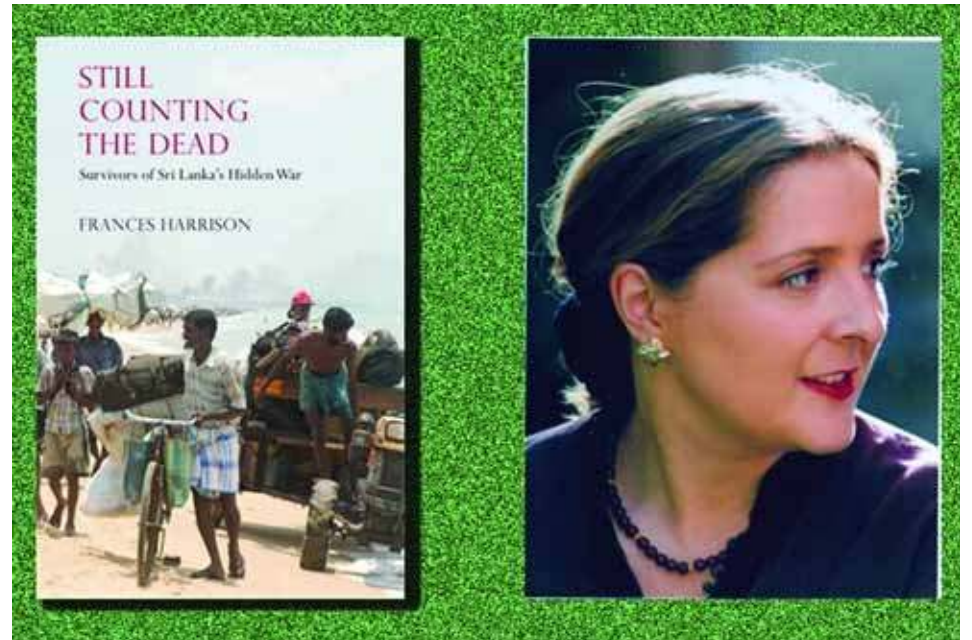
For Distribution in USA & Canada

ACC Distribution

Email: sales@antiquecc.com

website: www.accdistribution.com

Still Counting the Dead Survivors of Sri Lanka's Hidden War



They say that it is easy to win a war but difficult to win peace.

This is the impression that one gets in reading through the pages of "Still counting the Dead", an extraordinary book brilliantly crafted on stories from the survivors of the horrible war in Sri Lanka. The author of the book is Frances Harrison, B.B.C.'s former correspondent in Sri Lanka.

According to Harrison, the Sri Lanka Government seems to think the war is won and the "terrorist problem" is finished. She feels what the government fails to observe is that the root cause—namely the Tamil problem is still simmering with no solution in sight. If no solution is forthcoming there is nothing to prevent a future generation in the distant future resorting to the same militant tactics. It is said that the LTTE leader Prabhakaran took to arms after hearing the tragedies of the 1983 riots when he was a child.

Frances Harrison is a veteran journalist for the B.B.C. and has reported from South Asia, South East Asia and Iran, and was also the resident correspondent for the B.B.C. in Sri Lanka from 2000 to 2004. She has worked at Amnesty International as Head of News and also served as a visiting research fellow at the Oxford University. She was in Toronto recently for her book launch in Canada.

The book provides detailed accounts and stories from among the thousands who were caught in the cross-fire during the war. They include school children, women, doctors, aid-workers, fishermen, nuns and other civilians. Their accounts

**Author: Frances Harrison
(Former B.B.C. Correspondent
in Sri Lanka)**

**Publisher: Portobello Books
Reviewed by
Siva Sivapragasam**

are hair-raising stories of haunted people who weep, shake with trauma and whisper with horror at what they had to recount. Survivors tell their tales of sacrifice, escape, cruelty and bravery. The book reveals previously unknown details of the war and that finally the victory came at an enormous price. "Still counting the Dead" tells us the stories of the Tamil survivors who spent months trapped on a tiny piece of land with very limited facilities for their existence. Even now nobody has a true picture of exactly how many died in this war.

The book contains a time-line unfolding the history of the war. The stories told by the survivors are both gripping and disturbing. It was unfortunate that both the U.N. and the international community stood aside and looked the other way while these events were unfolding in the Vanni district.

Harrison has interviewed survivors across the world from Norway to Australia gaining trust and confidence from them to tell their stories in a compelling way.

The book has no doubt been well researched with an eye for detail. The book is also available as a Canadian edition through the House of Anansi and can also be purchased online from Indigo. There is also a proposal to put out a Tamil translation of the book by Kalachuvadu Publications in India.

For Advertisements in Monsoon Journal

Call: 416.358.3235



Travel Destinations

Continued from October issue

After dipping into the shallow waters of the crystal clear blue sea for a few hours we relaxed beneath one of the hundreds of bamboo huts spread out along the beach. The pleasant staff were providing all of us with much needed cool drinks and fruit juices that served to brave the scorching heat.

When we returned to our room before heading for lunch we noticed that sky was turning dark and soon thunder rolled and lightning flashed followed by torrential rain. It was another expression of the dazzling display of nature.

Having had our lunch we walked around the resort for few miles marveling at the exceptionally beautiful landscape and beauty of the infinite variety of fauna and flora.

Cancun Mexico

- A Taste of Paradise

By Raymond Rajabalan

When we went for our dinner, we were told we also have the option of enjoying specialty dinners each night but we had to book ahead.

During the next five days we had Cajon, Mediterranean, Italian, Brazilian and Japanese dinner .Out of these; Japanese dinner was the best, the cook making a variety of mouth watering dishes in front of us.

Each night there was a special musical show in the centrally located theatre

and we had special shows provided by talented artistes from Chicago, Las Vegas and from various regions of Mexico.

At the end of our week long vacation we left the resort with pleasant memories that are to last a life time.





English Vinglish: Sridevi is back!

By saba-Thambi

It was refreshing to see Sridevi back in action after a long drought in the silver screen. The recent movie "English Vinglish" brought the legendary star back to the screen as a young mother.

The much anticipated movie was released last week simultaneously in Hindi, Tamil & Telugu across the globe. I had the opportunity to see the movie in Hindi with English subtitles in Australia.

English Vinglish is Sridevi's first movie after 15 years of absence since she married the producer Boney Kapoor.

The top star from the last century has returned to the celluloid screen portraying a traditional Marathian mother from Pune.

It is nearly a quarter of a century since Sridevi has appeared in Tamil cinema. She was a much adored glamorous star who grew up in front of the Tamil cinema audience. Sridevi was born in 1963 to the parents of Ayyappan & Rajeswari from TamilNadu. Her mother tongue is Tamil. Tamil cinema lovers over the age of fifty would remember Sridevi's appearance as a child debutante in "Kanthan karunai "(1967) at the age of four.

Since then she has starred as a child artiste in Tamil, Malayalam and Telugu movies. One of the ever green melodies well received by the fans was "Ithoe enthan Theivam" where Sridevi performed with the late Nadikar Thilakam Sivaji Ganesan and Soukar Janaki in the film "Babu".

The youngster graduated from a child artiste to a teenage heroine in Moonru Mudichu under the direction of K. Balachandar. Two other young upcoming

stars also performed with Sridevi at that time. They were none other than Kamal Hasan & Rajnikanth! The trio made an impact on the screen and became super popular in their chosen acting careers. In hindsight one may boldly say that it was a very special trio combination which has become much adored in the Tamil film-dom even after 35 years.

The trio on a boat trip scene in this movie was a turning point to the story line where the friend refuses to save his drowning mate in front of his girlfriend. The scene began with a song "vasantha kala nathikalilae". The song itself has a unique combination where the stanzas are composed in "anthathi" mode. Anthathi means that the stanzas are composed in such a way where the terminal word of the first stanza becomes the initial word of the next. The lyrics' were written by the late Kavignar Kannathasan . MS Visvanathan composed the music with the interludes of mouth organ and flute. The movie was a super hit in 1976 and the trio entered stardom and Sridevi became the much sought after heroine by and large and acted with many other leading stars.

Some of her block buster movies were 16-Vayathinale, Sihappu Rojakkal, Priya , Meendum Kokila, Varumaiyin Niram Sihappu and Vaalvae Mayam. Apart from K.Balachandar she has also acted under the direction of Bharathirajah, SP Muthuraman and Balu mahendra. Sridevi also acted in a movie shot in Sri Lanka titled Pilot Premnath and played the daughter of late Sivaji. This was the time, when many businesses in Jaffna bore her name from Sari Emporium to Sridevi cool bar!

Sridevi's paramount performance

came in "Moonram Pirai" opposite Kamal Hasan. The film was directed by Balu Mahendra . She executed the character of a young woman (Viji) who has a memory of a six year old after an accident, where a school master Cheenu (Kamal Hasan) rescued and cared for her. The movie also became so popular and won many accolades.

The popular movie was re-made with the same actors and director in Hindi as "Sadma" for the Bollywood audience. The success of Sridevi in Sadma opened many doors for her career in Bollywood. Sadly the entry to Bollywood by Sridevi became an exit to her Kollywood career.

This was not new to the Tamil cinema, like other south Indian actresses Hema Malini, Vijayanthimala and Aishwariya Rai, Sridevi has also been "poached "by the North Indian movie world.

The Bollywood describes Sridevi as their first female super star. She performed in many movies opposite many leading actors in the eighties and nineties. She stepped aside from her acting career after marrying Boney Kapoor. The Kapoors have two children who are now in their teens.

Sridevi has won a Tamil Nadu State film award for best actress (Moonram Pirai) and four Filmfare awards for best actress in her career. One of the Filmfare awards was rewarded for her acting in "Sihapu Rojaakal".

English Vinglish was previewed at the Toronto film Festival this July. At the end of the screening Mrs Kapoor was well received by a standing ovation. In one of the post interviews the comeback star has quoted that she was taken aback by the reaction and she was able to watch



Actress Sri Devi

the movie with her family where her children have never seen her as an actress.

English Vinglish was directed by Gauri Shinde , a first time female writer/director . One of the producer s for the movie was the directors husband R. Balki. Adil Hussain played the role as Sridevi's husband and French actor Mehdi Nebbou & Priya Anand also contributed to the movie. The septogenarian Amitab Bachchan appeared in a cameo role in Hindi while Ajith Kumar appeared in the Tamil version of the movie.

Sridevi's character was based on the directors mother hence the Marathian role for her. Sari clad Sridevi played an underestimated housewife as Shashi Godbole who was ridiculed by her own family for not grasping the language of English. After a few mishaps during her stay in USA she decided to master the language without her family's knowledge. Sridevi was well engaged in the traditional housewives' role and has carried it out laudably.

The classroom dialogue reminds the British comedy series "Mind Your Language" in the Seventies. The Director's subtle humour was notable with tongue-in-cheek dialogues. The South Indian student who misses his idli and his mother very much and "white laddu" Bachchan trying to help the American economy are mentionable.

The younger generation of Tamil movie goers who are under the age of thirty may not remember her. But many of her fans will love to see Sridevi's second coming to the cinematic world. It is also a movie which could be enjoyed with the family. On the other hand English Vinglish is a movie with a yester year's heroine minus a hero and without glamorous dancers or adi-thadi-chandai. Is English Vinglish enough to win the hearts of the average movie viewer? Will it be a box office hit? Would this be a step for Sridevi to delve into character roles in the future?

It is yet to be seen.

"Arabu Thamil Engal Anbuth Thamil" Book by AMA Azeez Reprinted and Launched

By K.S. Sivakumaran

As we all know there are different kinds of dialects in some languages. Even in English, there are different kinds of English and there are Literatures in English apart from English, American, Canadian or Australian Literature. So it is in Tamil Language and Literature.

There are Indian, European, Canadian, Sri Lankan, Malaysian, Singaporean and Australian Tamil Literature.

When it comes to language there are Senthamil, Koduntthamil, Semoliththamil and so on. But there had been what was known as Arabu Thamil, which was not very well publicized. Recently, a book in Tamil titled Arabuth Thamil Engal Anbuth Thamil was launched at Zahira College, Maradana. The book is an elaborate ver-

sion of a previously published work.

The author was a distinguished Muslim intellectual from Yaalpaanam - the late A.M.A. Azeez, a former Ceylon Civil Service officer and a Senator, and above all, an educationist heading the leading Muslim boys' school in Colombo.

S.H.M. Jameel and M. Ali Azeez are the publishers and Dr. A.M.A. Azeez Mantram has published this introductory book through Kumaran Book House. This book was first published in 1973.

S.H.M. Jameel, a former secretary to the Muslim Cultural Affairs Ministry and a scholar in both Tamil and English, apart from a publisher of books of Muslim interest and an educationist, has written a 20 page introduction to the book.

If readers in Tamil do not know anything about who A.M.A. Azeez was or his works, please read S.H.M. Jameel's

introduction. Present day young people are seldom avid readers - be it English or even in their own languages.

As to the question of what is Arabu Thamil, one has to know the origin, growth and the decline in the use of this type of language where the sounds of words in Arabic missing in chaste Tamil were introduced in certain format so that the Tamil language becomes enriched in terms of sound and phonetics, just as Sanskrit sounds had been assimilated into the Tamil language.

It is difficult for me to explain in English what is meant by Arabu (meaning Arabic) Thamil. The kind of words and sounds are have some commonalities with the Swahili language says Dr. A.M.A. Azeez.

What little I can do is to bring to the notice of the readers that such a book is available for further research.



Obituary: P.A. Subramaniam

By S. Ganesan

P.A. Subramaniam received his secondary education at the Jaffna Hindu College, and graduated from the then University of Ceylon, Faculty of Engineering in 1963. He thereafter worked for the Public Works Department and the State Development and Construction Corporation specialising in highways and bridges. He undertook graduate studies at the University of Birmingham leading to a Master's degree in Engineering.

He worked overseas in Nigeria for several years and spent over ten years with international consultants Freeman Fox & Partners, first in the United Arab Emirates and then in Vietnam before settling down in Perth, Australia with his family. Fondly nick named "short sleeve" in the work places, he was always hard working, popular and won the hearts of his fellow engineers and site workers.

PA's great virtues were his "simplicity and intellectualism". Growing up in Jaffna during the early post-colonial period, he was attracted to Marxist explanations of society and approaches to eliminate economic inequalities, caste and race based discriminations in Sri Lanka and particularly Jaffna society.

As a passionate student of Marxism and politics, he gained an in depth knowledge of both the theory and prac-

tice of conflicts between man, nature, classes and the state, and the dictates of local, regional and international entities. The benefit was there for us to see and be guided by. For the last five decades, PA stood out among his people for his intense opposition to all forms of human exploitation and oppression-both within and outside Sri Lanka.

Even before he completed his studies at the University of Ceylon, PA had become a front line worker with the socialist movement in the South, continuing his active involvement throughout the 1960s and 1970s.

Total disillusionment with the politics of the South, drove him closer during the last 15 years to Tamil political movements. He contributed actively to many publications notably The Economist and Tamilnet.

PA often differed from me and others regarding compromises between nationalistic tendencies and socialistic strategies, we nevertheless always recognised his positions were always anchored in his fundamental beliefs. PA said it clearly:

"For me oppression (whether it is violent or non-violent, armed or unarmed) is terrorism. Opposing oppression in any form is not terrorism and I am always at home to be on the side of resistance, whether enlightened by Marxism or not."

He stood for the right of (external)

self determination of cultural nations but he did not rule out solutions to national conflicts within a single country.

At a personal level, PA was totally devoted to his family. Both PA and his beloved wife Rani always provided the best for their children Nakkeran and Kavitha, both of whom today are successful physicians in Australia.

Always congenial in his dealings, trusted by all, PA was a valuable resource in times of personal stress. PA made us laugh with his sharp-witted comments, and wherever he went generated a joyous mix of sarcasm, cynicism, convictions and laughter.

"PA had genuine feelings for his fellow men and women and worked hard to alleviate their problems". An intellectual from Jaffna with an innate orientation to social commitment, he will be recalled among the likes of A. Vaithilingam, Vice Chancellor K. Kailasapathy, Professor K.Sivathamby, 'Taraki' Sivaram and others.

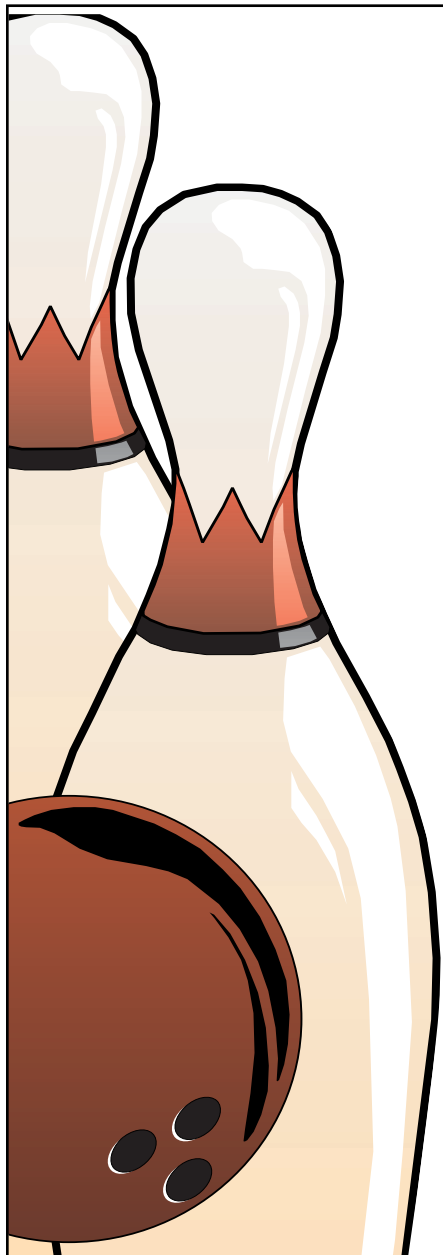
The interpreters of Bhagavad Gita extol the virtues of worldly men dutiful and devoted to their families, and, yet, detached sufficiently in time and spirit to care for and serve ordinary suffering people. The Gita locates these humans into the class of sattvic beings destined for the heavens.

May his soul rest in peace.



P.A. Subramaniam passed away on October 4, 2012. He leaves behind his beloved wife Rani and children Kavitha and Nakkeran.

(Dr S.Ganesan studied with P.A. Subramaniam at the Faculty of Engineering, University of Ceylon (1959-63). He later worked as a Professor at the University of Hong Kong (1977-2004). Tributes to PA from our class mates: K. Suntharalingam, N. Kugadasan, P.H.B. Samarawickrema, Madu Soothan and others are included in the obituary)



AUTUMN BOWLATHON

Saturday November 17th, 2012
(6pm - 11pm)

presented by



Canadian Tamils'
Chamber of Commerce®



"An evening of bowling"
in support of the new
Palliative Care Unit

Canadian Tamils' Chamber of Commerce

Mike Ahilan - Past President

416.220.1184

Sritharan Thurairajah - President & Co-Chair

416.918.9771



Should Physical Education and Games Become Compulsory Activities in School?

Imagine being an overweight student in school, bombarded by advertisements for fast food restaurants, sitting on the couch at home, watching T.V., and never going outside

to get the proper exercise needed to be healthy. This is the condition most students are in today. By making physical education compulsory in schools, it will improve the students' current condition and make them healthier. As cardiovascular diseases are becoming more common and obesity rates are shockingly increasing, the best way to equip our young generation against this problem is by making physical education and games mandatory in schools. By making physical education mandatory in schools, it will help students establish a healthy lifestyle, improve a student's academic performance and prevent common illnesses for a successful future.

Currently, students receive little or no exercise on a regular basis. As a result, their health condition is not remarkable. Students tend to resort to unhealthy activities, such as watching T.V. for a long period of time or having the urge to eat fatty foods as advertisements influence their food choices. By making physical education compulsory in schools, students will have a minimum of

Essay by:
Siyanththan Vigneswararajah
(Grade 10 RG Student)

one hour per day of exercise. This new change to a student's lifestyle will change their health condition dramatically. Students will begin to eat according to a healthy diet as physical education will help students make the most healthy food choices. Students will also form an interest for a sport as they may enjoy playing it. As students are occupied by sports, they will gain skills, such as teamwork, communication and cooperation, which are essential in life. Not only does physical education educate students about eating healthy and physical activities, but it also teaches students the rights and wrongs a student can encounter in life. It informs students about certain drugs that students can encounter that are illegal in society and harmful to the human body. Physical education helps guide students towards a safe and successful path in life. Students will realize maintaining their health is more important and will be occupied by sports, preventing them from being involved in inappropriate activities, such as drinking alcohol or drug abuse.




Essay competition winner Siyanththan Vigneswararajah, Grade 10 RG Student receiving the award from Mr. S. Selvaretnem, Managing Director, RG Education Centers

Along with developing a healthy lifestyle, physical education surprisingly improves a student's performance in his/her academics. Many people, especially parents, oppose the idea of their children taking physical education as it will hurt the student's academic performance and hurt a student's chance of entering a post-secondary institution. Parents believe students will have no gain in knowledge and skills and will only cause the student's marks to suffer. Believe it or not, physical education is the very reason a student performs well overall in school. Physical education helps keep a student's body active and a student's mind stress-free. Physical education helps keep a student's body health. As a result, they use their full potential in academics. Students will be actively participating in class discussions and doing their best on assessments, such as tests. Physical activities, such as yoga exercises and meditation, help calm the mind and relax the body. A student can have a lot of stress in their learning as they have to deal with homework, assignments, and other things that may interrupt a student's schedule. However, physical education helps keep a student's mind sharp and stress-free. Furthermore, physical education will help a student perform physically and mentally well in school, boosting a student's self-esteem and self-confidence.

Most importantly, physical education will prevent life-threatening illnesses that develop due to an unhealthy body. There are many diseases that are life-threatening and can cause immediate death, such as type two diabetes. Students do not realize this problem as they are too young, but the actions students take regarding their food choices and the condition of their fitness will affect them in the long run, as they can be diagnosed with various illnesses, such


as cancer and diabetes, due to their poor health decisions. In addition, students who lack physical fitness will develop a weak bone mass that is likely to develop into joint problems, such as arthritis and can be easily broken. Cardiovascular diseases have become very common and dangerous as they are developed due to a lack of exercise and an excess amount of fat. Heart diseases like a heart attack can be life-threatening. Overweight children have also become a major issue, as fast food restaurants like McDonald's and Burger King are becoming popular food choices among adolescents. Physical education can prevent these factors by keeping a person's body in shape, reduce obesity rates, as well as reduce the chance for someone to develop heart problems. It is very important to keep our youth health so that they will become healthy adults and become our future leaders of this world in the coming years.

Physical education plays a significant role in life and should become a mandatory activity in school. This activity will help students develop and maintain a healthy lifestyle, assist them in their studies and ensure a long and healthy life without illnesses. If physical education is taught at an early stage, students will tend to continue practicing it until adulthood. Unlike mathematics, English, or Science, physical education teaches students about the healthy way of living. Instead of students learning how to solve a word problem in Math or completing a science project in science, students will learn how to live long and healthy. Schools should provide students with the best learning experience, but students need to live healthy in their life in order to apply the knowledge they learned to help society prosper. This change to the education system will help solve many problems and improve the condition of our youth.



RG Education Centers
Giving the Gift of Education

Giving the Gift of Education



At RG Education Centers, we believe that all individuals have the potential to excel when given the proper materials and attention. RG Education Centers empowers students to reach their full potential by helping them master the skills and knowledge they need for success at a higher level.

Other courses include:

- Mathematics
- Science
- Physics
- Chemistry
- Biology
- Accounting
- English
- French
- Computer Studies
- Piano
- Guitar
- Voice

We are committed to Quality Education and Training
 3852 Finch Ave East, Suite 401 Scarborough ON, M1T 3T9
 Tel: 416.609.9508
 www.rgeducation.com

MANAGING YOUR MONEY

Fraud Frights

David Joseph M.A. (Economics)

The two leading types of fraud in North America are identity theft and real estate title fraud. You may think that you will never be a victim of fraud, but unless you take the right precautions it could happen to you. In 2009, the Canadian Anti-Fraud Centre (CAFC) received identity fraud reports from 11,095 Canadian victims, for a total loss of more than 10 million dollars. (RCMP website www.rcmp-grc.gc.ca/scams-fraudes/id-theft-vol-eng.htm).

Industry experts estimate that the average real estate title fraud amounts to \$300,000 and cost Canadians as much as \$1.5 billion a year. (www.protectyourtitle.com/fraudFacts/PYT_Whatistitlefraud.html). The most common forms are mortgage fraud-when a buyer provides fraudulent information to secure a mortgage and the Title fraud involves the fraudulent transfer of property. Homeowners who rent out their homes or who have no existing mortgages on high-value properties are more vulnerable to being targeted in title-fraud schemes as a large mortgage can be secured with the property. In a title fraud, the perpetrator assumes the legitimate owner's identity to fraudulently sell or refinance the property based on the existing owner's credit rating and property. The individual then absconds with the stolen funds. The criminal may also illicitly sell the proper-



ty to a straw buyer who intends to default while the criminal seller steals the mortgage funds. The legitimate homeowner is left with unwanted refinancing, an illicitly obtained new mortgage, or a property that has been sold to someone else.

The perpetrator can undertake title theft without the existing homeowner's knowledge by using false identification and forged documents to take advantage of automated financial and real-estate records systems. The legitimate owner may be unaware of the fraud until the bills for the fraudulently obtained mortgage arrive. If the property were sold to an unsuspecting buyer, both the original homeowner and new buyer would each believe they have clear title to the prop-

David Joseph, M.A. (Economics)

Consultant

Investors Group Financial Services

300 - 200 Yorkland Blvd., North York, ON M2J 5C1

website: <http://www.investorsgroup.com/consult/david.joseph>

david.joseph@investorsgroup.com

Ph. (416) 491-7400 Ext. 674

Website: <http://www.investorsgroup.com/consult/david.joseph>

erty. Title-theft victims in Canada have paid extensive legal fees and spent considerable time to restore the title to their property.

Avoid fraud frights with these defensive measures:

" Keep personal information private. For example, your Social Insurance Number (SIN) is usually required only for tax purposes or banking.

" PINs and passwords should never be shared with anyone. Don't repeat them or other account numbers aloud where they can be overheard.

" Destroy all receipts and any forms containing personal information before putting these items in the garbage.

" Carry in your wallet or purse only the identification and cards you absolutely need. Keep others, such as your SIN card and birth certificate, in a secure place.

" Keep your chequebook in hand and your cards in sight when making purchases and take your receipts with you.

" Periodically review credit card and bank statements and credit reports and report any irregularities.

" Know billing cycles and follow up if your bills don't arrive when they should.

" Protect your outgoing mail-use only post office collection boxes or your local post office. And don't leave incoming mail in your mailbox.

" Delete spam, especially any email asking for personal or financial information; legitimate businesses would never ask for personal information by email or during an unsolicited phone call.

" Be prepared should your credit or bank cards, driver's license or SIN card are stolen or lost by keeping a list that includes expiration dates and account numbers in a safe place.

" If you are concerned, conduct a property search to ensure the title to your home is in your name.

Fraud can ruin your finances and personal life. Your professional advisor can provide the information you need and strategies you can use to prepare for the potential effects of fraud.

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.

Taking your Family Business to next phase

By Jay Wigna

Owner Managers will know how it is difficult to overcome family dynamics. Challenges can come from myriad of ways when managing any business. But managing a family business brings with it a unique set of issues, many due to the added degree of emotional relationships involved. Family dynamics is one of the most difficult issues that can affect the future of the company.

When senior generation is no longer active in the business, a family run business can take a downward path, especially when control passes onto the next generation. Therefore the senior generation would consider what is in the store for the future. Most often it is thought that equal inheritance mean equality in management. In practice this may not be the situation, therefore owners of family

TAX POINTS

businesses must consider a succession plan. This means able to see and prepare for the un-forceable.

As we consider management succession, there are other issues that need to be considered. As an example, assets may be in an estate or trust, including both business and non-business assets. If the issues are not addressed in advance, many issues can come up that will lead to conflicts among family. Other factors such as competing interests among beneficiaries, incomplete or missing accounting records, illiquid investments or business interests and complex tax structures are just some of the concerns that must be considered.

If your business is being sold to another party, many of these concerns may require special expertise. The senior generation may want to consider seeking professional advice when creating a succession plan, particularly as it relates to the following areas.

1) Tax including Valuation

Tax can be one of the most complex elements in structuring and administering a trust or estate, so receiving advice in this area is important.

When crafting your succession plan, it's important to consider the following:

Valuation of the business for multitude of reasons including preparing terminal return

Post mortem planning may be required to avoid double tax, and to minimize the overall tax burden

Existing beneficiaries in foreign juris-



dictions may affect distribution decisions

Potential complexities around income tax filing requirements, as well as assessments and audits by the Canada Revenue Agency (CRA)

Contd. next page...

TAX ONE CENTRE

Corporate and Personal Tax Service Provider with focus on tax planning and advisory for owner managers and small businesses corporations

Tel. 905-564-6277

www.taxonecentre.com



What is a derivative?

A derivative is a security whose price is dependent upon or derived from one or more underlying assets. The derivative itself is merely a contract between two or more parties. Its value is determined by fluctuations in the underlying asset. The most common underlying assets include stocks, bonds, commodities, currencies, interest rates and market indexes. Futures contracts, forward contracts, options and swaps are the most common types of derivatives. Most derivatives are characterized by high leverage.

An option contract provides the contract holder the option to force the contract writer to either buy or sell a particular asset at a given price. A typical option contract has an expiration date,

is typically paid a fee or a premium for taking on the risk that prices may move against their position and the contract holder may exercise their right. The holder of an options contract willingly pays this premium to limit their losses to the premium paid if the investment does not go as planned. Most options expire worthless.

What Does Leverage Mean?

In investment field the use of various financial instruments to increase the potential return of an investment. Leverage can be created through options, futures, margin and other financial instruments.

If Suncor Energy Inc. (SU) price is \$33.00 you could buy around 30 share of SU directly. But using an option contract

Active Day Trading Strategy

By Arun Senathirajah
ACIB, MBA (Banking Mgmt)



Cut Cost by Using Leverage of Derivatives

and if the contract holder does not exercise their contract rights by a given date, they lose their contractual right to do so. An option giving the holder the right to buy is a "call" option, and the option giving the holder the right to sell is a "put" option. The writer of an options contract

by buying Nov 2012 Expiration option contract at a price of \$3.00 you could have 333 shares of the SU compared to just 30 shares with the same capital of \$1,000,

Using Derivatives and Leverage to Improve Portfolio Performance

investors are certain to have high required return targets, but they are likely to be operating in a world of modest risk premiums. They will face a choice: Limit their investment options and continue to concentrate their risks in traditional equities or diversify and build more stable portfolios more likely to meet their difficult benefit and spending requirements. Choosing the latter course of action has a lot of appeal, but it will require, you guessed it, the prudent use of leverage and derivatives.

For individuals, with the help of internet technology, access to accurate real time pricing, developed knowledge of derivatives being used and good understanding of the tools required to engage in day trading using derivatives with leverage can bring significant returns and can help to build up assets.

Leverage and derivatives are financial tools that have many legitimate and helpful applications. Institutional investors use derivatives and leverage to improve portfolio performance - that is, to increase returns, improve diversification and reduce risk. Institutional

Contd. from previous page...

2) Real estate

Real estate is one of the assets in a trust or estate mostly likely to be in dispute. Consider the following when including real estate in a succession plan:

Mostly real estate is illiquid and it takes to realize the fair market value.

Some capital investment may be required so that the asset can be ready for sale in the market

Conflicts between beneficiaries as to making additional investments, versus selling quickly on an "as is" basis at a discount to the market.

Erosion of the business value as a result of costly court disputes due to differing opinions on realization strategy

3) Handling disputes

One of the most unpleasant unforeseeable situations that must be considered is potential disputes, or even allegations of wrongdoing. While it may not be possible to foresee everything, there are some potential scenarios that could be considered when planning succession:

Some beneficiaries may feel unfairly treated, and may dispute decisions made by trustees. They may act to alienate parts of the business or otherwise behave in a disruptive manner.

Complex accounting structures may require "unwinding" to a point in time to best facilitate distribution of earnings, assets or ownership.

4) The exit strategy

An essential part of any business plan for private companies is to formulate a full or partial exit strategy. In the absence of a divesture plan, a long-term illness or death of the business owner or manager may leave the company without a viable successor. If the business is to succeed through the next generation, a contingency plan is crucial.

Is there a viable successor?

Is there a contingency plan?

The successor overseeing the family business, as well as other family members, must understand the values and operations of the business early on. With this understanding, backed by a solid succession plan, the transition of the business to the next generation can be made smooth and efficient for all concerned.

The foregoing provides only an overview and does not constitute specific advice. Readers are cautioned against making any decisions based on this material alone. Rather, specific professional advice should be obtained.

FREE SEMINAR

DAY TRADING OF STOCKS, OPTIONS, FUTURES & FOREX ONLINE

- Learn to trade in Life Market
- Practice with more than \$25,000 Free Notional Capital
- Learn to make money, market price falling or rising

Please call to reserve a seat for the next Seminar

Classes are conducted for the following professional exams in Finance:

- CFA - Chartered Financial Analyst Course (CFA Institute)
- CSC - Canadian Securities Course (CSI - Canadian Securities Institute)
- DFC - Derivatives Fundamentals Course (CSI - Canadian Securities Institute)
- IFC - Investment Funds in Canada (CSI - Canadian Securities Institute)
- CIFIC - Canadian Investment Funds Course (IFSE Institute)
- CIFOC - Canadian Investments Funds Operations Course (IPSE Institute)

Some of Instructor's Track Records:

- Experience as Trade Analyst, Securities Analyst and Pricing Analyst for Mutual Funds & Hedge Funds at all the three Major Global Fund Custodians in Canada.
- 15 years experience in multi-million dollar value trading for Institutional Investor Clients in North America.

To Learn from a Professionally Qualified Instructor, Please Contact

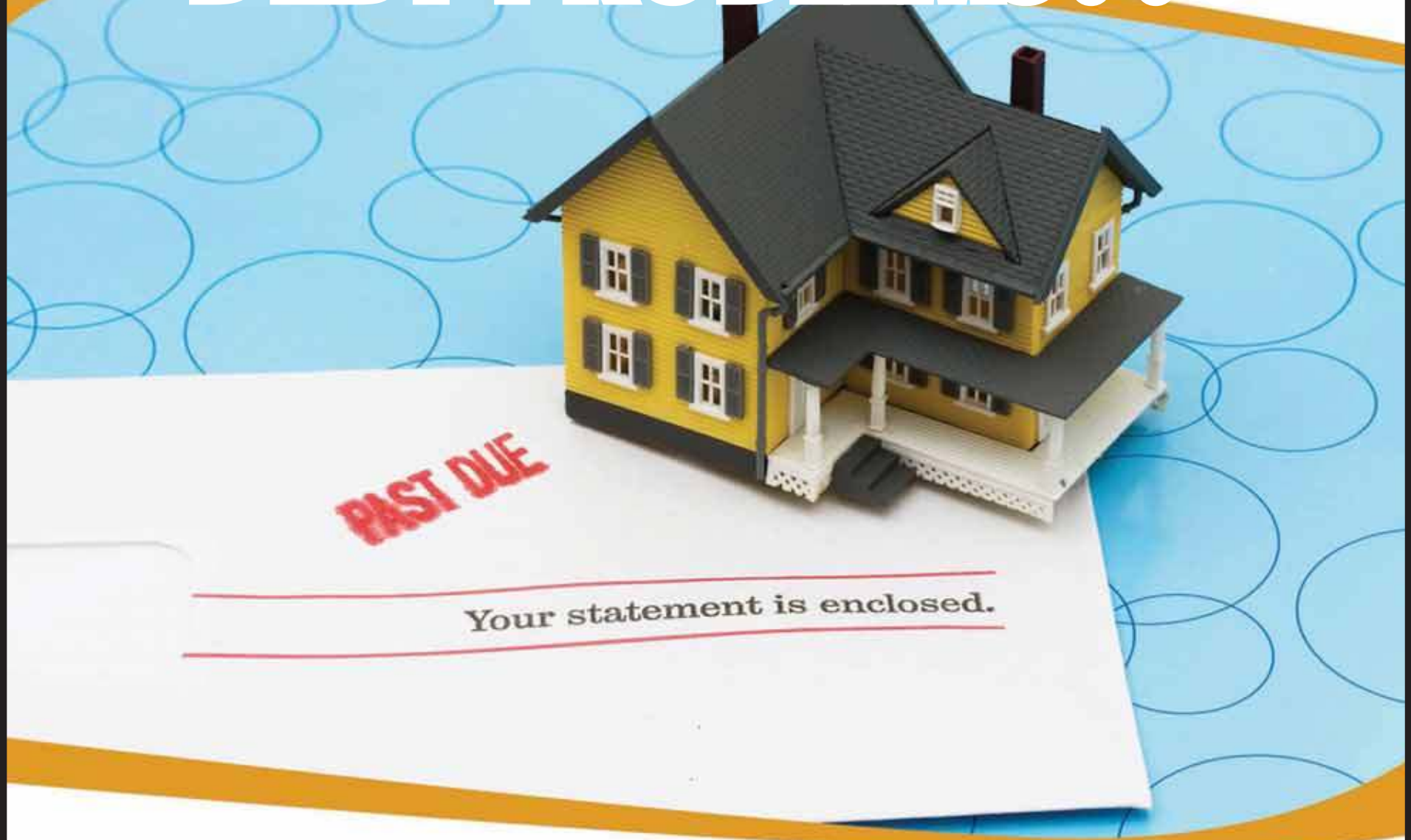
(416) 525 8213

THE ACADEMY OF FINANCE

Arun Senathirajah (ACIB, MBA (Banking Mgmt - Deriv Strategies)

4465 Sheppard Avenue East, Suite 208, Toronto M1S 5H9
(Sheppard & Brimley)

DEBT PROBLEMS???



JOINTLY SERVING ALL COMMUNITIES UNDER ONE ROOF

Unsettled Life due to Credit Problems!

Is Your Daily Life affected?

Worried that you will lose your House or Car!

Phone harassment from Collection Agencies !

Concern that your wages will be garnished by your creditors!

www.creditsolutioncanada.com

For All Your Problems, call for a free consultation

SRI

CREDIT SOLUTION CENTRE

Trustee in bankruptcy

Services of Trustee is available

80 Corporate Drive, Suite 309

Scarborough, ON M1H 3G5

Tel: **416.439.0224**

Fax: 416.439.0226

creditsolutioncentre@gmail.com



diggi



**HIGH - LIGHTS
OF THE
VAANI VIZHA
ORGANIZED
BY ST. JOHN'S
COLLEGE-
CHUNDIKULI
GIRLS'
COLLEGE
ALUMNI
ASSOCIATION
- TORONTO-
CANADA**

The Annual event was celebrated on October 20, 2012 at Senator O'Connor Collegiate in North York. More than 250 guests were present. Programs in Vocal music, Violin, Dance and Miruthangam were presented by eminent music teachers in Toronto. All the teachers are past pupils of the above schools or directly connected to the schools. Most of the participants were children of past students of the two schools.

The following teachers presented scintillating programs which kept the spectators spellbound.

- Ms. Shantha Ponnuthurai**
(*Sruti Laya Fine Arts Academy*)
- Rathiruban Paramsothy**
(*Layabrintham Fine Arts*)
- Ms. Nirmala Suresh**
(*Chalangothiam Dance Academy*)
- "Sangeetha Vidwan"
Ms Thanadevi Mitradeva (*Sruti Laya Fine Arts Academy*)
- "Bharathakala Vithahar"
Ms Lalithanjana Kadirgamar
(*Amirthalaiaya Academy of Fine Arts*)
- Ms. Jeyarani Sivapalan**
(*Gaanaamrthutham Fine Arts Academy*)
- Ms. Kalyani Sutharsan** (*Ezhisai Mathura Sabha*)
- "Isaikalaimani"
Ms Thulasi Ragunathan

At the end prasatham was served to all.

This highly entertaining program was sponsored by **Dr. A. Selvarajah**, Dental Surgeon and an old boy of St. John's College.





Music Maestro Ilayaraja's Mega Show at Rogers Centre on November 3rd.



South Indian music legend Ilayaraja and his troupe will perform a mega music show at the Rogers Centre on November 3rd.

Ilayaraja will be accompanied by leading musicians like K.J. Yesudas, S.P. Balasubramaniam, Hariharan, Ilayaraja's sons Karthik Raja & Yuvan Raja, Chithra, Mano, Haricharan, Sadhana Sargam and several other musicians. Film personalities Parthiban, Sneha and her actor husband Prassana along with comedian Vivek, Director Gautham Menon and Gobinath will also grace the show.

Tickets are sold through Ticketmaster and leading Sri Lankan stores. The show is presented by Trinity Events Inc. and the exclusive TV partner is Vijay TV.

Ilayaraja and his son Karthik Raja were in Toronto last month on a promotional tour for the show. He met the Press and other guests at the Scarborough Convention Centre, on Thursday October 4th., 2012.

Seen here are some pictures taken at the Press Meet.

(Photos courtesy: Gnane Gnanendran)





PRESENTS

LEGENDARY & YOUTHFUL SINGERS



Yuvan



Karthik Raja



SP Bala



KJ Yesudas



Hariharan



Mano



Vijay Yesudas



Karthik



Bhavatharani



K.S. Chitra



Sadhana Sargam



Shweta Mohan



Ramya

LEADING ARTISTS & DIRECTORS



Vivek



Gobinath



Sneha



Prasanna



Gautham Menon



Parthiban

Other Singers: Satyan, Vasudevan, Samuel Rajmohan, Senthil Dass, Ragini Sri, Priya, Anita & Priyadarshini



எங்கேயும்... எப்போதும்... 

ராஜா

Show postponed due to bad weather

We regret to announce that the show has been postponed due to Cyclone Neelam in Chennai and also Hurricane Sandy in USA/Canada for the safety of the Artists. Chennai Airport is closed and all flights have been cancelled due to adverse weather conditions.

Please visit www.trinityeventsonline.com for further details and updates or call toll free **1.855.554.4554**

TOLL FREE : 1.855.554.4554

ticketmaster
1-855-985-5000

www.trinityeventsonline.com

TICKETS: VVIP, \$150.00(VIP), \$100.00, \$80.00, \$60.00, \$39.00



Sritharan Thurairajah elected as new President of the Canadian Tamils' Chamber of Commerce.....



Outgoing President, Mike Ahilan speaking



Newly Elected Board

Sritharan Thurairajah - President



Sritharan Thurairajah, a successful entrepreneur in the financial industry, has been elected the President of the Canadian Tamils' Chamber of Commerce for the year 2012/2013.

The election of the new office-bearers took place on Saturday, October 27th at the Annual General Meeting held at the Anjappar Chettinad Restaurant.

Thurairajah has been a successful entrepreneur as an Insurance Broker, community leader and

philanthropist.

He embodies the true Canadian immigrant success story. He came to Canada at a young age of 24 and worked in different customer oriented jobs and entered the financial industry in 2002 and gradually built a very successful insurance practice in the GTA. Thurairajah soon achieved the coveted Million Dollar Round Table (MDRT) Team which is the exclusive club of the top 1% of the world's Financial Advisors. He has

started his own firm titled "Life 100 Insurance & Investments Inc." with exclusive product offerings. He is also a Chartered Life Underwriter & Certified Health Insurance Specialist.

Thurairajah has been actively involved with the Chamber for the past several years in many capacities including that of a Vice-President & Secretary. He was instrumental in establishing new sponsorship opportunities & new members.

Other new members of the Board are as follows:

Santha Panchalingam Executive Vice-President

Santha Panchalingam runs his own company known as Santha Maintenance Ltd. which specializes in Electrical, Plumbing & Drainage Services. He also owns other companies along with stores like Taco Bell & Kiss Groups of Company Ltd. He received the 10 year Business Award from CTCC in 2002, Award of Excellence in 2007 & Platinum Award also from CTCC. He has devoted much energy and time for the CTCC.



with the Chamber since 2002 and helped bring Sun Life Insurance as a Bronze Sponsor for the Chamber gala event.

Sivan Ilangko Vice-President, Internal Affairs

Sivan Ilangko is a Chartered Accountant by profession and currently works as a senior Manager for Ernst & Young LLP specializing in the financial services industry. He has a wide range of



Canada - an Association of Pan-Asian Professionals.

Gajan Mahan Vice-President, Finance



Gajan obtained his Masters in Business Administration (Marketing & Human Resources Management) with first class honours from Anna University in India and his Bachelor's Degree in computer science from the Madras University. He possesses diverse experience in marketing, customer relations, sales & information

technology. He has been associated with the Chamber in all its activities.

Dilani Gunarajah Vice-President, Membership

Dilani Gunarajah is a Barrister & Solicitor who was called to the Ontario Bar in 2005. She is a sole practitioner in areas of Family Law, Estate Law, Immigration Law & Business Law. She runs her own office in Toronto and has been associated with the Chamber in all its activities.



Directors

Gnane Gnanendran



Gnane has been an active member of the CTCC for over 18 years. He initially worked as a Certified Foreign going Merchant Marine Officer before immigrating to Canada. In Canada he changed his professional career and attended graphics & IT courses becoming a Graphics Consultant. He worked for R.V. Anderson Associates & later for Cole Engineering Group Ltd. He has been involved with the Chamber for several years and handled all Chamber publication work connected with graphics &

designing, including the annual Souvenir & regular news letters. He has a passion for photography capturing pictures of community events.

Akila Senthil

Akila Senthil is the owner and Principal Broker of Good Grade Mortgages Ltd. for 13 years. She has a passion for engaging herself in community activities and hence her interest to become a Director of CTCC. She has been actively involved in volunteer work with the Canadian Cancer Society and the Lions Club.



Sivakumar (Siva) Shanmuganathan

Shanmuganathan is a Realtor for the past eight years working for Home Life Future Realty and won many awards. He has involved himself in community activities especially with charitable organizations. He participated actively in raising funds for the Sick Kids & the Heart & Stroke Foundation's "Big Bike Ride" along with CTCC.



By Siva Sivapragasam
Photo Courtesy:
Imaginedigitally.com

Ajith Sabaratnam Vice-President, Community Relations



Ajith Sabaratnam initially worked for Royal Bank for 12 years and later joined Sun Life in 2001 and has

been one of the top producers in the industry. Since joining the company, he placed in the top two producers nationally in 2004, has been the number one producer in the region and recognized amongst the top 10 advisors in Canada for last 11 years. He has been associated



OSPA STEPS FORWARD WITH PENSION ISSUES OF SRI LANKANS IN CANADA

Urgeing Removal of Restrictions

The Board of Directors of the Ontario Sri Lankan Pensioners Association (OSPA) at their meeting recently held at the Council Chambers in the City Hall at Scarborough Civic Centre unanimously resolved to immediately pursue and effectively attend to Sri Lanka State Pensioners in Canada who are still not in receipt of their pension and due allowances as per budget proposals passed in Sri Lanka National State Assembly.

The resolution of the OSPA Board of Directors is also concerned to attend to cases of Sri Lankans in Canada who have prospects for the award of pension due on their Public or Local Government Service, be they of Service Pension or of Widow and Orphan Pension.

In order to effectively pursue securing clearance to obtain payment of all overdue legitimate claims on existing awards and to appeal for the grant of awards in cases of officers who left the

service due to compelling circumstances and had not claimed their pension the members are kindly requested to renew their membership and others are requested to enrol themselves by contacting the Treasurer (416 266 7895).

It will be appreciable if a pensioner quotes his or her Membership No. while contacting a Board member for help with a pension issue.

The following members of the OSPA Board of Directors may be contacted for

any question or concern.

Regis (President) 647 285 9336, Silva (Vice President) 416 293 8592, Maya (Vice President) 416 291 6667, Thambi (Secretary) 289 997 0934, Thanga (Treasurer) 416 266 7895, Vivega (Asst. Treasurer) 416 296 0136, Mathi (Coordinator) 416 879 6301, Sundar (Asst Coordinator)

The Mississauga Food Bank Wraps Up 2012 Thanksgiving Drive

The Mississauga Food Bank's annual Thanksgiving Food and Fundraising Drive was an overall success. The Mississauga community rallied together again to fight hunger by donating their time, funds and food.

The Mississauga Food Bank's 375 volunteers collected food and financial donations at grocery stores across Mississauga during the Thanksgiving weekend. In total, the organization collected more than 85,000 lbs. of food (5% more than last year) and raised \$65,634.

For every \$1 donated, The Mississauga Food Bank is able to distribute three meals. That means the financial contributions collected from this drive will allow the food bank to provide 196,902 meals to hungry Mississauga residents. The plan is to expand the Thanksgiving Drive next year by adding grocery stores at high traffic locations so that more food can be collected for those in need.

According to Chris Hatch, Executive Director of The Mississauga Food Bank, "The generosity of this community never ceases to amaze me. On behalf of our 65,000 clients that benefit from this support, I would like to thank the Mississauga community for their continued compassion."

For Information: www.themississaugafoodbank.org

Contact:
The Mississauga Food Bank
 36 - 2550 Goldenridge Road
 Mississauga, ON L4X 2S3
info@themississaugafoodbank.org
 t: 905.270.5589



HCPPA's 24th Annual General Meeting and Hartley Nite



The 24th Annual General Meeting of the Hartley College Past Pupils Association Canada /USA branch will be held on Saturday, the 3rd of November 2012 at the Queen's Palace Banquet Hall, located at 1173 Brimley Road, Scarborough Ontario, at 6.00 P.M. The AGM will be followed by the Annual Hartley Nite, a fun-filled gala event that provides Hartleyites the opportunity to mix and mingle with their old buddies.

Mr. N. Theivendrarajah, Principal of Hartley College will be gracing this occasion as the Chief Guest. Mr. Theivendrarajah assumed his duties as the principal of Hartley College on 05.12.2005. As an accomplished scholar Mr. Theivendrarajah holds a Bachelor Degree in Science from University of Sri Lanka Peradeniya Campus, Diploma in Education from the Colombo Campus, a masters Degree in Education from the Jaffna Campus and a Post Graduate Diploma in Education Management from the National Institute of Education Colombo. During his time the school has achieved in academic performances as well as in Co-curricular activities such as in sports, Tamil day and English day competitions, Science and Mathematics Quiz, Mathematics Olympiad Competition, chess tournaments, cadet corps and so on. Especially two times our students Mas. John Niraj and Mas. Mahinthan participated in the international Olympiad competition. It is a landmark that our cadet corps won the national cadet corps. The Hartley music group won the first place at the national level Tamil day competitions. In national level athletic meet our students won gold medals. Like this there were so many milestones taken in the Academic



**Mr. N. Theivendrarajah,
Principal of Hartley College,
Sri Lanka**

performances in G.C.E O/L and G.C.E A/L examinations. During his time Mr. Theivendrarajah initiated many infrastructure developments such as the hostel project, water tank & pipe lining, and Canteen. It is a great opportunity for all stakeholders of Hartley College to interact with the person in charge of the school.

Following the resounding success of last year's Annual Hartley Nite, the Canada/USA Branch of Hartley College Past Pupils association is determined to take it to the next level. There will be fun activities for families and kids, and off course, lots and lots of tasty food. The organizing committee is determined to give Hartleyites and families an evening to remember

For Tickets and more info, please contact:

Mr. R. Rajeswaran
(416.729.9453),
Mr. N. Navaneethan
(416.738.6196),
Mr. V. Vijenthira
(416.877.8409),
Mr. K. Surenthiran
(416.822.2031)

Sabaratham Balachandran



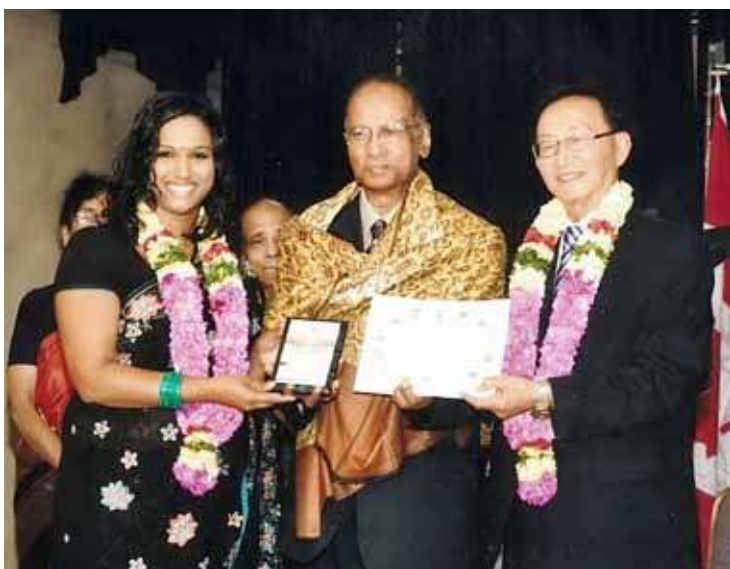
Sabaratham Balachandran, known to many as simply Bala, a prominent community activist received a commemorative medal marking the 60th anniversary of Her Majesty Queen Elizabeth II's accession to the Throne as Queen of Canada.

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. The certificate was issued by the Governor General of Canada His Excellency the Right Honourable David Johnston. The Medal and Certificate presented to Balachandran in a special ceremony by Mr. Vince Pranjivan Asst. Commissioner of Ontario.

Bala was actively involved in the Government of Canada Work Place Charitable Campaign (GCWCC) and the Asian Heritage Celebrations, hosted annually. He strongly believes in his Divine Guru Sri Sathya Sai Baba's teachings of multi-faith and helping the needy. He has been actively involved in the Sai activities at the Sri Sathya Sai Baba Centre of Scarborough for the past 25 years, filling the position of President between the years of 2001 and 2002. He was instrumental in leading his congregation to a milestone pilgrimage to Prashanthi Nilayam to visit their Guru, Sai Baba. During his leadership, he also led the Centre's efforts to purchase and construct a permanent facility which today stands at 5321 Finch Ave. East. He was the Chairman of the Board of Trustees of the Building Project from 2004-2011, playing an active role in designing, planning and building the Centre that was completed in May 2011.

He is married to Jamuna and has three children, namely Shankar, Shiva & Deepa.

CANADIAN TAMIL WOMEN ASSOCIATION



The fifth 'Annual Award giving and Cultural Show' of the Canadian Tamil Women Association was held on Saturday, 6th October, 2012 from 6.30 pm to 10.30 pm at the Canada Kandasamy Temple Hall at 733, Birchmount Road, Scarborough, Ontario.

Mr. Muthiah Thevarajah, President of the Scarborough Senior Tamils' Association received the 'Life-Time Achievement Award' from the Hon. Rathika Sitsabaiesan M.P., Scarborough - Rouge River and the Toronto City Councillor Dr. Raymond Cho, Ward 42, Scarborough - Rouge River, who were the Chief Guests at the occasion.

Mrs. Saraswathi Harikrishnan, the President of the Canadian Tamil Women Association conducted the function.



Kalaiarasi 2012

Jaffna Hindu College Old boys Association in Canada held their annual Kalaiarasi event recently. There was a large gathering and guests were provided an evening's entertainment of music and dance events.

Seen here are some pictures taken at the event.





Recent Events

Highlights from Musical Evening with SuperSinger 3 Fame SRINIVAS

Held at Bur Oak Secondary School Auditorium, Markham - Oct 20, 2012



Photos courtesy: Gnananendran



Sri Lankan
Accountants
Association of
Canada

Proudly Presents

10th Annual Dinner Dance - 2012



*Come Dance, enjoy the programs, renew your old ties and taste the
Indian / Sri Lankan Style Buffet Dinner.....memories would last forever!!*

December 1, 2012 (Saturday)
from 6.30p.m to Mid-Night

Venue:

New Jaasmin Banquet Hall

90 Nolan Crt., Markham ON L3R 4L9
(Woodwine & John)
Tel: 905-477-3350

Tickets Adults \$35/= and Children (under 12) \$20/=
Please contact:

Ari Ariaran : (647) 893 8295

Pon Sritharan : (416) 271 0774

Sherlyne Rasiah : (416) 827-0147



Photo Gallery of Events held by DTA during 2012



Ajax Mayor STEVE PARISH with families @ Durham Tamil Association's 12th Annual BBQ & Sports Meet - 24th June 2012



Crazy Colors @ DTA's EASTER EGG HUNT 2012



Dieticians from South Asian Diabetes Prevention Program showing how to make healthy foods to DTA members - July 2012



DRPS Officer Marta Flis with DTA youth, Shireen Whitmore, Uma Suresh & Jeyarubini Sivanesan of DTA @ JAM Festival - June 2012



DTA Seniors with ISHA YOGA Volunteers - 22 APRIL 2012



DTA Volunteers with MPP Tracy MacCharles @ CASSA's TORONTO MELA - 25 August 2012



DTA Kids disguised for 42nd Ajax Home Week Parade - June 2012



DTA receives appreciation from City Of Pickering for ADOPT A PARK



DTA Seniors & adults performing strengthening exercises using the THERA-BAND



DTA Youth @ the seminar against bullying



Photo Gallery of Events held by DTA during 2012



DTA's BHARATHALAYA DANCE ACADEMY students @ CASSA's TORONTO MELA - 2012



DTA's MANON BAND performing the musical fusion @ 42nd Ajax Home Week - June 2012



Durham Tamil Association Youth as CLEAN UP CREW @ Canadian Cancer Society's RELAY FOR LIFE



Durham Tamil Association's Booth attracted traffic for its Henna, Nail Art and Rice Art in Pickering's Canada Day 2012



ISAI VIRUNDHU @ DTA_s PONGAL VIZHA 2012



Kids & Youth @Durham Tamil Association's GAME NIGHT



Mrs. Stefhny Ratnaharan organising FUN GAMES for the kids @ Durham Tamil Association's 12th Annual BBQ & Sports Meet -24th June 2012



Seniors enjoying a Traditional Lunch on DTA's Seniors Appreciation Day 2012



TEAM DTA DANCE @ HERITAGE DAY - 25th Feb 2012



TEAM DTA with MP CHRIS ALEXANDER, donating \$2006.75 to SHARON ALI PANOPOULOS of The Canadian Cancer Society on 22 April,2012



" Believe in You" 2012 - Youth and Children Talent Show

EXCELLENT FALL EVENING WITH TAMIL CULTURAL AND ACADEMIC SOCIETY OF DURHAM

During the Fall season, there are magnificent colours on the tree leaves, cool and warm weather. This sets the perfect climate for the participants, guests and parents to come out for the Tamil Cultural and Academic Society of Durham's (TCASD) 5th annual Believe in You show!

Held on Saturday 20th of October 2012, at J. Clarke Richardson Collegiate, the youth and adult members of TCASD gathered together, in front of family and friends, to put on a memorable show!

The venue was proudly decorated with posters of the youth members, proudly announcing the high schools/universities they have attend. The posters demonstrate the academic excellence of

TCASD youth, who proudly displayed their Tamil culture throughout the night.

Beautiful Kollams welcomed the guests to the auditorium, where the parents, guests, community leaders and dignitaries were socializing with each other. During the last 4 years TCASD, staged the BIY event with various themes. This year's theme was a King and the Queen theme held in the Durham kingdom. Led into the auditorium by the King and Queen, dignitaries and guests took their seats as the program went underway.

The master of ceremonies kicked off the night with the Canadian national anthem, followed by the Tamil Thai Valthu, and a Moment of Silence.

BIY 2012 featured many unique acts.

Many of the performers were young children, showcasing the growing Tamil community in the Durham region, and their young talented youth! There were performances by TCASD's very own Tamil Academy/Arivakkan school. The audience was astonished to see little children leading the way, putting on such wonderful performances.

From the cultural snake and peacock dance, to a full orchestra, to fusion hip hop dances, our young performers continually "wowed" the crowd. The final program, the cycle of the women's life, featured a unique fashion show, depicting the stages in a women's life.

The event ended with the "Anarkali" dance performance which, featuring the

King and Queen. The sound system and audio systems were handled very well by the TCASD team. The entire show was put together and run together by the youth and their adult supervisors. From lighting to photography, members of TCASD rose to the occasion and put on a one of a kind show.

Our sincere thanks to sponsors, dignitaries' youth and children, TVI, Monsoon Journal and all those who helped in making this event very successful.

For pictures and more information on the show please visit:

www.tamilsocietydurham.com or visit our facebook page at www.facebook.com/tamilculturalacademicsocietyofdurham



Mayor Steve Parish of Ajax



Inspector Grant from Durham Regional Police



Tamil Cultural and Academic Society of Durham Celebrates Canada's Cultural Day with Town of Ajax

The Tamil Cultural and Academic Society of Durham is a non-profit organization whose main focus is on the engagement of the youth and their involvement in the community. We came together with Town of Ajax for their successful culture day event on September 29th, 2012. We, the inspired youth of TCASD brought out our cultures beautiful traditional clothing and accessories which caught the eyes of many different people. We taught the people of interest, how to put on a Sari and explained the significance of this traditional outfit and the culture. The Sari is one of the most beautiful dresses worn by many women around the world. TCASD takes the initiative to work together with various communities to create a more cultural oriented and educated community. We believe it is important for our organization to be involved in such events to bring awareness to our kids as well as the community of Ajax/Pickering.

By TCASD youth Lavinya Jeyakumar





TAMIL MIRROR CELEBRATES GALA NIGHT...

BY SIVA SIVAPRAGASAM

Tamil Mirror, Toronto's monthly English Newspaper, celebrated their Gala Night event last month on 19th October at the Scarborough Convention Centre with an evening's entertainment of music & dance.

The chief guest at the event was Robert Evans who was a former Member of the European Parliament and also a person who always voiced the grievances of the Sri Lankan Tamils. Mrs. Frances Harrison, former B.B.C. correspondent in Sri Lanka, graced the occasion as a Special Guest. She is also the author of the recently published book "Still Counting the Dead" (stories of survivors of the war in Sri Lanka). Both Mr. Evans and Ms. Harrison flew down from U.K. to attend the event.

Ms. Geetha Moorthy was the recipient of a Community Service Award while Mr. Sivanesaselvan, former Chief Editor of the Sri Lankan Tamil Newspaper "Virakesari" received the Media Award. Ms. Abisheka Lloydson was given the Young Leadership Award. Five persons received awards for being the winners of the short story competition conducted by the newspaper.

Guests were provided an evening's entertainment of music and dance at the event followed by a sumptuous dinner.

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





Tamil Cultural association, a driving force behind cultural diversity

Waterloo: The region of Waterloo is the home to a diverse range of ethnic culture and time to time the best of Canadian and South Asian arts are performed on one stage.

The Tamil cultural association of Waterloo region held its 12th annual "Tamil Cultural Nite" performing arts festival at Humanities Theater, University of Waterloo on the 18th of October. It's a production showcasing the rich artistic heritage of Sri Lanka and Southern India, as well as local arts.

The auditorium was packed with 600 guests as many individuals came vibrantly dressed in traditional Indian sarees and shalvar kameez. The show began with Natheswaram, one of ancient and popular classical instrument in the South Indian culture. The artists from Pollachi, Tamil Nadu, South India and Toronto's Murugathas of Natheswara Thavil Music of International inaugurated the festival. It was followed by Nirtha Vandhanam, classical dance performance by the students of Sri Abiramy academy of Waterloo.

The president of the association, Mrs. Indra Logendran welcomed the guests and appreciated the support extended by the community to the association. 23 years of existence is a great achievement, she said. Her speech was followed by "Thenali Raman" drama by the Tamil Language class of Cambridge. The school is supported by both, the regional school board and the association. The students of Laya lasya studio of

Cambridge performed a remix south Indian dance called Saravanahava.

The chief guest was Rathika Sitsabaiesan, Scarborough-Rouge River, MP. In her speech, she praised the Tamil association for being active and supportive of preserving the culture. She stressed the need to become an example in the Canadian society and to be an activist for underprivileged youths and women in our community. Her life story is a example, where the dream of being a people's representative became a reality. Canada is a country where opportunities are given to Tamils, to be successful in life. She also presented the annual Community spirit award to Mrs. Mirnalinee Ramachandran of Kitchener.

In keeping with bringing other multicultural arts community to be part of the event, the association invited the Grand River Dance School and traditional Malayalam dancers, who performed a Western Blent dance and Malayala Karayoram. It was followed by Jugalbundhi musical performance and a Tamil dance performance by a combined team of University of Waterloo Tamil students (WATSA) and Wilfrid Laurier University.

Finally, the awards were presented to all artists and teachers by the Chief Guest. The vote of thanks was delivered by the Secretary, Mrs. Dharini Sivakumar. The event was free despite the extensive work that went into its production and volunteer hours.





Meet & Greet with MP Rathika Sitsabaiesan

Waterloo: Tamil cultural association of Waterloo Region organised a meet and greet reception at which a public figure socialises with members of Waterloo region Tamil community. This year Scarborough - Rouge River MP, Rathika Sitsabaiesan was the guest.

At the reception, she was welcomed by the executive committee, the secretary - Dharini Sivakumar and Vice President Rajivi Nadarajah. In her speech to the members, she congratulated the association for promoting and preserving the Tamil culture and language for the past 23 years. It is an achievement noticed by Tamils in and around the region. The president of the association Indra Logendran, welcomed and thanked the guest for supporting the community.



(L-R) Balakrishnan and Suresh Sinnadurai



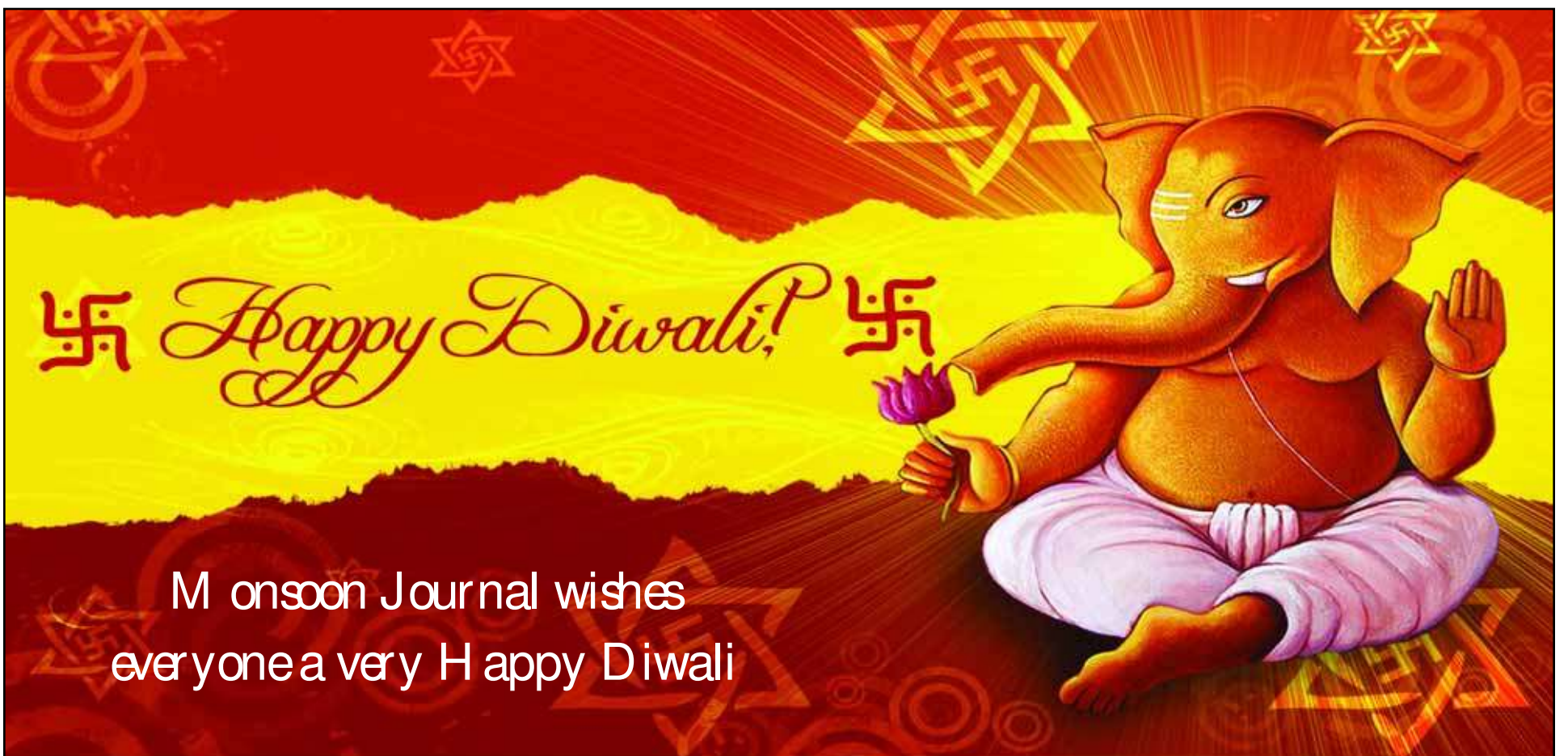
(L-R) Janaki Logendran, Rathy Abraham, Dharini Sivakumar, Rathika Sitsabaiesan, MP, Suneetha Prakash, Indra Logendran and Rajivi Nadarajah



Ragu Sivaramakrishnan family with Rathika Sitsabaiesan, MP



(L-R) Prof. Pala Kannappan with Rathika Sitsabaiesan, MP



Monsoon Journal wishes everyone a very Happy Diwali



Appointment of Citizens to Boards and Committees

The Town of Whitby encourages citizens to participate in their community by volunteering for one of our boards or committees. To recognize, promote and strengthen the sense of community, all Whitby property owners and/or residents 18 years of age or older are encouraged to get involved.

Whitby Council is currently accepting applications from residents interested in the following committees:

Ethno-cultural and Diversity Advisory Committee (2 vacancies)

The Ethno-cultural and Diversity Advisory Committee responsibilities include providing input to



Councillor Ken Montague, Des Newman, Mayor Pat Perkins, Councillor Joe Drumm Former Mayor Des Newman Honoured by Town of Whitby

The Town of Whitby has honoured Former Mayor Des Newman by naming the arena complex at the Iroquois Park Sports Centre the Des Newman Arena Complex.

Des Newman championed a state-of-the-art recreation facility in the early 1970s when he was Whitby's Mayor. His vision was to create a major sports stadium to serve the Town of Whitby and surrounding area. In 1974, the 1,500 stadium arena was completed, and the indoor pool opened the year after.

Currently, Iroquois Park Sports Centre houses six arenas, two pools, four baseball diamonds, a soccer pitch, tennis complex and a skateboard facility. The recreation facility has over two million visitations annually and has become one of Canada's largest municipal sports complexes and is the largest destination for minor hockey and lacrosse events in Canada.

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

The Committee meets the first Thursday of every month at 7:15 p.m.

LACAC Heritage Whitby (5 vacancies)

LACAC Heritage Whitby was established by by-law in April 1978 to assist Council in the conservation and preservation of heritage buildings, properties and resources in the Town. This includes the evaluation of candidate properties for heritage designation and informing the community about heritage conservation matters in Whitby. LACAC Heritage Whitby is also responsible for organizing the Doors Open Whitby tour, and hosts displays at the Brooklin Spring Fair, County Town Carnival, Harbour Day, Harvest Festival, and Heritage Day.

The Committee meets the second Tuesday evening of every month at 7:00 pm.

Accessibility Advisory Committee (2 vacancies)

The role of the Accessibility Advisory Committee is to advise and assist Council in developing strategies to identify and eliminate barriers for people with disabilities and to carry out its responsibilities under the Accessibility for Ontarians with Disabilities Act, 2005. The responsibilities of the Accessibility Advisory Committee include:

- advising municipal council on the requirements and implementation of accessibility standards and the preparation of accessibility reports and policies
- reviewing site plans and drawings that form part of the site plan application for all municipal projects

The Committee meets the second Tuesday evening of every month at 7:00 pm.

Groveside Cemetery (1 vacancy)

The Groveside Cemetery Board is responsible for the administration of municipally-owned Cemeteries on behalf of the Council of the Town of Whitby.

The Board meets the second Wednesday of every month at 7:00 pm.

Downtown Whitby Development Steering Committee (1 vacancy)

The Downtown Whitby Development Steering Committee (DWDSC) is responsible for monitoring the implementation of the Downtown Whitby Strategic Action Plan, providing input on the formulation of recommendations on specific tactics to meet the objectives of the plan, and supporting and promoting the strategic initiatives identified in the plan.

The Committee meets Fridays at 8:30 am, every 4 to 6 weeks.

Brooklin Downtown Development Steering Committee (1 vacancy)

The Brooklin Downtown Development Steering Committee (BDDSC) is responsible for monitoring the implementation of the Downtown Brooklin Strategic Action Plan, providing input on the formulation of recommendations on specific tactics to meet the objectives of the plan, and supporting and promoting the strategic initiatives identified in the plan.

The Committee meets Thursdays at 8:30 am, every 4 to 6 weeks.

Whitby in Bloom (10 vacancies)

The purpose of the Whitby in Bloom Committee of Council is to promote civic beautification and pride through programs, partnerships, and education, focusing on horticultural, landscape and environmentally responsible projects. Community members and businesses in Whitby apply annually to be appointed to support the planning and implementation of the Town-wide program.

The Committee meets the second Tuesday of each month at 2:00 pm, with additional meetings as required.

Town Council will consider the names of citizens who wish to stand for appointment in early November 2012. An application form must be completed and is available online at www.whitby.ca or in person at the Town of Whitby Municipal Building, Clerks Division, 575 Rossland Road East, Whitby. For more information, please email clerk@whitby.ca.

Battery Recycling Program

Last month, the Town of Whitby kicked off Waste Reduction Week with the launch of a battery recycling program.

Residents are now able to bring used batteries to designated Town facilities and place them in containers for recycling. The Town has introduced this program to provide a convenient place for residents to recycle their primary dry cell and rechargeable batteries.

It is estimated that less than two percent of all batteries in Ontario are recycled. Batteries that end up in landfill can have detrimental impacts on the natural environment, such as ground water contamination.

Waste Reduction Week is nationally recognized as a week to draw awareness to the environmental and social challenges of wasteful practices. It helps educate Canadians on how to adopt new ways to reduce waste. The community is encouraged to participate in waste reduction practices all year long through thoughtful consumer choices and activities such as reuse and recycling.

For more tips on how to reduce waste, please visit www.whitby.ca/waste.

Town of Whitby: November Events and Meetings <http://www.whitby.ca/en/Calendar>

Free Seniors Blood Pressure Clinic (Whitby Seniors Services Members)
November 2, 2012, 10:00 a.m.–12:00 p.m.

Planning and Development



Councillor Ken Montague, Eleanor Holman, Mayor Pat Perkins, Councillor Don Mitchell Seventeen Nominated for 2012 Mayor's Senior Volunteer of the Year Award

The Mayor's Senior Volunteer of the Year Award was presented to Eleanor Holman by Mayor Pat Perkins at a special ceremony and reception on October 4, 2012.

"Each of the nominees have an outstanding commitment to community involvement," said Mayor Perkins. "They give generously of their time to many areas in our community, including our schools, hospitals, community organizations and sports clubs. The Town of Whitby benefits because they care."

This annual award recognizes the valuable contributions made by Whitby Seniors to the community. Each year, community agencies and residents are asked to nominate volunteers who have demonstrated volunteer excellence in Whitby.

The theme for this year's award presentation was "Volunteers Give from the Heart." Congratulations to the other nominees for Senior of the Year: Cathie Adair, Frank Banton, Herb Miller, Carl Currie, Margaret Hall, Patricia Harman, Peter Irvine, Len Ladouceur, Marie Lawson, Jim Long, Tom Morris, Maureen Riddell, Bernard Thomas, Wendy Thrower, Linda Treanor and Reginald Winstall.

Committee Meeting

November 5, 2012, 7:00–10:00 p.m.

Operations Committee Meeting

November 12, 2012, 7:00–10:00 p.m.

Casino Rama (Whitby Seniors Services Members)

November 13, 2012 8:45 a.m. –5:00 p.m.

Therapeutic Touch Network (Whitby Seniors Services Members)

November 13, 2012, 2:00–4:00 p.m.

Council Meeting

November 19, 2012, 7:00–10:00 p.m.

Management Committee Meeting

November 20, 2012, 2:00–5:00 p.m.

Brooklin's Christmas in the Village

November 23, 2012, 6:00–8:00 p.m.

Planning and Development Committee Meeting

November 26, 2012, 7:00–10:00 p.m.

Whitby's Holiday Celebration and Annual Tree Lighting

November 30, 2012, 6:00–8:00 p.m.



MARKHAM

Regional News



Dragon World record Certificate

World's Longest Dancing Dragon
As Markham was getting ready to break the Guinness World Record for the longest Chinese dancing dragon (5.56 km!), Dayi Shi, the current abbot of Cham Shan Temple in Thornhill, administers the blessing of the dragon according to traditional customs. Approximately 3,000 people joined in the excitement, which took place at the Civic Centre on September 30.



Pink Fire Truck

Mayor Frank Scarpitti joins Markham youth on a decommissioned fire truck that has been painted pink in support of the fight against breast cancer. Markham Firefighters donated their time and money to convert this truck in to a pink promotional fundraising vehicle. It was unveiled at the CIBC Run for A Cure on September 30 in Markham.



National Tree Day

(From left) Mayor Frank Scarpitti and Environmental Committee Chair and Councillor Valerie Burke joined Mark Cullen, founder of "Trees for Life, the Urban Tree Canopy Coalition," to plant a sugar maple tree as part of the City's National Tree Day celebration at the Civic Centre on September 26.

Applefest
Chief Administrative Officer Andy Taylor, Councillor Carolina Moretti and Mayor Frank Scarpitti enjoyed some great early fall weather at Applefest, celebrated annually at the Markham Museum. After a stroll through the heritage orchard, guests had a chance to indulge in some cider that comes straight from the museum's very own apple mill!



FLATO Markham Theatre
Mayor Frank Scarpitti and FLATO Developments Inc. President Shakir Rehmatullah (middle) are joined by Deputy Mayor Jack Heath (far left) and Markham Councillors (starting second from left) Logan Kanapathi, Carolina Moretti, Howard Shore, Don Hamilton and Regional Councillor Joe Li, to celebrate the official unveiling of the new Flato Markham Theatre marquee this September. The evening also kicked off the Theatre's Diamond Series '12-'13 season.





Special Feature

Harpreet Sethi honored with "Diversity Award" for Compassion at Planet Africa Awards 2012



Harpreet Sethi, CEO, Grand Victorian Centre and Radisson Plaza Mississauga

He is also the President of Black Diamond Entertainments & Founder of Sethi Foundation. He has won numerous awards such as 'Hotelier of the Year' by MidWeek Media Group, 'Builder of the Year' by Builders Architect Magazine, 'South Asian Person of the Year' at the MidWeek South Asian Awards, 'Entrepreneur of the Year' by Indo Canadian Chamber of Commerce, Diamond Jubilee Medal by Hon. Harinder S. Takhar, MPP Mississauga, Minister of Government Services on behalf of Queen Elizabeth II".

His philanthropic endeavors include presenting a gift of \$500,000 as a charity to the William Osler Health Centre. He has also supported various other charities such as Salvation Army 'Toy Mountain' campaign, CNIB, Sick Kids Foundation, BAPS, Centennial foundation, Pakistan Earthquake Relief, along with several others charities in Canada and India.

About Planet Africa :

Planet Africa Group and Silvertrust Communications hosted a Press Conference to officially announce the recipients of the 2012 Diversity and Planet Africa Awards in Toronto , on August 15th 2012. Hosted by the Westin Harbour Castle , the event was open to the media. It was broadcast live on G98.7 FM, with coverage by CTV News and other media.

The Planet Africa Awards program seeks to identify and recognize deserving individuals, organizations, businesses and agencies that make a profound difference in society. Since 2004 the program has honored and celebrated national and global achievers. The Diversity Awards, also known as the Harmony Tributes, honour people and organisa-

tions that advance excellence and harness the benefits of diversity.

This year's awards are especially meaningful as the Crossover Mentorship Program comes alongside in partnership with the event to pair potential mentees with each award recipient for a life changing mentorship opportunity. The 2012 Awards ceremony was held on October 27th 2012 at the Roy Thomson Hall. To find out more about the awards visit <http://www.planetafricagroup.com/>

About Black Diamond Entertainments:

Black Diamond Entertainments (BDE) is a premier Entertainment company that organizes and promotes top-tier events such as Concerts, Festivals, Conventions, Galas etc. for a variety of audiences. BDE is a consortium of experienced organizers, producers and promoters who have over 100 years of combined experience in the Event and Entertainment industry. BDE is known for its innovative, distinctive and memorable events, and cultivating excellence at every level of organizing. The proactive approach to detail ensures a successful, exciting and fulfilling event for our attendees, the memories of which you will always cherish in the life.

Few feathers in BDE repertoire of promoting and organizing the events, conventions and galas of the international scale include Mahautsava, International Film Festival of India, Light up Toronto, Sunidhi Chauhan Concert, Illa Arun Concert, Punjabi International Film Festival Award, International Fashion Festival Toronto and most recently Punjabi International Film Academy Awards. For more details of upcoming events visit <http://www.blackdiamondent.ca/>

FAST FOOD BUSINESS FOR SALE



\$149,900

Busy Location, Steps from School, Mostly New Equipment, Take-Out & Delivery Pizza, Wings, ect, Basement for Storage, Reasonable Rent.

Tel: 416-500-7965

Restaurant for SALE

- Fully equipped and liquor licensed restaurant
- Conveniently located off a busy highway in the Kitchener-Waterloo, Guelph and Cambridge vicinities.
- Close to Waterloo International Airport, Bingemans Theme Park as well as newly developed and growing subdivisions.
- Family owned and operated for over 8 years.
- Seating Capacity - 50

For further details:

Please call or e-mail in confidence and leave your contact no. or email address.

Tel: 519-576-5377

E-mail: talee@hotmail.ca

For Advertisements in Monsoon Journal

Call 416.358.3235

www.monsoonjournal.com

SILVER BELL'S

SPIRIT OF CHRISTMAS

2012 DINNER DANCE

SAMPATH and the SHOWCASE

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

Contact

Elanko: 416-879-4052
Roshan: 416-561-5733
Prathib: 647-295-5813



LOOKING FOR AN UNFORGETTABLE TRAVEL EXPERIENCE ?

We have competitive fares to Colombo/India/Europe and will match the Competition



சுகமான பயணங்களை பாதுகாப்புடன் சென்றடைந்திட... இலங்கை, இந்தியா, ஓசியா, ஓசியா, ஓசியா...

Millennium Leisure Travels Inc.

CALL US AND SAVE BIG - Airline Tickets | Cruises | Vacation Packages | Tours

DELTA TORONTO EAST (INSIDE DELTA HOTEL) 2035 Kennedy Road, Toronto, On M1T 3G2

Tel: 4164319100 Toll Free: 1-866-FLY4MLT Email: info@flymlt.com Web: www.flymlt.com



Buying/Selling Residential and Commercial Properties



NOW RECRUITING Mr. RIGHT
Apply in confidence



Century 21 Rouge Realty Inc., Brokerage
1265 Morningside Ave Suite # 203 Toronto, Ontario M1B 3V9 Tel: 416-282-4444 Fax: 416-282-4488

Security. Stability. History.



We have a proud 140-year history of providing financial security solutions to millions of Canadians.

Sun Life Financial advisors provide financial security solutions to millions of people throughout Canada, bringing understanding to health insurance, life insurance, and investment needs. Your advisor will listen carefully, taking the time to understand what is important to you. Each solution is personal, appropriate to your dreams, goals and financial situation.

I can help you with:

- Life and health insurance
- Employee benefits
- Critical illness insurance
- Long term care insurance
- Mutual funds*
- Disability insurance

Let's talk.



Ajith Sabaratnam
Bus 416-439-2800
Cell 647-401-5800
ajith.sabaratnam@sunlife.com
www.sunlife.ca/ajith.sabaratnam

In 1940, during World War II, the Bank of England began using a vault three floors beneath the Sun Life building in Montreal to safeguard \$5 billion dollars in foreign securities.



*Mutual funds offered by Sun Life Financial Investment Services (Canada) Inc. © Sun Life Assurance Company of Canada, 2012.