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# Monsoon Journal

A parfait media publication VOL 5 ISSUE 8 January 2011

**What's Inside Monsoon**

19 Currency war...

22 Nellie Bly...

32 Eagle Glen...

49 National Question...

57 CTCC's Business Mixer...

|                |       |
|----------------|-------|
| Monsoon Health | 8-9   |
| Monsoon Sports | 12    |
| Monsoon Arts   | 14    |
| DTA Events     | 45-47 |
| Waterloo News  | 55    |

## Reviving Economic Engine of Canada – The City of Toronto

### Is the New Mayor Rob Ford along with the citizenry of this great city ready to make it happen?

**By Arun Senathirajah**  
The city of Toronto has to move forward meeting the challenges amidst promises made and political maneuvers. Challenges and opportunities on an order of magnitude that demand special policy focus, extraordinary investments, and joined up action with other state machineries. The priorities lie ahead are related to

Immigration Settlement & Cultural Diversity, Transportation Infrastructure & Urban Sustainability, Knowledge Clusters & Creative Economy, Affordable Housing & Poverty Reduction, and City of Toronto economic & social development strategies.

[Read in full on Page 51]

### 'India should back democratic forces in Myanmar' - Amartya Sen

Noble laureate Amartya Sen has expressed displeasure over India's silence on the issue of restoring democracy in Myanmar and supported US President Barack Obama's criticism of New Delhi not speaking for Aung San Suu Kyi and democratic forces there. "India should speak up. It is for India to take action. The US has woken up. I would like it (New Delhi) to take more action. I would like to have speech and action from both (countries)."

Sen was also critical of the reports that India is maintaining silence in return for support to the military junta there, to curb Bodo and Mizo rebels in the Northeast.

Asked if India's stand was understandable or a Faustian bargain, he said, "It is not understandable. It is a terrible bargain".

The Nobel Laureate was talking to award winning Current Affairs Presenter Karan Thapar of CNN-IBN network recently.

Sen was reminded of his remarks that his heart "broke" to see the Prime Minister of his

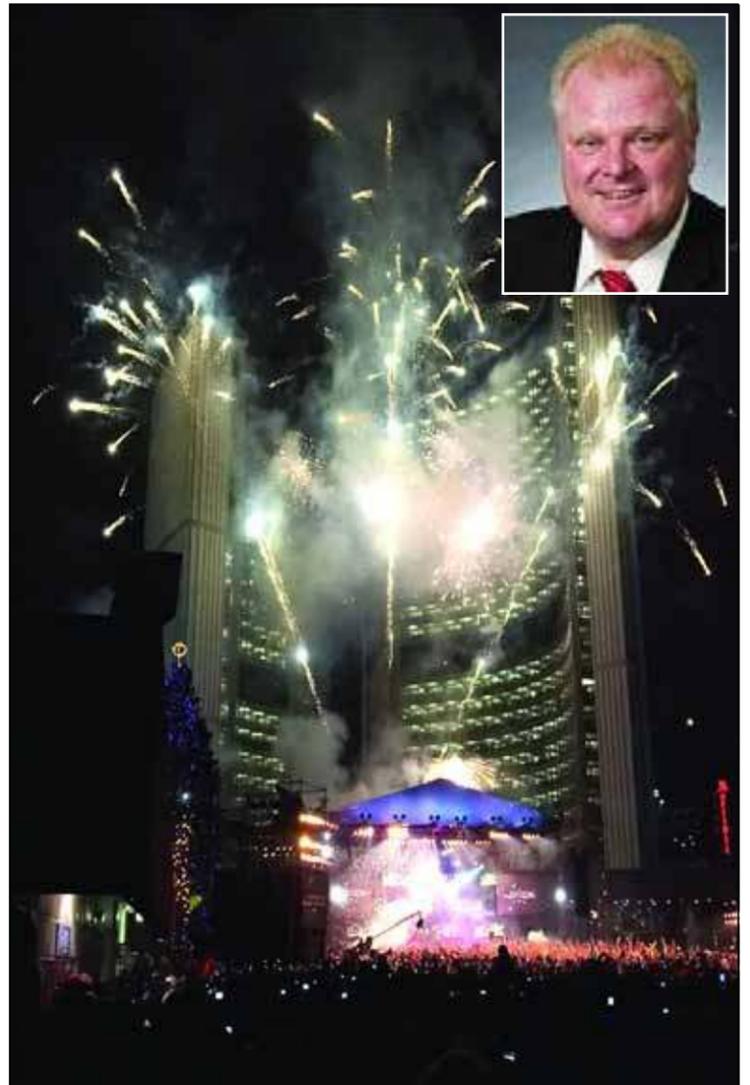


"democratic country" welcomes the "butchers from Myanmar".

Asked if he raised this issue with Prime Minister Manmohan Singh, the renowned economist said, "I told him. He listened to it. He didn't reply. I wasn't saying change the policy right now. It would be something I hope he would consider. He would think about and place it before the Government."

The 77-year-old Nobel Prize winner also expressed confidence that the dictators in Burma would eventually "disappear".

But the silence of India and other countries like Thailand and China would "continue to linger for long", he remarked.



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**Guest Speakers:** Moji Adurogbangba, TSH Ethicist; Debbie Driver, RN(EC), TSH Nurse Practitioner; Scott Wisner, MSW, and Carol Anne Stetina, MSW, TSH Social Workers

*It's Time to Talk* is a new, free community service offered by The Scarborough Hospital, where our physicians, staff and allied healthcare workers offer expert advice on how to have difficult conversations with your loved ones. The first in this speakers' series is "Tough Transitions: Aging, Families and Eldercare." Join moderator Pauline Chan and key members from The Scarborough Hospital team as they help you:

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- Plan your geriatric future
- Make eldercare plans

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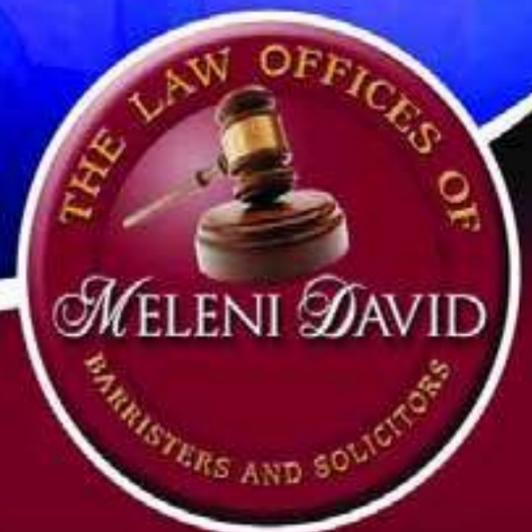
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- Auviyar, Tamil Poetess**

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**From the Publisher's Desk ...**

**New Year and New Resolutions: "Let this be your year to  
shine and grow into the person you always wanted to be"**

**Krishni Loganathan (Hons) B.A.**  
It's the beginning of a New Year and for many a new start. A year to come up with new goals and an ambitious outlook of the coming year. While it is the most effortless to come up with all of these new resolutions, keeping up with them seems to be the hardest to do, and even becomes difficult to keep the momentum going.

Why do people continue to choose goals they know they are

not going to accomplish? We all aspire to be a better person closing into the New Year, but for some of us it is easier said than done. The most common resolutions seem to be that of saving money, losing weight and looking for new job prospects, all which are very determined goals to have but can be tricky to accomplish.

Sticking to goals may be difficult in the beginning but small steps can get you through that long road. Staying true to yourself

while accomplishing the goal is most important and will assist you to the finish line. It's important to have positive thinking and remain focused without losing sight of the bigger picture which is what will those goals help you to achieve; a more happier life? A house? Or a healthier you?

Let this be the year where you will lose 20 lbs or get that motorcycle license you always wanted. Let this be the year that you learned how to be more confident

and not be afraid to say what's on your mind.

A new decade has begun and Monsoon Journal wants to wish you all the best year you can possibly have. Let this be your year to shine and grow into the person you always wanted to be. Let this be the year you try new things. Here is to a New Year full of success and happiness. Health, Wealth and everything in between!

**Sri Lankan American  
becomes US District  
Court Judge**



Sri Lankan American Roy Wijewickrama was elected District Court Judge by popular vote in the 30th Judicial District of North Carolina, USA on November 2, 2010 and will be assuming duties immediately after being sworn in as a Judge on January 1, 2011, a report in sundaytimes.lk said.

The report further stated: According to the NC State Board of Elections Roy defeated Stephen Ellis by more than 4000 votes, garnering 53.88 percent of the vote and winning all seven counties in the district. He takes his oaths as judge in the Haywood County Superior Court in Waynesville, North Carolina.

A graduate of Tuscola High School in Waynesville, NC, USA, Roy did his BA in Political Science at North Carolina State University in Raleigh, NC and earned a Juris Doctor, JD degree from Cleveland State University's Cleveland-Marshall College of Law.

Roy served as Assistant District Attorney (crown counsel) for the 30th Judicial District in the State of North Carolina from September 2001 until August 2007 during which time he prosecuted many cases including criminal cases from murder and rape cases to child sex abuse cases.

These included hundreds of jury trials and bench trials. He also was a board member for the County's Child Abuse Advocacy Center and led multidisciplinary teams with numerous agencies including law enforcement, Department of Social Services, and the District Attorney's Office.

Thereafter he worked as a partner in the Waynesville, NC, law firm, Kerstien, Davis & Wijewickrama and was involved in both criminal and civil litigation, handling cases in State, Federal and Tribal courts.

In 2008 he was appointed as Tribal Prosecutor for the Eastern Band of Cherokee Indians, the native Indians of USA and prosecuted crimes occurring in the Cherokee Indian Reservation.

Roy is married to Jodi O'Neil and lives in Waynesville, NC with his wife and two daughters. He is the son of Chandra and Ramanee Wijewickrama of Panadura and Makola, Sri Lanka. They immigrated to NC, USA in 1964 from Sri Lanka. Roy has two brothers, David Wijewickrama, an attorney-at-law in private practice in Waynesville, North Carolina and Rohan Wijewickrama, an ENT surgeon, working in Buffalo, New York.

**Canadian Tamils' Chamber  
of Commerce's  
Quarterly Meeting**

The CTCC is to hold its quarterly meeting on Saturday, 8th January 2011 at Embassy Banquet Hall located at 5210, Finch avenue East Units 11&12, Scarborough. Breakfast will be served at 8.30 A.M and the meeting will commence at 9.00 A.M.

Guest speakers will be:

Ms Sandra Tam Manager of Markham Small Business Centre, on various aspects of Business Development. Prof. Nadarajah Paskaran will speak on "Principles of Success"

As seating is limited please confirm your attendance before 5th January 2011 by calling Chamber office at 416-335-9791 or email webmater@ctcc.ca .

**Santha Panchalingam**  
Secretary-CTCC  
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**Veteran Tamil scholar,  
politician Kaa. Po.  
Ratnam passes away**

Pandithar Kaarthigesar Ponnambalam Ratnam, a veteran Tamil scholar and a former parliamentarian who represented the electorates of Kiliinochchi and Kayts (Oorkaavaththu'rai) in Jaffna district on the tickets of Ilankai Tamil Arasu Katchchi (ITAK) and later on Tamil United Liberation Front (TULF) since 1965 to 1983 passed away peacefully in his Colombo residence at the age of 96 on Dec 20th, 2010. His funeral is to take place on Dec 22nd at Kanatte cemetery in Colombo.

Kaa. Po. Ratnam showed keen interest in studying Tamil language and Tamil Literature from the school days and obtained the titles of Vidwan and Pandithar. He obtained B.A.Honours degree from London University and Bachelor of Oriental Languages (BOL) and M.A from the University of Madras.

He formed Ilankai Tamizh Ma'rai Kazhakam to propagate Thirukkural.

He was offered titles "Tamil Chaanroan", "Chenthamizh Kalaimani" and "Thirukkural Chelvar" for his eminence in Tamil language and its Literature.

Born in the year 1914 in Veala'nai in Oorkaavaththu'rai, Kaa. Po. Ratnam successfully contested the Kiliinochchi electorate in the year 1965 at the invitation of Thanthai S.J.V.Chelvanayakam, founder of the ITAK on the ITAK ticket.

He contested Kayts (Oorkaavaththu'rai)



electorate in 1970 election and won on the ITAK ticket.

In 1977 general election he won the Kayts electorate as a candidate of the Tamil United Liberation Front (TULF). ITAK and All Ceylon Tamil Congress (ACTC) were the constituents of the TULF then.

He relinquished from politics after 1983 riot against Tamils in Colombo when the TULF decided to boycott the parliament and went to India in 1985. He returned to Colombo in the year 2003 and had been residing in Wellawatte with his children till his demise.

Before entering politics, he served as a lecturer in the Government Teacher Training College for twelve years and later as a research officer in the Government Languages Department for eight years. [TamilNet]

# Speakers' Series from The Scarborough Hospital (TSH)



At the age of six, John Groenstein had his first drink. By eight, he was getting drunk. At 13, he drank so much that he blacked out and couldn't recall the events of several days.

At 23, he left his homeland of England and escaped to Canada. But his problems came with him.

"My drinking was horrible. But like my father, I was a functioning alcoholic," says John. "I was sexually abused as a child and I watched a great deal of physical violence in my home. I saw it and heard it and hid from it."

The events in John's early years led to depression, anxiety and post-traumatic stress. But John went decades without a proper diagnosis and treatment. He self-medicated with alcohol.

A retired employee of The Scarborough Hospital who worked in the mental health unit



provided counselling for more than eight years, John will share his story of survival this month as part of a 2011 Speakers' Series called, "Embracing Diversity Through Personal Journeys." Members of the community are encouraged to attend.

"John's journey is powerful and delves into an area of diversity that can be invisible – mental health," says Waheeda Rahman,

Director of Diversity, Equity and Stakeholder Outreach at the hospital. "This is an important issue within our global community that needs to be understood especially as mental health intersects with other dimensions of diversity such as culture."

In his mid-20s, John married and decided to go back to school, first graduating from high school, then teachers' college.

"I taught for 32 years, everything from junior kindergarten to Grade 8. I dealt a lot with emotionally disturbed kids. I gravitated to kids who had social problems," he says.

But his drinking went from bad to worse. He had a heart attack. Eventually his wife had had enough of his drinking. She kicked him out.

"That was the best thing that ever happened to me. I knew I had to do something about it. I went and got help. I spent 14 months in treatment facilities," he says.

After treatment, he could no longer teach. While attending an Alcoholics Anonymous meeting, someone suggested he consider providing counselling. John went back to school and upon completion, The Scarborough Hospital hired him.

"My background came into play when I was working, but I only shared my story when it was appropriate, relevant," says John. "The majority of my workload was with criminals. The feedback I got from my clients was very positive."

John, who retired last summer, says he is no longer angry.

"Yes, I have had a difficult journey in my life. If I can help others cope with their own journey by sharing mine, it gives some validity to the crap I've been through," explains John. "There was a purpose for me. I'm not exactly sure what it is, but it would be a pity if I didn't use my story to help others."

John has been sober for 13 years. He will share his story at The Scarborough Hospital, General campus in the Auditorium on January 20 at 11 a.m. Members of the community are welcome to attend.

## Michael's No Frills helps hospital by giving almost \$40,000 in seven years

Michael's No Frills has added up to almost \$40,000 for The Scarborough Hospital. A partnership between the Kennedy Rd. and Steeles Ave. grocer, its employees and customers has resulted in overwhelming support for The Scarborough Hospital's Equip to Care campaign. Since 2003, Michael's No Frills has donated the money raised through cash donations from employees and customers, helping to purchase medical equipment for the hospital.

Donations to the Equip to



On Dec 18th, Michael's No Frills made the latest generous donation of \$5,100 to make the total upto \$40,000 in 7 years. In photo, Owner Michael Lo Presti with various Dept. Managers, staff and TSH Foundation President & CEO, Michael Mazza.

Care campaign help to purchase urgently needed medical equipment like neonatal incubators and ventilators. Third-party fundraising efforts like this one bring together families, friends and colleagues in innovative community

projects that help support local healthcare. In 2009, The Scarborough Hospital had 99,915 emergency visits and 397,814 out-patient visits. Each patient has different needs that are met through the generous contributions of the Scarborough community.

On Dec 18th, Michael's No Frills made the latest generous donation of \$5,100.

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The Sri Lankan Cabinet, which met on Dec 30th and was considering a change in name for its power board, Ceylon Electricity Board, debated and decided to extend the name-change to all the remaining organisations.

The country changed its name from the British colonial "Ceylon" to Sri Lanka in 1972 when it became a Republic. Even before that, the country was "Ilangai" to the Tamils and "Lanka" to the Sinhalese. The Ramayana too describes the Ravana kingdom as Lanka.

The name Ceylon is of recent origin, given the fact the Arab traders called it 'Serendib' (island of jewels) and the Romans, "Taprobane". A few academics in Tamil Nadu theorise that the river "Thamirabarani" in Tamil Nadu derives its name from Taprobane, pointing to the fact that no river in Tamil Nadu has such a sanskrit-

## Move over Ceylon, it will be Sri Lanka from now on everywhere



A Bank of Ceylon logo. All institutional names that include Ceylon is to be changed as per a Cabinet decision

tised name.

The 18th century European seafarers and conquerors seemed to have been in the business of naming everyplace they visited and the name of Sri Lanka changed from "Sinhaldvipa" to Ceilao, to Ceylan and, much later

during the British occupation, Ceylon. "The Cabinet decided to bring in legislation to effect the name change not only for the electricity board, but other organisations which still have 'Ceylon' as part of their name," AFP, quoting a government official said.

## Rahul Gandhi wakes up to Lankan Tamils' plight



Chennai: Voicing concern over Sri Lanka government "not doing enough" for the Tamils there, Congress leader Rahul Gandhi recently said he would ensure that they get justice.

"We are concerned that enough is not being done for Sri Lankan Tamils by the government there," the AICC General Secretary said during a brief interaction with a group of intellectuals in Chennai.

Gandhi said he would take up the matter with "appropriate persons" at the Centre and see that Sri Lankan Tamils got justice, Press Trust of India (PTI) reported.

India's Express News Service on Rahul Gandhi's recent remarks on Lankan Tamils said:

Political parties in Tamil Nadu have expressed concern over the delay in rehabilitation of Tamils after the end of the ethnic strife

last year with the decimation of LTTE.

At an interactive session with 'intellectuals' at a hotel in the city, Rahul, who is on a two-day tour of the State, assured the gathering that he "will take up the issue personally with Prime Minister Manmohan Singh to get a better deal for the Tamils in Sri Lanka."

He is also believed to have told them that "there is a limit beyond which we cannot go."

Rahul's remarks came when his attention was drawn to the plight of Sri Lankan Tamils and the feeling of the people of Tamil Nadu that the Centre was not doing enough for the Tamils in the island nation.

He reportedly admitted it as he said, "There is a general feeling that the Congress and the government have not done enough for the Sri Lankan Tamils".

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# ' Will Sri Lanka govt take care of minority Tamil population in North, as much as it does with other Sinhalese populations in the south?'

by Nita Bhalla

NEW DELHI (AlertNet) - Sri Lanka's 25-year war is over but aid groups on the Indian Ocean island say strict government controls are hampering their ability to help hundreds of thousands of survivors rebuild their lives.

According to the Internal Displacement Monitoring Centre, more than 70,000 people were killed and over 1 million forced to flee their homes during the civil war between the army and separatist Tamil Tigers rebels.

Asia's longest-running modern war - which saw the Tigers controlling almost a fifth of the entire country - ended in May 2009 with the government declaring victory. Hundreds of thousands of displaced people are now returning to their war-ravaged homes in the north of the country and shelter, food, clean water and sanitation remain pressing needs.

But strict government rules, including on visas for foreign staff, approvals for aid projects and access to the former war zone, mean the provision of such humanitarian relief is often delayed, say aid professionals.

"There is a definite trend to reduce aid agencies to service providers where the government says where, what, when and how. Therefore, it might be more difficult for NGOs to operate in the future according to humanitarian principles or their mandate," said one relief worker based in Colombo.

It takes up to five months to obtain a visa for a foreign aid worker, longer than before. If approved, visas are generally valid only for one month and have to be renewed.

Relief workers say they often have to wait for months to have a



International Committee of the Red Cross (ICRC) is being told to close down operations in Sri Lanka

project in the highly militarised north to be approved by the state, adding that the guidelines change constantly.

Aid workers based in Colombo also need to seek clearance from the defence ministry to access the northern parts of the island, adding that they are not permitted to stay overnight and end up wasting time and donor money in the six-hour drive from Colombo to the north and back again.

"The government and army are doing a good job in terms of the big projects such as building roads and other infrastructure, but people still need the basics. We are here to fill that gap," said one aid worker. "The authorities need to give us more freedom by easing up our access."

Accusations and suspicion

But the Sri Lankan authorities says strict monitoring is necessary, adding that there is a history of mistrust of aid groups, some of which worked in rebel-controlled east and north areas for

years.

Officials accuse some aid workers of failing to adhere to principles of neutrality and becoming "too sympathetic" to the Tigers who were fighting against the majority Sinhalese government for a separate state.

"By and large, the NGOs have been doing a good job but there have been instances when they were found to be doing things which were against Sri Lanka's sovereignty," Sugeeswara Senadhira, Minister Counsellor at the Sri Lankan High Commission in New Delhi, told AlertNet.

Senadhira said that during the war some drivers working for international aid agencies were found to be smuggling explosive devices for the rebels, carrying banned items such as batteries, wires and firearms or even transporting rebels - a charge denied by the aid organisations.

The government has also accused relief groups of doing

work considered "beyond their mandate" such as human rights - a sensitive topic, with activists saying that both the rebels and the army are guilty of war crimes.

In September last year the government expelled James Elder, a spokesman for U.N. children's fund UNICEF, saying he was spreading propaganda in favour of the rebels.

In statements to the press, Elder had spoken of the poor conditions in the camps where around 280,000 ethnic Tamils displaced by the war were being held by the government, waiting to be resettled.

He had also spoken of the "unimaginable hell" that children went through in the final months of the conflict, when government troops surrounded the rebels together with hundreds of thousands of civilians on a tiny strip of land. The rebels were accused of using civilians as human shields.

Pride and image

While some observers attrib-



ute the tighter regulations on aid work to government paranoia and see it as an attempt to rid the country of any remnants of sympathy towards the rebels, others say it is also about pride, control and the desire to forget the war and move on.

Last month the authorities asked the International Committee of the Red Cross (ICRC) to close down its operations in the former war-zone towns of Jaffna and Vavuniya where it was providing artificial limbs to war victims and helping families visit relatives who were in detention.

Officials said the organisation's mandate in Sri Lanka had changed since the war ended, but some aid workers say the move was motivated by something else.

"The ICRC is an organisation associated with war and that's not helpful when the government is trying to promote an image to the world which is aimed at attracting foreign investment as well as to boosting its tourism industry which is a key economic sector," said one aid worker.

Aid workers fear the tighter controls will continue and predict more agencies will be asked to shut down operations in the coming year, something which most agree should happen eventually.

"I'm not against NGOs scaling down their operations in a country if the work is finished and as long as the needs of the population have been met," said one aid worker.

"The main question is whether the government will take on those responsibilities in the north and take care of the minority Tamil population, as much as it does with other Sinhalese populations in the south."

## Property for Sale in Colombo, Sri Lanka

3-roomed apartment prime location in Kollupitiya opposite President's House (Temple Trees) immediate vicinity of St. Thomas's Prep, Embassies of the UK, USA and India. Methodist and Bishop's Schools and Kollupitiya Junction. Colombo Swimming Club and shopping area under 100yds. 1,100 sq ft with 2 balconies in the 2nd floor of well-maintained 7-unit building. Hall, 2-bed rooms and an additional room, 2 toilets and 1 bathroom, separate servant's washroom. Garage and 24-hour security.

Well-maintained.

Owner selling with regret. Ideal for resourceful diaspora Lankans. Can also be used as office or investment.

**Initial enquiries:**

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## Floods affect over 364,000 people in Sri Lanka

More than 364,000 people have been affected due to floods in several parts of the country, particularly in the eastern province, the disaster management centre said. Around 3,31,418 people were affected in Batticaloa district alone, in eastern Sri Lanka, they said. Sixty three camps have been set up in which 16,000 displaced people are being provided with relief services. 1,437 houses were totally destroyed and another 3,562 were partly damaged due to floods, the disaster management centre said.

Several man made reservoirs' sluice gates have been opened in the north and eastern parts of the country as rains have continued for about a week through New Year's Eve.



Doctors have for long said that breastfeeding is good for both mother and child. Now, a study has found that it also makes children more intelligent, mainly the boys.

An international team, led by University of Western Australia, has carried out the study and found breastfeeding helps babies achieve academic success by the age of 10, and the effect is strongest in boys.

According to researchers, there may be substances in breastmilk that help the brain develop. This effect may be more pronounced in boys because they lack the female hormones which are known to protect the brain.

Boys are more responsive to maternal attention when learning which could explain why breastfeeding had a greater effect on them, the researchers said.

"The positive effect of predominant breastfeeding for six months or longer on academic achievement can be viewed as shifting the mean population score upward, particularly for the boys.

"Our study adds to growing

# Breastfeeding 'could make kids, mainly boys, more intelligent'



evidence that breastfeeding for at least six months has beneficial effects on optimal child development. Mothers should be encouraged to breastfeed for six months and beyond," lead author Wendy

Oddy was quoted by 'The Daily Telegraph' as saying.

Some 1,000 children were involved in the study and were followed from when their mothers were 18 weeks pregnant until

they reached ten years of age when they were assessed using standard maths, reading, writing and spelling scores.

The authors adjusted for other factors that could influence

educational attainment, including mother's education and household income. However they could not fully account for mother's intelligence.

"By looking at boys and girls independently, we found that predominant breastfeeding for six months or longer was significantly associated with increased mathematics, reading, writing, and spelling scores for boys, but no effect of breastfeeding was apparent on the educational attainment of girls for any subject. "We found significant interactions for mathematics and spelling revealing that boys were more likely than girls to have improved academic scores if they were breastfed for a longer period.

"On average, boys had poorer numeracy and literacy scores than girls; however, the scores were improved if the child was breastfed for six months or longer," the study said.

The findings have been published in the latest edition of the 'Pediatrics' journal. [PTI]

## Tumeric Might Give Your Brain a Kick

### Compound derived from curry spice protects against neurological diseases

by Rose Hoban

Tumeric doesn't just add a little spice to your food, it could also give your brain a jolt. Researchers find that the widely used spice might contain compounds which can help prevent neurological diseases.

Many medicines have come from nature. Both aspirin and quinine were derived from the bark of trees while digitalis, a potent heart medicine, comes from a flower. Researcher Dave Schubert from the Salk Institute in San Diego has been looking at turmeric, a spice that's commonly used, particularly in South Asia.

"If you look at the epidemiology of Alzheimer's in India, and compare that to other countries, India has much lower levels of Alzheimer's than other countries," says Schubert.

He and other researchers believe that part of the reason for that low level of brain injury in India is that, over a lifetime, consuming turmeric may actually have a protective effect on the brain and nervous system. It's not an easy hypothesis to prove, but Schubert began by extracting several compounds from the spice.



He found that at least one compound, curcumin, has protective effects on brain cells of lab animals with neurological injuries.

That's probably because, rather than working directly on brain cells, curcumin targets many parts of the body, which is typical of medicines that come from nature.

"So they are antioxidants.

They affect inflammation," says Schubert. "And so it's not probably one thing that's happening when you eat something like curcumin, it's multiple things and these things are probably either additive or they multiplied together."

He believes it's possible that, eventually, curcumin and other compounds from turmeric could

be used to actually protect the brain from traumatic brain injury, stroke or even Alzheimer's.

"The thought is that you can give people something like curcumin derivative or some drug before they are exposed to the concussion and the injuries, and that may prevent it or lessen the effect," says Schubert. "So prevention is certainly a major

aspect."

Schubert has collaborated with scientists in several labs, and they have several research papers in publication. He's trying to get the attention of drug-makers or the military in moving forward to create a medicine from turmeric. In the meantime, he says, it doesn't hurt to add some to your diet.

[VOA News]

# “Beauty and the Belly”

“797, 798, 799 and 800 ab crunches!” “I did it!” It’s another day at the gym and you’re excited, joyful, happy, relieved and exhausted after doing those painful crunches, all in the hope that you’ll get rid of that beast of a belly – the muffin top, the love handles, tire, pooch, all those self-esteem boosting names we give to our midsection. Sorry to be the bearer of bad news, but all those crunches won’t give you the sexy, six pack abs that you’re so desperately working to achieve. However, what will do the trick is a healthy balanced diet rich in whole grains, fruit and vegetables, low-fat protein and good fats, along with exercise.

Here’s the truth about fab abs. First, if you can do 800 “proper” ab crunches – with correct form without pulling on your neck or head and putting strain on your back – you are probably stronger than Hulk Hogan himself, and you should consider joining the World Wrestling Entertainment (WWE)! Truthfully, what you’re using is momentum, not your ab muscles. There is no point in bouncing up and down, putting needless stress on your body. It’s not about quantity, it’s about quality! Most people are convinced that the only way to losing fat around their midsection is doing endless crunches. The truth is that there is no such thing as “spot reduction”. You can’t lose weight in just one area. Weight loss occurs proportionally from top to bottom. It starts from your head to your toes in a slow, gradual process through a healthy diet and exercise. It’s really as simple as that.

If you lost weight only in your belly, your upper and lower body would be disproportional relative to your belly. You would look bigger! Forget the painful ab crunches! Here is your ABSolutely “AWESOME ABS” solution to a sexier, happier, healthier belly!

**A – Almonds.**

Slice, chop, sprinkle, roast, toast, or snack on them in any way you please. They are packed with nutrients and help build muscle and fight food cravings. These nutty pleasures are full of protein, monounsaturated fats (the good fats!), Vitamin E, fibre, magnesium, calcium and phosphorus. They also fight obesity, heart disease, muscle loss, wrinkles, cancer and high blood pressure. Add sliced almonds to your favourite salad, a handful to yogurt, cereal or oatmeal or make a delicious almond crusted salmon for dinner. The options are endless! Eat 23 almonds (1oz.) per day for your awesome abs solution!



**Ayktah Grover**  
BSc, BAA, PTS and NWS

Certified fitness, nutrition  
and wellness specialist  
info@aurawellness.ca  
t: 416 • 319 • 5010



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**W – Whole grains.**

Some great options include crispbread, brown rice, whole wheat pasta, cereals or oatmeal. They taste yummy and also help keep you full. This is especially important during the winter months, when we crave “comfort foods” — whole grains are an excellent healthy option. Enjoy hummus and crispbread for a snack, oatmeal with fruit and nuts for breakfast or a grilled chicken and vegetable pasta for dinner.

**E – Eggs.**

Sunny side up, basted, poached, scrambled, over easy, in an omelette, quiche or frittata – eggs are eggcellent! They’re packed with nutrition, low in calories (70 calories), a great source of protein (6g) and contain those good omega 3 fats (2g) that help you blast belly fat. They’re inexpensive, quick and easy to make!

**S – Spinach.**

A super food with super benefits! Popeye had it right when he ate cans of the green, lean ab melting machine! Spinach is jam-

packed with Vitamin A, C and K, folate, potassium, magnesium, iron, lutein, and phytochemicals. Enjoy it in salad, add it to your omelettes, or sauté it with some olive oil and lemon juice for your serving of vegetables for dinner. Make it part of your diet, Go Green!

**O – Olive oil.**

A major part of the Mediterranean diet and a great source of monounsaturated fats and antioxidants that help shrink your midsection. It also helps fight against various types of cancers and heart disease by lowering bad cholesterol (LDL levels) and raising good cholesterol (HDL levels). One tablespoon of olive oil contains 120 calories and can be combined with balsamic vinegar for dipping, used as a salad dressing or as a sauté for vegetables. The benefits don’t just stop there. Olive oil is great for maintaining healthy skin, hair and can be used in shampoos and soaps!

**M – Make it at home.**

Takeout is easy, less time con-

suming and convenient, but it’s also the easiest way to pack on the pounds. Fast food or takeout is high in calories, fat, salt and sugar: everything you need to avoid! Dedicate a few hours during the week to planning your meals. Make a grocery list and keep healthy foods in your refrigerator so you don’t have to order greasy pizza when you’re hungry. Save yourself the calories and the extra layer on your belly!

**E – Exercise!**

Run, walk, jump, swim, dance, spin, cycle, jog – do whatever floats your boat, just stay active! Exercise with a friend, make it a family event or go solo. Make it a part of your lifestyle. Exercise burns calories and builds muscle which helps you stay strong and lean and let’s not forget to mention the mental, emotional and psychological benefits of regular exercise.

**A – Add protein.**

Most of us love our carbs and focus heavily on bread, rice and pasta. Whole grains are good for



you but it’s also very important to add healthy protein to your diet for balance. The daily recommended intake is one gram per pound of body weight, or an average of 60g daily. So, if you weigh 120 pounds then you should be consuming 120g of protein. Protein-rich foods include lean meats such as turkey and chicken, eggs, low fat dairy, and soy protein. Whey protein powder is also another quick and easy way to add protein to your diet. With the vast varieties of protein powders on the market, it can often be difficult to choose the right one. Select a protein powder low in calories, fat, sugar, sodium and high in protein. Avoid flavoured powders since they are high in sugar and contain many additives and preservatives. Select unflavoured powders and add fresh fruit for sweetness and flavour.

**B – Blueberries.**

Another super food! These little gifts from nature are a true gift for your health. Blueberries serve as antioxidants, help reduce belly fat, neutralize free radicals which can cause disease and aging in the body, promote a healthy urinary tract, aid in healthy vision, improve brain health, help in digestive processes and fight against heart disease. Have them fresh or frozen, wild or natural, raw or cooked. Make sure to add them to your grocery list!

**S – Stick to it.**

Results don’t come easy. Be patient. You’ve heard of the saying “no pain, no gain.” Weight loss and healthy eating doesn’t have to be painful. Make it part of your lifestyle, be consistent, and dedicated and you will definitely see results. Most of us get discouraged when we don’t see results immediately. But, if you want to make a permanent change and keep the fat away for good then you have to give it time. So, NAY to a four week crash diet plan and YAY to a four month healthy eating and exercise regime!

There you have it. You’re awesome abs solution to a sexier, leaner midsection. Again, there is no magical formula, pill, band, or potion that will blast your belly fat (even though advertisements and infomercials might suggest otherwise). Keep it simple, stay focussed and set realistic goals. THAT is your absolutely awesome abs solution!

**By Ayktah Grover**

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# Prime Minister Stephen Harper highlights government's 2010 accomplishments

On New Year's Eve Prime Minister Stephen Harper highlighted some of the Government's most significant achievements over the past year.

"2010 has been a great year for Canada. Our number-one priority was and continues to be the economy, protecting jobs and providing economic stability and financial security for Canadians," the Prime Minister said.

Our Government's Economic Action Plan saw thousands of new projects get underway in communities right across Canada, helping put over 440,000 Canadians back to work since July 2009. While the global recession persists and the economic recovery remains fragile, our Government's Economic Action Plan is helping Canada emerge from the global economic crisis faster and stronger than most other major industrial countries.

"The values of hard-working Canadians — living within your means and reducing waste and duplication to keep taxes low — will continue to guide us as we move forward," added Prime Minister Harper.

2010 was also a monumental year for Canada on the international stage.

All eyes around the world were on Canada in 2010 as we welcomed the world to the Olympic and Paralympic Winter Games. Canada was filled with pride as Canadian athletes delivered some of the most exciting moments in Canadian sporting history, including winning a record

14 gold medals, the most ever by a Winter Olympics host country, and the first Canadian gold medal won on home soil.

As host of the G-8 and G-20 summits, Canada showed leadership on the world stage. At the G-8, Prime Minister Harper's Muskoka Initiative on child and maternal health, which will save the lives of countless women and children in developing countries, brought together countries and charitable foundations and organizations. In recognition of Canada's critical role, the World Health Organization recently asked Prime Minister Harper to co-chair the UN Commission on Information and Accountability for Women and Children's Health which will begin its work early in the New Year. As chairman of the G-20 Toronto Summit, the Prime Minister generated a consensus among the leaders of the world's major economies on credible and growth-friendly plans to deliver fiscal sustainability, establishing firm targets to reduce national deficits by 50 per cent by 2013 and reduce debt loads by 2016. Progress was also made on reforming the financial sector and strengthening international financial institutions, which remains an essential element in restoring global economic growth.

Canada was one of the first countries to respond to the earthquake in Haiti, deploying civilian and military emergency management experts within hours of the crisis. Immediate humanitarian assistance was delivered, and



Canada was among the countries leading emergency relief and reconstruction efforts. Canada continues to support the people of Haiti and remains committed to longer-term reconstruction. Canadians demonstrated the generosity for which we are known through personal donations to relief efforts, donations that were matched by our Government.

In Afghanistan, Canadian troops and civilian personnel, our international partners and the Afghan people continue to demonstrate tremendous courage and dedication in a collective effort to rebuild Afghanistan as a more secure, better-governed and more prosperous nation that will never again be a base for terrorism against Canada or its allies. Canada also announced a new post-2011 non-combat role, focussed on four key areas: investing in the education and health of Afghan children and youth; advancing security, the rule of law and human rights; promoting regional diplomacy; and delivering humanitarian

assistance.

In trade, along with the long list of negotiations with countries such as Korea, Ukraine, Turkey, the Caribbean Community and the European Union, our Government passed legislation for a Free Trade Agreement with Colombia, and launched negotiations towards a Comprehensive Economic Partnership Agreement with India. As well, the Harper Government continued to expand foreign markets for Canadian farmers.

On the domestic front, the Harper Government took important steps to protect Canadian consumers, make our streets and communities safer, and improve the lives of Canadian families. These efforts included:

- Introducing legislation to protect children against sexual predators and crack down on child pornography.
- Introducing legislation to crack down on human smugglers who abuse the generosity of our immigration system.
- Introducing legislation that would end sentence discounts for multiple homicides, putting a stop to early parole for murderers.
- Introducing the Standing Up for Victims of White Collar Crime Act, which would impose tougher sentences on those convicted of fraud.
- Passing legislation that lengthens the time required before a person is eligible to apply for a pardon, including for those convicted of serious personal injury, including manslaughter, and child-related sexual offences.
- Introducing legislation that would further reform the pardons system by replacing pardons with a more restrictive "record suspen-



sion" and making those convicted of sexual offences against minors — or those convicted of three indictable offences — ineligible for a record suspension.

· Passing the Tackling Auto Theft and Property Crime bill to crack down on auto theft and trafficking of property that is obtained by crime.

· Prohibiting the sale of flavoured cigarettes and banning polycarbonate baby bottles that contain bisphenol A.

· Announcing plans to launch new, stronger messages for cigarette and cigar package labelling to encourage smokers to quit, as well as establishing a toll-free quitline.

· Passing the Canada Consumer Product Safety Act to help keep Canadians and their children safe from various types of hazardous consumer products, including cribs, jewellery and toys.

· Endorsing a joint framework with provinces and territories to curb childhood obesity, and setting joint goals to reduce Canadians' sodium intake.

· Reducing the tax burden for families by introducing the Canada Child Tax Credit.

· Supporting self-employed workers by providing access to certain EI benefits.

"This has been a momentous year for Canada and we can all be proud of the many successes achieved both here at home and around the world," concluded the Prime Minister.

## Providing Significant Tax Relief For Seniors

### McGuinty Government Helps With Household Costs and Property Taxes

Ontario seniors will benefit from tax relief to help with household costs and property taxes.

More than 740,000 seniors will see an increase in tax relief with the enhancement of the Ontario Energy and Property Tax Credit, which provides seniors who own or rent their home with up to \$1,025 in relief for the sales tax on energy and for property taxes.

Senior homeowners with low-to-moderate incomes will also receive property tax relief through the annual Ontario Senior Homeowners' Property Tax Grant with up to \$500 starting in 2010, doubling the amount available in 2009.

These credits are in addition to the new Ontario Clean Energy Benefit, which will give more than four million Ontarians, including seniors, 10 per cent off their monthly electricity bills for the next five years, effective January

1, 2011, to help manage rising electricity costs.

These are some of the measures the government has introduced to help Ontario seniors with household costs through the Open Ontario plan.

"Ontario seniors have worked hard to make our province the great place we all enjoy, but many of them on fixed incomes are feeling the pinch of the rising cost of living. Our government is providing some help with household costs to make things a little bit easier for seniors."

— Dwight Duncan,  
Minister of Finance

"Our government understands the needs of our seniors. These credits are another example of how we are working hard to assist our seniors with the cost of living."

— Sophia Aggelonitis,  
Minister Responsible for Seniors



To apply for the Ontario Energy and Property Tax Credit and Ontario Senior Homeowners' Property Tax Grant, seniors need to file their 2010 tax return.

The enhanced Ontario Energy and Property Tax Credit will provide \$525 million more than the property tax credit relief provided in 2009, for a total relief of almost \$1.3 billion annually for 2.8 million Ontarians.

Through the Ontario Senior Homeowners' Property Tax Grant, the government is providing \$1 billion over the next five years to about 600,000 senior homeowners.

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Best wishes for the holiday season and for good health in the new year.

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by Tashvir Narine

At the turn of the new year, most Canadians will be focused on the performance of the junior men's hockey team, however Canada Cricket will try once again to enhance its reputation before the upcoming World Cup, with a mini-series in the West Indies this month. In a land defined by its multicultural mosaic of people, cricket in Canada has been a topic that has had increasing popularity

# The Score on Cricket

in the past few years among fans locally and worldwide alike. This cannot be explained greater than the recent announcement by Cricket Canada, which indicated that a deal was just secured with Reebok, who will be supplying the kits worn in next year's World Cup. In 2009, Canada once again qualified for its third consecutive World Cup finals, to be held jointly by India, Bangladesh and Sri Lanka next year February. Simply making it however is not a statistic that Canada will be content with this time around.

Teams such as Kenya and Zimbabwe are on Team Canada's radar as countries where a win is within reach. Couple wins here with an upset against one of the more established countries, and

there is a chance that there would be a Canadian team in the second round. Cricket Canada selectors are more confident than ever as well because of a well-balanced mix of youth and experience, a feature that was not as healthy in previous competitions.

Canada has just also finished a tour of India consisting of matches against local club teams, in an effort to warm up during the Canadian winter months. The trip also gave team members a chance to see some of the climate and quality of grounds they will encounter next month. India is also home to many Canadian cricketers, including Ashish Bagai, Canada's veteran wicketkeeper captain.

Bagai has been named skip-

per for the 2011 World Cup, but first he will lead his team to the West Indies in the Caribbean T20 series, which include matches against top opponents such as Trinidad & Tobago and Barbados on January 15th and 19th. Cricket Canada will pay very close attention to these matches, as it will prove to be a good evaluation for the World Cup squad of 30 to show their skills before the final 15 are announced before February. Also named to the 30-man squad is former captain and hard-hitting batsman John Davison, who will look to break his previous record of the fastest century in World Cup history, which he did off only 67 balls in 2003 against the West Indies. His record was then eclipsed by

Matthew Hayden of Australia, who accomplished the feat one ball quicker four years later at the 2007 World Cup. Davison is currently in Australia working as a coach, but he will join the team next month. The most notable exclusion this time around is experienced batsman Ian Billcliff, whose steady contributions will be missed against the more well-rounded sides.

Canada's World Cup hopes have never been this strong. Since the last World Cup, more cricket has been played in Canada, including top flight matches with countries such as the West Indies and Sri Lanka. Whatever the result, the country will once again be proud of our squad. GO CANADA!



Canada Captain Ashish Bagai on a recent tour to India



Team Canada celebrates after a wicket against the Netherlands in 2010



Ashish Bagai hitting through the ball in a World Cup qualifier



Hard hitting batsman Rizwan Cheema takes it to Sri Lanka in a T20 cup held in Dubai

# Scotiabank helps The Scarborough Hospital stay Equipped to Care

Partnering with local businesses can have an incredible impact on healthcare in our community, and Scotiabank and The Scarborough Hospital Foundation have done just that. From May to September, tellers at 25 Scotiabank branches accepted donations and sold environmentally friendly tote bags for \$3, teddy bears in scrubs for \$20 and 28-piece travel medical kits for \$20, raising over \$90,000 for The Scarborough Hospital in support of its

Equip to Care campaign.

"The Foundation is grateful to Scotiabank for investing in the health of the community," says Michael Mazza, TSH Foundation President & CEO. "Because of the extraordinary generosity of the bank's clients, staff and corporate teams, this remarkable \$90,000 donation will make a real difference in the lives of our patients and their families."



left to right: Michael Mueller, Chair, TSH Board of Directors; Joseph D'Cruz, member, TSH Foundation Board of Directors; Nigel Samaroo, Scotiabank Branch Manager, Cedarbrae Mall; Christine Williams, Scotiabank District Vice-President, Toronto East and TSH Foundation Board member; Michael Mazza, TSH Foundation President & CEO; Arthur Heinmaa, member, TSH Foundation Board of Directors; and Ralph Anstey, TSH VP Finance & Support Services.

## Bereaved husband donates \$100,000 to The Scarborough Hospital



Memorial gift thanks palliative care team for compassion, respect during wife's final days.

It was the compassionate care of the physicians, nurses and social workers at The Scarborough Hospital that inspired a recent widower to make a generous donation to the hospital in memory of his wife.

In honour of Harvey's \$100,000 donation, the palliative care nursing station at

the General campus was dedicated to Joan Walker's memory and formally opened in the presence of Donor Harvey Walker and his family; John Logarakis, Member, TSH Foundation Board of Directors; Cara Flemming, TSH VP, Chief Information Officer; TSH palliative care unit staff; and Michael Mazza, TSH Foundation President & CEO.

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## Bharatanatyam: A descriptive for dance enthusiasts by an Artistic Director

### Margam

Since the time of the Thanjavur Quartet (Ponnaiah, Chinayya, Sivanandam and Vadivelu) more than two centuries ago, Bharatanatyam programs have been following a set pattern known as Margam. It is worth pointing out that many of the items they had brought into the Margam had been in existence for a long time. Thus, for example, there are references to Jatiswaram in some dance texts of the tenth century. The framework and the logic behind Margam are well known but they need to be recapitulated for the benefit of the younger generation of rasikas who may not be well acquainted with its elements due to their exposure to new modes of Bharatanatyam. The Quartet systematized the program of the existing Sadir and standardized it. In so doing they had some logical reasoning to follow about how to start a concert, how to evolve it and then how to end it.

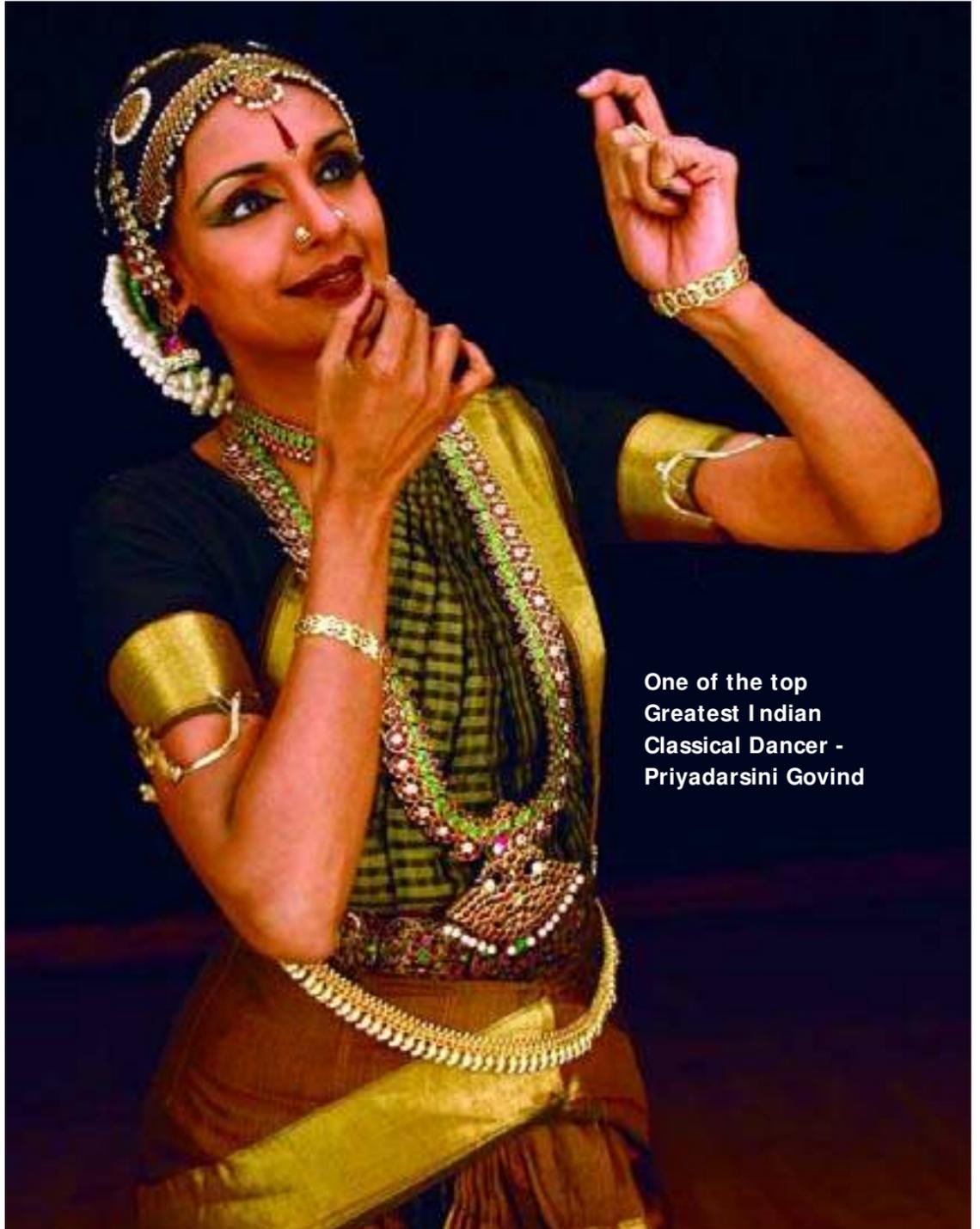
The Pushpanjali to Tillana format was thus conceived. They did to Bharatanatyam what Ariyakkudi Ramanuja Iyengar did later to Carnatic music concerts. The format is designed to slowly introduce the dancer to the heavier items calling for greater skills. Thus Pushpanjali is a nritta item with pure korvais calling for good footwork and adherence to

"The trained dancer must not only have grace and elegance, but also the leap of an Olympic hurdler, the balance of a tight-rope walker and panther-like strength and agility."

- **Camilla Jessel**

rhythm. It is obeisance to god and the nattuvanar, the guru, and the other musicians. Alarippu literally means "blossoming." Both the dancer and her dance blossom in this item. The more emotive abhinayam calling for skills in expression is absent. Sollukkattus provide the background without song. The dancer now salutes the audience. The movements of the eye, neck and shoulder are briefly introduced. A few dance steps in the three tempi are presented giving a foretaste of what would be seen in a fuller version in the course of the program. In that sense, it is literally the blossoming of the dance. In Jatiswaram, the raga comes into its own. It is still pure nritta and the dance movements are tailored to the notes besides the tala. Now it is time to introduce abhinayam, anchored on one or more of the navarasas. It is done in Shabdham.

It is a simple introduction to the elaboration in the subsequent item. Now having warmed up sufficiently, the artiste is in a position



One of the top Greatest Indian Classical Dancer - Priyadarsini Govind

to attempt the Varnam, the piece de resistance of Bharatanatyam and the ultimate test of the virtuosity of the dancer. It is an alternate combo of nritta and nritya with full play for bhavas and their sub-classifications with due cog-

nizance of the datu and matu of sequences. Then comes the

the sahitya and the tala. It is a total experience in rasa and bhava for the artiste and the audience. Starting with trikala teermanams, abhinayam unfolds itself in manifold ways through sancharis alternating between nritta

Padam and Javali, which are exercises in abhinayam calling for consummate artistry as in Varnam. It leads to the final item Tillana, which is pure nritta calling for mastery of rhythm and the various movements of different angas of the body with statuesque poses providing the finale in aesthetics.

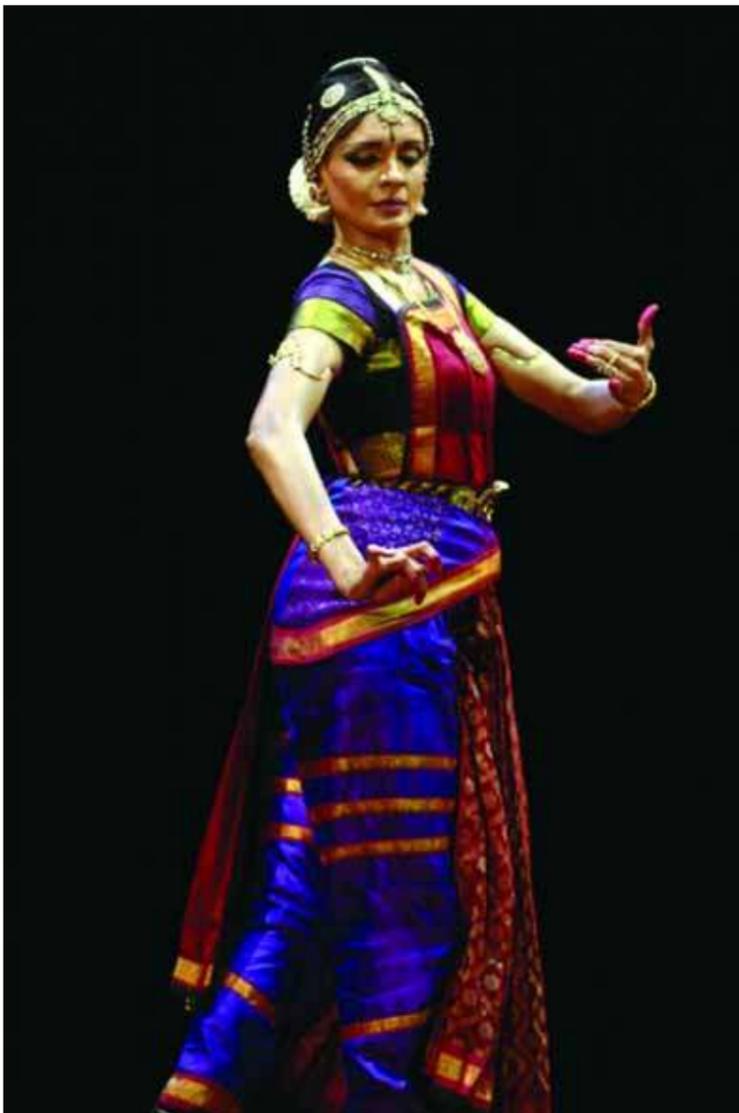
Thus the program starts with nritta and ends with it a full cycle. While the basic framework is on the above mentioned lines, individual artistes are free to add some items like bhajans or kritis of vaggeyakaras to introduce some variety.

To all aspiring dancers, traditional dance pieces have a structure and there is almost a habit in it. You follow it and of course you can be very inventive about how you interpret it. There is vast scope for that.

**By: Malarvilly Janagan**  
-Artistic Director  
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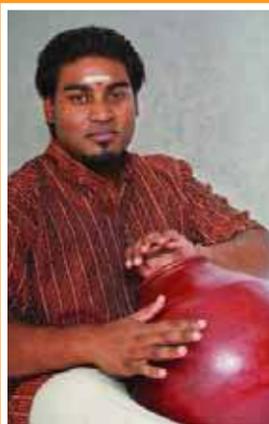
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# International Currency War

**Arun Senathirajah**

ACIB, MBA (Banking Mgmt)

The world is in the midst of an "international currency war" according to Brazil's finance minister Guido Mantega as governments force down the value of their currencies to boost their struggling economies and the war has broken out in 2010. Currency war, also known as competitive devaluation, is a condition in international affairs where countries compete against each other to achieve a relatively low exchange rate for their home currency, so as to help their domestic industry. Xinhua defined a currency war as 'situation where one nation, relying on its strong economic power, buffets its competitors and seizes other nations' wealth through monetary and foreign exchange policies. It is a form of economic warfare with cold premeditation, specific purpose and considerable destructive power.' Economists fear that such moves are resulting in increasing currency volatility and instability. Increasing competition among individual countries to devalue also makes it harder to mount a co-ordinated policy response to the economic downturn, particularly amid fears of a renewed slowdown. It should be noted that the impact are heavy on western economies. When any issue becomes a threat to these economies it is branded as 'International' or 'global' issue.

## Keynesian Stimulus Led to Sovereign Debt Crisis

British economist Maynard Keynes stimulus public spending now pose risks halting tepid economic recovery worldwide. Keynesian theory has pushed economies to carry heavy debt burdens that eventually to be borne by the tax payers in the future. Severe impact of these borrowing has led to sovereign debt crisis now spreading in the Eurozone countries. Greece has debt to GDP ratio of 123%, Italy has 127%, and Japan has 200%. The USA has 92% and still rising up. The Keynesian leverage did not work to recover from recession and bring economic growth, but social unrest. International gathering of economist at Cernobbio, Italy in September 2010 led by New York University economist Nouriel Roubini who warned 'there is a significant risk of double-dip recession in the United States as well as Japan and Europe.' There is also a viewpoint that soon the US debt service going to surpass the national security expenses.

## Misalignment of International Currencies

In normal times other countries are often content to accept a small rise in the value of their own country or at worst be indifferent to it. However if much of the world is suffering from a recession, low growth or are pursuing strategies

which depends on a favourable balance of payments, nations can begin competing with each other to devalue. There was a widespread desire among countries to lower their exchange rates, with both advanced and emerging economies effectively competing to devalue. On 27 September 2010, Brazil's finance minister Guido Mantega said that there were concerns of an "international currency war." Many financial journalists have agreed with this view referring to recent interventions by various countries such as China, Japan and Switzerland seeking to devalue their exchange rates. In early October, 2010 IMF Managing Director Strauss-Kahn was warning that risk of a currency war is real. He also suggested the IMF could help resolve trade imbalances that could be the underlying Casus belli for conflicts over currency valuations saying that using currencies as weapons "is not a solution and it can even lead to a very bad situation. There's no domestic solution to a global problem." George Soros Chairman of Soros Fund Management expressed concern saying "I share the growing concern about the misalignment of currencies. Brazil's finance minister speaks of a latent currency war, and he is not far off the mark. It is in the currency markets where different economic policies and different economic and political systems interact and clash."

## Competitive Devaluation After 2009

Considerable attention had been focused on China. For much of 2009 and 2010, China has been under pressure from the US to allow the yuan to appreciate. Between June and October 2010, China allowed a 2% appreciation of the yuan, but there are concerns from Western observers that China only relaxes her intervention when under heavy pressure. The fixed peg was not abandoned until just before the June G20 meeting, after which the yuan appreciated by about 1%, only to slowly devalue again until further US pressure in September when the yuan again began relatively steep appreciation, with the imminent September US Congressional hearings to discuss measures to force a revaluation. Leading financial journalist Martin Wolf has suggested there may be advantages in western economies taking a more confrontational approach against China, which in recent years has been by far the biggest practitioner of competitive devaluation. Though he suggests that rather than using protectionist measures that may spark a trade war, a better tactic would be to use targeted capital controls against China to prevent them buying foreign assets in order to further devalue



the yuan, as previously suggested by In early October just prior to the 2010 annual IMF and World Bank meeting. The Institute of International Finance had called for leading countries to agree on a currency pact to aid the rebalancing of the world economy and to avert the threat of a currency war. In an article published after the IMF meeting the Financial Times reported there was little sign of fruitful co-operation, with China blaming America for causing problems for emerging markets with excessive quantitative easing, while America repeated its calls for further appreciation of the yuan. According to Cornell University's Eswar Prasad: 'China's aggressive pushback against criticism of its currency policy by shifting the line of attack towards loose monetary policies and rising public debt in advanced economies reflects its growing assertiveness and strong resistance to international pressure.' During the Finance Ministers Meeting at IMF in October 2010 the IMF urged most developed countries to boost exports, for some emerging markets to enhance domestic consumption and let their currencies appreciate. Dominique Strauss-Kahn said the IMF would highlight the linkages between economies as part of a "systemic stability initiative." Strauss-Kahn also said "There is clearly run the idea beginning to circulate that currencies can be used as a policy weapon... Translated into action, such an idea would represent a very serious risk to the global recovery... Any such approach would have a negative and very damaging longer- impact." During the IMF meet a conflict appeared that was said to be based on a fundamental disagreement about how to sustain a recovery from the global recession in 2010. Countries led by the United States preferred flexible exchange rates, while others, led by China, resisted calls to appreciate their currency. At the same time, the calls for a renewal of monetary policy came at a time the IMF was warning growth in advanced economies was falling short of forecasts. The IMF meeting was inconclusive, as China rejected calls to allow rapid appreciation of its currency. The issue

was scheduled to be discussed at November's G20 summit. The Financial Times said the "battle lines were drawn" as China accused the US of destabilizing emerging economies with a "ultra-loose monetary policy," and the US wanted the IMF to intensify focus on both the exchange rates and the reserve accumulation of China. Reuters suggested the war is already underway, with both China and the United States "winning the race" to devalue their currencies; however, it added that with increasing rhetoric "everyone will be a loser." Martin Wolf has opined that the US will inevitably win a currency war and is concerned the adverse consequences will fall unequally on other countries, suggesting its far better if a collaborative solution can be agreed on at the November G20. Also writing for the Financial Times, Alan Beattie is less optimistic about the chances of a collaborative solution, as he considers China and America have too divergent views on currency to be able to co-operate.

## War between US Dollar and Chinese Yuan

During the 2008 financial crisis, most currencies fell against the dollar. Investors bought the dollar, because they saw it as a safe haven. But since then most currencies have slowly risen against the dollar again. US interest rates are near zero and the US is stuck in a weak recovery, making the dollar less attractive. The Chinese pegged their currency to the dollar in 2007, and stuck with the peg throughout the crisis. The People's Bank of China has bought up trillions of dollars in order to keep its



currency weak against the dollar. And the US is not happy, saying that it helps keep Chinese exports artificially cheap. China's critics complain that the country runs a huge trade surplus, even though China is booming, while much of the world - notably the US - remains economically weak. In June this year, Beijing finally agreed to loosen the peg - marginally - after months of US pressure. But the US says it is not enough. The Chinese point out that - unlike many other exporting nations - they did not let the yuan fall against the dollar during the financial crisis. Despite weak growth in the US, Chinese exports just keep on arriving privately, the Chinese also worry that if they raise their currency too quickly, it could bankrupt many export companies and seriously destabilize their economy. And China is not the only one to manipulate its currency. Korea and others have also intervened to keep their currency values down. In May 2010, when Europe's debt crisis had markets panicking about sovereign risk, it seemed that all roads led to the dollar. The greenback was rising against the other big global currencies, the yen, pound and euro. Within the rich world, America's economy looked the best of a bad bunch. The stage seemed set for a dollar rally. How quickly things have changed. On August 11th the dollar fell to a 15-year low against the yen of ¥84.7. Tensions over currencies and trade gaps are still simmering. Export-reliant nations fear the US Federal Reserve move will drive more cash into their markets in search of higher returns, driving their currencies even higher and hurting manufacturers that provide jobs and security for fast-growing populations. At the same time, China has maintained tight control over its currency, adding to criticism it is kept artificially low and gives Chinese exporters an unfair advantage. At the heart of the discussion is the recognition that a decades-long global economic

Continued in Pg 20...

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order centered on the US buying exports from the rest of the world and running huge trade deficits while countries such as China, Germany and Japan accumulates vast surpluses is no longer tenable in the aftermath of the global economic crisis.

#### Quantitative Easing (QE) by the USA

The massive increase in the supply of dollars (quantitative easing) also is a potential threat to the wealth of many nations because the bulk of their foreign currency reserves are stored in dollar-dominated assets. In early November 2010 the US launched QE2 - a second round of quantitative easing. The Fed made an additional \$600bn available for the purchase of financial assets. This prompted widespread criticism, especially from China, Germany and Brazil, that the US was using QE2 to try to devalue its currency without consideration to the effect the resulting capital inflows might have on emerging economies. However some leading figures from the critical countries such as Zhou Xiaochuan, governor of the People's Bank of China have said the QE2 is understandable given the challenges facing the US and Chinese Vice Finance Minister Wang Jun has suggested it could "help the revival of the global economy tremendously." President Obama has defended QE2 saying it would help the US economy to grow which would be "good for the world as a whole". Japan also launched a second round of quantitative easing though to a lesser extent than the US. Britain and the Eurozone did not launch any additional QE. US could need third dose of quantitative easing, says Ben Bernanke on Dec 05, 2010. America may need a third dose of quantitative easing (QE) to avoid its economy slumping back into recession, Ben Bernanke predicted last night. Domestic critics have warned that QE2 will fuel inflation, while analysts and politicians overseas are concerned that the plan is effectively devaluing the dollar and could disrupt the global recovery. Anyone who believes a meager one or two trillion dollars in pump-priming can overcome \$15-\$20 trillion in overpriced assets and \$10 trillion in uncollectible debt may well be disappointed. Each time you add a new dollar to the system, it decreases the value of each existing dollar by just a little bit. Now the Federal Reserve is pumping 900 billion dollars into the system and that is going to have a significant impact. Bill Gross, the manager of the largest mutual fund in the entire world, said on Monday that he believes that more quantitative easing could result in



a decline of the U.S. dollar of up to 20 percent. Inflation is going to hit already struggling US consumers really hard.

#### Bilateral Currency Pacts Keeps US Dollar Away

As the Federal Reserve continues to play games with the U.S. dollar, quite a few nations around the globe will start evaluating whether or not they want to continue to trade with the U.S. dollar and use it as a reserve currency. In September this year, China supported a Russian proposal to start direct trading using the yuan and the ruble rather than pricing their trade or taking payment in U.S. dollars or other foreign currencies. China then negotiated a similar deal with Brazil. And on the eve of the IMF meetings in Washington on Friday, Premier Wen stopped off in Istanbul to reach agreement with Turkish Prime Minister Erdogan to use their own currencies in a planned tripling Turkish-Chinese trade to \$50 billion over the next five years, effectively excluding the dollar.

#### QE Causes World to Lose Faith in the U.S. Dollar and Bonds

Right now, the U.S. government has been able to borrow money at ridiculously low interest rates. But as the Federal Reserve keeps buying up hundreds of billions in U.S. Treasuries, the rest of the world is going to start refusing to participate in the ongoing Ponzi scheme. As foreigners begin to balk at all of this nonsense, the U.S. government will either have to start paying higher interest rates on government debt in order to attract enough investors, or the Federal Reserve will just have to drop all pretense and permanently start buying up most of the debt. Either way, once faith has been lost in U.S. Treasuries the financial world will never, ever be the same. Most Americans have absolutely no idea how fragile the world financial system is right now. Once the rest of the world loses faith in the U.S. dollar and in U.S. Treasuries this entire thing could completely unravel very quickly. The Federal Reserve is playing a very dangerous game. They are openly threatening the delicate balance of

the world financial system. The Telegraph said while countries that have mostly trade surpluses with the United States were all trying to devalue their currencies—China, Japan, Korea, Thailand, and Switzerland, amongst others—the US was starting to retaliate with such measures as the Reform for Fair Trade Act.

#### QE Impact on Chinese Investments

The QE has made China which already holds several US dollar dominated bonds to looking for different currencies to invest its growing surpluses. There are stories that China has been buying Japanese bonds as part of its effort to diversify its currency reserves away from US dollar. It is expected Japan's move to strengthen its currency would spoil the rich world's efforts to persuade China to let its currency to appreciate. But the speculations are that Bank of Japan and European Central Bank will follow suit the Federal Reserve's lead in its QE. This would make difficult for Chinese effort to find a safest investment destination for currency reserves.

#### Currency Appreciation and Impact on China

China has a large current account surplus and huge foreign reserves along with the potential to transition towards domestic demand-led growth, allowing it to appreciate the yuan and reduce the current account surplus while still maintaining high GDP growth and decreasing unemployment. However its economy has long been geared towards export led growth, and hence a substantial appreciation could cause a sharp rise in unemployment, as China's premier warned in early October 2010. Economic commentators such as Martin Wolf have speculated that China is wary of complying with pressure to allow a substantial currency appreciation as she considers the long period of stagnation Japan experienced after the Plaza accord as in part resulting from Japan allowing a substantial appreciation of her currency against the dollar. Chinese premier Wen Jiabao has stated that reforms to re-balance the Chinese

economy away from its current dependency on exports are well underway and that the yuan is being allowed to gradually appreciate. He warned that if China is forced to revalue its currency too fast that would lead to social unrest in China, bankruptcy for export dependent companies and "disaster for the world". In October, China posted a record surge in its foreign exchange reserves, which was seen as a "target around the neck of China's exchange rate regime" in the effort to get the country to allow its currency to appreciate. In reaction, US Treasury Secretary, Timothy Geithner suggested China's attempts at limiting gains were the reason for capital controls and currency-market interventions in other emerging economies. "What's happening is, as China holds its currency down, their currencies are moving up and they have to work very hard to make sure they're not at an unfair disadvantage with China." However, the Obama administration decided against labeling China a 'currency manipulator' until after the G20 summit in South Korea and the United States elections, 2010. China issued its own "warning" against being made a "scapegoat" for the US' failing. China accused the US of waging the currency war and that it has "exercised financial policies characterized as 'economic egoism.'"

#### Tension Builds between Eurozone and the US

The Eurozone is a special case where some members, principally Germany, enjoy a large current account surplus and so could accept or even benefit from a currency appreciation. Other countries though such as Greece, Spain, Portugal and Ireland have twin deficits and so to a large extent would benefit from depreciation. The Eurozone has typically imported about as much as it exported, staying in balance. But within the eurozone there are also big imbalances: Germany runs a big surplus, while Spain, Greece and others run deficits. During the financial crisis and global recession, imports by the deficit coun-

tries - and exports from the surplus countries - briefly collapsed. But with the recovery, the latest trade data suggests that the old imbalances have begun to reassert themselves. This has led to tensions. The US says it wants to export more, to help its economy recover. But the surplus countries don't want their exporters to lose their competitive advantage. While the ECB (European Central Bank) did practice some QE in 2009, this was to a much lower extent than the USA or UK. The value of the Euro has been effectively left to float, and in fact early in 2010 central authorities intervened to defend the Euro's value against the market. Following the generally positive results from bank stress testing that was released in summer, market participants have stopped speculating against the Euro, and the currency has tended to rise as a result of other countries practicing competitive devaluation. A second reason for the rise in the Euro in the latter half of 2010 was China's purchase of Euro-denominated bonds. While China's intervention was in some ways helpful for the Eurozone, it also raised concern for several senior European officials including ECB governor Jean-Claude Trichet and Eurogroup president Jean-Claude Juncker speaking out against the action. The quickest way to gain a competitive advantage is through a weaker currency. And with the global recovery so weak, nearly all countries have been complaining that their currencies are too strong. A strong euro amplifies the lack of export competitiveness in Italy, Spain, Greece and Portugal. If these countries still use their own currencies rather than Euro and devaluing them would have boosted their exports and might have chances to overcome the debt obligations quickly. Since they are stuck with Euro and have no control over fixing its value in terms of their net foreign exchange, they have no way to escape. That is one reason why many analysts think the Euro is likely to weaken again. Switzerland a non EU country also began selling Swiss francs on foreign exchanges last year to weaken its currency. The UK also has twin deficits - both large current account deficits and large fiscal deficits. Though austerity programmes can address their fiscal deficits, the effect of these can only be to move debt from the public to private sector, unless the countries begin earning more than they spend - in other words their overall debt can only be paid off by going into current account surplus. Lowering their exchange rates, especially against the yuan, is considered by government officials and by most economists as an important part of their approach to transition towards current account surpluses. The UK also has not directly intervened to devalue their

Continued in Pg 21...

currencies; however their QE programmes have exerted downwards exchange rate pressure on sterling.

**Emerging Economies**

Brazil is a large economy which has largely allowed their currency to float freely. As a result, since early 2009 her currency has risen substantially against the dollar, with Goldman Sachs saying the real is the most overvalued currency in the world. In October 2010, Brazil doubled a tax on foreign purchases of fixed-income assets to 4 percent so as to curb the real's appreciation to a two-year. Chile said it would implement capital controls to curb gains in the Chilean peso, which had strengthened the most in the region in the middle of 2010 citing Chile's mixed in the 1990s. Colombia and Costa Rica also initiated programmes to buy dollars to check their currency gains. Thai Finance Minister Korn Chatikavanij said his country faces a "challenge" as the appreciation of the baht was making Thai exports less competitive, and he thus needed to try and reduce volatility in the currency but "a country like ours can or cannot forcibly change the fundamental direction of our currency." The threat of a currency war would adversely affect the Caribbean community because the various currencies are either tied to or float against the US dollar. Export and tourism earnings are closely linked to the US or Europe, thus

there is a dependency on the said regions unlike Latin America which has diversified its markets in the previous decade. The BRIC countries, led by Russia, opposed US efforts control currency fluctuation and weakening the currency. Russian Finance Minister Alexei Kudrin said there was still time before making "a decision regarding currency exchange rates. Such measures aren't yet sufficiently formulated." Bloomberg pointed out at that countries such as Brazil, South Korea and Thailand sold their respective currencies in the weeks preceding the report to curb gains and support export. South Korea, Taiwan, Brazil, Colombia and Russia were also tightening rules to limit capital flows and avoid swings in their currencies.

**War between Rising Yen and Yuan**

Meanwhile, spare a thought for the Japanese. Japanese Prime Minister Naoto Kan was not altogether pleased by China's intervention. The yen has risen and risen since the 2008 crisis, hurting Japanese exporters and pushing the country back towards recession. For years the yen used to be weak, because of Japan's zero interest rates made it a cheap currency for currency speculators to borrow in and sell. But now the US, UK and Europe have near-zero interest rates as well, taking away the yen's advantage. In September 2010, the Japanese intervened to weaken their currency. And the

country exchanged angry words with Beijing after the Chinese suggested they might start buying up yen instead of dollars. But the respite was short-lived, and since then it has strengthened even more against the dollar. There are even stories that China has been buying Japanese bonds as part of its effort to diversify its currency reserves away from the dollar. Japan also has a large current account surplus, and in 2009 and 2010 the country allowed the Yen to appreciate. However, in September 2010 Japan twice intervened to effect devaluation. The September devaluation did not draw widespread international condemnation. Within a couple of weeks upwards pressure on the Yen from the markets had almost entirely undone the effect of the intervention.

**G20 Summit and Mounting Tension**

In November 2010, during the G20 summit in Seoul, South Korea the leaders were divided over currency issue, rich nations the US, Germany, the UK were pressing China to appreciate its yuan. The US also has a plan to devalue the dollar by pumping new money of \$600 billion - applying QE (Quantitative Easing). Canadian Prime Minister Stephen Harper said, 'if the world is serious about fixing the global economy, countries with pegged exchange rates need to allow far more flexibility.' 'The reason for the world's curren-

cies are out of whack has nothing to do with the US and everything to do with pegged exchange rate in China. President Barack Obama told fellow leaders that 'the US cannot remain a profligate consumer using borrowed money and needs other countries to pull their weight to fix the world economy. That means other countries should sacrifice their economic growth prospect to keep US as the strong economy in the world. From President Obama's perspective the 'world' means US and its westerns allies. He added 'the most important thing that the US can do for the world economy is to grow, because we continue to be world's largest market and huge engine for all other countries to grow.' Brazil's president Luiz Inacio de Silva touching reality and opposed Obama's standpoint, said that such policies would 'bankrupt' the world, 'if rich countries are not consuming and want to grow its economy on exports, the world goes bankrupt, because there would be no one to buy. Everybody would like to sell.' Just before start of the G20 summit, Canadian PM Stephen Harper also expressed doubts that leaders would be able to agree on a solution. According to most commentators no substantial agreement was reached, with the US largely unable to persuade other nations to endorse the measures it considers necessary to rebalance the global economy. IMF managing director Dominique



Strauss-Kahn said this particular summit was "more of a G20 debate than a G20 conclusion". A report released after the summit by the IMF warned that without additional progress there is a risk of imbalances approximately doubling to reach pre-crisis levels by 2014.

**Moving Towards Trade War**

Consumers and companies are already cutting back on borrowing. If governments do the same, the entire country borrows less, and its deficit reduces. The problem is that austerity in the deficit countries can lead to recession, especially if the surplus keeps on lending. Another option is looser money. But with interest rates at zero, central banks are left to resort to quantitative easing - printing money and using it to buy up debts, or intervening directly in currency markets. But these are limited tools - as the Japanese have learned over the years. Many in the US Congress hope that US will try another option - trade sanctions against China. The battle for a cheap currency may eventually cause transatlantic and transpacific tensions more acute and may get another shape 'Trade War.'

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# Nellie Bly - the first woman in journalism

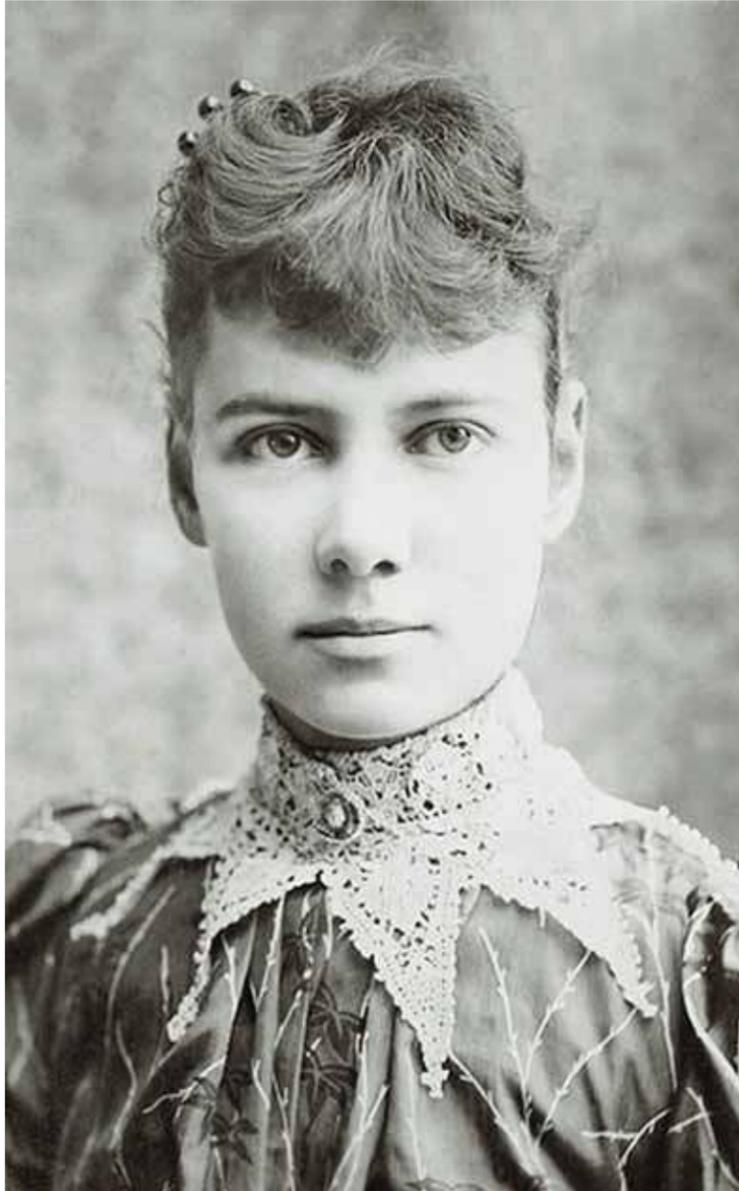
By: Raymond Rajabalan

Nellie Bly (May 5, 1864 – January 27, 1922) was the pen name of American pioneer female journalist Elizabeth Jane Cochran. She remains notable for two feats: a record-breaking trip around the world in emulation of Jules Verne's character Phileas Fogg, and an exposé in which she faked insanity to study a mental institution from within. In addition to her writing, she was also an industrialist and charity worker.

## Early years

Born on May 5, 1864 as Elizabeth Jane Cochran in Cochran's Mills, Armstrong County, Pennsylvania, 40 miles northeast of Pittsburgh, she was nicknamed "Pink" for wearing that color as a child. Her father, a wealthy former associate justice, died when she was six. As a teenager she changed her surname to Cochran. She attended boarding school for one term, but dropped out because of a lack of funds. In 1880, Cochran and her family moved to Pittsburgh. A sexist column in the Pittsburgh Dispatch prompted her to write a fiery rebuttal to the editor with the pen name "Lonely Orphan Girl". The editor was so impressed with her earnestness and spirit he asked her to join the paper. Female newspaper writers at that time customarily used pen names, and for Cochran the editor chose "Nellie Bly", adopted from the title character in the popular song "Nelly Bly" by Stephen Foster.

Nellie Bly focused her early work for the Dispatch on the plight of working women, writing a series of investigative articles on female factory workers. But editorial pressure pushed her to the women's pages to cover fashion, society, and gardening, the usual role for female journalists of the day. Dissatisfied with these duties, she took the initiative and traveled to Mexico to serve as a foreign correspondent. Still only 21, she spent nearly half a year reporting the lives and customs of the Mexican people; her dispatches were later published in book form as *Six Months in Mexico*. In one report, she protested the imprisonment of a local journalist for criticizing the Mexican government, then a dictatorship under Porfirio Díaz. When Mexican authorities learned of Bly's report, they threatened her with arrest, prompting her to leave the country. Safely home, she denounced



Díaz as a tyrannical czar suppressing the Mexican people and controlling the press.

## Asylum exposé

Burdened again with theater and arts reporting, Bly left the Pittsburgh Dispatch in 1887 for New York City. Penniless after four months, she talked her way into the offices of Joseph Pulitzer's newspaper, the *New York World*, and took an undercover assignment for which she agreed to feign insanity to investigate reports of brutality and neglect at the Women's Lunatic Asylum on Blackwell's Island.

Committed to the asylum, Bly experienced its conditions firsthand. The food consisted of gruel broth, spoiled beef, bread that was little more than dried dough, and dirty undrinkable water. The dangerous patients were tied together with ropes. The patients were made to sit for much of each day on hard benches with scant protection from the cold. The nurses were obnoxious and abusive, telling the patients to shut up, and beating them if they did not. Speaking with her fellow patients, Bly was convinced that some were as sane as she was.

After ten days, Bly was released from the asylum at The

World's behest. Her report, later published in book form as *Ten Days in a Mad-House*, caused a sensation and brought her lasting fame. While embarrassed physicians and staff fumbled to explain how so many professionals had been fooled by Bly pretending to be insane, a grand jury launched its own investigation into conditions at the asylum, inviting Bly to assist. The jury's report recommended the changes she had proposed, and its call for increased funds for care of the insane prompted an \$850,000 increase in the budget of the Department of Public Charities and Corrections. They also made sure that all of the examinations were more thorough so that only people who were actually insane went to the asylum.

## Around the world

Nellie Bly in her traveling clothes, 1890 In 1888, Nellie suggested to her editor at the *New York World* that she take a trip around the world, attempting to turn the fictional *Around the World in Eighty Days* into fact for the first time. A year later, at 9:40 a.m. on November 14, 1889, and with two days' notice, she boarded the *Augusta Victoria*, a steamer of the Hamburg America Line,



and began her 24,899-mile journey.

The *New York* newspaper *Cosmopolitan* sponsored its own reporter, Elizabeth Bisland, to beat the time of both Phileas Fogg and Bly. Bisland would travel the opposite way around the world.

To sustain interest in the story, the *New York World* organized a "Nellie Bly Guessing Match" in which readers were asked to estimate Bly's arrival time to the second, with the Grand Prize consisting at first of (only) a free trip to Europe and, later on, spending money for the trip.

On her travels around the world, she went through England, France (where she met Jules Verne in Amiens), Brindisi, the Suez Canal, Colombo (Ceylon), Hong Kong, the Straits Settlement of Penang and Singapore, and Japan. Nellie visited Ceylon (Sri Lanka) on Dec. 10th 1890 and stayed at Grand Oriental Hotel and according to reports kept at the hotel she had written about the taste of tea and had bought some gem studded jewellery

The development of efficient submarine cable networks and the electric telegraph allowed Bly to send short progress reports, though longer dispatches had to travel by regular post and were thus often delayed by several weeks.

She travelled using steamships and the existing railroad systems, which caused occasional setbacks, particularly on the Asian leg of her race. During these stops, she visited an Asian torture garden, a leper colony in China and she bought a monkey in Singapore.

Due to rough weather on her Pacific crossing, she arrived in San Francisco on the *White Star* liner *Oceanic* on January 21, two days behind schedule. However, *World* owner Pulitzer chartered a private train to bring her home, and she arrived back in New Jersey on January 25, 1890, at 3:51 p.m.

"Seventy-two days, six hours, eleven minutes and fourteen sec-

onds after her Hoboken departure" Bly was back in New York. She had circumnavigated the globe almost unchaperoned. At the time, Bisland was still going around the world. Like Bly, she had missed a connection and had to board a slow, old ship called the "Bothnia" in the place of a fast ship called the "Etruria". Bly's journey, at the time, was a world record, though it was bettered a few months later by George Francis Train, who completed the journey in 67 days. By 1913, Andre Jaeger-Schmidt, Henry Frederick and John Henry Mears had improved on the record, the latter completing the journey in less than 36 days.

## Later years

In 1895 Nellie Bly married millionaire manufacturer Robert Seaman, who was 40 years her senior. She retired from journalism, and became the president of the Iron Clad Manufacturing Co., which made steel containers such as milk cans and boilers. In 1904 she invented and patented the steel barrel that was the model for the 55-gallon oil drum still in widespread use in the United States. Her husband died that year. For a time she was one of the leading female industrialists in the United States, but embezzlement by employees forced her into bankruptcy. Forced back into reporting, she covered such events as the women's suffrage convention in 1913, and stories on Europe's Eastern Front during World War I.

Nellie died of bronchopneumonia at St. Mark's Hospital in New York City in 1922, at age 57.

## Named after her

The Nellie Bly Amusement Park in Brooklyn, New York City is named after her, taking as its theme *Around the World in Eighty Days*. The park recently reopened under new management, re-named "Adventurers Amusement Park."

From early in the twentieth century until 1961, the Pennsylvania Railroad operated a parlor-car only express train between New York and Atlantic City that bore the name, "Nellie Bly."

## Other recognition

In 1998, she was inducted into the National Women's Hall of Fame.

Nellie Bly was one of four journalists honored with a U.S. postage stamp in a "Women in Journalism" set in 2002.

Her investigation of the Blackwell's Island insane asylum is dramatized in a 4-D film in the Annenberg Theater at the Newseum in Washington, DC.

**WORDS OF PEACE**

# Do Something Different

Maharaji has traveled extensively throughout the world for many, many years telling people in many different countries one simple but very important thing—that, if they want to, they can feel peace within themselves.

Some people may say they don't want peace, he says. They may call the thing they want something else—satisfaction, perhaps, or fulfillment, or just plain feeling good. Maharaji says these are all words for the same thing. "What you are looking for—that fulfillment, that simplicity—is there inside of you," he says. "The question is, do you understand how fundamental that thirst is, how fundamental your need is to be in peace?"

All anyone really wants, Maharaji says, is to be happy. At heart, we have no other agenda.

"If you don't believe me, just watch a baby," he says. "If it's happy, it's happy. Not happy? 'Make me happy!' If happiness means putting a toy in its mouth, so be it.

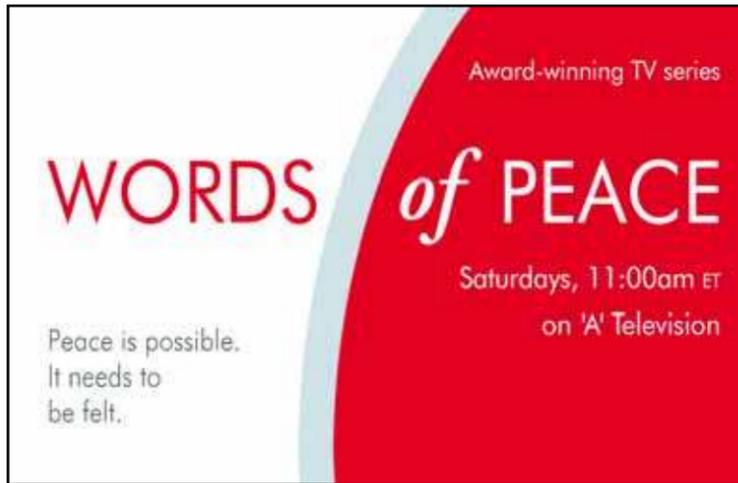
"As adults, we say, 'Look what he's doing! He's putting everything in his mouth. How cute he is! We forget that's what we did,



too. How important it was for us to be content! There was no time that dictated when we should sleep. There was no time that dictated when we should eat. We didn't live for time."

The day that we started living by the clock, Maharaji says, everything changed—"and that was the big change. Everything in our life became compartmentalized. 'Who do I love?' 'Who are my friends?'

"Who does the baby love? There are no rules. I could be a complete stranger. There has been no introduction, but the baby looks at me, I smile at the baby, and the baby smiles at me.



How simple is that?

"That's who we once were, and indeed, that's who we are. Nothing has changed. Our desire, our want to be happy, to be in peace, has not changed, and never will change."

Yet, Maharaji says, people continue, day after day, in the same routines. "Do you know what Einstein's definition of insanity is?" he asks. "To keep doing the same thing and expect a different result.

"Isn't that what we do? Don't we keep doing the same thing year after year, month after month, week after week—and

don't we expect a different result? Absolutely.

"Do something different! I have a suggestion about what we can do that is different. Find a way to go inside of yourself and feel this feeling that exists inside of you, because when you do, you will be filled with peace."

Maharaji makes it clear that he isn't talking about something in the future—some heaven that has to be gained or another lifetime where things might work out differently.

"I'm talking about now," he says. "I'm talking about the present. This is what I have been saying for a long, long time. This



present is the present that you have been looking for."

Maharaji offers to help people, free of charge, find peace and fulfillment in the present moment, within their own hearts.

"I have the most incredible tool that will make a person notice this miracle," he says. "When someone notices it, when someone feels it, that person will be filled with joy, peace, tranquility, serenity, understanding—all of these things. Look for one of them, and they all seem to fall into your lap. It's not as if you have to collect them separately. Go for any one of them, and be fulfilled.

"That's how it is. That's what I have; that's what I do. I stand behind my words. I'm different; I don't give inspiring talks. I don't have to. I have the real stuff. All I want to do is open you up to the possibility. If you are interested, continue to listen, and the time will come when you will have this gift."

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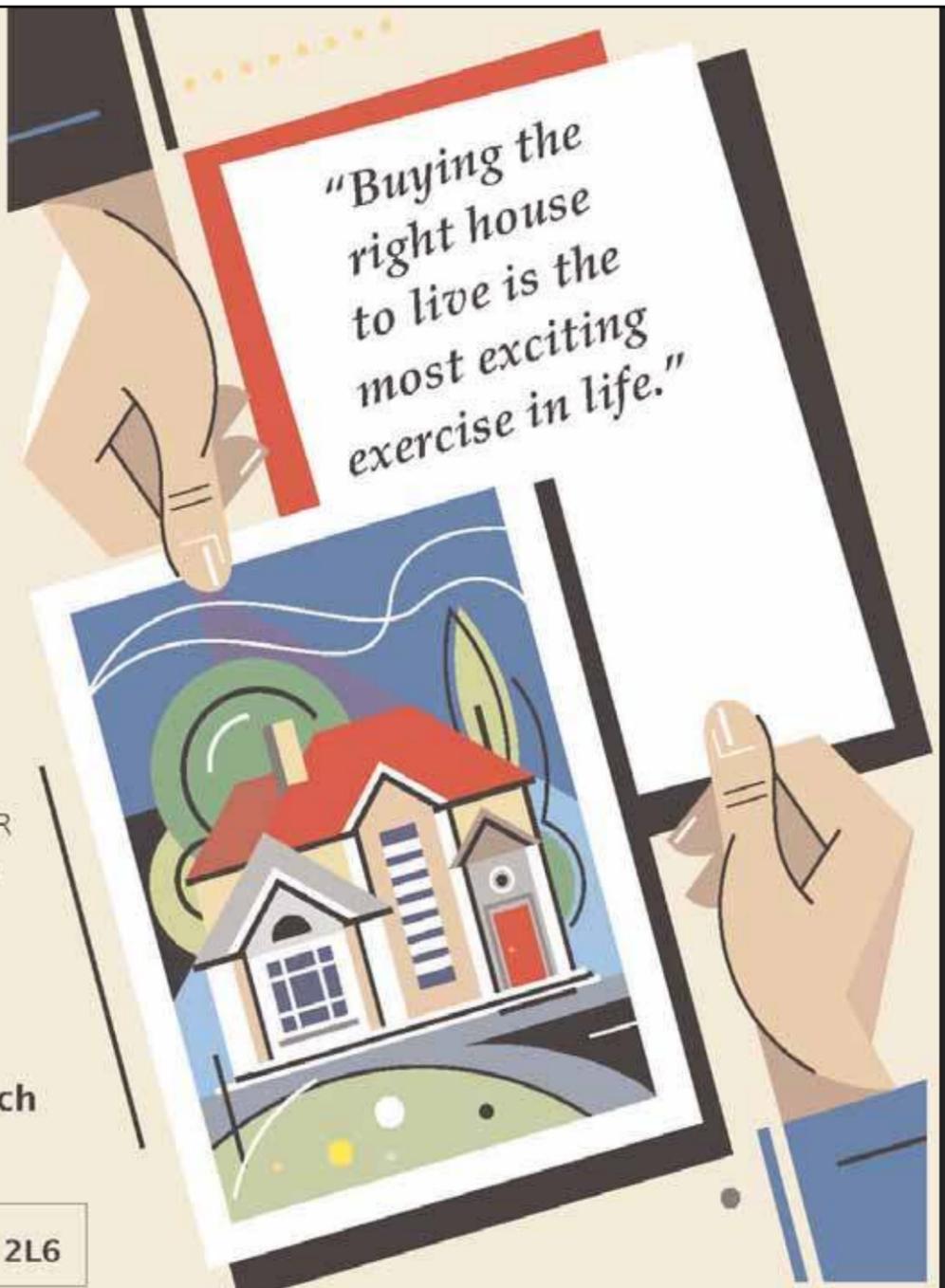
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# Sri Lankan Accountants Association Celebrates its Annual Dinner

Sri Lankan Accountants Association had its Annual Dinner Dance on Saturday, December 04 at Woodbine Banquet hall. More than 300 members participated in this event. Some of the Event photos can be seen here.



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# Globalization and what it means

by Kanayalal Raina

The world economy is showing some signs of revival. The U.S. Government made a huge \$700 billion stimulus package to bailout U.S. banks from the present crisis. The U.S. Government has indirectly bought these loans from crisis-ridden banks. This package was successful in lessening the immediate pain but it will wholly fail in solving the long term crisis. The stimulus package had the consequence of artificially maintain high wages in the United States. The cost of production of American companies continues to be more than that of Chinese companies. American companies will therefore not be able to compete with India and China and the resulting downward pressure on wages of American workers will persist.

Nevertheless, this may be a false start. Globalization has encouraged the developed countries to transfer their advanced technologies to the developing countries. They no longer have absolute control of these technologies. As a result, their erstwhile monopoly on advanced goods like computer servers, rockets, nuclear reactors, etc. has evaporated into this air. They are getting some royalty payments from the export of these technologies. But these decline with time. It is necessary to continuously generate new technologies to maintain the stream of income from royalty payments. This does not seem to be happening.

In the fifty odd years after the Second World War many decisive technologies were developed. These included rockets, jet airplanes, computers, nuclear reactors, etc. However, there has been no such development since the internet in the nineties. Thus, they are now receiving fewer royalty payments but they have to compete with hi-tech goods produced in India and China.

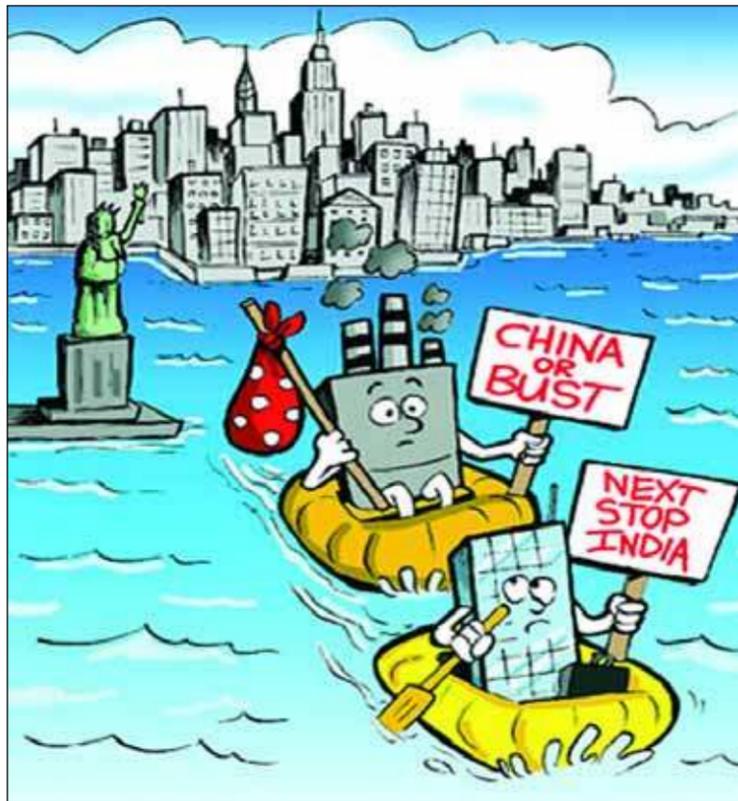
The low cost of labour provides a deep advantage to these

developing countries. Developed countries will not be able to compete with hi-tech India. As a result the problems of the developed countries will only get worse.

This is inherent in the model of free trade on which present model of globalization is built. Globalization has actually made things difficult for the developed countries. It has encouraged them to transfer advanced technologies to the developing countries. For example, American and French companies are excited about transferring advanced nuclear power reactors to India upon the successful culmination of the nuclear agreement.

In the result, American economy is fast losing its technological advantage and US is slipping as seen in the hue and cry over outsourcing. Globalization removes the comparative advantage of advanced technologies enjoyed by the developed countries till recently. Say the cost of production of nuclear power is Rs 2 (\$0.05) per unit against Rs 4 (\$.10) per unit for thermal power. The cost of nuclear energy in the U.S. will be Rs 2 (\$0.05). On the other hand India will have to produce thermal power at Rs 4 (\$.10) per unit if the U.S. does not export the technology of nuclear reactors.

Consequently the cost of production of goods in India will be more and the U.S. can pay higher wages to its workers to that extent. But companies producing nuclear reactors will be deprived of profits from the export of their reactors. Corporations have an inherent tendency to make profits. They do not examine the long term consequences of their actions. In the result, they will supply advanced nuclear reactors to India, the cost of energy in India will also get reduced to Rs 2 (\$0.05) per unit, and the U.S. companies will not be able to compete with India. Cheaper production in India will make it



impossible for the U.S. companies to pay higher wages to their workers as they were paying previously.

Free trade has added to the woes of developed countries in another way. The daily wage of an unskilled worker in India is about Rs 200 (\$4.55) against Rs 5,000 (\$ 114) in the U.S. It has become profitable for U.S. companies to produce in India and export the manufactured goods to their home economy. Wal-Mart is procuring about 80 percent of its goods from China. Production of garments, toys and footwear has practically come to an end in the U.S. Such has happened because China and India have got the winning combination of advanced technologies and cheap labour. This is giving them a comparative advantage in a global marketplace. Wages of American people are under pressure for this reason.

Developed countries were protected against such competition previously. Advanced technologies were closely guarded. For example, India virtually begged for cryogenic engines for its space missions and super com-

puters for its meteorological applications. These were denied at that time. Such restrictions are now passé. Instead Western companies are engaged in a fierce competition as to who exports most advanced nuclear technologies first to India. Developed countries had previously insulated themselves from competition from China and India in two ways-exports of advanced technologies was prohibited and imports of goods were subject to larger import taxes. It was possible for American companies to pay higher wages to their workers behind this protective shield which has since been dismantled.

The solution for developed countries will come from adopting a protectionist stance. Developed countries will be better off if they impose high import tariffs. Such import taxes, when imposed on garments, for example, will lead to high cost of garments in the U.S. and, accordingly, it will become possible for U.S. companies to pay higher wages to the extent of import taxes. Import taxes will also put brakes in the penchant for exporting advanced technologies. Presently American

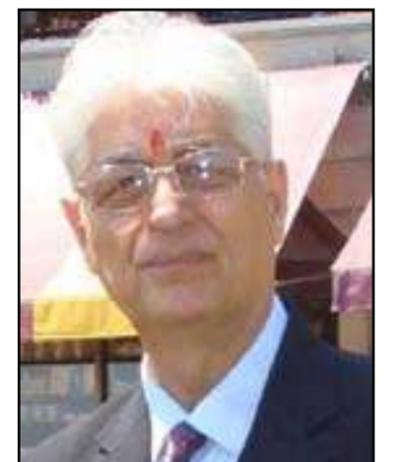


## LETTERS & OPINIONS

companies are transferring advanced technologies, in part, because they want to import the goods produced. Use of advanced technologies lowers the cost of production in China and enables cheaper import of goods into the U.S. Higher import duties will lead to lesser imports and correspondingly lesser incentive for the export of advanced technologies.

It is clear that present model of globalization has reached its end because there is no solace here for workers of the developed countries.

Where did the model go wrong? My reckoning is that there was misplaced trust in continuous development of new technologies. The underlying idea was that gains from exports of advanced technologies will be huge and more than compensate for loss of employment due to cheap imports. The gains were indeed huge-but only as long as new technologies were being developed. The model failed because new technologies failed to appear and the expected benefits from export of new technologies failed to materialize. The assumption that new technologies will continue to appear and provide a continuous stream of incomes to the developed countries has failed leading to collapse of globalization, as we know it.



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## U.S. Government supports return of displaced persons in Sri Lanka with emergency food aid

U.S. Ambassador Patricia A. Butenis announced a new donation from the U.S. Agency for International Development (USAID) of \$5.5 million (Rs. 610.5 million) of food aid to support the return of people displaced by the conflict in the North during a ceremony with Hon. Basil Rajapaksa, Minister of Economic Development and Special Advisor to the President of Sri Lanka, on Dec 31st. Consisting of 6,740 metric tons (MT) of wheat flour, pulses and vegetable oil, USAID's donation will support the United Nations World Food Program (WFP) to fulfill the essential food needs of 300,000 people.



## LETTERS & OPINIONS

# Enough space in the world for both Dragon and Elephant to grow peacefully

Year 2010 marks sixty years of diplomatic relationship between India and China. Though the relations between the two go back to ancient times, the period since 1950 till present is mainly fraught with boundary dispute, which also led to a short-lived war in 1962.

Recent visit to India by Chinese Premier Wen Jiabao was expected to clear the air on some issues and strengthen the partnership in various areas of strategic convergence. But unfortunately, it did little to lift Indian unease over border dispute and Sino-Pak relations. The joint communiqué fell short of condemning 26/11 Mumbai attacks and calling on Pakistan to control terrorism, even though "both sides agreed to combat terrorism in all its forms through joint efforts."

However, in recent times, both sides have successfully attempted to normalize the bilateral relationship, mainly driven by the mounting bilateral trade. Although strengthening economic relationship has overshadowed other areas of conflict that does not provide any space for complacency, particularly on Indian side of the fence.

Amongst the major areas of conflict, the most important one is relating to the boundary dispute.

While on the Western frontier, some part of Kashmir region is under Chinese occupation, on the Eastern side of frontier, the dispute relates to McMahon Line. India treats that as the Line of Actual Control (LAC) but China refuses to recognize it, even though it recognizes the same McMahon Line with Myanmar.

Many attempts have been made to resolve the boundary dispute but results have been very modest. In 2003, Prime Ministers of both countries agreed to appoint Special Representatives (SR) to discuss and find a solution to the dispute. In addition, during Chinese Premier Wen Jiabao's India visit in 2005, Beijing and New Delhi agreed on broad parameters to resolve the border dispute. This gave political mandate to the SRs. Despite above efforts, the recently concluded 14th round of talks between the SRs in Beijing, failed to produce anything substantial, apart from the SRs sharing the respective political and strategic concerns of their nations.

The bone of contention, other than border issue, is both nations' respective relationships with the third countries. While India is irked by strategic relationship enjoyed by China and Pakistan, China on the other hand, is anx-

ious by growing Indo-US proximity. The main reason for India's worry is Beijing's defence and nuclear assistance to Pakistan and Chinese presence in what India calls Pak Occupied Kashmir (PoK), by way of 'infrastructure building.' Moreover, since two years now, China has started issuing stapled visas to Indians domiciled in the state of Jammu and Kashmir, thus challenging India's sovereignty and territorial integrity.

In addition to this, China's overtures to Nepal and infrastructural assistance to Sri Lanka provide substance to India's fears of 'String of Pearls' phenomenon. Added to this, the upstream damming of trans-boundary Rivers (Sutlej and Tsangpo-Brahmaputra) by China, and that too without intimating or consulting downstream nations (in this case India), contradicts the "Peaceful Rise of China" doctrine. This arrogance of dragon is rooted in its sheer economic might and lately acquired defence capabilities.

Notwithstanding this, what has tied together New Delhi and Beijing is trade. Wen brought with him a business delegation of over 300 executives, largest ever by any leader to any country. On very first day of his visit, business deals worth over \$ 16 billion were

signed. Presently, annual bilateral trade is about \$ 60 billion. Both have set a new target of \$ 100 billion by 2015. Here too, India's concern about its increasing trade deficit has been met by mere assurances by Wen on opening Chinese markets for Indian IT, Pharmaceuticals and engineering goods sectors.

Being world's two most populous nations and fastest growing economies, India and China share lot in common. Cooperation between the two has been evident on international fora and issues like WTO, Climate Change, reforms in international financial institutions, and groupings like G20, BRIC and RIC. Here again, Chinese gesture falls short of clearly endorsing India's bid for permanent membership in UN Security Council, with joint communiqué stating "China understands and supports India's aspiration to play a greater role in the UN, including in the Security Council." All other veto members of UNSC, including the US President Obama lately, have unambiguously endorsed India's permanent admission to the body.

The Sino-India relationship is a tightrope walk. Careful orchestration of policies on both sides is need of the hour. Notwithstanding coordination and cooperation on

various regional and international issues, both India and China have different visions for an ideal Asia and the ideal world.

While India envisages both a multipolar world and a multipolar Asia, China envisions a multipolar world and a unipolar Asia. But being a bigger, more powerful neighbour and a responsible global power, China should understand and address the legitimate concerns of India and stop treating it as a rival. It will not only reduce the scope for any outside interference but will also be a giant leap forward in achieving everlasting peace and security in the region. After all, both sides agree on the fact that there is enough space in the world for both Dragon and Elephant to grow peacefully.



Kanayalal Raina

## Fast forward 2030: India projected to have the world's third largest GDP after the United States and China

By Anjana Pasricha

The rebound in India's economy in 2010 brought good news for the nation's middle class, which had experienced a boom prior to the global financial crisis. The world's second fastest-growing economy was also lauded by a stream of world leaders who visited India.

When 28-year-old Ankit Gupta reserved an apartment in a housing complex under construction in Gurgaon, close to New Delhi, last year, he was concerned the project might be delayed. Property prices had plummeted, and many cash-strapped developers had put building projects on hold as the global financial crisis slowed down India's booming economy. But Gupta says his worries are over.

"Things have changed for good now," Gupta said. "I just

visited the site like two weeks back, and they have started the construction, its going on full-fledged. And even the market has recovered. Even if I tried selling my property, I am getting good return."

It is not just property prices that have risen as the economy has returned to the more than eight per cent growth rate seen in the years before the financial crisis.

Companies are hiring again. Shoppers are crowding malls, and luxury merchandise are entering the country. For the 300 million middle class who are fueling the country's economic growth, the global recession is a faded memory.

It is access to this robust economy that world leaders were considering when they visited India this year. British Prime Minister David Cameron, who

came to New Delhi in July, was followed by U.S. President Barack Obama, French President Nicolas Sarkozy, Chinese Premier Wen Jiabao and Russian President Dmitry Medvedev in the last two months.

Officials point out that it was the first time that all five permanent members of the United Nations Security Council visited India in a space of six months. Among the top items on their agenda was closer trade and business ties with the country's fast-growing economy.

Economist D.H. Pai Panandiker, who heads the research group RPG Goneka Foundation in New Delhi, says Western leaders see in India the potential for exports and investment, and the prospect of creating more jobs at home.

"The Indian economy is now over a trillion dollar economy,



and it is developing pretty fast," Panandiker said. "That means a very big market for many of these countries where the growth rate is very small. They are looking at India as a market which can give a fillip to their own economy."

Multi-billion dollar deals were announced during the visits, mostly in the infrastructure and defense sectors, where India is making huge investments. Deals worth \$10 billion were sealed during U.S. President Barack Obama's visit. During the French President's visit, deals worth

about \$13 billion were announced, while the Chinese Premier secured deals totaling \$20 billion. A \$30 billion deal for fighter aircraft was the highlight of the Russian President's visit. All countries set ambitious new targets for increasing trade with India amid forecasts that the high rate of growth will continue.

India is the world's second fastest growing major economy after China. By 2030, India is projected to have the world's third largest gross domestic product after the United States and China. [VOA News]

# 'Social movements must compete for attention, conflict in Sri Lanka is no different'

by Amarnath Amarasingam

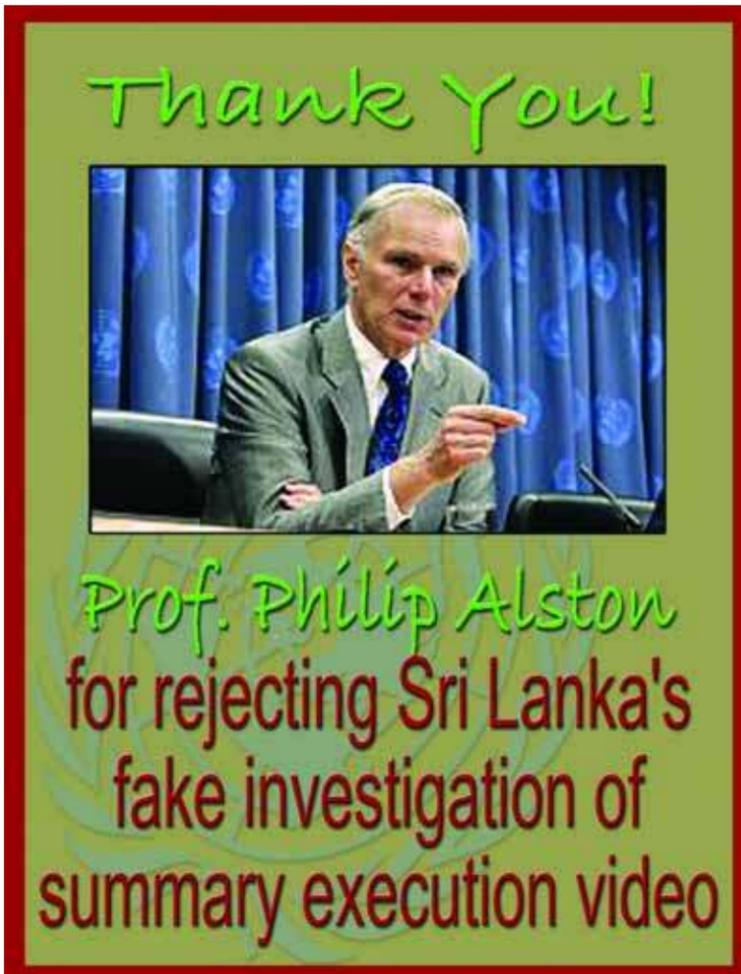
Why do some conflicts attract more attention than others? Why, for example, did throngs of celebrities hold rallies and concerts to shed light on the atrocities occurring in Darfur, while dozens of other conflicts and human rights violations are ignored by the international community?

The Tibetan fight against Chinese domination is, for example, a cause célèbre around the world. Northwest of Tibet, the Uighurs, numbering around 7 million people, have been waging a similar struggle against the Chinese government for centuries.

However, as Clifford Bob writes in his award-winning book *Marketing Rebellion*, "No Hollywood stars or corporate moguls write fat checks for the Uighurs. No Uighur leader has visited with a U.S. president or won the Nobel Peace Prize." In stark contrast to the Tibetans, many do not even know they exist.

The Uighurs, Bob argues, have essentially failed a marketing contest, a game which only a handful of social movements have learned to play well. While I am not equating the Uighur cause with that of the Tamils, both communities have spent years attempting to gain international legitimacy.

Scholars like Bob have argued that social movements must market their struggle if they are to gain the support and backing of non-governmental organizations, as well as the compassion of people around the world. Individuals lead busy lives, and read about many social ills throughout the course of their day, so social



Placard held at a Tamil Awareness Rally

movements must compete for their attention just as they compete for all other resources. The conflict in Sri Lanka is no different.

In early 2009, UN Secretary-General Ban Ki-moon, U.S. President Barack Obama, and U.K. Foreign Secretary David Miliband all called for an end to hostilities in Sri Lanka, noting that civilian lives were being "lost on a large scale." Members of the Tamil diaspora around the world also took to the streets to shed light on the conflict, but the international community remained largely silent. As if recognizing the need for the marketing of conflicts in today's geopolitical land-

scape, Miliband stated that civilians in Sri Lanka are the victims of "what at the moment is a war without witness."

While many human rights organizations sounded the alarm about war crimes committed by both the Liberation Tigers of Tamil Eelam (LTTE) and the Sri Lankan government during the final push of the war, new evidence is coming to light. Though there may never be a full record of the abuses carried out by the Sri Lankan government or the Tamil Tigers against civilian populations in Sri Lanka, a particularly disturbing video of what appears to be Sri Lankan soldiers indiscriminately shooting Tamils was broadcast by

Britain's Channel 4 News on Nov. 30.

This video is not new. A few months after the end of the long and bloody Sri Lankan civil war in May 2009, Channel 4 News broadcast footage "apparently showing government troops summarily executing Tamils." The Sri Lankan government swiftly declared the video to be a fake, but a United Nations investigation later concluded that it "appeared authentic."

"Now, a year and a half later, another video is available. The new video shows the same incident, according to Channel 4 News, "but rather than stopping after the execution of a second bound man, it continues and the camera pans left to reveal the naked and dead bodies of at least seven women" and several other blindfolded individuals.

About three minutes into the disturbing video, the camera fixes on the body of a deceased, unidentified woman. She is blindfolded, her hands appear bound behind her back, her breasts are draped with a white cloth, and her underwear has been pulled down to her thighs.

The camera stays on her for close to a minute, during which a soldier walks by and removes the cloth covering her breasts. The soldiers are heard laughing, while the camera remains on her nude body. One soldier can be heard saying, "She has fallen in a nice way. It looks new. Looks like no one has even touched her thighs." As Channel 4 news pointed out, many of the comments heard in the background suggest that these women were sexually abused before being shot.

With the broadcasting of what



has come to be called the "Channel 4 video," the international community has renewed its call for an independent investigation into war crimes in Sri Lanka. Human Rights Watch recently repeated its call "for the United Nations to undertake a full investigation into wartime abuses by both government forces and the rebel Liberation Tigers of Tamil Eelam."

War crimes lawyer Julian Knowles told Channel 4 News that the newly broadcast video "is clear evidence of the execution of unarmed combatants or civilians." According to Knowles, "It doesn't matter which they are, they're both prohibited under the Geneva Convention and they are both ranked as what we call a grave breach of the Geneva Convention so they are crimes in international law."

Canada, on the other hand, has remained woefully silent on the issue of war crimes in Sri Lanka. The revelation of the Channel 4 video as well as any subsequent evidence deserves international attention. Canada should join the international community in calling for an independent investigation into war crimes and reaffirm its commitment to human rights.

Amarnath Amarasingam is a doctoral candidate at Wilfrid Laurier University, and is currently completing his dissertation titled, "Pain, Pride, and Politics: Sri Lankan Tamil Nationalism in Canada ~ He can be reached at: amar2556@wlu.ca ~ This article first appeared in The Toronto Star of Dec 17, 2010"

## Obesity and its complications

Besides his wit, oratory, grit and statesmanship, Sir Winston Churchill, the most towering among the British Prime Ministers, was adored and eulogised by the masses for his "baby" face, "chubby" features and "plump" physique. Churchill's obesity can thus be said to have become an asset in public career and at the same time it did not deter him from leading a disease-free life up to ripe old age of 80.

The example no longer holds distinction today with an epidemic of obesity sweeping the globe and proving to be a major cause of disease and death particularly due to Diabetes, high blood pressure and heart attack.

There is now evidence to believe that in an overweight Diabetic, weight reduction may lead to a substantial fall in diabetic complications as well as mortality

with possible consequent increase in lifespan. However, weight reduction has to be intentional or voluntary and not unintentional which could in fact be a symptom of uncontrolled Diabetes or some other unrecognised underlying health problem.

### CORNERSTONE OF TREATMENT

To a great extent, weight reduction can be considered the cornerstone of Diabetes management. In overweight individuals, weight reduction does not only help in better control of Blood Glucose/Sugar levels, blood pressure and lipid profile but it also enables significant saving by bringing down the expenditure on medication, drugs and treatment.

Better control of Blood Sugar coupled with buffer effect on high blood pressure and on risk of coronary heart disease is in fact enough reason to emphasise on

weight reduction as an important goal in the treatment of Type 2 Diabetes Mellitus.

It is significant to add that a number of studies include a widely published one from the Division of Diabetes at the Center for Disease Control, Atlanta postulate lower overall total mortality and morbidity due to Diabetes as well as Heart Disease in persons undertaking intentional or voluntary weight reduction.

### INTENTIONAL VERSUS UNINTENTIONAL WEIGHT LOSS

It is important to differentiate and understand the implications of weight reduction brought about by intentional or voluntary effort vis-à-vis the unintentional weight loss occurring without individual effort. While intentional weight reduction in an overweight Diabetic is indeed a healthy phenomenon, unintentional weight loss is rather unhealthy and could be the result of uncontrolled or undetect-

ed Diabetes or also sometimes that of an undiagnosed underlying complication.

An overweight Diabetic can be educated to undertake a weight reduction programme based on dietary regulations, behavioural patterns and physical exercise. Moreover, a Diabetic has to be taught to first bring his Blood Sugar levels under adequate control in order to check the unhealthy weight loss and then to practise various dietary and exercise regimens to check the unhealthy weight gain.

With some of the recent studies claiming as much as 25 percent reduction in Diabetes related mortality as a result of weight reduction in overweight Diabetics, the optimisation of body weight can be considered a basic requisite for successful diabetes treatment even in spite of the most modern and all the sophisticated medication options available today.

Kanayalal Raina



by Tharman Shanmugaratnam,  
Finance Minister, Singapore

Distinguished Guests, Ladies  
and Gentlemen, Good Evening:

#### Introduction

1. It is my privilege to be here this evening. This is a momentous occasion as we celebrate 100 years of the Singapore Ceylon Tamils Association (SCTA). The Association has not only contributed to the Ceylon Tamil community, but in doing so has helped the community add visibly to Singapore's progress as a multi-cultural society.

2. The SCTA has itself grown. It was formed by 300 Ceylon Tamils in 1909, and growing to over 1400 members today.

#### Making the Most of Multiracialism

3. Ceylon Tamils in Singapore are a small community. They are a minority within a minority.

4. They have done well. In the judiciary and legal profession, in academic medicine and clinical practice, and in engineering, their contributions have been greatly disproportionate to the size of the community. There were also, historically, well represented in the senior levels of the civil service on both sides of the Causeway. My JY Pillay who is here this evening was the foremost example during his time in the Service in Singapore.

5. Equally important was their

# Why have the Ceylon Tamils made a significant impact in Singapore?

contribution to education, starting in colonial Malaya where they served as Principals and teachers in schools up and down the country, and continuing in the independence years. Educationists like Mr Sigamoney, former Principal of RI in Singapore.

6. Sporting life also saw many Ceylon Tamils excelling. It seemed to run in the blood. We are proud to have names like Dr A Vijaratnam, who played for state in hockey, cricket, football and rugby.

7. Why have the Ceylon Tamils made a significant impact in Singapore? I think the most important reason has to do with the way they took advantage of an environment in post-independence Singapore that rewarded talent and effort regardless of race, and the way they have interacted freely with the other, larger communities. They have never had a minority complex, never looked inward to seek refuge.

8. The habit of interacting freely with other communities in fact went back many years. The Ceylon Sports Club for example, going back to the 1920s, was an example of how Ceylonese of all races got along as friends and fellow sportsmen. Tamils, Sinhalese and Burghers. They also opened their doors to non-Ceylonese, including many from the majority

community in Singapore, and expats from all over the place. The Club knew of only one form of discrimination. It was not a comfortable place to be if you didn't appreciate cricket, or at least feign an appreciation in the sport.

9. So the Ceylon Tamils were well-disposed to the multiacialism that defined Singapore after independence. It is probably no accident that S Rajaratnam, coming from this minority community, drafted the Singapore Pledge – with its call for a single, united people regardless of race, language or religion.

10. This habit of integrating with other races and thinking of ourselves as Singaporean first, is the only way each of our communities can progress in Singapore. We can afford neither majority or minority complexes.

11. The multiracial instinct that has always been there in the Ceylon Tamil community must continue to define its role in the years to come Singapore – in work and business, in culture and in every field of civil life. It is how we will keep contributing to Singapore.

12. It is difficult to say if our future generations will see themselves as a distinct community of Ceylon Tamils. Not a few are marrying with the broader Indian community, or with other races.



Mr. Tharman Shanmugaratnam

That too is part and parcel of their growing up in Singapore. But we must hope they will take pride in their Ceylonese roots, and never forget the way their forefathers made their way to this part of the world, and made the most of opportunities despite being in a minority. We must hope they understand deep in their hearts that their only future is to champion multiracialism.

#### Role of SCTA

13. The SCTA has provided a platform to nurture the cultural heritage among the Ceylon Tamils while actively promoting its integration in our multi-cultural society. It helps keep alive the Tamil language and culture through the present SCTA Sunday School and its various activities.

14. SCTA must continue to innovate and stay relevant to a

changing Singapore. For instance, by helping to integrate new immigrants into Singapore society.

15. To the younger members, I urge you to heed Dr. Theyvendran's earlier call to serve and continue the good work of the Association as well as to preserve the rich heritage of the Ceylon Tamils.

16. On this note, I wish SCTA many more fruitful years to come and a happy 100th year

Best Wishes.

(Remarks by Mr Tharman Shanmugaratnam, Minister for Finance at the Singapore Ceylon Tamils Association 100 Years Celebration in 2010)

Singapore Finance Minister Tharman Shanmugaratnam. Tharman Shanmugaratnam was born in 1957. He is of Sri Lankan Tamil ancestry. He studied at the Anglo-Chinese School, and subsequently obtained a Bachelor's degree in Economics from the London School of Economics. He went on to gain a Master's degree in Economics from Cambridge University, and a Master's degree in Public Administration from Harvard University, where he received a Lucius N. Littauer Fellow award for outstanding performance.

## What is ahead? Risks and Rewards for Sri Lanka in 2011

The reputable Reuters have come up with a report outlining what to watch for in Sri Lanka in terms of geopolitics, socio-economic situation and trade in the days ahead as the New Year dawns:

By C. Bryson Hull

COLOMBO, Jan 3 (Reuters) - Sri Lanka's President Mahinda Rajapaksa has started his second term of office and followed up his mid-November inauguration with a 2011 budget that carried a long-promised, sweeping set of fiscal, financial and tax reforms.

Following is a summary of key risks to watch in Sri Lanka:

#### FISCAL REFORMS

The budget was approved by parliament in mid-December. Soon afterwards, the IMF praised Sri Lanka for making progress toward more sustainable fiscal policy, but urged more aggressive steps towards reform.

Sri Lanka also moved in the opposite direction to many of its

Asian peers by easing foreign exchange controls.

It previously had one of the strictest regimes, and therefore had worried less than others about a flood of hot money as a result of the U.S. Federal Reserve's second round of quantitative easing.

All the moves were designed to make Sri Lanka an easier investment destination for foreign and local companies, address government inefficiency and narrow a perennially big budget gap. The budget was notably light on revenue proposals.

While the private sector generally applauded the changes, Sri Lanka's 1.3 million public employees are less pleased with what they viewed as an insufficient wage hike, which Rajapaksa has been promising since he won office in 2005.

They, and poor government follow-through, could put the changes at risk, and leave poten-

tial foreign investors still wary of Sri Lanka as a destination.

What to watch:

-- Concrete steps to make state-run entities revenue earners. Most of the deficit reduction plans hinge on turning around loss-making state ventures hampered by subsidy schemes, mismanagement and an infamously intractable corps of bureaucrats.

-- Public sector pushback.

-- Any hint of foreign direct investment picking up after surprisingly falling in 2010.

#### PERCEPTIONS

Rajapaksa, whose ruling alliance controls parliament, has removed the last vestiges of any checks on a presidency that was already barely circumscribed. It also removed the presidential two-term limit.

The fact that the president has put three brothers, two of whom were popularly elected, in crucial positions has predictably caused some grumbling that the Rajapaksa clan controls too

much. They control about 70 percent of the 2010 budget under the ministries they run.

That must be viewed in the context of South Asia's long history of producing and tolerating family political dynasties. There are whispers of frustration from inside the president's coalition, which are unlikely to amount to much given Rajapaksa's skill at charming, co-opting or coercing opponents.

Those factors have led to continually negative international press for Sri Lanka and Rajapaksa's government, which has kept the defiant stance it adopted when fighting off intervention as it neared victory over the Tamil Tigers in a quarter-century war. Rajapaksa's planned speech in Britain in December was cancelled by hosts the Oxford Union, which feared protests by the British Tamil community

What to watch:

-- A shift toward a more con-

sistent message and tone from the government. -- Signs of new investment beyond the present, mostly bilateral deals, between the government and China and India.

#### FOOD AND FUEL PRICES

The rising cost of food has joined the list of ordinary Sri Lankans' complaints. In the past, opposition parties have been able to rally public support around the food price issue, but their attempt in the last election season fell flat. Still, it is something the Rajapaksa government will have to monitor.

What to watch:

-- If the opposition gains any traction with the issue.

-- Public reaction to the inevitable rise of fuel and electricity prices, as the government begins to remove subsidies to the state petroleum and power companies. (Editing by Daniel Magnowski)

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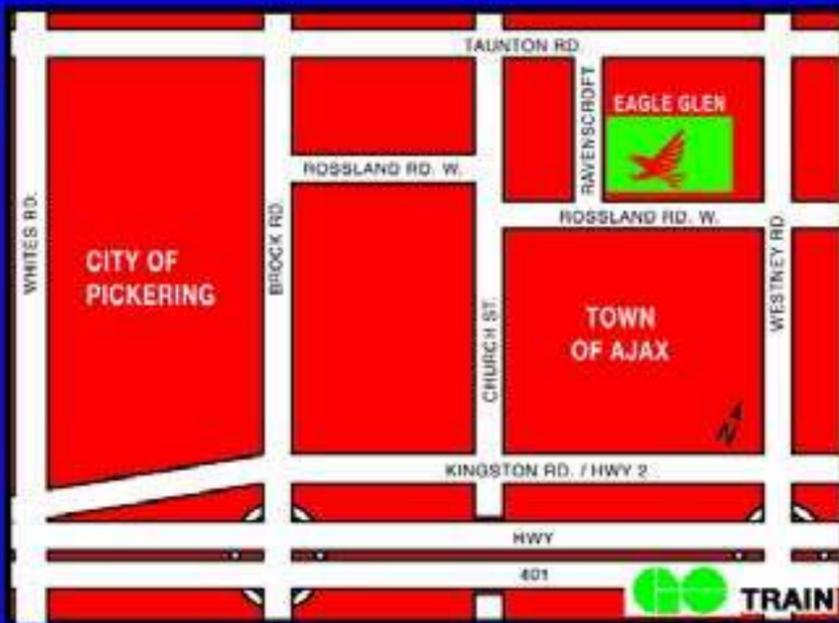
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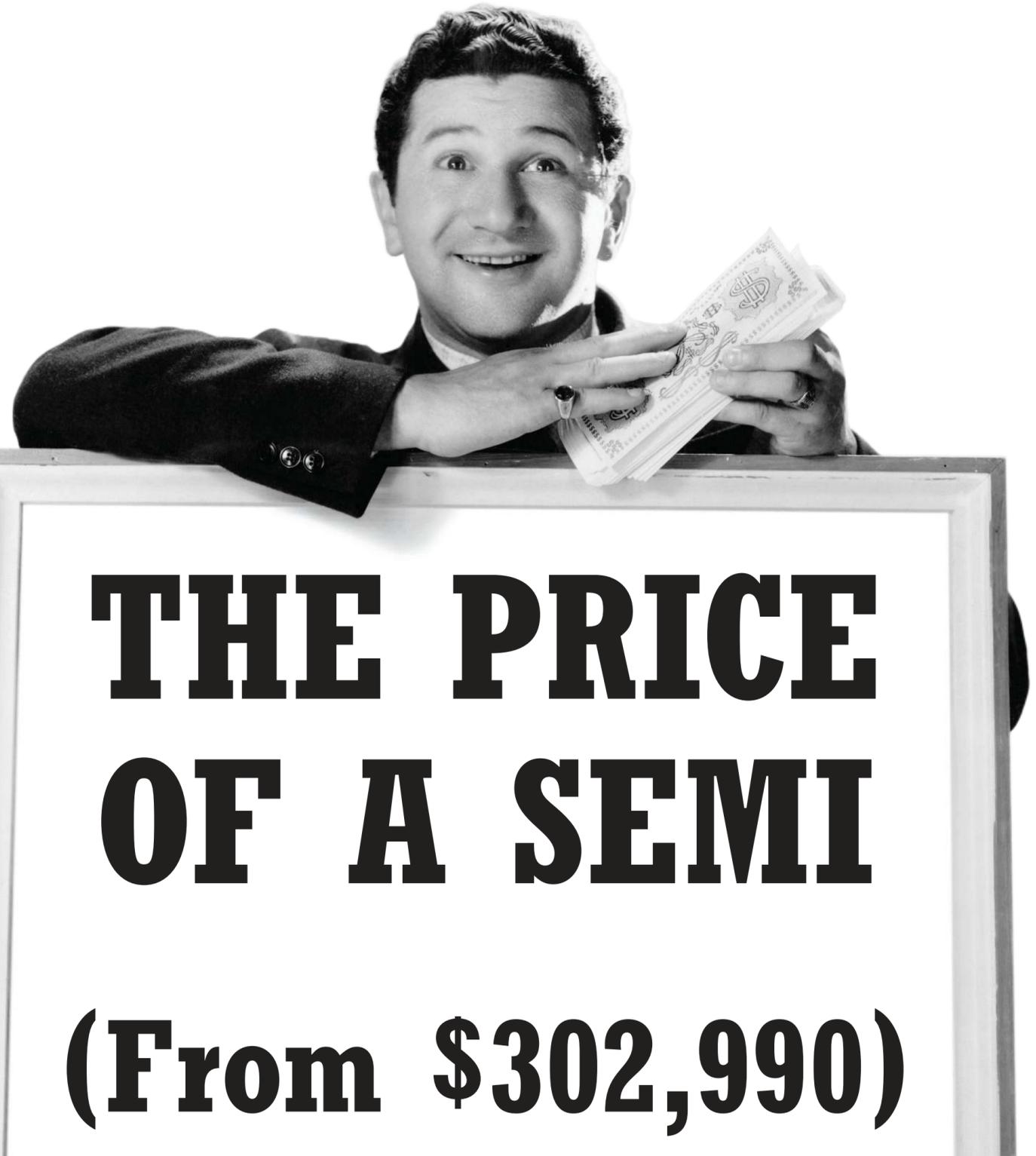
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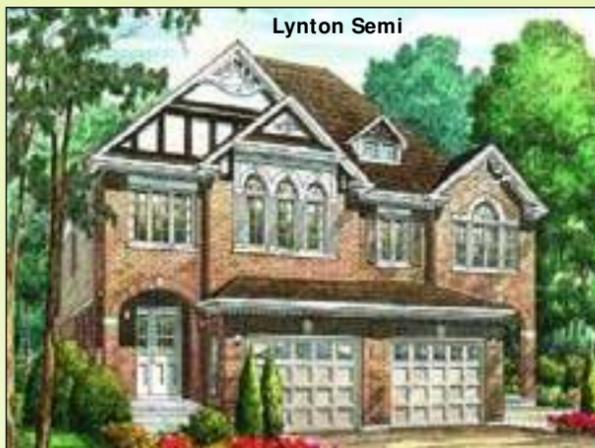
# JOHN BODDY HOMES PRESENTS 'EAGLE GLEN'

John Boddy Homes has been voted 'Best Builder' in Ajax/Pickering for the fourteenth year in a row for this year's Readers' Choice Awards and has released its next phase at their 'Eagle Glen' community in Ajax. Located just minutes east of Toronto 'Eagle Glen' combines the closeness and convenience of city living with a suburban feel, and its prime location makes it a great place to call home. Classic two-storey homes are available, as well as side and back splits, semi detached and townhomes. Homes start at 1,700 square feet and range up to a spacious 3,534 square feet. John Boddy Homes offers traditional size lots with a minimum of 105 feet in depth and a great selection of extra deep lots, pie shaped lots, walk out basements and a select few backing onto 3.5 acres of mature trees. With such a broad range of house sizes and styles 'Eagle Glen' has the ideal home to suit every preference. From the unique exteriors and charming streetscapes to the elegant interiors, various John Boddy Homes include such impressive standard features as vaulted ceilings, double door entries, décor columns, mirrored sliding closet doors, ceramic kitchen backsplashes, double basin bathroom vanities with make-up counters and so much more.

Their gourmet kitchens, welcoming great rooms with cozy gas fireplaces and elegant dining rooms with coffered ceilings are all spacious and comfortable, making them the perfect location to enjoy time together with family or entertaining friends. In addition, some models include such impressive extras as classic French doors, transom windows and custom octagonal skylights allowing light to travel throughout the home for a bright and spacious feel.

For their homeowner's convenience, most John Boddy Homes include main or second floor laundry rooms, laundry chutes, kitchen breakfast bars, private water closets, interior garage access, high efficiency furnaces and basement rough-ins for future bathrooms. Also, windows are vinyl clad wood which allows for interior custom colours with a maintenance free exterior. Other features include arched entryways, custom millwork, window mullions on all front and rear facades and decorative garage doors featuring appealing window lites. Custom landscaping packages and paved driveways are also included in all homes providing the renowned curb appeal that enhances the entire 'Eagle Glen' community.

Innovative floorplan designs combined with an extensive array of standard features included with every new home have become a corporate trademark of John Boddy Homes and 'Eagle Glen'. Not only does a John Boddy home offer such striking standard features, there are also a wealth



Lynton Semi



Mayfair Semi



Wyndham Semi

of opportunities to upgrade, making their homes as unique as each individual homeowner. The 'Eagle Glen' Sales Office features a Décor Centre that contains a wide range of upgrade items to select from in order to customize your home. Their high-tech electrical and décor consultants allow homebuyers to make upgrade selections on site, enabling them to conveniently personalize their home.

When you purchase a new home in 'Eagle Glen' there are no hidden closing costs. John Boddy Homes pays for education levies, development charges, water and hydro meter hookup fees, boulevard tree planting, landscape package and a paved driveway.

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

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

allows residents all the amenities of the urban lifestyle while providing the beauty and tranquility of the neighbouring countryside.

Since 1955, John Boddy has been involved in the construction of thousands of new homes throughout Ontario, and has earned a reputation as an accomplished builder of fine residential communities. Of significance are the award winning 1000-acre 'Bridlewood Community' developed during the 1960's and 1970's in Scarborough, the 'Forestbrook' Community in Pickering developed in the 1980's, 'Willowcreek' in Peterborough, and 'Eagle Ridge on the Green' in Ajax developed in the 1990's and early 2000's.

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

# SENIOR TAMILS HONORED



Scarborough Senior Tamils' Association honoured eight Seniors of the Association over 75 years of age during the Annual Christmas Day celebrations held on 20th December, 2010 at the Recreation Hall of the Neilson Seniors' Apartment at 1315 Neilson Road, Scarborough.

The President of the Association Mr. K. Ramanathan presided. Rev. Dr. Vinson Samuel and Mrs. Florence Samuel of the Tamil Christian Church, Toronto were the Chief Guests.

Toronto City Councillor, Dr. Raymond Cho, The President of the Malvern Seniors' Club,

Mrs. Barbra Cooper, Ontario Federation of Seniors' Organisation, Mr. David Jeyasingh, and the Community Development Co-ordinator of the Family Service Toronto, Mr. Naga Ramalingam were the Special Guests at the occasion.

Rev. Dr. Vinson Samuel deliv-

ered the Christmas Message. Mr. Naga Ramalingam presented a plaque of the Association to Mr. S. Subramaniam in recognition of his volunteer valuable contribution to the Association.

The children and the grandchildren of the members participated in the Christmas Day cele-

brations and entertained the Seniors.

The Past President, Mr. Muthiah Thevarajah was the MC at the function.





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## Foreign Students Focus on Business, Engineering Studies in US Schools

by Alex Villarreal

U.S. colleges and universities have seen a tremendous increase in international students studying business and engineering in recent years.

Evidence suggests the two fields' overwhelming popularity is driven by students' views of which U.S. programs will offer them the best preparation for a good job.

About 40 percent of the nearly 700,000 international students in the United States last school year were in either business and management or engineering, according to the latest statistics from the Institute of International Education. Business has topped the fields of study list in the IIE's Open Doors report for the past decade, with engineering a close second.

Peggy Blumenthal, the organization's executive vice president and chief operating officer, says the high numbers of students from China and India, the top two sending countries, greatly influence the overall results.

"The growing economies of India and China provide strong employment opportunities for students trained in the U.S. in these two fields," she said. "So they will see an immediate return on their investment in a U.S. degree."

### Opportunities Attract

Jinesh Shah, a senior business manager at the U.S. bank, Capital One, knows firsthand how valuable a U.S. degree can be for foreign business and engineering students. Originally from India, Shah came to the U.S. nine years ago to get his master's degree in industrial engineering from the University of Florida.

"The public university system in the U.S. is a lot more advanced than at least I've seen in most other places, including India, Australia and the UK," he said. "The way research happens here in a university is much more sophisticated and advanced. So [in] fields like engineering, be it aerodynamic, computer or anything else, the research that happens is real-life research with company sponsoring." Shah said the research experience provided in the U.S.



gives students "an edge" that separates them from other applicants when they enter the corporate world.

The attractiveness of research opportunities to foreign students becomes even more apparent when you look at which universities enroll the most international students. Nineteen of the top 25 hosting schools named in this year's Open Doors report were ranked in 2009 as top American research universities by The Center for Measuring University Performance.

The University of Illinois at Urbana-Champaign is one of them. With nearly 7,300 international students last school year, the university hosts the second highest number of foreign students of any U.S. institution after the University of Southern California, according to data from the IIE.

Julie Misa, the director of International Student and Scholar Services at the Illinois school, says research is one of the main reasons that nearly 40 percent of the international students at UIUC are pursuing engineering.

She said engineering students in the U.S. often get the chance to practice in their field at "state-of-the-art labs and with cutting-edge technologies."

Misa said opportunities and rankings also play a role on the business side.

"The U.S. is such a presence in the business world internationally," she noted, "and English is an important language in business, the international language, so coming here to study makes a lot of sense from that perspective."

The popularity of business studies is further proven by the fact that schools drawing the most international students often have top business schools. U.S. News & World Report named 24 of the 25 top hosting schools last school year to its 2010 rankings of the 100 best business schools in the United States. Twenty-three of them cracked the top 50.

### Money Matters

Misa says affordability is another important factor in foreign students' perception of the value of a U.S. education. Both the state of the economy in a person's home country and a family's personal financial situation are important.

Capital One manager Shah says cost is likely one of the

reasons behind the comparatively low and declining numbers of international students in health fields.

This year's Open Doors data showed a nearly 8.5 percent drop in the 2009-2010 school year in international students pursuing health professions. A little more than 32,100, or less than 5 percent of international students, were recorded in health fields. That was just a quarter of the students studying engineering.

Shah -- whose wife is a physical therapist in the U.S. and also from India -- points out that in many cases, pursuing health fields in the U.S. will not only cost students more money than programs in other countries, but also more time.

"If I compare how much schooling you have to do to get a health care degree and how much it costs, it's just astronomical, at least in my mind, as compared to any of the countries that I know of in Asia," he said. "When you look at a cost-benefit analysis of, is this degree worth [it]? -- I think the regular health care fields do not stand up to that test. So, unless it's a very specialized field, an advanced degree or some sort of fellowship, it's very hard to see just for a regular health care degree why [there] would be many students."

Shah's wife, Pallavi, who got her master's degree in physical therapy in Scotland, agrees with her husband. When asked what might be deterring students from studying health professions in the U.S., she said, "It's expensive." Pallavi said she has seen many people opting instead to get their education elsewhere and then come to the U.S. to practice.

Blumenthal says the health sciences field does not provide as much support for graduate students from abroad as other science and technology fields.

Tight restrictions can also make it more difficult for international students to get a U.S. education in health. Many medical schools do not accept international applicants, and those that do sometimes have strict requirements, like putting up to four years' worth of tuition and fees (some \$200,000 or more) into an account before enrolling.

Blumenthal said the health sciences field also does not offer as many subfields as social sciences or physical and life sciences. [VOA News]

## Shortage of Pilots Cools Asia's Hot Airline Market

by Heda Bayron

After the global slump in air travel two years ago, Asian airlines are flying high again, adding more routes and ordering more aircraft. But one thing is missing: the people who know how to fly the planes.

The International Air Transport Association says passenger traffic in the Asia-Pacific rose nearly 80 percent in the first nine months of the year from the same period last year.

Not only is the market for airline seats hot, so is the job market for pilots. The International Civil Aviation Organization says the region has the capacity to train only 35 percent of its annual pilot requirements.

China alone needs thousands of new pilots in the next few years. Last month, China Southern Airlines, the country's largest carrier, said it will start a fast-track pilot training program that will take only two-and-a-half years, instead of the usual four.

Andrew Herdman is the director-general of the Association of Asia Pacific Airlines, which represents 17 international carriers.

"Some airlines are growing at double digits, particularly in China and other places," says Herdman. "They are the ones who are doing the hiring. But by the same token, there are a number of fast-growing carriers in the Middle East who have placed significant orders for aircraft and are also in the market to recruit pilots."



Taiwanese pilots and crews are escorted by Chinese officials from a Taiwanese carrier at Pudong international airport in Shanghai, China (FILE).

India is expected to become the third-largest aviation market in the world in less than two decades. This week, Air India and Jet Airways said they will lease 35 new planes from Airbus. Last month, budget carrier SpiceJet ordered 30 Boeing 737-800 planes.

But the Indian aviation sector is already straining to find pilots. Air India Express, the state-owned carrier's budget

subsidiary, had to cancel flights to the Middle East in September because of a lack of pilots.

Some airline safety experts say the shortage could pose risks because pilots may be made to fly more routes and new pilots do not have enough flying experience. In September, Chinese authorities said they found more than 200 pilots had falsified their work histories between 2008 to 2009.

Bigger airlines such as Cathay Pacific and Singapore Airlines train their own pilots who then stay for many years with the company. But newer, faster growing airlines have tended to take a short cut by poaching pilots from other companies. In July, more than 20 Philippine Airlines pilots resigned to take higher paying jobs overseas, disrupting air travel in the country.

Herdman says it takes several years to train a commercial pilot.

"You can learn to fly in terms of a private pilot's license in a matter of months, but to get to commercial pilot's license and to get on to larger aircrafts and so on obviously takes years," Herdman says. "The overall training period to produce people who are qualified to fly large commercial jets is made in several years."

Last month, an Indian government investigation said a co-pilot sent an Air India jet into a steep dive when he panicked after accidentally hitting the controls. The 26-year-old pilot had less than 1,000 flying hours. In the United States, new pilots at major airlines typically have about 4,000 flying hours. [VOA News]



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# Educational Excursion for Children at Puloly Children's Village in Northern Sri Lanka run by GOCF



Children at beach - time to have fun and play.



Children at Garment factory



The Children were overjoyed to see a Train for The First Time in their lives. All the Children and even the Staff simply ran from the beach to the railway track, when they heard the sound of the Train. Trains never operated beyond Vavuniya after 1994.

A well deserved Educational Excursion may be a dream to many that came true for the children at Puloly Children's Village (PCV) run by Gods Own Children Foundation (GOCF) with the help of many sponsors. The management of PCV brought all the children of PCV to Colombo. The main objectives were for the kids to enjoy a learning experience as well as most of the Children were shown to Medical Consultants to get sound advice about how to treat the Children, as most of the children are yet in traumatic condition after escaping the "Final War" as well as, advice was sought about the external bodies (shell shrapnel) in many Children.

The transport and meal costs of this Educational Excursion were specifically sponsored by kind donors, and the children and staff were accommodated free of charge in a leading school hostel in Colombo.

Among many visits to sites which provided the children with a learning experience, the children also visited the coast and the beaches.

2. Parliament - The Children were guided by a staff, and the full proceedings of a Parliament including seating arrangements were explained to the Children which took over one hour.

3. Garment Factory -the Children visited a garment factory - one of the largest in the world, which provides clothing to Marks and Spencer in the United Kingdom and also to USA and Canada.

Children were provided with snacks and drinks.

6. The Children also visited a temple, beaches, and the Famous Queen Victoria Park, now called Vihara Maha Devi Park.

Another planned visit, to a Vehicle assembling factory could not take place at this time.

### Medical Check Up

All the Children were checked by Specialists, and were provided with advice to staff about the procedures to follow. Abused Children were specially shown. Advice was also given about the external bodies will surface on to the skin with a couple of year's time. Thereafter a surgery may be required. Blood samples of the children were also taken.

The Children were not paraded anywhere, however, donors and well wishers in Colombo were invited to come to the Kinross Beach in Colombo 6, to see the children. More than 50 well wishers came.

Participants

All the children and staff of PCV came on the excursion. Staffs were allowed to bring child and few volunteers came along too from Jaffna to control the children during traveling and visits to sites.

The Point Pedro Judge was informed about this Educational Excursion and was provided with court orders to be produced at any security check points. This court order and the bus details and details of children were faxed to the Omanthai check point to avoid any delay at check points.

The trip was a success and GOCF would like to thank all for the generosity of everyone who has helped to make it happen.

### Contact info:

**Registered Office:**  
Gods Own Children  
[ Reg No : N (A) 1379 ]  
140, Temple Road  
Jaffna, Sri Lanka

### Correspondence Address:

4, Pinto Place  
Colombo 6  
Sri Lanka

**Phone: Tel: +94-21-222-5796**  
**email: godsownchildren@gmail.com**



Greetings by GOCF

### The Following is Brief Report about the Educational Excursion:

Two large buses for the Educational Excursion were rented and the rental was based on number of kilometers that were run. The entire cost was sponsored by Mr. Rajeshwaran Bhavananthan, Finance Director of IDAC (Pvt) Ltd.

3 donors contributed towards the food expenses from Dec 27th to 29th namely, Mr. Jeya Satchthanathan, Mr. & Mrs. Suntharalingam & Mr. & Mrs. Navaratnam.

Groceries and Provisions were purchased and a team of 14 volunteers/well wishers from Colombo were involved in the cooking. Most of the cooking was done at 4, Pinto Place, Colombo, 6, under the supervision of Mrs. Vasugi Anandkumar. Tea was also provided 3 times a day. There was no staff involvement in this cooking operation as they needed a well deserved break.

The accommodation was provided free of charge in a school hostel. This was arranged through personal contacts. This facility was provided specially for GOCF and PCV.

### Places visited by Children:

1. Colombo Zoo - The children were not charged an entrance fee based on the certain documentation and it was accepted.

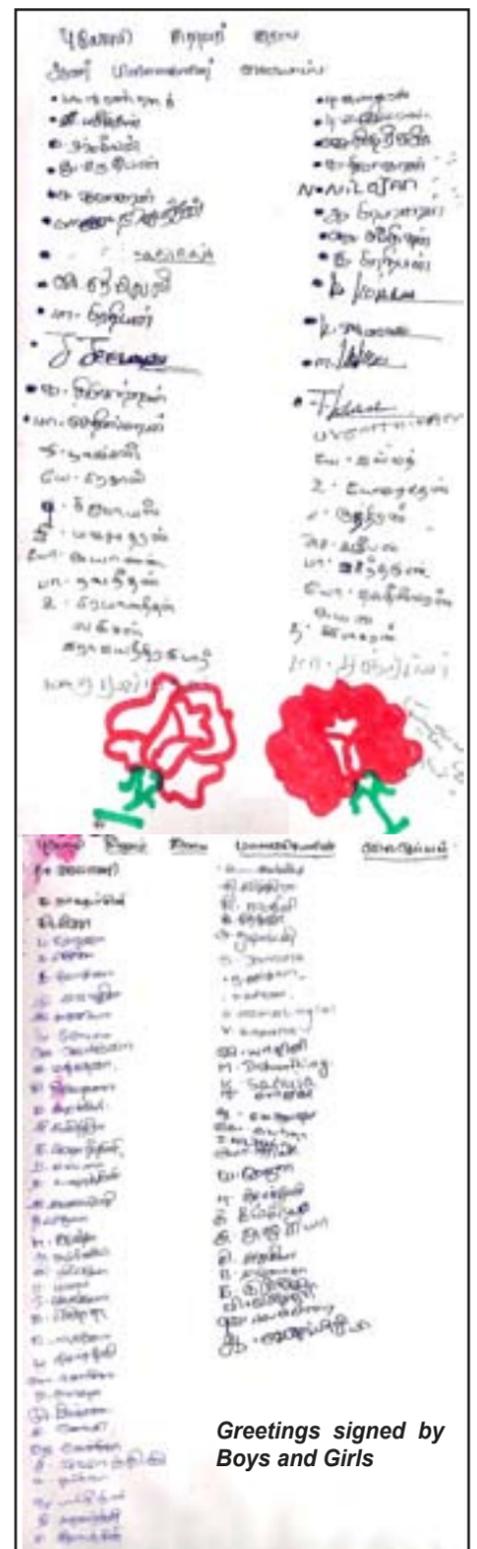
It was an excellent learning experience for the children. The management also pledged to recruit girls from GOCF employment training centers. The management also stated that they were very keen to start a factory in Jaffna, but have not done so due to lack of infrastructure facilities. No proper roads to transport raw material and finished goods. No proper water supply system. No proper electricity system. The factory is owned by Mr. Aslam, a former student of Dr. B. Anandkumar.

The Children were provided with refreshments and snacks, and the children spent more than 3 hours in the factory, and refused to come out early.

The Management also pledged to help upgrade the GOCF Employment Training Centers by sending experts to Jaffna to train the trainers and also to provide advanced zig zag sewing machines.

4. UNILEVER - The Children were provided with a gift pack, and again they had a marvelous learning experience.

5. Plastic recycling factory - the children were amazed at how refuse plastic bottles were recycled into material which was used to make bristles for all types of brushes. The end product was exported to USA. The



Greetings signed by Boys and Girls

## SHORT STORY

## Politics, News and Death

Original in Tamil by S. Akilan

English version by Thuraiyooran

He and I are the only ones in that room. I was thinking of ways to stop him from speaking about it. I started speaking about a lot of other unwanted matters, to distract him from thinking about it. While doing so I was also searching for new matters to speak about. He attempted to say something. Even though I noticed the contortion of his face, I never gave a chance for him to speak, by continuing my speech nonstop like a mad fellow. I felt guilty in not giving a chance to vent his feelings by shouting out and crying.

When I think of it, I too felt like shouting. But realized that I will not be able to console him, as I was also in that mourning mood. He was a representative of unwanted and unreasonable deaths.

Death always leaves something behind to remember it. Grief, crying and shouting are some of the symbols of death. Everyone is very keen to live. Even after enjoying the virtues and vices of life, everyone wants to live beyond hundred years like the Japanese. We dream of better things to come.

Death and its fear are the unknowns lingering with everyone. No one likes to go over the wall of death.

His feelings were of a murderous situation than that of a natural or suicidal death. Tears were flowing down from his eyes as he remained silent. I realized that the moment, which I tried my level best to stop, has arrived. He suddenly burst out crying with intermittent babbling and sobbing. They pierced my heart like arrows. I silently listened and felt his hopelessness and anguish.

He lost his aunt, two cousins and two uncles in a second. He had no enmity with the Srilankan Airforce or with the 18 bombs they dropped down on his family. They dictated death to them. The smell of death rose high from Thiruvai yaru property in Kilinochchi.

He lost his Aunt, Two Cousins and Two Uncles.

After a few hours of this unfortunate incident the smell of their deaths spread around the world as a News, information, politics and grief. Their death was told all over the world over the telephone.

In a customary way this news was passed on to him,

“Your aunty got injured”  
“What happened?”

“Airforce Planes bombed your area” “As result what happened?”

“Your aunty died”  
“Aiyoo”

From Thiruvaiyaru the smell of death oozed to France, Germany, London and Canada over the phone.

The impact of those 18 bombs created big craters on the land and a thick cloud of smoke arose from it. As the cloud subsided these five deaths were announced in succession.

The phones rang in all their relation's houses around the world and informed their deaths. Deaths were announced like cricket scores.

As they were lamenting over one death the next one was announced. They started to cry for both, when the next one was told. Likewise five deaths were told in succession. They were perplexed as to whom they should lament for and whom they should pacify. They were all wondering as to what to do. They were all in a state of shock.

He was crying and speaking simultaneously. I tried to redirect his attention to some other matters. His grief over flawed and engulfed me too. I never saw him so depressed, since I came to know him. I have seen him cry once or twice before but this time it was unbearable.

I knew all his dead relatives. I came to know them very intimately through the stories he had been telling me.

I still remember the day we visited his aunt in her house. It was a small 10x8 feet room. Cooking and sleeping were all in it. There were lots of pooja articles in her room. When we went in she was praying, so we sat on the bed. The room was filled with incense smoke. I tolerated with much difficulty. Later aunty prepared a delicious cup of Nescafe and it made me to feel, that it was worth the trouble of waiting in that smoke filled room.

He used to talk to me about his aunty more than about his mother. Aunty was the only controller for him. So I was trying to form an image of his aunty by trying to recollect two or three times, I met her in Vavuniya. Finally I came to the conclusion that she was the controller for his entire family. Now when I heard that she is no more, I couldn't help feeling the pain of her death.

I felt more sad when I heard the unfortunate fate of his Siththy (Mom's sister). When I was roaming around in Killinochchi in my



bicycle, even in the dead of night, she prepared dinner with fried eggs and pittu. I could smell the scent of it even now. Her husband's words “Don't feel shy, my boy .Eat well” is still ringing in my ears. He is no more.

Siththy lost her husband and her two sons at the same time. I wonder how she is coping with that tragic and unbearable situation. I could still remember the tragic situation of my mom when my father passed away, when we were all young. My mom was devastated by the loss of my father. Our society treated widows with contempt and kept them away from family celebrations. At my Dad's funeral our relations and neighbors comforted her by saying “Don't worry you have your children to help you .It is only a matter of ten years”. But Siththy's situation is really grave .She has no one to help or sup-

port her. I could remember all of them very well. I went to Jaffna to study on a lame excuse and spent most of my time in movie theatres and in the Science Hall tuition house, where I met them and became friends.

They are Saji and Viji. They are neither brothers nor friends. They were a mixture of both. I can still remember the times we had tea and short eats at the cafes in Jaffna. I felt a choking sensation in my throat now.

We shared a room in a house near Perumal Temple .The very thought of this news brought tears in my eyes. Is 18yrs the correct time to die? We use to call Sasi by the nick name of BBC. He had detailed information of who is loving whom, where the lovers use to meet secretly and which teacher is conducting special classes to whom etc. The irony is, his own brother gave him that



nickname. The sad part is their deaths were announced over the BBC that day. This made me to realize how life is going in circles.

Now I looked at my friend. He was tired and silent.

We pacify ourselves by having a last look at the dead body. We take an everlasting picture of that person in our mind by that look. We remember him or her by the complexion, appearance and height. All their activities are remembered by the picture of their body. So the only representation of them is their body. That is why we make it a point to travel long distances to have a last look at the dead body.

But here is my friend, who lost five of his flesh and blood and is unable to see them for the last time. He is only 100 km away from his place .Still he can't travel because the only accessible road, highway nine is closed for public. He does not have neither the chance of seeing their dead bodies for the last time nor to attend their funeral. What a country? You call this your own, where you are not free to attend your own relatives funeral. This affected him more than the sadness of losing his dear ones. He was feeling his inability and hopelessness. He was devastated and desperate. .He started to vent out his feelings in monosyllables among sobs. I could not help, but waited silently staring at him. His grief was gradually turning to anger.

## BOOK REVIEW

## “Smell of Death” by S.Akilan

By: Sivanesan Sinniah  
(Thuraiyooran)

I had the opportunity of reading this collection of short stories in Tamil and found most of the incidents referred in the stories, were real and they reveal the pathetic situations that prevailed during the ethnic war in Sri Lanka. The author who was born and bred in Vanni and lived there during that period, reveals his emotional feelings, very vividly in these stories. A person who experienced the troubles, hardships, torture and death of his kith and kin is the appropriate one to describe those incidents in the form of short stories. Actually we are getting the details from the horse's mouth. His style and the choice of words to describe his feelings, are really touching and in some places bring out tears in the eyes of the reader.

We are seeing a budding writer emerging out of a tragic situation in this collection. I venture to write this review in English so as to bring a global perspective to this collection.

During the war the local media coverage was distorted and foreign media personnel were not granted permission to enter this area. Local newspapers published the censored news supplied by the government authority. This book was published in 2009 and the author moved to India before the final days of the war. So the incidents depicted in the stories were prewar situations. Accounts of incidents during the war are now oozing out in the media .These are important documents that will reveal the human tragedy and crimes against humanity.

In order to give a sample of his work and the power it has on

the reader, I decided to translate some of the stories, which captivated my attention and feelings.

Life is a precious gift given by God to all living things and no one has the right to take away that gift unreasonably, by any means. When an individual is killed by another, the laws of the land punish him or her suitably. But during a war the breach of international norms of war is punishable in the court of law. What happened in Sri Lankan ethnic strife may amount to genocide and if proven the perpetrators may be prosecuted. During the war India ,Pakistan and China have been aiding and abetting and even the world body United Nations ,set up to analyze atrocities of war turned a blind eye and kept mum. But lately things have slightly taken a different turn and we hope that something will come out of it soon.



# Inaugural GOPIO Health Summit: Urgent Call to Action

GOPIO, the Global Organization for people of Indian Origin, issued an urgent call for action for health across the Indian diaspora at their Inaugural Health Summit in New York on November 12-14, 2010. GOPIO is a non-profit, non partisan, secular, community service global organization, launched in New York in 1989 to network, monitor and address the interests and concerns of Indians across the diaspora. The many concerns addressed previously have been mostly social, cultural, educational, economic, and political.

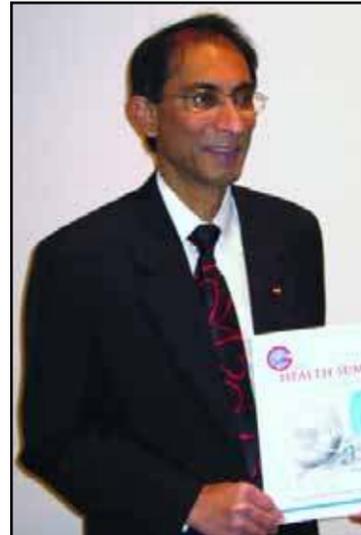
At last year's 20th Anniversary Convention, Toronto cardiologist Dr Rambihar and his daughter Vanessa Rambihar proposed that GOPIO should add health to its mission, because of an increasing health crisis across the diaspora. They raised awareness of a tsunami of chronic diseases like premature diabetes and heart disease, washing ashore across the diaspora, and showed World Health Organization predictions that

health concerns threaten the economic future of India and the diaspora. GOPIO responded to this new concern with the formation of an International Health Council chaired by Sangeeta Ahuja, with co-chairs Dr Vivian Rambihar and Dr Asha Samant, leading to the Health Summit launching the new initiative on health.

The Summit lasted three days and blended Western and Eastern health practices and ideas, including ayurveda, yoga, prevention and community action. The Summit was chaired by GOPIO founding President, Dr Thomas Abraham, with remarks by Guyanese New Yorker Ashook Ramsaran, Executive Vice President of GOPIO International. There were many distinguished speakers, including cardiologist Dr Enas Enas, a global leader in the field, and New York cardiologist Dr Binoy Singh, both passionately speaking about the urgent need for prevention, and Master del Pe, bringing together Eastern

wisdom and Western practicality to transform lives. Awards for outstanding contribution to health were made to Ms Rita Batheja, Dr. Suresh Khanna, Dr. Jatin Shah, the SATHI and SEVAK Projects, with the first award recognizing all pioneers in the field, including Dr Enas and Dr Rambihar. On Sunday, the focus was children's health and wellness, marking "India's Children's Day" on the birthday of late Pandit Jawaharlal Nehru. This included education through novel interactive participation, with singing, dances, games, puzzles and a healthy box lunch, a fitting end to this Inaugural Summit.

Dr Rambihar advocated combining traditional and newer approaches for health, recognizing the biologic, social, economic and other influences and newer approaches to achieve change for health. He reinforced the simple ideas of eating healthy, eating less and exercising more, adjusting for each person's situation and overt and hidden risks. The



speakers discussed nonlinear and amplifying effects from biology, diet, lifestyle and stress that led to the excess premature health concerns, with the need to improve diet and lifestyle to reduce risk factors and their causes, at both the individual and community level. The effects of migration, urbanization and westernization were mentioned, in addition to network connections, showing the importance of friends, families and communities

in achieving health.

Dr Rambihar highlighted the use of social and community actions for health, while emphasizing the importance of policy and institutional changes. At the Summit, Dr Rambihar issued an urgent Call for Action globally, described an Action Plan for Change, and invites everyone to become part of the grass-roots collaboration for health across the diaspora. The Summit was highly successful, representing a historic change for GOPIO, embarking on a health initiative to avert a health crisis, and improve the health and economic future of India and the diaspora.

For more on the GOPIO Health Summit, please search the web and for speeches, please find on You tube.

South Asian Heart

**Contact Dr Vivian  
S Rambihar, MD**

Toronto's first South Asian community cardiologist.

416 438 2100

## Public Libraries - the pride and spectacle of Toronto

by J.J. Atputharajah

Toronto, one of the 'million' cities of the world has 'public libraries as one of its most attractive, useful and remarkable assets. With its 99 branches and 11 million items it has a library system which has turned out to be the world's busiest repository of knowledge, information education and entertainment. It is said that 17.5 million people visit the 99 branches every year and borrow 31 million items. It was first started in 1883 by West Toronto Mechanics Institute. Almost all services are provided mechanically and the public has easily got accustomed to the system. Every branch has its special features and they are classified as neighbourhood branches, district branches, research and reference branches.

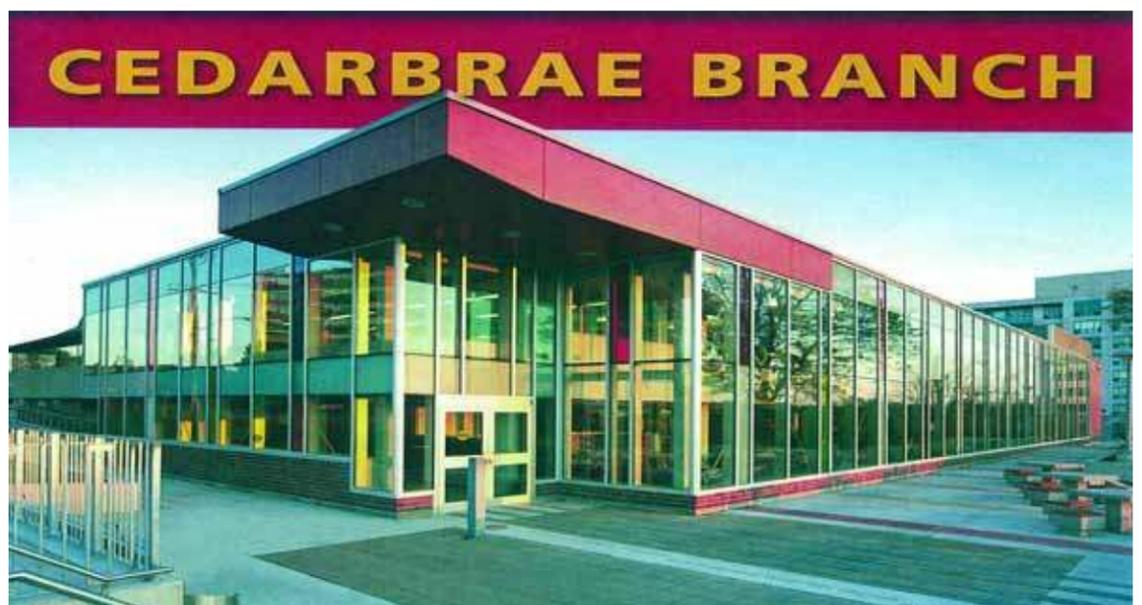
### Services Provided by Toronto Public Library

There are a variety of services provided by the TPL city-wide; they are adult literacy, bookmobile, dial-a-story (children can hear many entertaining stories by phone) and home library service. There are also special facilities for people with disabilities.

Auditorium, theatre and meeting room rentals are other services that promote the arts and avenues for discussions. The library also caters for the needs of research and reference. The Toronto Reference Library is one of the well-equipped libraries in the world. Special collections of books can also be seen at the different locations. The Osborne Collection of early childhood books are housed at the Lillian Smith Library at College, Street.

### Modernisation and Renovation

The TPL is continually revitalised to keep abreast with the times. Most services are electronically operated. The internet access including e-mail access is available in every branch. New books and other materials are added every month and users are made aware of the additions through the web-site. The infrastructural facilities are also renovated regularly. The Cedabrae Branch that was renovated and opened recently is a good example. It is situated in a highly populous area in Scarborough and it has a collection of 110,000 materials. It has 62 public access com-



puters, free Wi-Fi, CD listening stations, computer learning center and collaborative learning studio. Multilingual collections are a special feature. The Kid stop is another novel feature of the library with a rich interactive center where parents and caregivers learn about pre-literacy skills in their children. The children who live around the library are the ones who are going to benefit by these services. The library with its 31,500 square feet of space appears to be a resounding example to the growth and development of the library system in Toronto.

### Shortcomings and Needs

The public should be more responsible in making the best use of the libraries. The supervisors and workers in the library should be vigilant and alert to maintain good reading environ-

ment in the work-place. There are teen-agers who gather round in libraries and consider it as an amusement park defeating the very purpose for which they are provided. Some even indulge in vandalism. Kids crowd round computers making noise without caring for other readers. Some times kids play computer-games in computers meant for adults while they stay waiting for their turn to use them. Kids are not limited to the facilities meant for them but use the computers meant for adults for their fun and past times. The library staff should take a more supervisory stance to correct these kind of wastage of public treasures. Vigilant supervision is essential in every library.

### Toronto's Cultural Treasure-Troves

The library's are the Treasure

troves of Toronto. Like the educational institutions they are the systems which help the people to get cultured and modernised. They give them variety of facilities to make the best use of their free time. Libraries have the power to produce 'material happiness, mental joy and spiritual delight; they are social institutions charged with the duty of providing the means for perpetual self-education of one and all; and then contribute to circulation of ideas, the harnessing of leisure, the demands of democracy, the spread of literacy and the success of commercial and industrial enterprises. Toronto's magnanimous future is possible if its citizens make the best use of the various facilities provided by it to good use.

# Stress is Not of Work

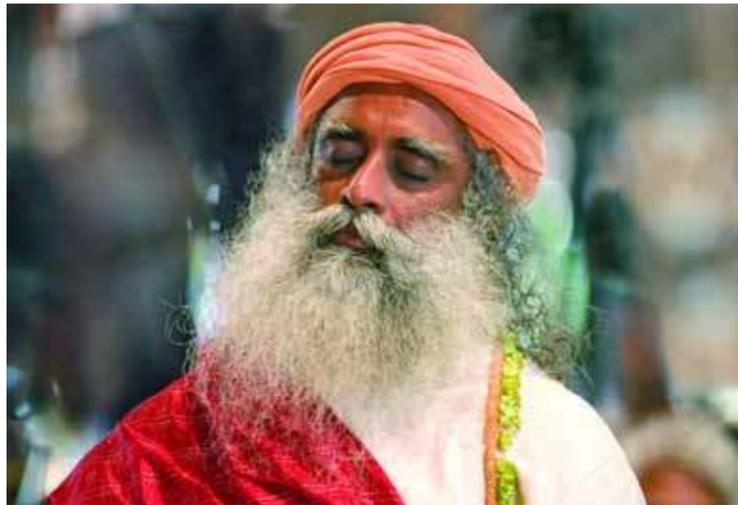
When I first landed in US a few years ago, one word that I heard everywhere was stress management. Why would anybody want to manage their stress? I can understand if you want to manage your money, your business, your family, your property. But why would anybody want to manage their stress? It is because you have established a whole culture of believing that stress is a part of your life.

Stress is not a part of your life. It is not the nature of work that you are doing which is causing the stress; it is just that you have no control over your systems. You don't know how to function smoothly within yourself. That is why you are stressful. Have you seen, in many situations, one person would be very stressed out and another person would go through it effortlessly? So stress is not coming because of the situation. Stress is coming because of your inability to manage your inner situation. If your mind, your body and your energies could take instructions from you, and behave the way you want them to behave would you make yourself stressful, no matter what is happening around you?

You are making yourself stressful because you have not kept control over your fundamental faculties within you. If you could experiment, if you keep your palms facing down and breathe deeply you will see

breath will happen one way. If you turn them around, face them up and breathe you will notice your breath will happen in a different way. If your palms are facing down the maximum expansion and contraction will be in your diaphragm. If you turn them over it will be higher up, in the chest. So just turning your palm over, the very way you breathe is changing. This is not just about your breath, the very way your energies function in the body is changing.

Your body, your mind, your emotion, and your energies - these are the vehicles through which you are traveling through your life. Without any understanding about it, without any control about it, without any subjective experience about it you are trying to live your life; it is an accidental existence. When you exist accidentally, if you manage to get somewhere in life it would be an accident. So you need to do something about this, you need to get a grasp of your body, mind, emotion and energy. If this does not happen you will live life by accident. You will always hope the situations would work out well. If you are seeking to expand the scope and play your life, if you are seeking challenging situations, then you have to do something about the way you function. Challenging situations means you want to face situations that you have no clue about. If you are



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

going to get stressed naturally you will avoid those situations. When you avoid those situations you will naturally avoid all the growth possible for your business and for yourself.

When you fine-tune yourself to such a point that the fundamental faculties function so beautifully within you, naturally the best of your abilities will just flow out of you. When you are happy, your energies always function better. Do you see that when you are happy you have endless energy? Even if you don't eat, if you don't sleep, it doesn't matter; you can go on and on. Have you noticed this? Just a little happiness would liberate you from your normal limitations of energy and capability.

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

Sadhguru J. Vasudev is a contemporary mystic rooted as strongly in worldly and pragmatic matters as he is in inner experience and wisdom. Named one of India's 50 most influential people,



he has addressed prominent global forums on issues as diverse as socio-economic development, leadership and spirituality. He has served as delegate to the United Nations Millennium Peace Summit and the World Peace Congress and has been a special invitee to the World Economic Forum (2006-2009), the Australian Leadership Retreat (2006) and TED (2009).

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

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

## A stunning eclipse after 372 years

By: Kapilan Sachchithanathan

On Tuesday December 21 of 2010 a stunning event had taken place. Well you ask where? Outer space, of course.

After a wait of 372 years, sky gazers were in for a special transcendent treat when the winter solstice coincided with total lunar eclipse on Tuesday.

Occurring at 6:38 p.m. eastern Tuesday, the 2010 winter solstice marks the official beginning of winter in the upper hemisphere (northern hemisphere). The shortest day of the year boasts the year's longest shadows and fewest daylight hours. Tuesday was the shortest day of the year as people living on the northern side of the equator celebrated winter solstice.

The last time the two astronomical events occurred was on December 21, 1638. The eclipse could not be seen in India as it occurred during day time, but astro-lovers could see the full moon turning into a delightful shade of coppery-red from Europe, West Africa, the Americas, the Pacific Ocean, eastern Australia, the Philippines and eastern and northern Asia. "Even I was shocked to see this. I was at this place somewhere in Scarborough and when got out of my car the moon was so huge and I was like cool. Then ten minutes later the moon was so small compared to when I saw that big orangish brown moon."

The entire lunar eclipse will be best seen from



North America and western South America. In most of Europe and Africa, the moon will dip below the horizon in mid-eclipse.

You ask why the moon turns reddish during lunar eclipse?

Earth's thick, dust-filled atmosphere filters the sunlight shining through it, resulting in the rusty hue of a total lunar eclipse and is the same reason the sun looks reddish during sunrises and sunsets. The moon's color during a lunar eclipse can vary from dark gray to blazing orange, according to the amount of dust in Earth's atmosphere at the time.

## GOD IS LIGHT

I saw the sea and thought  
Its power was the power of God.  
I heard its roar and saw  
Its might, the ceaseless motion  
And it seemed to me  
The power was of God.  
I saw the mountains,  
The awe-inspiring peaks,  
The rugged immensity that  
Seemed changeless eternal;  
And it seemed to me  
The power was of God.  
I saw the earth, our mother,  
I saw her gifts, the fruits  
And the flowers, the grass  
So green and good  
And it seemed to me  
The power was of God.

I saw the sky, our canopy,  
I saw its gift, the floating  
Clouds; it is a screen  
From the scorching sun  
And it seemed to me  
The power was of God.  
  
?Oh! God,? I said, ?I see  
Your power in the sea  
So vast, in the mountain  
So tall, in the beautiful earth,  
In the sky, a delight.  
But what are You, my God??  
?You can know me in the light of  
love;  
I am formless, faceless,  
Ever present, ever lasting,  
A power, more than a power.  
For You, I am the light!?

-By Betty Paul Thottam.

An excerpt from the book "Living with God"  
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for information contact [www.thoughtsanctuary.com](http://www.thoughtsanctuary.com),  
[thought.sanctuary@gmail.com](mailto:thought.sanctuary@gmail.com)



Photo caption: Ketan with his daughters Radha (5), Veena (2) and Maaya (8 months)

## KETAN PANDYA FINISHES REGIONAL CHAMPIONSHIP FINAL TABLE

In December 2010 Ketan Pandya of Piscataway, New Jersey finished third in the World Series of Poker (WSOP) Circuit Regional Championship in Atlantic City.

Ketan Pandya, Born in New Delhi, India moved to the United States at the age of 14 and studied Rutgers College of Engineering where he double majored in Electrical and Computer engineering in 1999. Ketan worked in the financial industry right after completing University, initially as a programmer and now as an App Development Manager. He entered nuptial bliss in 2002 and has 3 adorable daughters Radha (5), Veena (2) and Maaya (8 months).

Ketan Pandya Started playing poker recreationally two yrs ago and finally some good results in 2010 a big win online for 300k and most recently came 3rd in Harrahs Eastern Region championship for \$160k which will be televised. Ketan considers 2010 as his luckiest year due to the birth yr of Maaya who coincidentally was conceived in Las Vegas last yr.

Ketan's full-time job as an App Development Manager precludes him from extensive travel for live poker tournaments, but he plans to head to Las Vegas for the annual World Series of Poker (WSOP) in 2011.

The World Series of Poker (WSOP) is a

world-renowned series of poker tournaments held annually in Las Vegas and, since 2005, sponsored by Harrah's Entertainment.

The winner of each event receives a World Series of Poker bracelet and a monetary prize based on the number of entrants and buy-in amounts. Over the years the tournament has grown, both in the number of events and the number of participants. Each year the WSOP culminates with the \$10,000 no-limit hold'em "Main Event", which since 2004 has attracted entrants numbering in the thousands. The victor receives a multi-

million dollar prize and a bracelet, which has become the most coveted award a poker player can win. The winner of the World Series of Poker Main Event is considered to be the World Champion of Poker. In an interview with Poker web portal pocketfives.com, Ketan Pandya explained about Indian culture and playing poker. "If I had to talk about poker to older generation relatives, they might look at it in a bad way. I don't think they understand that you can do it as a profession and that it's not traditional gambling. It's just getting them to understand that," Ketan Pandya pointed out.

## Tamil Cultural & Academic Society of Durham



### Trip to the soup kitchen

By: Danusha Vinoraj

Thursday, December 23rd, 2010, the youth of the Tamil Cultural and Academic Society of Durham (TCASD) made a trip to downtown Toronto. There, they volunteered at least 4 hours of their time at Good Shepherd Ministries Soup Kitchen. After eating a soup kitchen meal with the other volunteers, the youth got to work. Half spent time in the kitchen preparing the meals which included sandwiches and meat. They then served the meals to any needy folk that came into the centre. Many of the youth were astounded by the sheer number of individuals that required food and the number of times they came back for seconds despite the foods appearance. It definitely gave them a greater appreciation of what they had at home.

The other half of the youth spent their time labelling food containers and then sorting donated soap and shampoo samples that people had used at hotels. There were a large number of samples that required sorting, but it would support the large volume of homeless and needy that come into the facility each day to use the showers. The soup kitchen also offers a mass service and bed registration at night. The thankfulness for everything they are provided with at home became very evident by the time they had finished volunteering

there that afternoon. All the youth were very proud to have helped out and agree to continue to in the future.



### Singing Carols at City Hall

By: Sigogini Sivarajah

TCASD has recently formed a choir and they first recited at the Pickering City Hall for "Make a Joyful Noise". The participants

varied from children aged 4 to 17. As most of the older children sang most of the lyrics of the carols, the younger children performed with actions and as background singers. The group had sung four original Christmas Carols: We Wish You A Merry Christmas, Rudolph The Red Nosed Reindeer, Jingle Bells, and Santa Claus Is Coming To Town. After their performance, the audience was surprised that it was the group's first appearance on stage. The City of Pickering had presented a certificate of appreciation and a beautiful Christmas ornament.

## TCASD Family Holiday Party

Article By Danusha Vinoraj

On Saturday, December 18th, the Tamil Cultural & Academic Society of Durham (TCASD) held a family Christmas party for its member families. The event was held at St. Andrews Community Centre with over 25 families present. It was definitely a complete success. The youth of the organization planned all of the games, and food services. They even had a special entrance with sparklers to bring in the food, and then Santa. They also all had striking red outfits as

Santa's helpers, and were very enthusiastic in involving everyone in the celebration.

The children were kept plenty occupied playing games like musical chairs and tongue twisters. Many of them repeatedly mentioned how much fun they were having and loved being able to meet up with all of their friends. Parents were also very pleased. One mother mentioned how she loved that her "son was able to participate in the games and meet new children his age". It was a great celebration to bring an end to a great year for TCASD.

In addition, the event was also able to bring in tons of toy donations. Each family was asked to bring in a toy to be donated to the CP24/CHUM FM Christmas Wish Toy Drive. The drive was a huge success with over 30 toys collected. Everyone's generosity was



most greatly appreciated. These toys have been donated to benefit underprivileged children during Christmas. The youth are also going to be conducting a number of other charitable efforts such as volunteering at a soup kitchen, collecting clothes for victims of domestic violence, performing at nursing homes, and raising money to support MADD. The care our organization brings out in everyone is truly boundless. All in all the families were all thanked with an amazing array of dinner options and deserts. They were also able to dance at the end of the night to a fun and lively song selection. Everyone certainly had the time of their life and TCASD couldn't have asked for a better gathering. Good music, good food, and good company were all that was needed for this success. We wish everyone a very safe and happy holiday!

# RBC announces \$42,000 grant to recognize Rouge Valley Health System Shoniker Clinic

Funds made possible through RBC's commitment to children's mental health

RBC announced on Dec 13th that Rouge Valley Health System is one of 78 organizations from across the country to receive an RBC Children's Mental Health Project Grant. Rouge Valley Health System's Shoniker Clinic will receive \$42,200 to provide funding for its Children and Adolescent Mental Health program.

The RBC Children's Mental Health Project is a multi-year philanthropic commitment to programs that reduce stigma, provide early intervention and increase public awareness about children's mental health issues. One in five Canadians will experience mental illness during their lifetime and many of these disorders begin in childhood or adolescence.

"It is unacceptable that many Canadian children who need mental health services never receive them," said Mark Beckles, regional vice president, RBC Royal Bank. "We are proud to support the

work of Rouge Valley Health System. By creating and providing parents and health care professionals with access to a network of trusted sources, we are determined to help reduce the stigma of mental illness."

Through the project, RBC will create a network of organizations and experts in children's mental health field that are trusted sources of information for parents and caregivers who may not know where to turn to for help. This network will include the RBC Children's Mental Health advisory panel, made up of nine mental health experts, as well as the grant recipients, which currently includes over 78 hospitals and health care organizations across the country that are specialists in mental health issues, related to children.

Rouge Valley's Shoniker Clinic offers outpatient mental health treatment for children up to the age of 18 living in the Scarborough, Pickering and Ajax



communities. Julie Kish, Manager, Child & Adolescent Mental Health and Crisis Program at Rouge Valley Health System explains, "We are extremely grateful to the staff and customers at the Royal Bank for their dedication to the emotional well-being of the children in our community. The Shoniker Clinic will be using this generous donation to facilitate a series of workshops aimed at providing parents, educators and other community members with vital information on a variety of children's mental health topics.

The RBC Children's Mental Health Project is the cornerstone

of RBC's 'health and wellness' donations program. Since 2009, RBC has donated more than \$3.5 million to over 75 community-based and hospital programs across Canada. Grant applications will be accepted year-round from eligible organizations. For more information, visit <http://www.rbc.com/childrens-mentalhealth>.

Mark Beckles, RBC's Regional Vice President for Scarborough/Pickering/Ajax; Angela White, RBC's Regional Manager, Small Business, Scarborough, Pickering, Ajax; Julie Kish, Manager, Child & Adolescent Mental Health and Crisis Program, Rouge Valley Health System; Chad Hanna, President and CEO, Rouge Valley Health System Foundation; Amelia McCutcheon, Vice President Acute Care Services, Rouge Valley Health System.

Rouge Valley Health System Foundation — Enhancing Care in Our Community



The Rouge Valley Health System Foundation's mission is to partner with the community to invest in superior healthcare at Rouge Valley Health System. The Foundation raises funds to support the purchase of leading-edge medical equipment and support major capital expansion projects.

### About RBC

Recognized among the world's financial, social and environmental leaders, RBC is one of Canada's Best Diversity Employers, one of Canada's 50 Most Socially Responsible Corporations and one of the Best Workplaces in Canada. In 2009, RBC contributed more than \$105 million to community causes worldwide, through donations of more than \$52.6 million, and an additional \$52.5 million in sponsorship of community events and national organizations.

## Rouge Valley arrhythmia program grows Electrophysiologist is one of only three in Central East LHIN

Arrhythmia management services at Rouge Valley Health System (RVHS) have grown with the addition of a new electrophysiologist (EP), Dr. Bhavanesh Makanjee.

EPs are cardiologists who specialize in the diagnosis and treatment of abnormal rhythms of the heart. Dr. Makanjee has started seeing patients at both of RVHS' two hospital campuses in east Toronto and west Durham.

"We are pleased that Dr. Makanjee has joined our cardiac care program. His special skills support the growth of the program, giving our patients the treatment they need close to home. Dr. Makanjee builds on our commitment to leadership in cardiac care," says Dr. Joe Ricci, medical director, cardiac care program, RVHS.

RVHS offers a comprehensive pacemaker and implantable cardioverter-defibrillator (ICD) service, which consists of evaluation, implantation and follow-up for ongoing management of patients and their pacemakers or ICD devices. Other arrhythmia management services include: electrophysiology studies and ablations; Holter monitoring (24 and 48 hour); continuous loop recorder and electrocardiograms. RVHS arrhythmia management services can be accessed through the arrhythmia clinic located at the Rouge Valley Centenary campus.

Before the addition of Dr. Makanjee, RVHS could only pro-

vide services for a portion of arrhythmia patients in the region. Many patients previously had to travel to other healthcare facilities for this care. RVHS electrophysiologist Dr. Amir Janmohamed says, "We hope to continue to increase the number of cardiac electrophysiological procedures that we carry out locally, in keeping with our desire to provide care for our patients close to where they live and work."

Dr. Makanjee says, "I'm committed to my patients, and passionate about the arrhythmia services offered in the cardiac program. Electrophysiology is a team sport, and there are very exciting times ahead in terms of what we'll be doing."

Originally from South Africa, Dr. Makanjee is one of only three EPs in the Central East Local Health Integration Network (CE LHIN). It is RVHS' leadership in arrhythmia management, and the growth of the program that attracted Dr. Makanjee to the community hospital. "I felt that Rouge Valley was on the cusp of developing an exciting arrhythmia service. This role allows me to practice my skills in complex device implantation, and to practice a variety of arrhythmia skills," says Dr. Makanjee. Dr. Makanjee completed his undergraduate degree and clinical training at the University of Natal's Nelson R. Mandela School of Medicine, South Africa. Dr.

Makanjee was a senior cardiology resident in cardiology at Groote Schuur Hospital, Cape Town, home of the world's first cardiac transplant. He has also worked as an internist at the following United Kingdom hospitals: Weston General Hospital, North Somerset, England; Queen Elizabeth the Queen Mother Hospital, Kent, England; Derriford Hospital, Plymouth, England; and Mid Ulster Hospital, Northern Ireland.

He also has post-graduate degrees in internal medicine and cardiology in South Africa, the United Kingdom and Canada and has received various scholarships and academic awards. Most recently, Dr. Makanjee completed his clinical and research cardiac electrophysiology fellowship at University Hospital, part of London Health Sciences Centre in London, Ontario. Dr. Makanjee is married and has two children: a seven-year-old daughter; and five-year-old son. As the designated regional cardiac centre for Scarborough and Durham, Rouge Valley's cardiac care program is home to a comprehensive range of cardiac services. Everyday at its two hospital campuses, a highly-qualified and experienced staff and physician team deliver excellent cardiac care to patients from local and surrounding communities. Learn more about the program at [www.rougevalley.ca/cardiaccare](http://www.rougevalley.ca/cardiaccare).

## More for senior care, more for heart patients It's all featured in RVHS's staff and community magazine - Echo



A new restorative care unit and expanded arrhythmia management top the news in Rouge Valley Health System's bi-monthly magazine.

Fresh off the presses and online, Echo features 12 pages of hospital issues and achievements of interest to the community, patients, doctors, staff and volunteers of the two hospital campuses, in west Durham and east Toronto.

The new 20-bed restorative care unit will open in the new year to support mostly frail and elderly patients getting in condition to return home. Read more about this new patient unit on the seventh page of the Echo.

The Rouge Valley Health System (RVHS) arrhythmia management program has recently expanded its services thanks to

the addition of cardiologist Dr. Bhavanesh Makanjee, who specializes in electrophysiology. Read more about him and the program on the cover of the Echo. It's all part of the Central East Local Health Integration Network's designation of Rouge Valley as the regional cardiac centre for Scarborough and Durham. Learn more about the program at [www.rougevalley.ca/cardiaccare](http://www.rougevalley.ca/cardiaccare).

The Echo also has news on the RVHS Foundation's Buy A Bed fundraising campaign and the Image is Everything MRI campaign.

The Echo is mailed to physician offices and community organizations in east Toronto and west Durham. It is also publicly available at [www.rougevalley.ca/community\\_news](http://www.rougevalley.ca/community_news).

# Sri Lanka COCONUT farmers to get subsidies amid high prices

Sri Lanka's coconut farmers, who are now perhaps getting the highest prices in the world due to agriculture protection, are to get tax payer support in the form of a fertilizer subsidy, according to business portal <http://www.lankabusinessonline.com>.

*The report by Lanka Business Online on the matter, further stated:*

## Commodity Bubble

Sri Lanka's coconut prices started to shoot up from around October as palm oil and other commodities started to rise in price due to loose US monetary policy which is undermining the value of the dollar and firing a fresh bubble in food commodities, metals and precious metals.

At the time industry analysts warned that unless taxes were cut on imported palm and coconut oil street prices of Sri Lankan coconut will soon end up at around 50 rupees, about three times the price in other countries.

Though the government cut some taxes on imported oil Sri Lanka's edible oil prices remain higher than the rest of the world, diverting large parts of the fresh coconut production to oil producing.

According to central bank data and industry analysts, oil production has doubled to 70,000 tonnes a year in recent years, consuming 600 million nuts a year.

In October Philippine coconut oil delivery price in Rotterdam was about 1,400 US dollars a tonne or about 155 rupees a kilo. At the time Sri Lanka's ex-mill wholesale coconut oil price was 230 rupees.

Now Rotterdam coconut oil is over 1,700 US dollars a tonne, or about 190 rupees a kilo. But the industry says local coconut oil is over 300 rupees a kilo.



coconut tree

The high taxes on imported edible oil such palm kernel oil (a close substitute for coconut oil which chemically similar) and the cheaper palm olein has kept Sri Lanka's oil prices above the rest of the world in recent years.

## Food Insecurity

But high taxes amplify food prices, when global prices go up.

Analysts have warned that state restrictions on food trade are likely to increase the food insecurity in the country. The problem can

get worse as a tourism boom increases the population.

Sri Lanka's high maize prices due to trade protection have hit the poultry industry, pushing chicken meat and egg prices to unprecedented heights.

Trade restrictions in food also undermine Central Bank monetary policy, pushing up food prices to above global levels. Trade restrictions are wiping out the benefits of tight monetary policy and pushing food prices higher than need be, under Sri Lanka's US dollar pegged exchange rate.

In recent years, landowner, 'domestic

production' and 'import substitution' interests have gained increasing political power, lobbying heavily against the trade freedoms of the poor in particular and benefiting from tax protection.

Critics say as a result such industries have turned into tax arbitrage schemes instead of genuine globally competitive producers.

## Knee Jerk

But the reduction of trade freedoms of consumers and the poor is also backfiring on the producers as the state fought back with ad hoc knee jerk remedies, which also reduces their own liberties.

Earlier this month the government banned the cutting down of coconut trees owned by private citizens, including landowning farmers.

The auction mechanism has also been completely disrupted with produce being distributed among brokers pro-rata, under price control.

Analysts warn that volumes coming to auction will reduce in the future, if this action is continued.

The government has also proposed importing fresh coconut from abroad, where nuts are cheaper.

Fresh coconut imports were not permitted earlier to prevent disease not for trade protection. But the production variations were adjusted through the import on edible oils. Imports of fresh coconuts can increase the threat of disease causing long-term harm to farmers.

Earlier in the year Sri Lanka's desiccated coconut producers proposed a periodically adjusted tax formula to the plantations ministry on edible oils which can keep coconut prices at around 20 rupees a nut.

# India Grappling with Rising Food Prices

by Anjana Pasricha

India is taking a series of measures to reverse soaring food inflation.

Finance Minister Pranab Mukherjee blamed the runaway increase in the price of onions for food inflation jumping to more than 12 percent.

"There has been some upward movement of food items and certain other items in the

The government also scrapped import duties on onions, and announced it will purchase onions from neighboring Pakistan, where the price is much lower. The steps helped lower prices marginally

wholesale price index," he said. "Of course the weekly fluctuations take place and one of the reasons maybe the high prices of onions."

Onion prices doubled in recent days, leading to a popular outcry and putting the government on the defensive over its failure to ease rising food prices.

The government blamed an unusually heavy spell of rain in the onion-growing



An Indian worker sits on sacks of onions at a wholesale market on the outskirts of Jammu, 22 Dec 2010

region for ruining the crop, while media reports blamed traders for hoarding onions.

Commerce Minister Anand Sharma

immediately announced measures to ease prices. "A total ban has been imposed on onion exports indefinitely," Sharma states.

The government also scrapped import duties on onions, and announced it will purchase onions from neighboring Pakistan, where the price is much lower. The steps helped lower prices marginally. Onions are the base ingredient of the famous Indian curry and are liberally used in many Indian dishes. They are also a sensitive political issue. Runaway onion prices have been a key issue in past elections. In a country where millions of low income earners can barely afford meat or milk, onions are considered to be an item within the reach of all.

It is not just onion prices that concern the government. Hopes that an ample harvest this year will check rising food prices have not materialized and overall inflation remains high at around seven and a half per cent.

Fuel prices rose nearly six per cent last week. And there are concerns that rising international prices of crude oil could lead oil companies to increase prices further.

Soaring inflation is adding to the government's political pressures. Opposition parties, which held a huge rally in New Delhi this week to protest corruption in the government, said they would also highlight the issue of rising food prices during nationwide protests which they plan to hold in the coming weeks.

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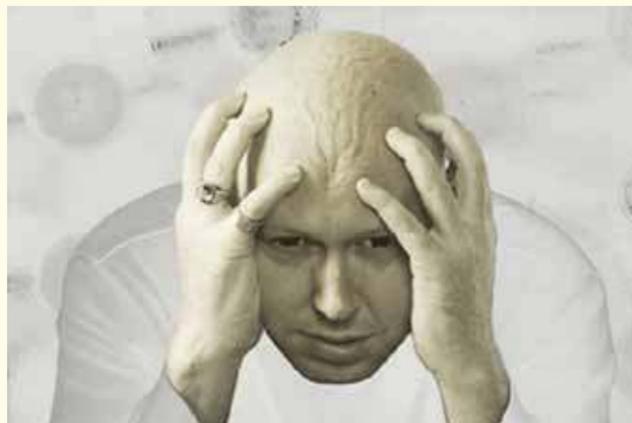
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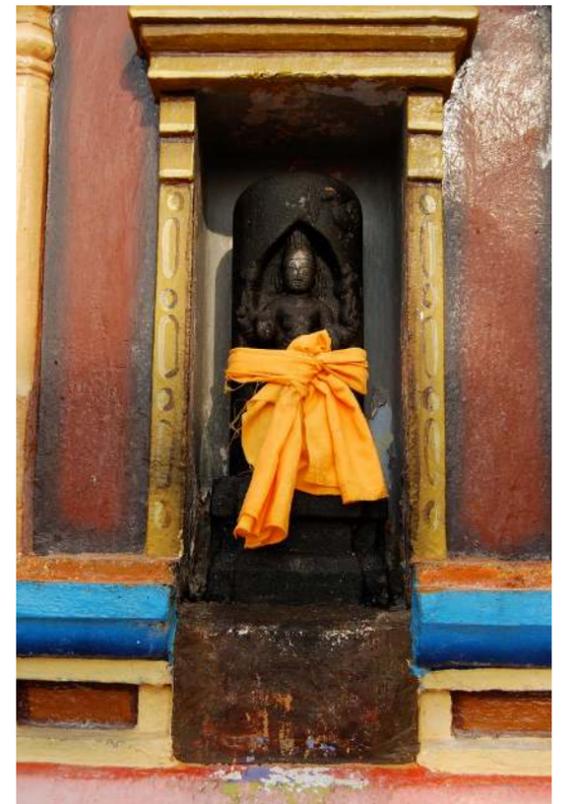
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# Thirukoneswaram

## Trincomalee, Sri Lanka



Koneswaram temple, is an important Hindu temple in Trincomalee, Eastern Province, Sri Lanka. The primary deity is the Hindu god Lord Shiva in the form Koneswar.

Built atop Swami Rock, a rocky promontory overlooking the Trincomalee harbor, the temple has lay in ruins, been restored, renovated and enlarged by various royals and devotees throughout its history. Koneswaram is heralded as a grand seat of Shiva worship in the 6th-7th century CE Tamil hymn canon Thevaram. Its bronze idols from the 10th century CE reflect the high points of Chola art.

Thirukoneswaram is one of the five Eswarems- Sivan temples in Sri Lanka.

Thirukoneswaram is a "Padal Petta Sthalam"-Thirugnanasampanthar Nayanar has sung a series of ten Thevaram compositions.



# Celebrating 10 years of Community Service in Durham



## UNITY IS STRENGTH

Durham Tamil Association is a well known non-profit, non-political and a non-religious

organisation of Durham Region. It was formed in 2000 with the fundamental goal of providing opportunity for Durham Tamil kids, youth and adults to unite and participate in activities that enhance Tamil culture. There are over 150 kids and youth under the age of 18 in this Organisation. In order to promote the value system and to showcase the talents of the children,

Durham Tamil Association is organising various programmes throughout the year.

Our organisation has successfully organized several cultural, community and sports events in the past 10 years. We are also committed to assist and participate in local Durham Region community events and fundraising activities such as Candian Blood Services, Walkathon for the local Hospital, Durham Regional Police Food Drive, Toy Drive to CCAA, Toiletries Drive to Herizon House and other cultural events organised by the City of Pickering, Ajax, Oshawa and Whitby. We have also stretched our hands to help the Jaffna hospital in 2008 by donating a much needed Anaesthetic machine to Jaffna hospital in 2008. Recently we have launched FREE TAMIL CLASSES for Durham kids. It was started with a few number of students in October 2009. Now we have 41 students!

Durham Tamil Association is the proud recipient of the coveted "Pickering Civic Awards". Our Annual Youth festivals (over 100 kids & youth participate annually) our policy is "no child left behind". For membership details, please call 905-428-7007 or visit [www.durhamtamils.com](http://www.durhamtamils.com) for more details.

## WISHES FROM DURHAM TAMIL ASSOCIATION

### UNITY IS STRENGTH

DTA extends their sincere thanks to all their volunteers, sponsors, Monsoon Journal readers for all their support for making 2010 a successful 10th Anniversary for Durham Tamil Association.

Wishing everyone Happy Holidays and Peace on Earth. On behalf of all our children and Youth Committee, we wish you all a Happy, Healthy and a Prosperous New Year 2011. "STAY UNITED AND WE CAN ACHIEVE MORE"

Summary of Events held during the Year from 2009 Christmas

Photo ref: Xmas)

## DTA's TOY DRIVE for CCAA and CHUM FM CHRISTMAS WISH

Durham Tamil Association's women have always come forward to help the needy. They organised a TOY DRIVE for CCAA and CHUM FM CHRISTMAS WISH



DTA's support for CHUM FM TOY DRIVE 2009



DTA's TOY DRIVE 2009 for CCAA and CHUM FM

FOUNDATION last Christmas and collected nearly 65 pieces of packaged toys for both organisations. They also collected food cans for the local Food Bank.

Durham Tamil Association celebrated Tamils' Thanksgiving on January 16th at the Pickering Recreation Complex. The Mayor of Pickering Dave Ryan along with council members from both Ajax and Pickering hosted this colorful function. Children of DTA started the celebration with the prayer

performances, they had a large display that attracted other cultural organizations. The Youth handed out chocolates and information packages to all who were interested in learning about their culture. The event was an educational experience for both the

ple. This free trip funded by the Durham Tamil Association came to an end at 5.00 pm.

## DTA's SUPPORT FOR HERIZON HOUSE 2010



MAYOR Dave Ryan with some DTA YOUTH @ HERI TAGE DAY 2010

community and the Durham Tamil Association. The Durham Tamil Association would like to thank the City of Pickering for their continued support and guidance.

Herizon House is a shelter for abused women and offers free confidential services 24 hours a day. They provide a place for safety, support and hope for abused women and their children.

## DURHAM TAMIL ASSOCIATION's SENIORS TRIP 2010

The Durham Tamil Association which represents the Tamil community in this region was motivated by the desire of it's members to provide some activity of interest to the Tamil Seniors of the Durham region. The result was a

The Durham Tamil Association recently organized a get-together of their women members for a toiletry drive to support Herizon House on Saturday, April 17th. The evening event was hosted by Mrs. Anusha Hariharan at her residence in Ajax. The event was a success with nearly 180 pieces of toiletries collected and to be distributed among those at the

## DTA's THAI PONGAL VIZHA 2010

Thai Pongal Vizha is the most important festival for Tamils around the world. This is celebrated to honour and thank the Sun God, Farmers and the Cattle for giving a good harvest. The

## DTA's HERITAGE DAY - 2010

The Durham Tamil Association, along with their youth, embraced in their culture at the Pickering Town Centre in February of 2010. They shared their cultural values by performing a classical dance called Bharathanatyam. In addition to



DTA Children performing at the PONGAL VIZHA 2010



DTA's SENIORS TRIP 2010

day trip organized by the Association to visit a few places of religious interest on the 27th of March.

The seniors who numbered around twenty-five were driven to the BAPS Shri Swaminarayan Mandir located near Finch & HWY 427 by a Lima Bus. After the pooja at the Temple, the seniors were entertained to a sumptuous lunch at Sayona Foods. The rest of the afternoon and evening was spent at the Richmond Hill Pillayar Temple. They also enjoyed singing Thevarams at the tem-

Herizon House.

The donations were received by Ms. Jennifer Carroll, Administrative Support of HERIZON HOUSE - Ajax. The evening gave the women members a break from their usual household chores and provided fun and laughter in a relaxed atmosphere with refreshments and games.

## DTA CELEBRATED ASIAN HERITAGE DAY

The Durham Tamil Association celebrated Asian Heritage Day in



Pickering Recreation Centre to commemorate the one year anniversary and remember the innocent Tamil victims of the Genocide caused by the Sri Lankan armed forces in 2009.

The vigil was attended by grief stricken Tamils of all ages; toddlers to grandparents. Many dignitaries attended the vigil.

Local media, The News Advertiser appropriately announced to all residents of Durham: "The Pickering Recreation Complex will be full of hope and glowing with candlelight Friday night"

**DTA's HARMONY 2010**

Durham Tamil Association-Celebrating 10 years giving back to the community Celebrating its 10th Anniversary, Durham Tamil Association had a successful fund raising event for the growing

Pickering on Friday, May 28th at the Pickering Recreation Centre with a lively programme consisting of cultural performances. Among those present were city councillor Mr. Doug Dickerson and his wife. The Master of Ceremony was Mrs. Sashi Aravindhan of Arunodhaya Dance Academy. Several residents of Pickering and visitors to the Recreation Centre enjoyed the evening's entertainment.



**DTA's WOMEN for HERIZON HOUSE**



**DTA's YOUNG BOYS & GIRLS Performing At ASI AN HERI TAGE MONTH**

Traditional snacks and refreshments were served at the function.

**DTA's Candle Light Vigil 2010**

Durham Tamils holds a candlelight vigil to remember innocent Tamil victims organized by

number of Free Tamil Classes in Durham by DTA and several Youth and Senior activities, on June 12th Saturday evening at Toronto Don Valley Hotel, "Harmony 2010".

This evening was a sold out event with over 300 guests and dignitaries with entertainment by Durham Tamil youth and a full course dinner. DTA was pleased to



**DTA's CANDLE LIGHT VIGIL**

the Durham Tamil Association, local Tamils held a candle light vigil on Friday

May 14th 2010 at the

recognise the work of our volunteer Tamil Teachers. Among the dignitaries present were MP Mark Holland, MPP, Joe Dickson, Mayor

Dave Ryan, Councillors Doug Dickerson, Renrick Ashby, Bahai Community Director Roland

day lasted till 6 in the evening. Many Durham Regional Dignitaries took part in this fun



**DTA recognizes 4 Volunteer Tamil Teachers at 'Harmony 2010' event**



**Henna painting attracted many visitors to the DTA booth at the CANADA DAY**

Rutland.

**CANADA DAY CELEBRATION OF DURHAM TAMIL ASSOCIATION**

Some of the pictures taken during DURHAM TAMIL ASSOCIATION's participation at both Pickering and Ajax cities' CANADA DAY CELEBRATION 2010.

DTA's Delaney Kandiah painting Henna on visitor's hands at the CANADA DAY Celebration 2010.

Henna painting attracted many visitors to the DTA booth at the CANADA DAY celebration 2010.

**DTA's ANNUAL BARBECUE and SPORTS MEET 2010**

The Durham Tamil Association held its 10th Annual barbecue and sports activity fun day at Paulynn Park in Ajax on Saturday, August 14th, 2010. Many children and adults attended with enthusiasm and participated in a variety of

sports meet with their family. DTA expressed it's sincere thanks to all and to the sponsor of the event Mr. Sinnadurai Mahendranathan, CGA, owner of MP Accounting and Finance Services and his family for their continued support.

**Durham Tamil Association Celebrated its 9th Annual Youth Festival**

Durham Tamil Association's year long celebration of its 10th Anniversary's grand finale was is



**Chief Guests lighting the lamps at DTA's Youth Festival 2010**

its 9th Annual Youth Festival on Saturday, Oct 2nd, 2010 at J. Clarke Auditorium. Over 100 kids and youth participated with an



**Members and friends at BBQ & Sports Meet**

fun sports events including soccer, sack and skipping rope races and much more. The fun filled

amazing performance of Tamil classical musical instruments, music, bharata natyam, comedy

drama, tiny tots dance, and fashion show. It was a true delight for the audience. Local MP's MPP's, Mayors, Councillors, Candidates from Ajax, Pickering,

Whitby and Oshawa all extended their well wishes. TD Bank Port Union, Ontario Power

Generation, City of Pickering was recognised as Community partners of DTA. Durham Tamil Association celebrated its youth festival showcasing that "Unity is Strength" along with many Tamil organisations joining hands to achieve more for all the youth and kids.



**DTA's first annual \$ 1000 University Scholarship Award Recipients PRASHANTH SELVAKUMAR and PRASAANTH GANESALINGAM**

**DTA's UNIVERSITY ENTRANCE SCHOLARSHIP AWARDS 2010**

Celebrating its 10th Anniversary, Durham Tamil Association awards University Scholarships at its 9th Annual Youth Festival, 2010. It has launched the University entrance scholarship awards to those students who have excelled in both academic achievement and volunteer based programmes. Congratulations to DTA's first annual \$1000 University Scholarship Award Recipients Prashanth Selvakumar and Prasaanth Ganesalingam. For more information, please contact Durham Tamil Association at 905-428-7007 or visit [www.durhamtamils.com](http://www.durhamtamils.com)

**DURHAM TAMIL ASSOCIATION's HALLOWEEN SPOOK FEST 2010**

Durham Tamil Association's Youth organised a funfilled but safe and scary Halloween Party for the kids and youth of all ages. It was celebrated at Ontario



**DTA's SPOOK FEST 2010**



**DTA Children posing with their Halloween Costumes**

Contd. in next page...



DTA XMAS - Santa with Beautiful Elves



DTA XMAS - Kids waiting for their gifts

Power Generation on Saturday, October 30th 2010.

**DURHAM TAMIL ASSOCIATION'S KIDS MOVIE NIGHT 2010**

The highlight of the spooky evening was the scary tunnel with



DTA'S KIDS MOVIE NIGHT - 19 NOV 2010

ghosts, witches and goblins. 68 kids under the age of 14 participated with their family. Various activities including face painting, story telling tent, mummy wrapping, cupcake decorating and pumpkin carving delighted the kids. Refreshments and pizzas were served. This free event was funded by Durham Tamil Association. People of all ages had fun.

Durham Tamil Association is a non-profit, childrens' organisation. And to mark its 10th year of success, it organised a fun filled movie night for the children on Friday, November 19th 2010 at OPG in Pickering. Around 50 kids of all ages sat back and enjoyed the Movie Night at The Museum with popcorn, chips candies and juice. The parents expressed their wish to have more movie nights in

the future. This free event was funded by Durham Tamil Association.

**DURHAM TAMIL ASSOCIATION'S ANNUAL KIDS CHRISTMAS PARTY 2010**

Durham Tamil Association's Santa visited all the children of DTA on Sunday, December 5th 2010 at OPG in Pickering. He came with beautiful Elves and gave away gifts to 107 kids under the age of 12 (including 6 Toronto kids).

DTA's Youth organised fun filled Pinata game which was the highlight of the event. Kids also participated in gingerbread decoration, crafts, colouring, snowman decoration etc.

AJAX-PICKERING MPP. JOE DICKSON visited the party and spent some time with the children. Thanks to all the 48 members of the Youth Committee who helped in the success of this massive Christmas Party.

Free Services offered by DTA

**DTA OFFERS FREE TAMIL CLASS**

**FREE TAMIL CLASSES (Ajax-Pickering)**

Durham Tamil Association is proud to support the growing number of Free Tamil Classes in Durham Region. The well known organisation strives hard to promote the TAMIL language among the children of all ages. This FREE Tamil Classes will be held on FRIDAY EVENINGS 6.30-8.30 PM at Pickering Recreation Complex, 1867 Valley Farm Road (South of Hwy 2/Kingston Rd). Please call 905-428-7007 to register your children for FREE TAMIL CLASS-

ES. Also you can visit [www.durhamtamils.com](http://www.durhamtamils.com) for more details.

**FREE TAMIL CLASSES (WHITBY & OSHAWA)**

Durham Continuing Education and the Durham Tamil Association are excited to announce that Tamil Language classes are now available in Whitby on Wednesday evenings from 6:00 to 8:30 PM at Anderson Collegiate, 400 Anderson Street, Whitby, Ontario, L1N 3V6

To Register online, please visit [www.dce.ca](http://www.dce.ca) or you can call



Durham Continuing Education at 905.436.3211 or 1.800.408.9619 or DTA 905.428.7007

**DTA's FREE BASKETBALL SESSIONS**



BASKET BALL GAME for YOUTH- JAN 2010



DTA's BASKET BALL SESSION for KIDS

Durham Tamil Association has been successfully funding the FREE BASKETBALL

SESSIONS on last Sundays of every month for kids of all ages. It is happening at the EAST SHORE COMMUNITY CENTRE (Gym) on Liverpool Road and Bayly. This free basket ball play session starts at 5:00 pm and lasts till 9:00 pm. Please call 905-428-7007 for more information.



DTA's TAMIL CLASS STUDENTS with City Councillor MR.DOUG DICKERSON and his wife

**DURHAM TAMIL ASSOCIATION'S UPCOMING EVENTS**

Durham Tamil Association cordially invites everyone to celebrate

**THAI PONGAL VIZHA 2011**

The Tamils' Thanks Giving Celebration starts at 6:00 pm on Friday, Jan 14th, 2011 at Ontario Power Generation (OPG)

1675 Montgomery Park Rd, Pickering, (Brock Rd and Montgomery Park Rd)

All are Welcome to enjoy the kids performances

To register for more Youth and Senior activities for 2011

**Please Call : 905-428-7007**

or visit [www.durhamtamils.com](http://www.durhamtamils.com)



By Saba-Thambi

Saturday, 11th of December 2010 has been a special occasion for the members of the Tamil Christian Congregation of Western Australia (TCC) as they celebrated their 25th carol service in Perth. The carol service was held at the Maylands-Mount Lawley Uniting Church at 5.30 pm.

The inaugural carol service as the Tamil Christian worship group, under the Tamil Association of Western Australia, was held in December 1986 at Bentley hall. A handful of Christian families and a few Hindu friends of the Tamil Association assisted in holding the first Carol service. Currently the TCC membership has around fifty families who have migrated from Sri Lanka, South India, Singapore and inter-state and who belong to all the denominations of the Christian faith including Anglican, Baptist, Catholic, Evangelical, Methodist and Pentecostal churches. The TCC meet for worship on the first Sunday of each month at the Osborne Park Uniting Church.

The current President of the TCC Mr Michael Kirubarajan Richards thanked the Tamil Association for their initiative and help given to the Tamil Christians in the formation of a worship group. In his opening speech, he remarked that there was a necessity to have a Tamil worship group outside their homeland as many of the Tamils who migrated to Australia at that time were affected in the July 1983 civil riots in Sri Lanka.

The President also mentioned that his wish for the future would be that the younger generation of the Tamil Christians take over the reins of the TCC towards the fiftieth carol service, and thanked the Almighty for the blessings showered upon the Tamil migrants.

The Order of Service comprised the adult choir, youth instrumental medley, Sunday school children's item, a solo by Mrs. Geetha Gunaratnam, prayers, Bible reading and a sermon. The Sermon was delivered by the Riverton Baptist church Pastor Colin Meadows. The music accompaniments for the carols were provided by the youth and the adults of TCC. Mr. Raman and Mr. Prabhakaran Samuel, two tireless non-members of the Association played the percussions and violin respectively, as they have done many times previously. The Service was well attended by about two hundred people including the members,

# Tamil Christian Congregation of Western Australia celebrates 25th carol service

Hindu and Australian friends of the Tamil Christian Congregation.

The Bible readings were taken from the book of Isaiah chapter 9 and a Gospel reading. Pastor Colin Meadows delivered the message with a slide-show presentation of Bethlehem he visited few months ago. His message was informative with the parallel showing of the bible verses with the photos of the sites mentioned in the bible. The presentation started with a picture of

years of the church history. The entrance door was so small and one has to kneel down to enter the church hence the message "humility". The service concluded with the Benediction delivered by Pastor Meadows.

At the end of the service, the president asked the congregation to join the members for a fellowship at the church hall. At the fellowship, the President invited the senior members of the TCC Messrs Stanley Sinnadurai and R



Bethlehem, viewed from Jerusalem which is currently a part of the Palestine region. Bethlehem is situated approximately 9 kilometres south of Jerusalem. Then the slides moved on to the burial site where Rachel, Jacob's wife, was buried at the birth of Benjamin which then followed on to show where Naomi and Ruth chose the place of Bethlehem and then on to the Nativity church where Jesus was born and a view of the place believed to be where the manger was. He also mentioned that this was the longest functioning church in the world from the 4th century.

The church remains untouched even today and Christians still continue their worship there. The church is currently shared by three denominations of Christians. The presentation concluded with a picture named the "door of humility" at the church, which is the entrance to the Nativity church.

The door has been purposely made smaller to avoid the soldiers entering the church in the early

Vijayasekaran to cut the 25th Carol service Cake. Mr Stanley Sinnadurai and Mr R Vijayasekaran and the late Mr N S Rathinasingham had been the steering committee members of the then Tamil Christian worship group of the late eighties until it became an independent body of Tamil Christian Congregation of

WA in 1991.

As the modest celebrations of the congregation mark the landmark of a quarter of a century in Western Australia, it was also notable that there were a handful of Tamil refugees who arrived at the shores of Australia recently to start their new lives also joined the TCC in its celebrations.

For unto us a child is born,

To us a son is given,  
And the government will be  
on his shoulders  
And he will be called  
Wonderful Counselor,  
Mighty God, Everlasting  
Father, Prince of Peace - (Isaiah  
9:6)

(Photos by Alfie &  
Daniel Jebakumar)

## Greetings from TCASD

First Tamil Cultural and Academic Society of Durham would like to wish all our sponsors' and community supporters, media and our valuable members a very happy and prosperous New Year 2011. We wish the New Year will bring you all much happiness, good health, prosperity and peace.

### Up Coming events:

Please visit our website [www.tamilociety.ca](http://www.tamilociety.ca) for specific information.

Jan 15th, 2011

Thai Pongal Celebration will take place at Ajax Community Centre, HMS room. First will be the Annual General Meeting (AGM) from 5:15 PM to 6:30 PM followed by Thai Pongal Celebration. All members are encouraged to attend the AGM. All current and new members are welcome to the Thai Pongal Celebration.

**Jan 9th- seniors meeting**

**End of Jan - Literacy Day for young children**

**Feb - Health Seminars for entire family**

**End of Feb - Summer Job and Volunteer Fair**

# National Question – Does President Rajapakse mean what he says?

By I. S. Senguttuvan

There were many among Tamils within the Island – and in the significantly powerful diaspora – harbouring serious doubts about President Rajapakse's sincerity in trying to win them into the national fold.

One recalls that charade of Rajapakse speaking a few Tamil words in various fora in the country, in the UN and elsewhere. His ill-considered and knee-jerk reaction where he got a Minister to table as an urgent Cabinet paper aimed at withdrawing the status the national anthem being also sung in Tamil reportedly since 1951 - confirms this was tit-for-tat for the slight he was subject to in the UK when a student body of the 900 + years Oxford University withdrew, at the very last moment, an invitation for him to address them in the December. That it was done by demonstrators - nationals of another country (the UK) more Tamil but Sinhalese and Muslims as well – was hardly impressed upon the long-prejudiced Sinhalese rabble-rousers in the streets of Colombo and elsewhere. Characteristically, the Lankan media – the Sinhala, more specifically – ignored this fact.

This motley group from an array of agit-prop cadres – that now includes 2 Cabinet ministers as well, arguably, promoted more for their history and propensity to break the law and inflame anti-Tamil hatred during times of political stress. That, by the way, has not been in short supply since 1956 needs no reminding. While the official version given for the withdrawal of this revenge-contaminated Cabinet document is because of opposition from 2 Ministers – out of over 60 that included some sheepishly silent Tamil ministers as well. Well-informed circles in Colombo say senior diplomats from countries - whose support Rajapakse needs for the survival of his fastly tottering regime – made it known to Rajapakse this is a counter-productive move at a time the emphasis should be more in inclusion than the opposite this is likely to generate.

Chief Minister – the ageing M.K. Karunanidhi – from the adjoining State of Tamil Nadu – home to 65 million Tamils and kin of the 6 million Lankan Tamil-speaking people - was quick to pounce on the issue within hours. In a quick withdrawal Rajapakse exposed his woeful ignorance of world affairs stating “no country in the world sings their National Anthem in more than one language” Worse was his effort at being economic with the truth when he tried to assure the country he was not the first to commit this faux pas. To support his ill-considered action he claimed “Mrs. Bandaranaike (former PM) “walked away from a function in Jaffna during her time when the National Anthem was sung in Tamil” The chorus of angry denials from the country included one from a highly regarded weekly columnist (Sinhalese) who wrote “This columnist finds it difficult to accept this statement.

Mrs. Bandaranaike was a person

of dignity and integrity. It is unthinkable that she would have walked out when the National Anthem was being played, merely because it was being played in Tamil. Both in her personal and political life, she respected the Tamil language and the Tamil-speaking people, some of whom were her close personal friends.” Demonstrating to the country and the world the jumbo 60+ cabinet is woefully short of even average intelligence street, rabble-rouser and now Minister Wimal Weerawansa committed a form of hara-kiri when he, gathering his full weight of wisdom, said India sings her anthem in Hindi.”

The cumulative effect of all this is the Tamils are unlikely to take President Rajapakse at his word to bring them peace, normalcy and goodwill. Several

Analysts are united in the view the post-May 2009 has alienated the Tamil people from the Sinhala South much more sharply than it ever was in the past quarter of a century. Although the President claimed in Parliament last week a sum of US\$2,129 million has been spent for the re-construction of the North the people in the Peninsula ask where and how this is being spent. Worse, the Oxford debacle - while damaging President Rajapakse in different ways - has helped to bring the Lankan Tamil issue into the global media focus.

Diaspora Tamils wasted little time in bringing forth to the forefront War Crimes and Human Rights charges against the Rajapakse regime. Both in the UK and the USA Tamils gathered in front of such well known stores as GAP, Victoria's Secret, M&S and others urging X'mas shoppers to avoid clothing made in a country where “the hands of the political leadership is soiled by the blood of the Tamil people” These events resulted in 17 US Senators petitioning the Secretary of State Hillary Clinton to place the alleged Lankan atrocities in the forefront of the US Government Agenda. India too is breathing down the Rajapakse's neck they have failed to address the Tamil issue sufficiently. Prime Minister Manmohan Singh, Foreign Minister S.M. Krishna, General Secretary of the Congress Party of India Rahul Gandhi have almost in unanimous language called upon the government to prove their sincerity towards the Tamil people.

The ongoing Lessons Learnt and Reconciliation Commission is very likely to engage the fate of similar earlier efforts is the popular feeling in Colombo. Rajapakse has earned a reputation of patting himself on the back when faced with tough situations by introducing red herrings to save time and hoping matters will solve themselves eventually. But this will not always help. Ban Ki moon, the UNSG is under pressure to act objectively in the Lankan quagmire – now that his own re-election comes to the fore. No surprise, therefore, under attack from several HR and pressure groups in the US – of which IPU



“3-person UN Experts Panel”- Yasmin Sooka, Marzuki Darusman and Steven Ratner with UN Secretary General Ban-Ki-moon & (Pic: Inner City press.com)

remains unrelenting – Moon has found his nerve and has noticed GoSL his Panel of Experts will soon be in Sri Lanka.

GoSL was to go into tantrums against this with the much devalued Foreign Minister – once highly considered academic Prof G.L. Peiris – made the astonishing statement “we will not give them Visas to enter the country” When the pressure mounted on the UN side the regime tried to compromise by declaring “they can come but only to make representations, like anyone else to the LLRC” It is inconceivable for the Government to refuse a Visa to the 3-person UN Experts Panel. They will have to fall in line although face saving measures are being mentioned for the Panel and a team of GoSL officials led by Dr. G. L. Peiris to be held in Singapore or Delhi.

Whereas in the months following May 2009 there was hope and confidence among the people in the Jaffna Peninsula this appears to have fastly eroded. Gun-toting goons in the North and East continue to harass and extort under threat of bodily harm, abduction and often death. The Police look the other way about. Complaints against the army continue.

Senior political leader and government supporter Anandasangaree was forced to take up with the President and his brother – the Defense Secretary the plight of over 20 Jaffna traders who continue to be harassed by the Police for allegedly supporting the LTTE during the latter's heights. The idea behind appears more to extract money from these scared civilians. Pavement hawkers, in addition to pitching camp in Jaffna town, appear to be encouraged by sinister sources to go to Mannar where the prospects for business are virtually nil. People of the area naturally wonder why.

The army going to the extent of warning temples not to peel bells during Pooja time – on the guise of discouraging Maha Veerar Day . This has gone down badly with the Tamil people. The killing of Chief Priest Nithyananda Sharma and the grievous gun-shot injuries to his 2 sons in the popular Murugan Murthy Temple has shattered faith in the government to provide normalcy to Jaffna. The accompanying robbery committed by 2 men in army fatigues and in an SLA motor-cycle

has prompted an apology from Maj Gen Mahinda Hathurusinghe but has in no way reduced the terror in the minds of the people.

Recent gruesome murder of Valigamam Deputy Zonal Director of Education M. Sivalingam (52) in the confines of his own home at Urumpurai - again by men in motor-bikes - has given rise to fear and uncertainty among the Tamil people in the North-East Some Tamil academics point out these 2 incidents may also be connected to the monthly Emergency Regulations debate in Parliament where the State has to provide evidence of the need to continue this much hated set of regulations.

Rajapakse's woes in the South continues to grow unabated. The much predicted Battle in the Kitchen appears must worry the regime considerably. The shocking shortage of coconuts now not freely available at even Rs.60 bothers even die-hard government supporters in a government that has several ministers looking after the Coconut industry. Bread is not freely available even at Rs.50. The stage has come to where the lowly paan and pol sambol may go into extinction due to the indifference of a regime that assured lower prices for essentials in their Mahinda Chintanaya. The smaller varieties of fish that sold at Rs.50/kilo range has shot upto Rs.150-Rs.200 levels. Thalpath-Kelawella from Rs.150 are now over Rs.650. Onions have now soared to Rs.200 from Rs.60.

Rice sells around Rs.60 while regular vegetables are in the Rs.100-Rs.130/kilo levels. The weekly Chicken curry from the lower middle class homes is now out as Chicken prices have gone over Rs.450 from Rs.250 an year ago. A glass of plain tea is now over Rs.20 and tea with milk over Rs.35 – a 30-50% rise since last year. A packet of rice with a piece of fish and 2 vegetables has gone from Rs.50 to Rs.125 with the ubiquitous pol-sambole out. The changing of pillows from the non-performing tuition master Bandula Guna-wardena to Johnny-come-lately has only made the situation worse. Rata Nagamu and Api Wagamu have become a joke to the extent the President, fearing of what is ahead, has now offered to Chair the Cost of Living Committee of Cabinet Ministers. How will this help bring prices down?



## LETTERS & OPINIONS

In the political front, the rejuvenated and superficially united UNP is flexing its muscles and threatens to bring a million protestors to Colombo streets on January 26. The combined forces of Sajith Premadasa, Ranil Wickramasinghe, Karu Jayasuriya and Mangala Samara-weera should cause many sleepless nights to the Sahodara Samaga that had a fairly safe run so far. If the JVP also manages to add forces there is every chance this combination can transform the people's desperation into a strong anti-government platform. The government has so far managed to hide under the safety of the Emergency Regulations – threatening, jailing and in other ways intimidating opponents for the mere exercise of dissenting. Democratic dissent is twisted to mean treason and treachery.

President Rajapakse has to quickly build up a portfolio of good achievements to show the world he has taken sufficient steps to bring back the nearly 6 million back to the National fold. Boastful announcements “I will do this and I will do that for the Tamil people” will no longer sell. Neither can he keep the Tamil people under the guns of two or three Tamil ministers in his fold. Keeping army men as Governors in the North-East smacks of “an occupied people” which is one reason the much heralded Re-building process has not succeeded so far. There are enough Sinhalese – experienced in governance and administration – from civil society who can perform this task to popular acceptance. Men like Lionel Fernando and Jayantha Dhanapala will be acceptable to the Tamils as they are known to be as efficient as they can be acceptable to the Tamil people.

There is also no shortage of senior Tamil officials - from the Administrative service, the Police and the other forces appointing whom to the Tamil areas can win a good name to the regime both within and without -at a time when the image of the Government overseas is certainly not unenviable. The diaspora is concerned about arrests at the airport and within the country when wealthy Tamils visit their motherland. Many of them await to invest in Sri Lanka - and more in the Tamil areas for the dual purpose of rebuilding the NEP and to gain a commercial return for their investments. There is once more an environment Tamils are looked at with suspicion in the South. It is left to the State to remove this apprehension and make the Tamils feel secure, happy and part of the Lankan family. The State has been far too lukewarm in this matter so far.

The year that is about to begin is a good enough time for the President and his regime to show the Tamils in Sri Lanka and the outside world a new beginning in the history of the war-torn country is on under President Mahinda Rajapakse.

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# Reviving Economic Engine of Canada

## - The City of Toronto

Arun Senathirajah

Toronto is the provincial capital of Ontario, and the largest city in Canada. It is the seventh most populous municipality in North America. Toronto is at the heart of the Greater Toronto Area (GTA), Toronto, with a population of 2.48 million people and one of the most multicultural cities in the world and is ranked as the safest large metropolitan area in North America by Places Rated Almanac. Over 140 languages and dialects are spoken here, and just over 30 per cent of Toronto residents speak a language other than English or French at home.

### The Economy

Toronto is a Canada's economic capital and major international centre for business and finance. Toronto has a high concentration of banks, brokerage firms and The Toronto Stock Exchange - the world's eighth-largest stock exchange by market capitalization. All the Big Five banks of Canada are headquartered in Toronto, as are a majority of Canada's corporations. Leading economic sectors include finance, business services, telecommunications, aerospace, transportation, media, information technology, arts, film, television, publishing, software, medical research, education, tourism, and sports. The city is also home to many colleges and universities, including the University of Toronto. Although much of the region's manufacturing activities take place outside the city limits, Toronto continues to be an important wholesale and distribution point for the industrial sector. Its extensive road and rail connections help support the nearby motor vehicles, iron, steel, food, machinery, chemicals and paper industries.

### City of Toronto Act and Recognition of Toronto as the Economic Engine of Ontario

Former Mayor David Miller remarks on the City of Toronto Act 2006, "This legislation recognizes Toronto as the economic engine of Ontario," said Premier Dalton McGuinty. "As one of the world's great cities, Toronto will now have the autonomy to be as dynamic, competitive and as successful as the people who have chosen to make their homes and their livings here." The purpose of a modernized City of Toronto Act is to provide Toronto with comprehensive, enabling new powers that a) are commensurate with the City's size, needs, responsibilities and capacity b) recognize



Toronto's importance as the economic engine of Ontario and Canada c) recognize that Toronto is a mature order of government capable of exercising its powers in a responsible and accountable fashion

### Outflow of 94% of All Taxes Raised in Toronto

Sounds great, but where's the cash? As Enid Slack, director of the University of Toronto's Institute on Municipal Finance and Governance, points out, "You do have city-states in Europe such as Berlin and Hamburg. They have more revenue-raising powers as well as more responsibilities." Until the City of Toronto Act was passed just three years ago, the city had to go to Queen's Park for permission for something as minor as a speed bump. This is no way to run Canada's largest city and most important economic engine. 94 per cent of all taxes raised in Toronto leave Toronto. By impoverishing Canada's urban centres, the country impoverishes itself. Queen's Park's decision to dump programs worth hundreds of millions on Toronto was unconscious confirmation that the city had already achieved a certain degree of provincehood. That means huge proportions of the Toronto's revenues are not utilized for the Torontonians. Alan Broadbent an expert in urban issues states, "The province is not going to give more taxing powers to Toronto with present governance structures in place. The city would need to become more like the province. With greater money come greater responsibilities. Toronto is really up there with other world cities, but that's not because of public instruments. We're falling behind in terms of public infrastructure. We're also losing ground with respect to housing and immigrant settlement. Without the ability to control your destiny, you can't help but slip behind. I don't think we're competing at the level we should be. We have one hand tied behind

our back."

### Unemployment of Toronto and Huge Disparity for EI Benefits for Torontonians

Toronto's current unemployment rate is 10% higher than the national average. As per survey of The Progressive Economics Forum, Toronto accounted for almost one in five (18.0%) of all unemployed workers in Canada, but for just over one in ten (11.4%) of all EI beneficiaries. In Toronto, as noted, 35.4% of the unemployed were receiving EI. In all of Canada minus Toronto, I calculate that 60.4% of the unemployed were collecting EI. As per the United Way that the City of Toronto - a big part of the CMA (CMA includes GTA, Brampton and Mississauga) - has a very low level of median income compared to the provincial and national average, and also has well above average rates of poverty. Low income issues are rapidly spreading into the wider metropolitan area. Research has shown that receipt of EI is below average for recent immigrants, partly because it takes 910 hours of work in a year to get into the system in the first place, and partly because recent immigrants face enormous difficulties getting into full-time, permanent jobs. Toronto took a huge hit before and in the early part of the recession because of the auto and wider manufacturing jobs crisis. Likely many unemployed workers have now long exhausted their benefits. Following a huge shake-out of manufacturing jobs even before the recession, unemployed workers could only find part-time and temporary jobs which failed to re-qualify them when they again become unemployed. Temporary and part-time jobs are particularly prevalent in the "post industrial" Toronto economy. And recent immigrants face a high entrance requirement, translating into about 6 months of full-time work.

### Transport Systems

The Toronto Transit Commission (TTC) is the third largest public transit system in North America after the New York City Transit Authority, and the Mexico City Metro. The TTC provides public transit within the City of Toronto. The backbone of its public transport network is the subway system, as well as a mainly elevated rapid transit line. The TTC also operates an extensive network of buses and streetcars. The city is in need of enhanced transit system of faster moving net works of subway system that would allow commuters to get quick access to alternative route selection in case the travelling route is blocked. Further TTC Street Car system in downtown Toronto is a major hindrance to fast moving other vehicles carrying workers and business people even at peak times, even those vehicles are obstructed by the street cars although the route signal is already cleared by green lights. TTC Street Cars should be removed from the streets of Toronto to make the city as fast moving and economically vibrant. As far as public transit goes, we're 10 or 15 years behind.

### Funding Requirements

Toronto had a long list of funding request from the federal budget. new revenues that grow with the economy (such as a share of sales tax), equal access to EI benefits for Toronto residents who must work longer than workers in most regions to qualify for benefits, support for the 'green economy' and support for programs that make buildings more energy-efficient. Former mayor David Miller said, 'the so called recovery so far has left 10% Torontonians on the sidelines, people that are without work.' 'We need strategies to get them back to work, we need strategies that help those who need childcare, need investments in public transit, we need proper investments in our environment and this budget is deficient on all of those fronts. In March 2010 former Mayor David Miller has said, commenting on the \$7.7 billion stimulus for infrastructure funding and improved social housing from federal government is not enough to tackle infrastructure deficit. Ottawa budget offers nothing new for cities, 'by most measures the government misses a vision for this country and how it's going to succeed, particularly in its great cities... and doesn't meet the challenges Canadian cities face today.'

### New Mayor Rob Ford's



## LETTERS & OPINIONS

### Promises and the City

Once elected, Ford took office at a sprint, using his first full city council meeting to cut councilors' office expenses, kill the city's vehicle registration tax, and ask the province to declare the TTC an essential service. Ford also committed himself post-election to freeze property taxes for 2011 and to make no major cuts to Toronto's city services. Toronto residents have to wait and see how Ford intends to balance the books. Torontonians should bear in mind that any unpleasantness will almost certainly be worse in future years. The success of Ford's proposed budget trimming very much depends on convincing the city's unionized workers to accept sacrifices, not only in wages and benefits but also in outsourcing work to the private sector. Ford may face opposition with the provincial authority over the future of the planned Transit City light rail system and his plan to axe Transit City. He may also have to compromise on this dispute without sacrificing too much public money. Ford and his administration are a formidable force. But he has challenges ahead.

### Moving Forward in Toronto

The city of Toronto has to move forward meeting the challenges amidst promises made and political maneuvers. Challenges and opportunities on an order of magnitude that demand special policy focus, extraordinary investments, and joined up action with other state machineries. The priorities lie ahead are related to Immigration Settlement & Cultural Diversity, Transportation Infrastructure & Urban Sustainability, Knowledge Clusters & Creative Economy, Affordable Housing & Poverty Reduction, and City of Toronto economic & social development strategies. To revive the City of Toronto as Economic Engine of Canada the city has to consider implement various incentive and attractive methods such as free trade zone (FTZ) or export processing zone (EPZ) to attract the lost and new demanding industries. Toronto now has the autonomy to be as dynamic, competitive and as successful as the It's true the City of Toronto Act was proclaimed in 2006, but many feel it didn't go far enough. Although the City of Toronto Act enhances the city's taxing powers, it has hidden eventual coverage of large areas.



# Poovarasam Pozhuthu 2010

Canada Pungudutivu Old Student's Association held their 15th Annual Cultural Show "Poovarasam Pozhuthu 2010" at the Sir John A. McDonald Collegiate auditorium on Saturday December 4th.

About 800 people attended the event including many special guests from around the world.

"Palkalai Venthan" V.T. Elangovan participated from France as Chief Guest, "Innisai Venthar" Mr. Pon Suntharalingam and Entrepreneur Mr. Nada Gopalakrishnan as Guest of Honours, Hon. Paul Calandra M.P. for Markham-Oakridges and Mayor of Toronto Rob Ford also participated as Special Guests.

Vijay TV's Jodi No.1 Title winner Premini also performed at the event.

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



Chief Guest Mr. V.T. Elangovan



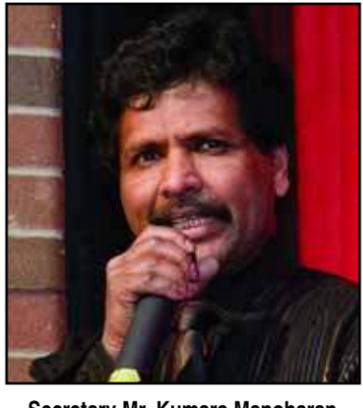
Innisai Venthar Pon Suntharalingam



Dance performance by Janani Logendralingam and Friends



Pulavar Ealathu Sivananthan



Secretary Mr. Kumara Manoharan delivers Vote of Thanks



Master of Ceremony Ken Kirupa, President Soma Satchithanathan, S. J. Sothy and Mayor Rob Ford



Jodi No. 1 Title Winner Premini



Paul Calandra, MP



President Soma Satchithanathan greets Mayor Rob Ford

## Manon Music Academy's 4th Annual Event

Manon Music Academy's 4th annual event was held for 4 days successfully at the Sankkamam Banguet Hall on Dec-20, 21, 22 & 23. Around 800 people attended the event including participation by most of the parents. The event was co ordinated by V. Ajith (Director of Manon Music Academy). The students performed with different talents (singing, dancing, playing guitar, drums etc). More pictures are available at [www.manonmusic.com](http://www.manonmusic.com)



# Birchmount campus improves ED patient flow

The Scarborough Hospital's Birchmount campus has exceeded most provincial targets in a program aimed at improving patient flow in its Emergency Department and in its 3D inpatient unit.

Over the past eight months, the Birchmount campus was engaged in the provincial Performance Improvement Project (PIP) for Emergency Departments.

"It's a two-pronged approach. It's an Emergency Department improvement, but you can't do it in isolation of the inpatient side," explains Ann MacKinnon, Patient Care Director, TSH Emergency and Urgent Care.

The end result is that the Birchmount campus is moving

more patients through its Emergency Department, and faster.

"We had on average 117 to 120 patients every day," MacKinnon explains. "Now, we're seeing on average 150 patients every day. We're busy – busy moving patients fast and through the system."

The recent Auditor General's report on wait times, in which The Scarborough Hospital was one of three hospitals to be audited, pointed to province-wide systemic issues with patient flow from inpatient units.

"When you look at the Auditor General's report, there's no magic bullet; no 'one thing' that any hospital can do to turn this

around," says Dr. John Wright, TSH President and CEO. "The survey was done a year ago, and we knew the challenges. Our numbers are looking very good; we're getting better as we move forward."

The dramatic turning point at the Birchmount campus was with the launch of its Rapid Assessment Zone (RAZ) Unit in October of 2010. This concept sets aside three beds for non-urgent patients to be seen in a timely manner. The results are impressive:

- The Emergency Department reduced its Physician Initial Assessment (PIA) to 2.9 hours from its baseline of 4.20 hours. (The CE LHIN's target is 3.80

hours);

- The Left Without Being Seen (LWBS) rate was reduced to 1.5 per cent from 5 per cent;

- And bed turnaround time, from a patient being discharged on an inpatient unit to a new patient arriving into that same bed, was reduced to 2 hours and five minutes, from an estimated four hours.

"We have had staggering improvements in our performance. Our physician initial assessment and length of stay times have tumbled," explains Dr. Tom Chan, Medical Director and Chief of Emergency and Urgent Care. "In addition, we have noticed a significant decrease in our left-without-being-seen numbers as



well as our bed turnaround time. To be clear, our baseline performance, prior to PIP, was already pretty good. But, since implementing our current strategies, our performance is fantastic.

"The gain that is the most important is the infrastructure that was built," Dr. Chan adds. "This infrastructure of rapid analysis and implementation cycles will ensure that our processes remain dynamic and responsive to our community's needs for now and into the future."

# Hon. Gerry Phillips announces for MRI for TSH Birchmount Campus

Patients awaiting MRIs at The Scarborough Hospital will now face shorter wait times, thanks to a significant announcement made by the Hon. Gerry Phillips, MPP for Scarborough-Agincourt.

At a special event at the Birchmount campus on December 21, Phillips announced approval and base funding for a Magnetic Resonance Imaging (MRI) unit at that site, expected to be operational in mid-2011.

Currently, The Scarborough Hospital has one MRI at its General campus, meaning patients at the Birchmount campus must be transported for the vital diagnostic imaging test. A second MRI will allow for greater efficiency and mean that patients will be able to be tested and treated more quickly.

Magnetic Resonance Imaging uses a strong magnetic field and radio waves to generate high-quality images of internal organs and tissues. The technology is used in the diagnosis of a broad range of pathologic conditions in all parts of the body, including cancer, heart and vascular dis-



(Left to right) Dr. John Wright, President and CEO of The Scarborough Hospital, the Hon. Gerry Phillips, MPP for Scarborough-Agincourt, Deborah Hammons, CEO of the Central East LHIN, Bas Balkissoon, MPP Scarborough-Rouge River and members of the hospital's health-care team sign a celebratory banner.

ease, stroke and joint and musculoskeletal disorders.

"This exciting announcement will have a positive impact on the way we deliver care at the Birchmount campus," says Dr. John Wright, President and CEO of The Scarborough Hospital. "As a result of this announcement, we will be able to provide timely, more efficient care for our patients in 2011.

"It is my plan to make this the first of many such announcements as we kick off a renewal

process here at the Birchmount campus," Dr. Wright added. "Today's investment signals a strong future for this hospital, and I look forward to seeing you all again at similar events in the future."

At the event, Dr. Wright thanked the provincial government, including MPP Phillips and MPP Bas Balkissoon, for their ongoing support of the hospital.

In the last year, The Scarborough Hospital performed 8,970 MRIs.

# How to ease the pain of heartburn

Heartburn (the medical term is pyrosis) is the regurgitation of stomach acid into the esophagus. The discomfort is a burning sensation, sometimes in the pit of the stomach or sometimes in the throat. It can happen day or night.

"It is very common, and almost all the population will experience it at some time or other," explains Dr. Eric Hurowitz, a gastroenterologist at The Scarborough Hospital. "One way you can tell if it's really acid reflux is by taking a liquid or chewable antacid like Tums or Rolaids. If the symptoms go away, even if it's only for 10 or 15 minutes, at least you know acid is causing it."

However, since the burning sensation of acid reflux is often described as chest pain or pressure, Dr. Hurowitz adds, "we never want to mistake someone's complaint for heartburn if it's really a symptom of something more serious, like heart attack or angina." While there's a misconception that hot or spicy foods provoke heartburn, Dr. Hurowitz says certain foods (i.e., big meals, higher fat content, etc.) can chemically weaken the lower valve of the esophagus, leading to more symptoms.



Dr. Eric Hurowitz, a gastroenterologist at The Scarborough Hospital, shares advice on how to ease the pain of heartburn

Here are the key things that can make heartburn worse:

- Smoking
- Coffee (both regular and decaffeinated) and other drinks that contain caffeine (i.e. colas)
- Alcohol
- Citrus fruits
- Tomato products
- Chocolate
- Mints or peppermints
- Fatty foods
- Onions
- Spicy foods (pizza, chili, curry)
- NSAIDS such as ASA (an example is aspirin), Ibuprofen (examples Advil, Medipren, Motrin), COX-2 Inhibitors (an example is Celebrex)
- Some other medicines (check with your doctor to find out if any apply to you).

# The Scarborough Hospital dramatically improves HSMR results for 2010

Dedication of physicians and frontline staff, along with a focus on improving quality of care, has meant dramatic improvements to the Hospital Standardized Mortality Ratio (HSMR) at The Scarborough Hospital (TSH).

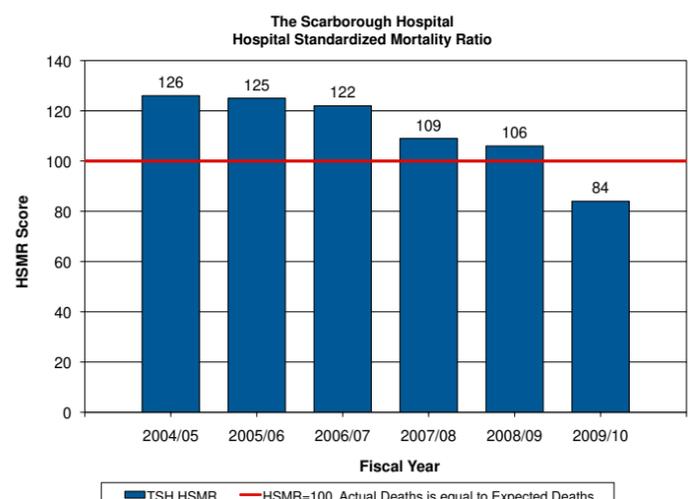
In a report released in December by the Canadian Institute for Health Information, TSH posted an HSMR score of 84, significantly improved from last year's score of 106. The national benchmark is 100—scores lower than that indicate mortality rates are below hospitals' national

experience. HSMR is considered a "big-dot" summary measure that is used to track a hospital's mortality over time. The HSMR is a tool that allows hospitals to measure and monitor their progress in quality of care.

"This is a tremendous accomplishment for The Scarborough Hospital," says Dr. John Wright, hospital President and CEO. "The commitment and diligence of our frontline healthcare providers has made this organization one of the GTA's top-performing hospitals."

Dr. Wright says quality of care

and accountability have been an unwavering focus for the hospital's Board of Directors and senior management, and points out that today's results reflect those efforts. "In just a few short years, we have made significant strides in terms of our quality of care indicators. And while we are thrilled with today's report, we will continue to focus our attention on even better results in the future." The Scarborough Hospital's HSMR results over time are available on our website at <http://www.tsh.to/pages/HSMR>.





# New Year, New Resolutions, New Relations

## RELATIONS - 6

The New Year Day is celebrated the world over. The urge of celebrating New Year as a vibrant festivity would have emerged at the dawn of civilization thus we can say that this is one of the oldest festivals of the world. Dating back to the pre historic era the New Year history itself forms an extensive area of study. At present, New Year is celebrated on January 1st each year and it has become an essential part of the cultural and traditional practices of the different communities inhabiting the world. This had been the practice for the last few centuries but the New Year history had its root to yet far off times.

Based on the studies, the earliest instance of New Year is found in the Mesopotamian culture. It was about 2000 BC, when the people of Babylon used to observe New Year Celebrations on the day of the Vernal Equinox that is approximately during the middle of March. It is learnt from the history that it was the Romans, who recognized March 1st as the New Year Day. As per the old calendar tradition there were only ten calendar months beginning from March to December. The relevance of this fact is seen in the names of the months, which were been set according to their respective sequences.

In the calendar of the present time the months from September to December are placed as the ninth, tenth, eleventh and twelfth months respectively. Previously they were positioned as the seventh, eighth, ninth and the tenth months. In Latin, Septem means seven, Octo means eight, Novem means nine and Decem means ten. The Roman calendar had to pass through some rectifications and the months of January and February were added to it in 153 BC, by Numa Pontilius, the second Roman king. Thus the festival of New Year got shifted to the month of January for the first time, although people carried on observing New Year on March 1st for quite a long time even after that.

This is still not the end of the New Year History. Several new calendars were devised. We are well acquainted with the calendar Julius Caesar brought into effect. Julius Caesar implemented the Julian calendar which was based on the Solar System whereas the previous calendars were based on the Lunar Cycle. The Christianity added up new meaning to the New Year Celebration by lionizing

the Christmas Day, the Annunciation Day and The Easter as New Year Day at various times. There had also been times when January 1st was abolished to be celebrated as New Year altogether.

It was in the Gregorian calendar established by Pope Gregory XII, New Year was firmly positioned on January 1st. It was also readily accepted by the Catholics and later by the Protestants and then January 1st became a holiday recognized by the entire world.

Among other prominent calendars, Chinese and Indian Saka Samvat calendars have also their significance and are vastly accepted by the people of these two major populated countries. Chinese calendar has been in continuous use for centuries. It predates the International Calendar (based on the Gregorian Calendar) in use at the present, which goes back only some 430 years.

Basically, a calendar is a system we use to measure the passage of time, from short durations of minutes and hours, to intervals of time measured in days, months, years and centuries. These calendars are fundamentally based on the astronomical observations relating to the movement of the Sun, Moon and stars. Days are measured by the duration of time of one rotation of the earth. Months are measured by the total time taken in one rotation by moon around the earth. Years are measured by the duration of time consumed by the earth to rotate around the Sun. As per the traditions, Chinese Calendars recognize the years on the names of animals. As per the calendar of 2011, February 3, 2011 is the first day of the Chinese New Year and is recognized as the Year of the Rabbit.

As per the Indian Saka Samvat calendar, the New Year starts from Deepawali. At a metaphysical level, Deepawali is a festival signifying the victory of good over evil. This festival is celebrated on a grand scale in almost all the regions of India and other parts of the world and is looked upon mainly as the beginning of Indian New Year. The first day of Deepawali is also regarded to be the New Year for business houses, who decorate their offices for getting wealth and prosperity in the coming year.

As per the celebrations of the Indian New year, people wear new clothes, exchange gifts and

greet others and decorate their houses in the hope of having a happy and prosperous New Year. According to the traditions of the Indian New year 56 different types of food are offered to the deities in the temples in order to satisfy their appetite. This is known by the name of Annakut Darshan. The food is then blessed and distributed to the visitors as a Prasad and to the poor or needy. People offer prayers to the Hindu Gods particularly Lakshmi, the Goddess of wealth and prosperity, to obtain her blessings for success in the coming year.

Calendars and methods of celebrating the New Year could be different in different countries but in the current world one tradition attached to the New Year Celebrations is very common in all the countries and that is - making New Year Resolutions. New Year Resolutions inspire us determining that we will include a few good things and avoid a few evils from our life that we usually do.

Below I have placed some very common New Year Resolutions. If you need one, you can have from the list, just for FREE, no charge. And they are...

I will spend more time with my family.

I will work harder for my fitness.

I will work even harder for weight loss.

I will quit smoking.

I will manage time and circumstances to allow me enjoy my life better.

I will quit drinking.

I will make my best efforts to come out of debt.

I will try to learn something new.

I will find more occasions

when I can volunteer to help others.

I will try to get myself better organized. And above all...

I will make new friends, new acquaintances, and new relations.

This last resolution is of remarkable value to you and to the world. New Relations are formed only in the condition if two people love each other. The current world needs nothing but love.

Under prevailing circumstances when some countries are fighting with each other, some groups are multiplying their task of terrorism on the bases of cast, creed, nationality and race. They are creating an environment of hatred among the people of the world. We, those who believe in peace and love, need to come forward and give them a lesson that they can not win the world with bombs but with love, they can.

On this first day of 2011, January 1st, let's make a resolution that during 2011 we will make some new friends. We will develop some new relationships and in 2011 we will make the world around us sweeter, friendlier and lovelier than the many years past.



By Prof. Saran Ghai

- Prof. Saran Ghai

If you or anyone you know is in the marriageable age 18 plus, and needs help in finding a suitable life partner, contact me. Similarly, if you or anyone known to you is of older age, I mean within approx 45-65 years age group, is alone and is looking for a suitable life partner should contact me. I would like to say to the older age people living alone, "Why should you live alone when there is someone who is still waiting for you and is ready to say, "I love you", I care about you. Will you marry me?"

For all your questions and registration for marriage please contact me at (905) 794-4488. E-mail: info@rishtashaadi.com or visit: www.rishtashaadi.com.

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# Kitchener Waterloo United Way campaign launches text donating; campaign closes with shortfall

By Melissa Tait, Record staff

KITCHENER — The fall campaign of the United Way of Kitchener Waterloo and Area ended Nov. 30, and the numbers look troubling, with a current shortfall of \$1.8 million.

Chief executive officer Jan Varner said pledges have reached \$4.2 million of the \$6 million target, with 40 per cent of the workplace campaigns not yet included.

That percentage might seem like enough to put the United Way over the top, but Varner and campaign director Danielle Havelka are concerned the workplace campaigns won't be large enough to help them reach their goal this year.

"The reality is that we need more people to come forward and make a donation if we're going to

meet the need in this community," Havelka said.

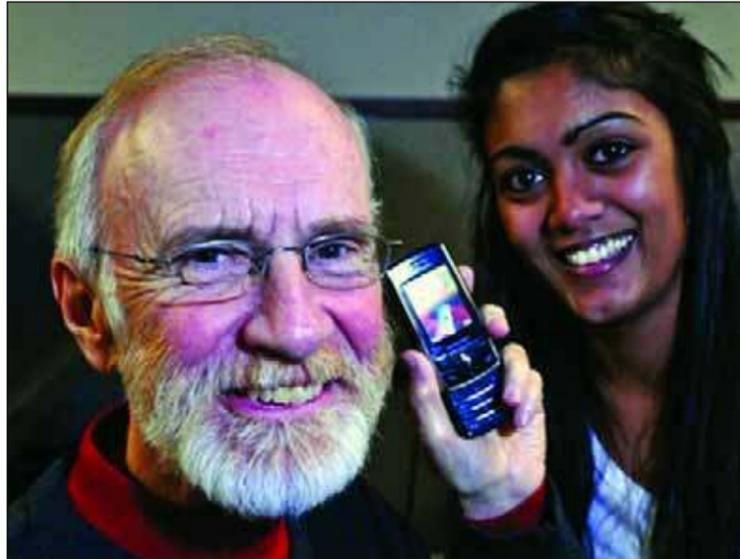
As the holidays approach, the United Way officially ends its campaign and fades into the background, to allow other fundraisers to build their own campaigns.

But they really never stop campaigning, Varner said, so she encourages donations throughout the year.

"Please look at us as a network of support mechanisms. So if you're not sure exactly who you want to support, then support a broader network."

The United Way of Cambridge and North Dumfries found itself in a similar situation this year — expecting to fall \$70,000 short of its goal — but a last-minute push allowed it to surpass its goal.

The Kitchener and Waterloo campaign chair, Lisa Drew, hopes



Theron Kramer, chair of the United Way of Kitchener Waterloo and Area's community impact council, holds a cell phone -- the newest fundraising tool. People can now text \$5 donations. He's with co-op student Kaveri Karthikaikumar

the same will happen for their campaign.

"I'm still being hopeful at this point," she said.

And if you want to help push the Kitchener and Waterloo campaign to its goal, you can simply pick up your cellphone and type a



message to make a donation.

The new Text-to-Give campaign, sponsored by Libro Financial Group, has been launched ahead of schedule.

Text "UCHANGE" or "UWAY" to 45678 to make a \$5 donation.

"This allows us to have exposure to those who aren't in workplaces and give them easy access to give," Varner said.

On Dec. 22, Libro Financial will host a movie night at the new Empire Theatres in Waterloo to launch the text donation campaign.

Havelka said the traditional ways of giving are still welcome by calling 519-888-6100 or online at [www.uwaykw.org](http://www.uwaykw.org)

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# Waterloo man to appeal extradition after terrorism ruling

By Brian Caldwell, Record staff

WATERLOO — Hours after losing a major legal ruling, a Waterloo man facing terrorism-related charges began the process recently of appealing to the Supreme Court of Canada.

Suresh Sriskandarajah, 30, has been ordered extradited to the United States for trial on allegations he worked for the Tamil Tigers in his native Sri Lanka between 2004 and 2006.

That order was upheld recently by the Ontario Court of Appeal in one of six decisions released on key aspects of Canada's anti-terrorism laws.

"The evidence against Sriskandarajah, while mostly circumstantial, was extensive," the three judges wrote.

The ruling means Sriskandarajah — an accomplished academic with several degrees from local universities — is back in custody.

But his lawyer, John Norris, said Sriskandarajah is seeking leave to appeal to the Supreme Court and will apply for release on bail until the case is heard.

"He's a very strong person and he has incredible support from his family and his community," he said. "These are difficult times for him, but he's doing as well as can be expected."

Norris said he hopes the appli-

cation for bail can be heard by Thursday.

It will likely take about six months for word on whether the Supreme Court will grant leave for the appeal, which would involve a constitutional argument that Canada's anti-terrorism provisions are too broad.

That same argument was rejected by the Ontario Court of Appeal, which found laws passed in 2001 justifiably focus on the prevention of deadly terrorist acts and don't improperly cover conduct outside the scope needed to achieve that goal.

The three judges also dismissed arguments that there is no evidence Sriskandarajah knew he was dealing with members of the Tamil Tigers or realized he was supporting terrorists.

Sriskandarajah faces up to 25 years in prison for allegedly researching and buying submarine and warship design software, and communications equipment for the Tigers.

He is also accused of using students to smuggle goods into northern Sri Lanka under the code name Waterloo Suresh and laundering money in U.S. bank accounts for Tiger activities, including travel.

Sriskandarajah has said he only wanted to help young people after decades of civil war in the island country he left as a boy.

His impressive resume includes an electrical engineering degree from the University of Waterloo and a master of business administration degree from Wilfrid Laurier University, which he earned while free on \$445,000 bail raised by his extended family.

Sriskandarajah was arrested in 2006 after a joint FBI-RCMP

investigation into supporters of the Tamil Tigers, a rebel group declared a terrorist organization by the U.S. in 1997 and by Canada in 2006.

In all, 12 men were arrested in Canada and the U.S. Sriskandarajah was portrayed as the leader of four suspects with ties to the University of Waterloo.

Charges against two of them have since been dropped. Sriskandarajah's friend and co-accused, Ramanam Mylvaganam, is already in the U.S. after exhausting his appeals.

An unrelated aspect of the probe involved an attempt by four Canadians to purchase \$1-million US worth of missiles and AK-47

assault rifles in New York from a police agent posing as an arms dealer.

Piratheepan Nadarajah of Brampton faces extradition in connection with that plot. His appeal was dismissed along with Sriskandarajah's on Friday.

Norris said the two cases — which involve similar issues — are likely to be heard together again if leave to appeal is granted by the Supreme Court.

The Tigers had waged a bloody civil war for an independent Tamil homeland in Sri Lanka for more than two decades before their defeat by government forces in 2009.

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- "தமிழ் பண்பைப் பேரமுது" கலைவிழை மொடகனில் திறமைகளை வெளிப்படுத்தும் வகுதல்
- அனைத்து தமிழ் சமூகத்தினையும் ஒருங்கிணைத்து, சமுதாயத்தை வளப்படுத்துதல்
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# Home Life GTA Realty recognizes winners at Annual Xmas Party

Home Life GTA Realty hosted its annual Christmas party on Monday, Dec 6th, 2010 at New Century Palace Restaurant. Sales people and guests were welcomed and greeted by Brokerage owners Raja Mahendran and Eddy Woo. Highlights of the party was awards for the winners who qualified in various categories.

Some of the photos of the winners can be seen here. Photos by Digital Gnane.



Brokerage owners Raja Mahendran and Eddie Woo



Top Producer Baskaran Sinnadurai receiving the award



1st Runner up Siva Sivagnanam receiving the award



2nd Runner up Judy Gnanendran and Gnani Narasingam receiving the award



Kumar Sinnathamby receiving the award for Top Lister



Royce Ng receiving the award for Rookie of the Year



Gulshan Sharma receiving the award



Thana Suceendra receiving the award



Nel Ketha receiving the award



Justin William receiving the award

# Business Mixer by Mike Ahilan's Leadership – A Record Turnout



Canadian Tamils' Chamber of Commerce hosted its 1st business mixer on Wednesday, Dec 8th at Delta Hotel at Kennedy and 401 in Toronto under the new leadership by Mike Ahilan. A record number of participants showed up for the event to listen to the presentations by Paul Ferley, Assistant Chief Economist from RBC and Rob Carter, Director of Sales from Industrial Alliance. Some of the photos from the event can be seen here. Photos by Ken Photo.



Chamber President Mike Ahilan with his opening remarks



Some of the RBC Senior Staff with Chamber President Mike Ahilan



Director of Sales from Industrial Alliance Rob Carter with his motivational presentation



Internal Auditor for Chamber, Albert Sabanathan from TD



Internal Auditor for Chamber, Jeyakumar Sinnadurai from Innovative Detailing



Registration in Progress



Past President Ken Kirupa introducing Rob Carter, Director of Sales from Industrial Alliance



Presentation by Asst. Chief Economist from RBC Paul Ferley



Susi Nalliah with Angelo Vinci, a manager from WSI B



Chamber Board-Missing in picture is Navajeevan as he is videographing the entire program to post in YouTube



Section of the audience

# Annual "H & ME Night" by Leading Auto Re-Sales "H & ME Fine Cars"

One of the leading and pioneers in automobiles re-sales, H & ME Fine Cars held their annual "H & ME Night" on Dec 27th in Toronto.

The owner - M. Vasanthan, having a passion for cars started auto sales from his young age while in Sri Lanka. His interest continued after moving to Canada in Auto sales about 18 years ago by forming H & ME Fine Cars.

"All customers reutilise H & ME services regularly for

their vehicle needs and refer others as well. I rarely advertise and during the season invite customers and friends for a get together" says the owner Mr. Vasanthan.

Music is another hobby for M. Vasanthan and the annual event is always with full of entertainment by karaoke songs and dance performances. During this year's event there were many surprises gifts, food, beverages along with entertainment that continued throughout the night. M. Vasanthan went

further and selected 7 of his clients for repeatedly using the services of H & ME Fine Cars and becoming his "Best Customers" – and thanked them with appreciation awards; 3 more special awards too were made at the event. M. Vasanthan is very friendly, courteous and generous; among the invitees in attendance were several competitors of H & ME Fine Cars as well and other business persons to make the presentation to the award recipients.

Pictures taken at the Annual "H&ME Night":



Pancha Navaratnam receiving award from Realtor Punch Sockalingam, owner Vasanthan at centre

Saro Kugan receiving award from Niagara Thas, owner Vasanthan at centre

Raj Benjamin receiving award from A1 Photo Rudy Ruthran, owner Vasanthan at centre

B. Nithyanandan receiving award from Realtor Ashok Ragupathy, owner Vasanthan at centre

Niagara Thas receiving award Kugan from Leading Auto, owner Vasanthan at centre

S. Vijayakumar receiving award from Realtor Logan Velumailum, owner Vasanthan at centre

Special award to S. Prasanna from Indran of 525 Auto Sales, owner Vasanthan at centre

P. Yogarajah receiving award from Selva, owner Vasanthan at centre

Special award to Ragee & Prem Arasaratnam of Thamilar Senthamarai from Karuna of JBN Auto, owner Vasanthan at centre

Special award to Thevan from Rasanayagam of Sri Luxmi Jewellery, owner Vasanthan at centre

An act for a song by owner Vasnthan with Niagara Thas

Praba of Daily Needs entertaining the audience with a beautiful song

Owner of Regino's Pizza giving one of the door prizes to the winner

H&ME owner Vasanthan

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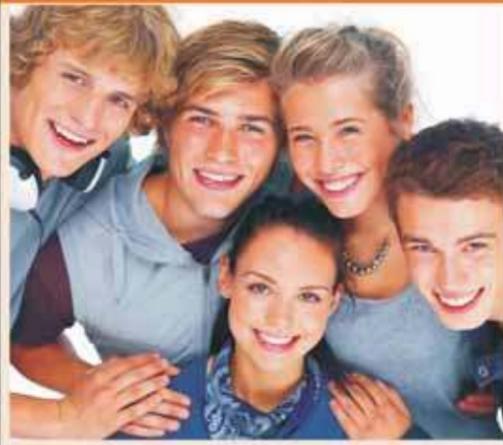


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