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We wish nothing more, but we will accept nothing less. Masters in our own house we must be, but our house is the whole of Canada." Joseph Philippe Pierre Yves Elliott Trudeau (1919 – 2000) 15TH Prime Minister of Canada

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Parties announce policy platforms for May 2 General Election

The 2011 Canadian federal election will be held on Monday, May 2, 2011. Canadian electors in their electoral districts who do not wish to go to an ordinary or advance poll to vote, will be able to vote by mailing in their ballot, if they register with Elections Canada. The advanced polls will be held on April 22, 2011, April

23, 2011 and April 25, 2011.

Political parties have been announcing their policy platforms throughout the past few days. [More detailed policy coverage of the parties inside] The Green Party released its platform at a press conference in Toronto on Thursday, April 7, 2011.

"Our platform makes it clear,

The Green Party of Canada has a plan for a smart economy, strong communities and true democracy. We have spent our time developing solutions - not engaging in partisan name-calling. We have solutions to help families and young people, to combat climate change, to create a national transportation strategy, streng-

then our communities and to fix our democracy. We call it smart economy, strong communities and true democracy," said Green Party Leader Elizabeth May.

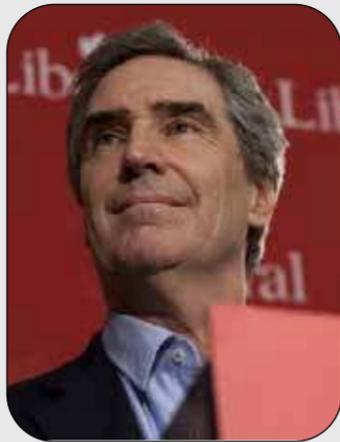
"We will create thousands of jobs investing in renewable energy, expanding passenger rail, modernizing freight and retrofitting thousands of buildings,"

added Ms May. "We are also the only party so far in this campaign speaking to international issues and raising trade deals as a concern."

The Bloc Québécois published its electoral policy statement Monday, April 4, 2011, outlining priorities and economic development for Quebec.



Stephen Harper
- Conservative



Michael Ignatieff
- Liberal



Jack Layton
- NDP



Elizabeth May
- Green Party



Gilles Duceppe
- Bloc Québécois

Inside Monsoon

Sport has historically..



50th Anniversary...



Bhimsen Joshi



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Canada News

New regulator proposed for immigration consultants

Toronto, March 18, 2011 — In order to improve the integrity of the immigration system, Citizenship, Immigration and Multiculturalism Minister Jason Kenney today announced that a new regulatory body is being proposed to oversee immigration consultants.

"The Immigration Consultants of Canada Regulatory Council – or ICCRC – has committed to enhancing the protection of the Canadian public and those who use the services of immigration consultants," said Minister Kenney. "I am confident that, with the ICCRC's strong regulation of immigration consultants, people using our immigration processes will be offered quality consultation, representation and advice."

A notice has been published on the website of the Canada Gazette, Part I, proposing to amend the Immigration and Refugee Protection Regulations so that the ICCRC becomes the regulator of immigration consultants. The official Gazette publication will be available on March 19, 2011.

The proposed amendments are open for public comment for a 30-day period. The current intention is that the final regulations would be published in the Canada Gazette, Part II, and would come into effect.

This proposed regulatory amendment is the culmination of a process that began in June 2010 when Citizenship and Immigration Canada (CIC) announced

its intention to launch a transparent public selection process to identify a body that could be recognized as the regulator of immigration consultants.

Immigration consultants are currently regulated by the Canadian Society of Immigration Consultants (CSIC). Reports by the Standing Committee on Citizenship and Immigration in 2008 and 2009 pointed to governance issues and a lack of public confidence in CSIC. Based on the Standing Committee's reports, CIC decided to launch this public process.

"I anticipate that the Immigration Consultants of Canada Regulatory Council will not only help ensure public confidence in the integrity of the immigration program, but also that immigration consultants provide their services in a professional and ethical manner," added Minister Kenney.

A selection committee was established to examine all submissions received following a public process requesting submissions from parties interested in being the regulator of immigration consultants. The committee reported its conclusions to the Minister of Citizenship, Immigration and Multiculturalism. Based on these conclusions, the ICCRC is being proposed as the regulator best placed to govern immigration consultants.

In its submission, the ICCRC committed to a variety of activities to foster a



Jason Kenney, Minister of Citizenship, Immigration, and Multiculturalism and Julian Fantino, Minister of State (Seniors) announce that a new regulatory body is being proposed to oversee immigration consultants.

culture of transparency and openness and to protect the Canadian public and those using the services of an immigration consultant, while building a strong relationship with its members. It has also proposed innovative strategies to ensure accountability and transparency to its membership, including a hotline for members of Parliament for complaints and questions and a public awareness campaign.

Transitional measures would be put in place to ensure continuity of service for both existing members in good standing of CSIC and their clients during the transition to the ICCRC. This process could take a few months to complete and it is anticipated that the ICCRC could become the regulatory body this summer.

This process is part of a broader strategy to protect from immigration fraud people wanting to immigrate to or stay in Canada. Included in this strategy is Bill

C-35, which aims to crack down on crooked consultants. As well, a multilingual domestic advertising campaign warning prospective immigrants, permanent residents and Canadian citizens not to be taken in by crooked immigration consultants was launched in February and an overseas advertising campaign, with the support of Australia, New Zealand, the United Kingdom and the United States—members of the Five Country Conference—was launched earlier this week. They can be viewed on YouTube.

Minister Kenney raised the issue of immigration consultant fraud in meetings with officials in China, India and the Philippines last fall and more recently in Pakistan. He has urged those governments to protect their citizens from exploitation and abuse by crooked immigration consultants.

Government of Canada Makes Maple Leaf Tartan an Official Symbol of Canada

It's official! Canada's Maple Leaf Tartan, which has been our unofficial national tartan for many years, has now become an official symbol of Canada.

"The Maple Leaf Tartan has been worn proudly and enjoyed by Canadians for decades, but has never been elevated to the level of an official symbol—until now," said the Honourable James Moore, Minister of Canadian Heritage and Official Languages.

"Our national symbols express our identity and define our history. The Maple Leaf Tartan represents the contributions that the more than four million Canadians of Scottish heritage continue to make to our country," added Minister Moore.

The Maple Leaf Tartan was created in 1964 by David Weiser in anticipation of the 100th anniversary of Confederation in 1967.

"The tartan is one of the most visual expressions of Scottish heritage and culture," said the Honourable John Wallace, Senator (New Brunswick). "Making the

Maple Leaf Tartan an official symbol of Canada highlights the many significant contributions that people of Scottish heritage have made to the founding of Canada."

The Second Battalion of the Royal Canadian Regiment Pipes and Drum has adopted the Maple Leaf Tartan, and National Defence Headquarters has approved it for issue for Canadian Forces pipers and drummers who do not have a specific regimental affiliation. It was also featured in costumes worn last year during the closing ceremonies of the Winter Olympics.

On October 21, 2010, the Government of Canada announced that April 6 will be formally recognized as Tartan Day. This April 6, Canadians across the country will be able to celebrate this day with a new official symbol of Canada.

As an official symbol of Canada, the Maple Leaf Tartan joins Canada's most significant emblems, such as the Coat of Arms and the National Flag of Canada.

Ontario Economy is Turning the Corner, Creating Jobs

McGuinty Government Reduces Deficit While Protecting Schools and Hospitals

The 2011 Ontario Budget continues the McGuinty government's support of Ontario's economic recovery. The budget renews the focus on eliminating the deficit while protecting education and health care.

The deficit for 2010-11 is projected to be \$16.7 billion; \$3 billion lower than forecast a year ago. This is largely due to the fact that program expense for 2010-11 is projected to be \$2.6 billion lower than the forecast published in the 2010 Budget.

The 2011 Budget's strategic investments include:

Jobs and Growth, Protecting Education, Protecting Health Care & Managing Responsibly.

The 2011 Budget builds on the McGuinty government's Open Ontario plan to strengthen the economy, promote job creation and protect key public services.

"Two years after the worst global recession most of us have ever known, the Ontario economy is turning the corner and jobs are coming back. A well-educated and healthy workforce strengthens Ontario's economy and attracts investment and jobs."

– Dwight Duncan
Minister of Finance

"We have a responsible plan to eliminate the deficit while protecting schools, hospitals and economic growth. This requires even more reform in the way government works to ensure we get better value for money. The alternative - across-the-board program cuts - would reverse the significant gains Ontarians have achieved in health care and education, and would undermine the province's economic competitiveness."

– Dwight Duncan
Minister of Finance

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- Lord Mahavir

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"Source for Multi Ethnic Exposure"

from the publisher's desk

Vote! It's our democratic right and duty

Elections are to be held for the Canadian Parliament on May 2nd 2011.

While there are discussions on the matters that confront us on a daily basis to others that have an impact on a collective basis as Canadians and citizens of this world, the bottom line is the importance of exercising the right and duty to vote.

An overall high number of voters voting, that is usually given in percentage indicate the sign of a healthy democracy. It is the exercise of giving voice to the legislative body via the elected representative.

A reason for a voter not voting primarily revolves around the belief that just "one vote" is not going to "make a difference" in the final outcome. But what is emphasized in participatory

democracy is that a stronger turnout energizes the process and paves way for a clear mandate and representation of the wide mosaic of today from coast to coast. An elected representative with a wider mandate and enthusiasm will be geared to render eyes and ears to policy issues of everyone being served and ensure the preservation of national character. Thus it is the only way gaining a voice in the legislative process and be engaged with it.

The democratic environments we live in provide many avenues to express the concern on any given matter. This range from single handed non violent protests, petitions to working through public interest groups. But these actions mean nothing without stepping into the voting

booth and casting the ballot the day of verdict – voting day.

According to Elections Canada, the agency in charge of the electoral process, "Canada's electoral system is the product of a 140-year process, through which Canadians have progressively achieved a universal, constitutionally guaranteed right to vote."

It is notable today that the electoral mechanism it self is being sighted as needing an overhaul. Many nations around the globe do make changes to their system of representation to various reasons. From formation of newly independent states such as Kosovo or in the aftermath of a revolution, elections take place under new constitutions.

In Canada organizations such as Fair Vote Canada ([vote.ca\) are advocating for electoral reforms based on proportional representation, democratic nomination and accountability to voters. "Political parties must be fairly represented in our legislatures in proportion to votes cast. Political parties should have seats in close proportion to their popular support", says Fair Vote Canada in explaining its advocacy on the need for reform. It is measures such as these - on the very electoral process too may be at stake in the coming years.](http://www.fair-</p>
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Monsoon Journal joins in voicing the call to every citizen to cast vote on Election Day, May 2, 2011 and exercise their democratic right and duty to be part of an energized, engaged citizenry of this great nation that is admired as one of the best places to live on this earth.

Outstanding Turnout for NDP Candidate

Rathika Sitsabaiesan, federal NDP candidate for Scarborough Rouge River, hosted a gala fundraising dinner on the 4th of March. With a turnout that shocked the media and NDP insiders alike, approximately 300 people came to support Sitsabaiesan and her upcoming election campaign. The event was a milestone in the promising career of this young candidate, illustrating her close ties to the community. The outstanding support bodes well for her hopes of representing her community in Parliament.

Said Sitsabaiesan about her desire to run, "My upbringing included the values of caring for community, believing in it, and working toward the betterment of it. It has given me the strength to stand up and be a strong advocate for Scarborough Rouge River when the times are good, but particularly to be the leader when change is needed."

The electoral district of Scarborough Rouge River is ethnically diverse, made up of 89% visible minorities, of which 68% are immigrants. Sitsabaiesan's successful fundraiser and her current campaign support reflect the beliefs of many immigrant representatives in the riding that she is the voice they need in parliament. Sitsabaiesan, a vocal supporter of rights and recognition for new Canadians, declared her intention to work towards changing the current rules around the recognition of foreign credentials and bolster social services for new-comer settlement and integration.

Jack Layton, leader of the NDP, sent his regrets due to unavoidable hip surgery. Layton did, however, participate in the

event via recorded video message, giving both the party's and his personal support for Sitsabaiesan's candidacy. In his keynote speech, he praised her as a natural-born leader who is extremely committed to her community and to improving the lives of Canadians. Further, he called on the constituents of Scarborough Rouge River to elect her as their Member of Parliament in the next election, to ensure they have a leader with a clear vision for change and a passion for her riding.

Peter Julian, NDP Member of Parliament for Burnaby New Westminster, Wayne Marston, MP for Hamilton East-Stoney Creek, Juanita Nathan, Markham Public School Board Trustee and many other guests representing community organizations and public groups, also enthusiastically endorsed Sitsabaiesan's candidacy.

The event began with a welcome message by Tam Sivathasan representing the Scarborough Rouge River Riding Association, who was followed by Marston. Marston strongly supports Sitsabaiesan's candidacy, and made his appearance despite a conflict with another fundraiser happening in his home riding. As the NDP critic for Human Rights, Marston spoke of the many human rights violations across the globe and the need for more strong voices in Parliament to fight these injustices. He encouraged constituents to elect Sitsabaiesan, as she has been fighting against many of these social injustices, as well as being a strong voice for the voiceless.

Peter Julian also asserted his



confidence in Sitsabaiesan, declaring that she will be a strong advocate for the riding. Julian and Sitsabaiesan have worked together on numerous human rights campaigns since her nomination in December 2009. He spoke about recent events around the world, particularly the social uprising in the Middle East and the global economic crisis, as examples that are pushing governments to reverse many of their non-democratic policies. Julian stressed the importance of continuing to strengthen the NDP caucus as the only Canadian party that strongly advocates for fairness for both all Canadians and for people around the world.

Many community leaders were also present to declare their support for Sitsabaiesan's candidacy. Gladys Okine from the Sesheme Foundation spoke of the candidate's commitment and strong passion for community engagement. Maya Bhullar of the Service Employees International Union outlined Sitsabaiesan's commitment to the working people of Canada. Kwesi Johnson, an

active member of the Malvern community and representative of the Malvern Alumni, focused on the local priorities in the riding of Scarborough Rouge River. He outlined the importance of communication, connectedness and national pride, and asserted that Sitsabaiesan's dedication to the local community would support these values. Jeffrey Shek, barrister and solicitor representing the Chinese-Canadian community spoke about the need for a unified voice for immigrants in the riding and pledged his support for Sitsabaiesan whose charisma inspires confidence and adoration.

Said Sitsabaiesan about her community, "We deserve a Member of Parliament who is more than a name and a personality but someone who will work with, and for, the community; someone who understands her constituents and those things that are most important to us in the riding." If the support shown for her last week is any indication, it would appear that Scarborough Rouge River has found that someone.



Canada News

Mark Dailey to receive RTNDA Lifetime Achievement Award

The City TV family lost a trusted friend and respected colleague, and Toronto lost a local legend, when long-time anchor and reporter Mark Dailey passed away in December 2010 after a valiant battle with cancer.

Dailey spent over 30 years with City TV, where his uncanny news instincts and baritone delivery reached iconic status.

In recognition of his career and accomplishments, Dailey will be honoured with prestigious Radio-Television news Directors Association of Canada (RTNDA) Lifetime Achievement Award on Saturday, May 7, 2011.

Dailey's wife, Kim, and City TV Vice President, News/Executive Producer, Tina Cortese, will accept the award on his behalf at the Central Regional Awards Banquet in Waterloo.

"Mark was an exceptional broadcaster and journalist, a real City TV original," said Cortese. "This posthumous recognition for his admirable body of work is truly an honour and a testament to his impact on the industry."

After being diagnosed with prostate cancer in 2004, Dailey went on to become a brave and vocal advocate for men's health, raising awareness and money through his unyielding efforts.

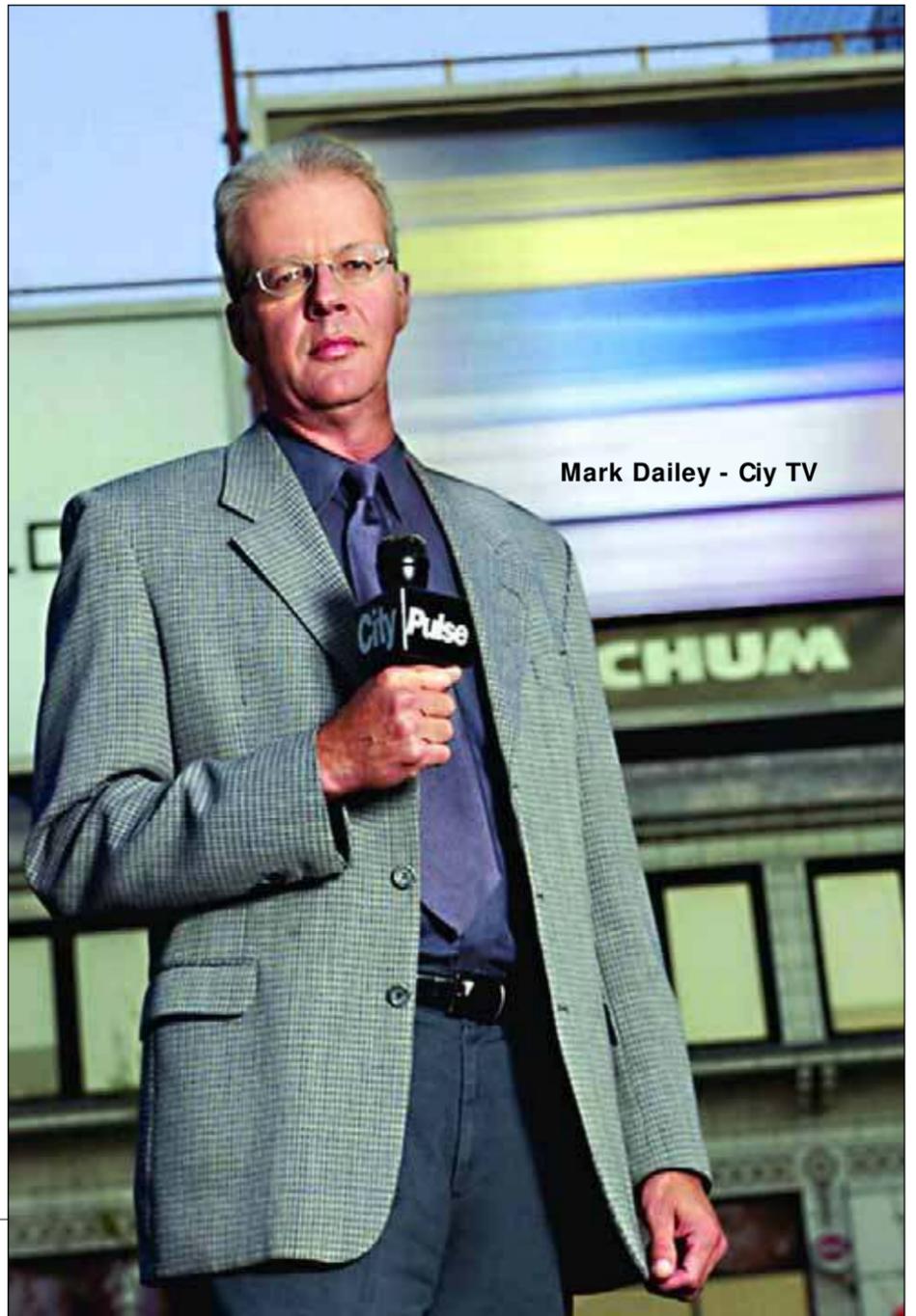
His charitable involvement over the years included work with Big Brothers/Big Sisters, Salvation Army, St. John Ambulance, the Sick Kids Hospital Therapeutic Clown Program, Jennifer Ashleigh Foundation, Kinder Foundation, Alzheimer Society, and many others.

Dailey was also one of the organizers of the Crimestoppers program back in 1984, and his substantial connections in policing made him one of the most effective crime reporters in Toronto history.

He was also a gentle giant who left an indelible impression on those who knew and loved him.

"He has the biggest, softest heart," CityNews sports reporter Kathryn Humphreys said shortly after learning of his death. "He knew when you were feeling down about something and he would ultimately make you laugh. I learned so much from Mark Dailey, he helped me in so many ways, in my career, in life, and he was an incredible man."

The RTNDA Lifetime Achievement Award was created in 2002 to recognize individuals who have distinguished themselves through outstanding service and continued excellence during the course of their career in broadcast journalism.



Mark Dailey - Ciy TV

Mr Harper should be 'ashamed' of MV Sun Sea ad and Tamil refugees - Bob Rae

Pointing out that "[t]he Tamil community is a source of pride to Canada – its members continue to make a huge contribution to our country [Canada]," Bob Rae MP, former Ontario Premier and candidate for Toronto Centre in the Federal election to be held in May - said recent Conservative advertisement on human smuggling using the picture of the MV Sun Sea is "based on fear, and is directly prejudicial to a fair determination of refugee claims."

Full text of Bob Rae's entry in his blog follows: The Conservative Ad on "human smuggling" and refugees crosses an important line.

It is based on fear, and is directly prejudicial to a fair determination of refugee claims that are currently being considered. The use of the picture of the MV Sun Sea – twice – amid statements about "crimes," "smugglers," and attacks on the Liberal Party – clearly leads to no other interpretation than that those individuals aboard this boat are criminals and illegitimate refugees.

The use of negative and hateful stereotypes is an age-old technique – but its vintage is no excuse, and does not make it any less prejudicial. The principle that people's claims have to be considered fairly, and free of any prejudice, is integral to Canada's commitment to the rule of law.



Hon. Bob Rae

The Tamil community is a source of pride to Canada – its members continue to make a huge contribution to our country. Difficult conditions in Sri Lanka over forty years have meant that many Tamils have left their homes and come to Canada. The community's commitment to education, achievement, and success in business, the professions, the arts and in all walks of Canadian life, are well known.

The Conservatives should reflect on their propaganda campaign and what it does to these facts about the Tamil community and Canada. Mr Harper should be ashamed of this ad.

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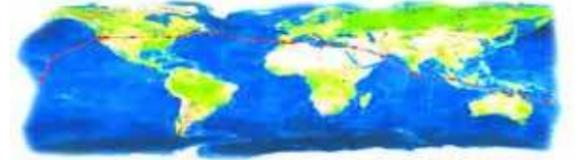
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Around the world



Elderly returnees show signs of trauma and isolation amidst struggle to meet their daily needs

by IRIN News

Thousands of older returnees to Sri Lanka's conflict-affected north feel marginalized and need medical care, experts say.

"There are hardly any programmes to help these people," said Samantha Liyanawaduge, executive director of Help Age Sri Lanka, one of just a handful of agencies targeting older returnees.

Although no official figures are available, estimates suggest there are more than 30,000 people over the age of 60 in the Vanni, a vast swath of land in the island's north once under the control of the defeated Liberation Tigers of Tamil Eelam (LTTE), which waged a decades-long civil war for an independent Tamil homeland.

Since the war ended in May 2009, more than 320,000 displaced have returned to their homes or are now staying with relatives, the UN reports.

According to community workers, many of the elderly show signs of trauma or isolation and struggle to meet their daily needs. Those without extended family support face poverty, loneliness, dependency, ill health and lack of nutrition and access to adequate healthcare.

Chelliah Philip Nesakumar, an Anglican priest from Kilinochchi, the former de-facto capital of the LTTE, says the elderly often feel abandoned, with



Elderly returnees need greater assistance ~ Photo: Amantha Perera/IRIN

some demonstrating sudden outbursts of anger.

"On the surface they appear ok, but many are carrying the psychological scars of two-and-a-half decades of war," Nesakumar said.

Veeran Pandaran, a 61-year-old grandfather from Kilinochchi, had hoped things would get better when the war ended. "Life is certainly safer now, but we've been left to fend for ourselves," Pandaran said.

Ongoing development and rehabilita-

tion work in his area includes hardly any programmes tailored to the old and impaired, he claimed. "There is nothing to help people like me," he insisted. "It's as if we are not important."

Limited resources

Help Age Sri Lanka - which has been working for the rights of marginalized senior citizens since 1986 - would like to do more, but resources are limited, forcing the agency to focus on the most serious cases first.

In February, it opened a small sub-

office in Kilinochchi to coordinate its work and dispatch mobile medical clinics to the area each week.

Most of the elderly have cataracts. Of every 100 people the NGO sees, more than 60 percent are given glasses, while 20 to 30 percent require surgery.

Help Age has its own eye clinic near the capital, Colombo, which can carry out cataract operations free of charge; however, many people are physically unable to travel the 300km distance, or simply do not have the funds to make the journey.

This in turn leaves them no other option but to seek treatment at a hospital in the northern town of Vavuniya, 70km south of Killinochi, where the operation can be carried out at a cost of around US\$55 - money many simply do not have.

"That's money these people don't have to spare," Liyanawaduge said.

Help Age organizes community groups and would also like to initiate programmes to generate income for them.

In the east of the country, Help Age has used elders' groups to start home-gardening, poultry and small cattle-farming operations.

"We know more needs to be done, but we simply don't have the financial resources to take them on," Liyanawaduge said.

EU Subsidy cut has had little impact on Sri Lankan garments

by IRIN News

More than seven months after the European Union (EU) suspended its preferential trade agreement with Sri Lanka in protest over the country's human rights record, the subsidy cut has had little impact on the sector targeted, according to government officials.

Many of the country's 250,000 textile workers - who tend to work 12 hours a day, six days a week for a monthly salary of US\$150 - had feared they would lose their jobs under the cut. But most are still employed.

"We are still doing good," Nilanthi Perera, 29, a garment worker from Colombo, told IRIN. She supports three younger brothers and is the breadwinner of the family - like many of her colleagues. "Any loss [of jobs] would have destroyed us."

For five years Sri Lanka received a 10 percent tax concession under the EU's Generalized System of Preferences Plus scheme (GSP), and textiles account for 65 percent of the country's exports, according to Central Bank data.

But the country failed to prove to the EU its commitment to three international human rights conventions - the International Covenant on Civil and Political

Rights, the Convention against Torture and the Convention on the Rights of the Child - said Jehan Perera, director of Colombo-based think-tank the National Peace Council.

"The EU wanted to send an investigation team to the country to see for itself the situation [regarding alleged human rights violations] - but the government refused to let them in," leading to suspension of the GSP concession.

"The government would have been concerned that permitting the EU investigation team in would set a precedent, and lead to more pressure on the issue of war crimes," Perera said.

Sri Lanka has been resisting efforts by a UN Secretary-General's expert panel to conduct an independent investigation into alleged war crimes during the 26-year conflict between the government and the Liberation Tigers of Tamil Eelam (Tamil Tigers) which ended in May 2009.

The National Peace Council advocates a step-by-step process and was against the total removal of GSP concessions, according to Perera.

"The GSP Plus concessions should not have been fully suspended but should have been used for further leverage to push Sri Lanka to adhere to a human rights agenda.



The garment sector is a major component of the Sri Lankan economy~ pic: IRIN

Now the EU has lost this leverage," Perera said.

He said the EU should have set more achievable human rights goals and used the GSP concession issue as leverage. "Threats are more effective than the actual punishments in aid policy," he said.

"The GSP Plus suspensions did not have a negative impact on the Sri Lankan economy, exports and apparel industry," Tissa Vitharana, a senior government minister,

said.

In fact, the textiles sector notched up nearly 6.5 percent in exports from 2009 to 2010, according to the Central Bank.

Foreign buyers are continuing to place orders for Sri Lankan garments due to their high quality, and timely and efficient delivery, according to Chamara Hettiarachi, a Colombo-based economist. He said the textile industry had maximized capacity by appropriate use of technology.



Around the world

Sri Lanka land prices seen rising



Land prices in Sri Lanka are set to rise with interest rates seen "benign" this year and remittances from migrant workers who send money back to build homes staying strong, the central bank said.

Residential land prices, which declined sharply after reaching a peak in 2007, have started to rise again since June 2009, a report in Sri Lanka's premier business news portal Lanka Business online - LBO (lankabusinessonline.com) said also quoting the Central Bank.

The LBO report further stated:

Industrial land prices also peaked in 2007 and have begun to increase since June 2009 in the Colombo municipal area.

"As the interest environment is likely to be benign in 2011 an increase in a Land Price Index could be expected," the regulator said in its financial system stability review for 2010.

"Further, remittance income is expected to be robust during the next year as well and this would also push up the Land Price Indices.

"Accordingly Land Price Indices are unlikely to decline in the near future."

The central bank said that when interest rates are low land prices tend to rise, and they fall when monetary policy is tightened and rates rise.

"When interest rates are low, asset prices tend to inflate. Conversely, when the monetary policy is tightened with raising of interest rates to address high demand pressure due to low interest rates and credit expansion, asset prices tend to fall."

The central bank said that according to its land price indices for residential, commercial and industrial lands, over the last decade all type of land prices have "increased substantially" until 2007.

The bank said there was a connection between remittances and land prices and that when private remittances increase the Residential Price Index also in general increasing.

Price increases in areas outside the Colombo municipality have been significantly sharper, although price levels of these areas still remain well below that of the Colombo municipality.

"During asset price inflation, financial institutions make profit through value gains, whereas demand in the economy increases due to the wealth effect on consumers," the report said.

"When the asset prices fall, financial markets, investors and financial institutions are adversely affected and such instances may even lead to financial crises and economic downturn."

Sri Lanka construction, housing market expands

Sri Lanka's construction industry and housing market grew strongly in 2010 compared with the year before driven by infrastructure projects, resettlement after a war and increased borrowing.

The construction sub sector of gross domestic product grew 9.3 percent in 2010 from a growth of 5.6 percent the previous year, the Department of Census & Statistics (DCS) said in a statement, a report in Sri Lanka's premier business news portal Lanka Business online (lankabusinessonline.com) said.

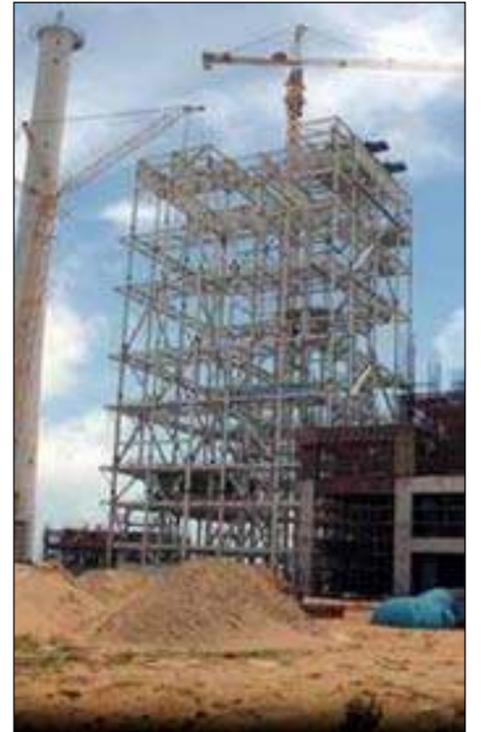
The report further stated:

"This growth was supported by the introduction of new development projects, the large scale projects already in operation and rehabilitation and resettlement programmes, especially in Northern and Eastern provinces."

Increased economic activity since 2009 has resulted in an infrastructure building boom.

Total cement production rose 16.7 percent to 3,749,005 metric tonnes in 2010 from 3,212,865 MT in 2009.

"The disbursement of loans for con-



struction of houses, business premises, other buildings, and property developments increased by 39.6 percent during the year," Sri Lanka's Department of Census & Statistics said.

Sri Lanka registers 8 pc GDP growth in 2010

Sri Lanka has registered the second highest ever GDP growth in two decades at 8 per cent in 2010, an over two-fold jump against 3.5 per cent in the previous year.

"The highest ever achieved GDP growth in the history of the country was 8.2 per cent and it was recorded in the years 1968 and 1978," the Department of Census and Statistics said in a statement on March 30th.

The high growth was a result of the three major sectors -- agriculture, industry and services -- registering 7 per cent

growth in the year, it said.

The number of tourist arrivals increased by 46 per cent over 2009, the highest ever since 1969, the statement said.

The number of new vehicles imported to the country grew by 76 per cent as opposed to a decline of 23 per cent drop in 2009.

The government introduced major import tariff slashes to encourage imports to promote growth in the post-conflict economic climate.

[PTI]

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Health & Fitness



Infants Abroad: Help Keep Your Baby Healthy While Travelling

By Harshini Sriskanda MD

Warm weather brings another popular time of year for families with children to take vacations.

Travelling with infants, however, requires a considerable amount of planning to ensure that baby stays healthy while abroad. Consider a consultation with a travel medicine clinic for personalized advice on immunizations and infection prevention abroad. There are many preventable diseases common overseas that are rarely seen in Canada, such as malaria. Hepatitis A is another common infection transmitted through personal contact and through contaminated food and water. Infants infected with Hepatitis A often have fever, vomiting and diarrhea—very similar to a stomach flu.

There is a vaccine against both Hepatitis A and Hepatitis B (which is less common) available in Canada for infants over the age of one year. Another vaccine protects against rotavirus, the most common cause of severe stomach flu in infants. The Canadian Pediatric Society recommends this vaccine for all infants, however the first dose must be given between 6 and 15 weeks of age.

If your infant is taking any medications, carry extras and make sure to know the generic name of the drug, in case you need to purchase more abroad.



Medications are often marketed under different brand names in different countries. The generic name for Advil, for example, is ibuprofen, and it is sold under the name Nurofen in many parts of the world

In general, while travelling, follow the same precautions for your infant that you would for yourself. In the heat, keep your infant well hydrated. Instead of drinking water, infants under 6 months can be breastfed or formula fed more frequently than you would at home. Dress your baby in clothes that cover their arms and legs to avoid sunburn and insect bites, and frequently apply both sunblock and insect repellent. If your infant is formula-fed, use only bottled or boiled water to mix the solution. For babies who eat table food, avoid uncooked fruits and vegetables. Dairy products like milk, ice cream or cheese may be made with unpasteurized milk which can also make your infant ill—ask first, but avoid these items if you are concerned. After returning from your trip, ensure that your child completes any immunization series that may have begun before your trip. If your baby develops a fever after returning home, make sure they are seen by a physician immediately, and tell your physician you have recently been abroad. Travelling with your infant can be exciting but be sure to do so safely.

(Harshini Sriskanda, MD, completed her medical school training in Kingston, Ontario and is a Pediatric resident at Children's Hospital, London Health Sciences Centre. She is also a new mother to a beautiful baby. This article first appeared in The Mom & Caregiver Magazine, March 2011 issue.)

Study illuminates the 'pain' of social rejection

ANN ARBOR, Mich.—Physical pain and intense feelings of social rejection "hurt" in the same way, a new study shows.

The study demonstrates that the same regions of the brain that become active in response to painful sensory experiences are activated during intense experiences of social rejection.

"These results give new meaning to the idea that social rejection 'hurts'," said University of Michigan social psychologist Ethan Kross, lead author of the article published in the Proceedings of the National Academy of Sciences. "On the surface, spilling a hot cup of coffee on yourself and thinking about how rejected you feel when you look at the picture of a person that you recently experienced an unwanted break-up with may seem to elicit very different types of pain.

"But this research shows that they may be even more similar than initially thought."

Kross, an assistant professor at the U-M Department of Psychology and faculty associate at the U-M Institute for Social Research (ISR), conducted the study with U-M colleague Marc Berman,

Columbia University's Walter Mischel and Edward Smith, also affiliated with the New York State Psychiatric Institute, and with Tor Wager of the University of Colorado, Boulder.

For the study, the researchers recruited 40 people who experienced an unwanted romantic break-up within the past six months, and who indicated that thinking about their break-up experience led them to feel intensely rejected. Each participant completed two tasks in the study—one related to their feelings of rejection and the other to sensations of physical pain.

During the rejection task, participants viewed either a photo of their ex-partner and thought about how they felt during their break-up experience or they viewed a photo of a friend and thought about a recent positive experience they had with that person. During the physical pain task, a thermal stimulation device was attached to participants left forearm. On some trials the probe delivered a painful but tolerable stimulation akin to holding a very hot cup of coffee. On other trials it delivered non-painful, warm stimulation.



The team that performed the research hopes that the findings will offer new insight into how the experience of intense social loss may lead to various physical pain symptoms and disorders. And they point out that the findings

affirm the wisdom of cultures around the world that use the same language—words like "hurt" and "pain"—to describe the experience of both physical pain and social rejection. [University of Michigan News service]



Health & Fitness

Skip the Sodium

Eliminate trans fat – check. Reduce refined carbohydrates – check. Lower your sugar intake-check. What's next on the healthy living list? Our tasty food companion sodium. It tantalizes our taste buds, enhances the flavour of food and acts as a preservative. However, sodium also causes an increase in blood pressure which causes the heart to work harder, increases risk of cancers and other diseases, causes bloating and exhaustion, and also decreases the body's ability to store calcium, which can weaken bones and cause bone-deteriorating diseases such as osteoporosis. Yet, most Canadians consume about 3400mg or more, which far exceeds the daily recommended intake of 2300mg (or about 1 teaspoon) of salt. Studies suggest that adults, particularly those over 40, of African descent (they have a higher risk of hypertension and stroke), or those suffering from high blood pressure or diabetes should significantly reduce their sodium intake to 1500mg per day.

So, here's where you start. First, don't think of this as a "diet." You don't have to compromise taste to be healthy. A healthy lifestyle includes taking small steps and making wise decisions. So, below are a few helpful tips on how to reduce sodium in your diet and achieve a healthier you!

Read food labels

Look for food products with no more than 400mg of sodium per serving or 2-3% of your daily value. Focus on buying products that are labelled "low or no sodium," especially your favourite foods or those you consume more frequently.

And here's a scary fact - a simple tablespoon of soy sauce contains over 1000mg of sodium!

Prepare meals at home

Don't you want to know what you're putting into your body? The best way is to make it yourself! Store bought or restaurant foods have numerous chemicals, additives and preservatives. Avoid ingesting these toxins by preparing quick and delicious meals at home. Buy fresh vegetables, meats and beans not canned. Prepare your own sauces and avoid those in a jar. Make quick and simple dressings at home and toss the bottled ones.

Eat your fruit and veggies

Your mother was right when she said fruit and veggies were good for you! They are high in various nutrients, vitamins, minerals and fibre. A diet enriched with colourful and delicious fruit and veggies has many health benefits and prevents various diseases and illnesses. Buy a variety of your favourite fruit and chop, slice, dice, mash, puree or eat them whole! Try new vegetables and roast, sauté, bake, steam, or simply enjoy them raw!

Cook with herbs and spices

Salt makes everything taste better –

Ayktah Grover

BSc, BAA, PTS and NWS

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yes, it sure does, but are you willing to risk your health for it? Probably not. Food doesn't have to taste horrible without salt. By adding fresh herbs and spices to your meals you enhance the flavour of food and add many health benefits with no added salt! Add basil to fish, lean meats, soups and sauces. Sprinkle some cinnamon on your fruit. Use paprika to add a spicy kick to roasted meat and vegetables. Prepare stews and soups with bay leaves for added flavour. Chop up chives to add bite to your salad and vegetables and add a dash of turmeric on rice for color and variety!

Avoid packaged, processed, pickled, smoked, cured, flavoured, foods

If a food product comes in any of these forms, you better believe there is salt added to it. Salt acts as a preservative in many foods and increases their shelf life.

Be cautious when selecting foods that are in any of the above form. Try to buy foods in their natural form or prepare them yourself so you have more control over how much salt is added.

Plan ahead

You can't avoid eating at restaurants. It's part of our social lifestyle. However, you can avoid doing serious damage to your health by simply reviewing the nutrition information on your favourite restaurant website. This way, you can choose healthier foods and avoid a sodium overload!

Watch for serving sizes

Often, when reading a food label, we tend to skim down the list and focus our attention on details such as calories, fat, sugar, and sodium, ignoring the serving size. Remember, if you consume two portions of the suggested serving on the package, you're also doubling on the

sodium.

Cut the condiments

Yes, marinades, dressings, ketchup, soy sauce are convenient and often cheap to buy but they're loaded with copious amounts of sodium in a very small serving size. A tablespoon of Italian dressing can have over 200mg of sodium! And who really adds just a tablespoon? Try to prepare marinades and dressings at home with olive oil, lemon juice, or vinegar. Focus on buying low sodium ketchup or soy sauce.

Don't be fooled!

Don't be fooled by the lingo. When the label says "low sodium" it still may

not be the best choice. For example, 25% lower sodium cottage cheese still has over 300mg per 1/2 cup serving! Scary!

The good news is that change is occurring. The food industry and government organizations are making a conscious effort to help Canadians lower their sodium levels by taking initiatives such as removing unhealthy food from vending machines, manufacturing foods with lower sodium levels, and creating awareness concerning the health risks of a high sodium diet. With the tips mentioned above, you too can take charge of your health and make a difference in your lifestyle. Be kind to your body and say "no" to sodium!

By Ayktah Grover

Founder, Aura Wellness

Certified Fitness, Nutrition and Pre & Post Natal Specialist

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Election 2011

Canada Election Special

Reel in credit card rates and give families a break

BRANTFORD - With Canadian households more in debt than ever, New Democrat Leader Jack Layton says it's time for a government that will put the interests of consumers on par with those of Canada's major banks. Layton spoke at a media event in front of a family home in Brantford, Ontario recently.

"While banks benefit from record-low interest rates, Canadians continue to pay some of the highest credit card fees in the world," said Layton. "It's time Canadian families got a break. This recession has forced many families to turn to their credit cards just to make ends meet. As a result, the average Canadian family is

now \$100,000 in debt."

Layton says Stephen Harper has repeatedly failed to stand up for Canadian consumers and small businesses by refusing to regulate interest rates and excessive credit card fees. Layton says he will cap credit card interest rates at five per cent plus prime, crack down on excessive transaction charges and make Harper's voluntary credit card and transaction Code of Ethics into law.

"I believe we need strong banks for a healthy economy," said Layton. "But when Canadians invest that kind of money, I think they deserve to get something in return."

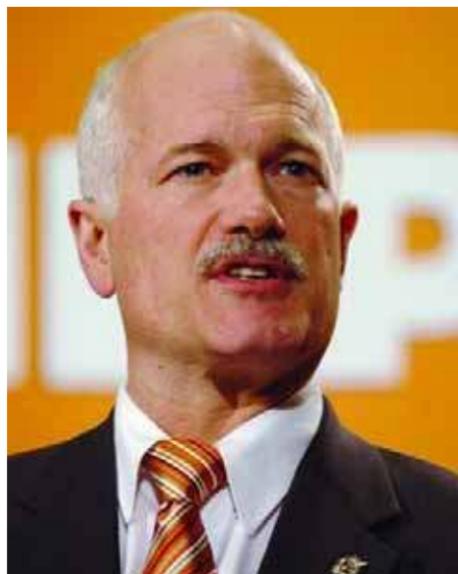
Jack Layton urges participation and involvement in community activities to build a better world

Canada is home to an amazing source of diversity, with people representing all corners of the world. We are a role model for other countries and an example of successfully welcoming all Canadian citizens into Canadian society, said Jack Layton, leader of the NDP in marking the International Day for the Elimination of Racial Discrimination on March 21st, 2011.

He further stated:

However, life in Canada is not all rosy. We recognize there is a long road ahead for many and a greater effort needs to be made by all to end racism. As a country and as citizens, we must keep striving, and join the international effort, to eliminate all forms of discrimination.

I urge all Canadians to participate in community activities and get involved to learn more about each other. On behalf of the New Democrats, our caucus and our members, I hope one day we can live in a world where racism and discrimination



no longer exist.

For me, Tommy Douglas, former leader of the CFF, provides inspiration that we can come together and work towards the goal of eliminating racial discrimination: "Courage, my friends; 'tis not too late to build a better world."

Liberal platform will help create jobs

Liberals believe that when families are strong, our economy is strong, which is why our platform puts families first – ahead of corporate tax cuts, fighter jets and mega-prisons, a communiqué by the Liberal party said. It added:

"Canada currently suffers from jobs without workers and workers without jobs – and our platform will fix that.

To build a strong Canadian economy, Liberals will help individuals reach their

full potential, ease the financial pressure on Canadian families and foster job creation, innovation and a competitive economy.

The most important thing a federal government can do to help the economy is to help create the best-trained and best-educated workforce in the world. That's why our Canadian Learning Strategy is our number-one job strategy".

Rathika Sitsabaiesan first declared candidate in Scarborough - Rouge River

Momentum is building in Scarborough-Rouge River for NDP candidate Rathika Sitsabaiesan. A former student leader and community activist, Rathika Sitsabaiesan is the first declared candidate in Scarborough - Rouge River Federal electoral district.

The long time incumbent made a surprise announcement recently of not seeking reelection, ensuring Rathika as the first declared candidate in the riding. "This positions her well to also make history as Canada's first Tamil MP and one of the youngest MPs ever", said a communiqué about her candidacy.



Rathika Sitsabaiesan

New Democrats have a plan for next generation of health care

NDP leader Jack Layton has announced new measures to address challenges faced by Canada's aging population and help prepare frontline health care for the next generation.

A press release by the NDP quoting the leader Jack Layton said:

"Yesterday we proposed ways to help families keep older relatives at home longer," said Layton. "Today we are proposing new measures to help our health care system deal with the growing need for home care and other health services."

The New Democrat proposal includes measures to keep seniors at home longer, improve the quality of the home care they receive and negotiate a dedicated transfer for long-term care as part of the 2014 health accords.

"For five years, Stephen Harper has ignored the health care challenges facing older Canadians," said Layton. "Our Quality Home Care Plan and new Long-Term Care Initiative will show real leadership on health care for seniors and help families caring for older relatives at home."

Layton's proposal will:

- Improve access for quality home care, helping 100,000 more families a year

- Make home care and long-term care insured services by adding them to the Canada Health Act

- Establish a long-term care transfer through the 2014 Health Accord negotiations

- Double the loan program for helping families renovate to keep older relatives in their homes

Layton also pointed out how Harper's inaction on health care has let tremendous pressure build on our system, leaving places like Prince George with dire shortages of nurses, doctors and health professionals.

"We need leadership on health care to help communities like Prince George here in British Columbia," concluded Layton. "I have a practical, affordable plan to bring more nurses and doctors to our communities, keep seniors in their homes longer and give families a break."

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Canada Election Special

Election 2011

New Conservative mandate to bring new fitness tax credit for adults



"Research consistently shows that physical activity results in better health outcomes for individuals," – PM Harper

Prime Minister Stephen Harper has announced that a re-elected Conservative Government will introduce a new \$500 Fitness Tax Credit for adults once the budget is balanced, and will double the existing Children's Fitness Tax Credit from \$500 to \$1000 within the next Conservative mandate.

A press release from the Conservative Party on Apr 3rd states,

"Parents know that regular exercise is a key part of their children's development, and gets kids started on a lifetime of healthy, active living," said Harper. "But we also recognize that the cost of activities like sports or dance can place a strain on family budgets. Our low-tax plan will support these families."

In 2007, the Harper Government established the Children's Fitness Tax Credit, which benefits close to 1.4 million Canadian families annually. To help Canadian parents with the rising costs of organized sports and fitness activities, a re-elected Harper Government will double the value of the credit to cover up to

\$1,000 in registration fees for children's physical activities.

In addition, there are currently 7.5 million adult Canadians who participate in sports and fitness activities. To encourage participation in regular physical activity, a re-elected Harper Government will create a new \$500 fitness tax credit benefiting adult Canadians.

"Research consistently shows that physical activity results in better health outcomes for individuals," said Harper. "Extending the fitness tax credit to include adults is good for the personal health of Canadians, and can reduce costs to our health care system overall."

Harper noted that the extension of the fitness tax credit to adult Canadians is supported by a wide array of health-related organizations in Canada, including the Fitness Industry Council of Canada, the Heart and Stroke Foundation and the Canadian Diabetes Association.

Stephen Harper commits to job-creating trade agreements with EU and India

HALIFAX - Prime Minister Stephen Harper has announced that a re-elected Conservative Government will aim to complete bilateral free trade negotiations with the European Union by 2012 and with India in 2013.

Press release on March 31st from The Conservative Party of Canada further states,

"Canada is a trading nation," Harper said. "Canadian businesses and their workers succeed and prosper when they have stable and secure access to markets and customers around the world."

"That's why since taking office we have made expanding and improving access to foreign markets such a priority. New free trade agreements have been signed with eight countries and negotia-

tions are underway with 50 more, including the European Union and India," Prime Minister Harper added. "Deepening our trading relationships is key to the Next Phase of Canada's Economic Action Plan in order to complete our recovery, create jobs and strengthen families' financial security."

The completion of these two historic free trade agreements will build on Prime Minister Stephen Harper's strong record of standing up for Canadian businesses and their workers by obtaining secure and stable access to important emerging export markets. Free trade agreements with the European Union and India will provide improved access to over 1.7 billion new customers for Canadian businesses.

Conservatives announce new tax break for small businesses to hire new employees



Prime Minister Stephen Harper on the campaign trail, March 29th, 2011

Prime Minister Stephen Harper announced that a re-elected Conservative Government would establish a one-year EI tax break for small businesses to hire new employees, helping to create new jobs and complete Canada's economic recovery.

"Creating and protecting jobs and strengthening families' financial security is our priority," Harper said. "As Canada emerges from a world-wide recession, it is essential that we do everything in our power to complete our economic recovery and ensure that more jobs are available to Canadians."

To lower the cost of hiring new work-

ers, the Hiring Credit for Small Business will provide a one-time credit of up to \$1,000 against the resulting increase in a small employer's EI premiums in 2011. The new hiring incentive credit will be available to approximately 525,000 employers, reducing their 2011 payroll costs by about \$165 million.

"Small businesses are the engine of job creation in Canada, and are indispensable in their role as job creators and innovators," Harper said. "Providing incentives to business to hire new employees creates jobs and creates economic growth."

Families with children under 18 will save \$1,300 on average on new family tax cuts announced by Harper

SAANICH, BRITISH COLUMBIA – Prime Minister Stephen Harper has announced that a re-elected Conservative Government will allow families with children to share up to \$50,000 of their household income for federal tax purposes, providing substantial tax relief for families.

A press statement from the Conservative Party of Canada released on Mar 28th further states,

"Since taking office in 2006, our Government has consistently lowered taxes on Canadian families so that they can keep more of their hard-earned money and have the financial security to raise their children and plan for the future," Harper said. "Thanks to our low-tax plan, the average Canadian family is already paying \$3,000 less in taxes each and every year."

Building on this strong record of low-

ering taxes on families, a re-elected Conservative Government will, when the budget is balanced within our next full term of office, introduce the Family Tax Cut to allow income sharing for couples with dependent children under 18 years of age.

By allowing these families to share up to \$50,000 of their household income, the Family Tax Cut will provide significant tax relief for almost 1.8 million families who will save, on average, \$1,300 per year.

Prime Minister Harper noted that the Family Tax Cut will make the income tax system fairer and reduce the tax burden on Canadian families. "We understand that family budgets are stretched and by making the tax system fairer for families, we will make it easier for parents to cover the day-to-day cost of raising their kids," Harper said.

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Arts and Forms



■ Gauri Guha, a classical vocalist of Indian origin from Toronto, toured Sri Lanka last year ~ A Sri Lankan writer portrays the artist, her music and accomplishments:

Gauri Guha on finer points of Indian classical music

by Shabna Cader

As an Indian classical vocalist, Gauri Guha has travelled the world over spreading her knowledge and love for North Indian classical music. She is a very well established and highly acclaimed professional vocalist and is currently a regular teacher at the Sangit Academy in Brussels, Belgium. For the last 30 or so years she has performed in many prestigious concerts/conferences abroad as well as been interviewed on television, radio and by various newspapers in not only her motherland but also in Canada, the United States, Europe and the Caribbean Islands.

During her junior years she was a disciple of Pandit A. Kanan and Mrs. Malabika Kanan. "Music is my life and I worked very hard to get to where I am today," said Gauri with a simple and satisfied smile on her face, "it doesn't matter what I have achieved or what I have not achieved but what matters is that I was determined to get to where I wanted in the first place. It's important to know what you want. Always question yourself, how desperately do you want it and what you're willing to do to get there and if you are desperate and if you are willing to do anything the road will be bumpy but with that kind of burning desire you will somehow make it through to where you want to be".

Beginning the workshop on that note, Gauri stated that vocal music is like drawing a picture through breath. One has to be able to have dimensions in his/her vocal tones and a good sound control of breathing. Therefore, maintaining good vocal exercises on a daily basis is required. As the workshop included many vocal music students, she got many volunteers to come forward and sit cross legged on the ground and began a few breathing exercises. After guiding them through four sequences of exercises she noted that if they were performed every single day in the correct way, the comfort level and strength to sing will gradually increase (more stamina).

"In music, rhythm is like a canvas. As an artist one needs to know the size of the canvas in order to depict what he or she wants to draw (must plan prior to painting or drawing) and in the same way when it comes to singing one must know the structure of rhythm as much as knowing the notes and tunes. I know that from the first lesson of teaching alone many try to achieve perfection but perfection is much like the horizon; the closer you try to get to it the further it moves away but we nevertheless tirelessly try to achieve it. There is obviously no harm in this as it only makes us more determined and to work harder to get to where we want," Gauri enthused.

When it comes to learning music and training to become a vocalist one needs to have a superior Guru. Gauri persisted that selecting a Guru is vital. A Guru's job is only to show his student the correct way and monitor him for the rest of his years of teaching. "The rest is actually up to you as a student – how far you want to go, how well you want to do is decided solely by you," reasoned Gauri. When she switched Gurus

to her current one Pandit Ajoy Chakraborty, she said that he asked her why she wanted to learn from him. Only when she confessed her determination to learn more and looked up to him as a teacher did he agree to become her teacher. "It's not easy to simply select a Guru. They must also choose you; there has to be a natural connection, or thriving chemistry between the two and he will without a doubt test your skills," Gauri said as she spoke about her learning days with the Guru.

Unlike in today's world when notes are of importance and homework means getting somewhere, Gauri, like many other vocalists, was taught lessons by simply hearing their Gurus sing. She would listen to her Guru sing a 'raga' or part of it and then go home and practice to match her tone and voice depth to his. During the following lesson she would replay the 'raga' as best she could. Depending on each student and teacher 'ragas' can take much time to learn as Gauri said she took five years to learn the first 'raga'!

“ In music, rhythm is like a canvas. As an artist one needs to know the size of the canvas in order to depict what he or she wants to draw (must plan prior to painting or drawing) and in the same way when it comes to singing one must know the structure of rhythm as much as knowing the notes and tunes. ”

"Five years does seem like a long time but there is no need to rush. Getting from one 'raga' to another doesn't happen overnight and it takes time obviously depending on one's ability and time spent learning it," she said wisely.

Half way through the workshop Gauri stressed on how important it was to maintain a good voice on an everyday basis. Although we may not know it, we seem to damage our voices on a daily basis by merely clearing our throats! "Whenever you feel the need to clear your throats swallow. Feel the need to sip water every once in a while so the throat doesn't dry all the time. As a vocalist you have to maintain your voice at all times – practice is key. If you're amidst a crowd, don't talk. There is no need to lift your voice to be heard neither when there is hardly anyone around should you feel the need to whisper. Too much coffee can also dehydrate your throat. So be careful about your caffeine intake".



Gauri Guha

“ As a performer she advised that an audience should not be given the chance to control you. “Music becomes a product when you're a performer. So it's vital that you practice well to sell it right – excel in what you do and improve your product. ”

Her voice is impeccable. As she shows examples of 'ragas' and other vocals of her expertise, I can feel myself transport to

another part of the world. Listening to the sound coming out of her lips is heavenly and soothing. Anyone could listen to her for hours at a go and not give a care for anything else. She is that convincing in her singing.

In December 2006 Gauri sang in a movie called 'The Hindu Tomb' at the Lille Festival held in France and a CD along with her song was released during the festival as well. She also performed at the Toronto International Indo-Jazz Festival in 2007. She has taught music at various seminars and workshops including in Nefchateau (Belgium) and Toronto (Canada) at the Worlds of Music Toronto and at the M-DO-Toronto Tabla Ensemble. As a performer she advised that an audience should not be given the chance to control you. "Music becomes a product when you're a performer. So it's vital that you practice well to sell it right – excel in what you do and improve your product. Choose the right compositions to perform and see that your audience goes home satisfied with your performance" she emphasised lastly.

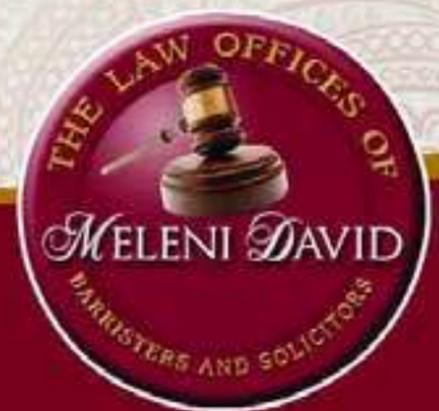


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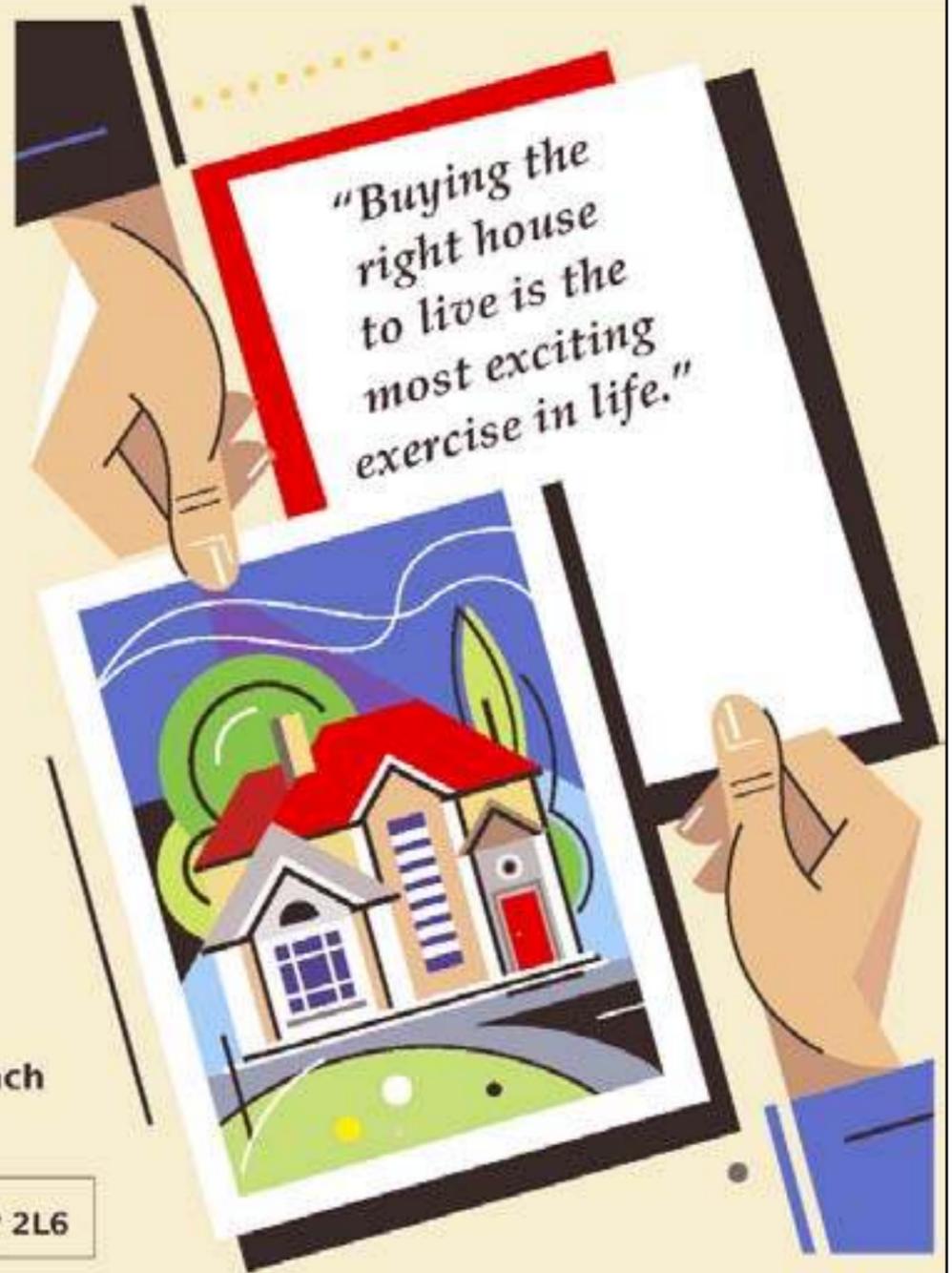
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Arts and Forms



"Abhinayam" by Malarvilly Janagan, Artistic Director and the writer of this article which was taken at Dundas square in Jan 2011 for a photo shoot (Documentary)

Natya - Part I Artistic Director - Malarvilly Janagan

The earlier extant literature on the subject of Indian Dance is Bharata's Natyasastra. There seems to have been some Natasutras even before this Sastra was penned. But they have either been lost or got dissolved into the present Natyasastra. The term Natya encompasses in itself all the artistic elements of the rare art. Dance was only a part of drama in ancient India. But drama itself was mostly danced. There was hardly any bifurcation between these arts in the true Hindu theatre. Natya was the term, which indicates a composite whole. The term Sangita was always referred to in its triple aspects viz., Gita (song), Vadya (instrumental) and Nrta (dance). All the earlier works on Sangita had chapters on every one of these elements. Natya included these three plus drama too. The Natyasastra is an unsurpassed compendious work dealing with all these elements in totality and running to thirty-six chapters. (*1)

Natya in its complete form consists of music, dance, and communication through expression. Of these, the second and third elements are known as Nrta and Abhinaya respectively. The Natyasastra describes all these elements in great detail.

Later authorities like Sarngadeva (12th century A.D.) recognized another form called Nrtya and defined it as a representational kind of Nrta. But Bharata's period had the arts of only Nrta and Abhinaya as parts of Natya. Nrta could be handled in two ways, viz. Uddhata (gracefully forceful) and Sukumara (gracefully soft). These obtained the names of Tandava and Lasya perhaps only after Kalidasa's time. (*2) during Bharata's period, the term Tandava seems to have been a synonym of Nrta.

The goal of any Natya is only to create Rasa. Rasa is the enjoyment of an aesthetic bliss derived through witnessing or reading a production. The process through which this is achieved is the sub-structure of the varied rules analytically laid down in the Natyasastra.



The Bhava i.e., feeling, contained in a situation and the character involved have to be expressed by the actor or the writer, as the case may be, in such a way that it can be understood by the onlooker or reader. Unless the feelings and ideas are communicated, the audience cannot share those feelings, which ultimately is responsible for evoking Rasa. The art of communication is called Abhinaya.

There are four mediums of expression available for the artistes. This analysis given in the Natyasastra is so accurate and universal that it is valid even today, for any production in any part of the world. The four abhinayas are Angika (Physical), Vacika (Verbal), Aharya (External) and Satvika (Internal).

Angikabhinaya is the art of physical expression. Entire human body has been analyzed in the Natyasastra as Angas (Major limbs) and Pratyangas (Minor limbs). Later authorities added to this classification the Upangas (Subsidiary limbs), which in turn were divided as those belonging exclusively to the face and those of the other limbs of the body. Exercises from head to foot are prescribed for each limb, based highly on kinetic principles.

The student was expected to master these individual exercises and proceed to practicing combinations of movements of various limbs. In other words, it must be possible for a dancer to move the entire body in totality or motivate it partly.

The mastery over the two aspects of Sthiti (being static) and Gati (being dynamic) is the basis of this dance. It is action in inaction in the physical sense. It has its own counterpart in the mental sphere both on the stage and in real life too. The maintenance of balance in the midst of uninhibited free movement is the beauty of this technique of dance as seen in the Natyasastra.

The physical control resulting out of proper pedagogy and personal practice, gives way of self-forgetfulness and shedding of the body consciousness. Thus the body is trained only to be forgotten about. In other words, the structure of exercises prescribed for the major and minor limbs in the Natyasastra corresponds to the technique of Hata yoga to a considerable extent. Many of the Yogic Asanas have their own counterparts in the Natyasastra.

There are four mediums of expression available for the artistes. This analysis given in the Natyasastra is so accurate and universal that it is valid even today, for any production in any part of the world. The four abhinayas are Angika (Physical), Vacika (Verbal), Aharya (External) and Satvika (Internal).

For example, Cakrasana is Cakramandalam Karana and Sakatasana is Sakatasya Karana. The Vyayamas (exercises) meant for Yoga, like those of head, eye, shoulder, elbow etc., have their parallel in the exercises mentioned in the Natyasastra.

The Asanas in Yoga are meant to ultimately help rising above the sphere of mere body consciousness. The same is the goal of the Anga Vyayamas (exercises of the limbs). These exercises are to be meaningfully utilized to convey ideas and more important than that, feelings. This is the essence of Angikabhinaya.

Physical expression is a part of human nature. The connection between the psych and the physique is so intrinsic, that even the minutest vibration of the mind gets easily reflected through the body in daily life itself. For instance, nodding the head is part of human behavior while reacting.

The force, speed and space of our pacing also reflect the inner composure and conflicts. The art of physical expression is hence beautifully conceived, classified and codified by Bharata, to artistically suit a dramatic representation

Continues next month....



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The Scarborough Hospital

Dr. Shin – Latest addition to Mental Health services team at TSH

The Scarborough Hospital's latest addition to its Mental Health Services team has only been on the job for six months, but Psychiatrist Dr. Karen Shin has already made an impact in at least one patient's life.

"They treated me with utmost respect: my stay in the hospital was like a vacation for me – excellent free food, excellent doctor (especially Dr. Shin), and most of all, I recovered very quickly," writes Magdeline Chan. "I believe strongly that the Scarborough Day Clinic is the best in Canada. I have become what I am today: a healthy consumer survivor."

And certainly, Dr. Shin agrees with Magdeline that "psychiatry is an integral part of an acute care hospital."

"Psychiatric illnesses account for many health concerns; there are urgent issues that do require hospital-based treatment," Dr. Shin explains. "It's important to see mental health issues as similar and equal to physical health issues. Part of de-stigmatizing mental health is having a department within the hospital instead of on a separate site."

Graduating from McMaster University in 2006, Dr. Shin began her career at St. Michael's Hospital in downtown Toronto, where she still holds a part-time teaching role.

Following St. Mike's, Dr. Shin went to Sunnybrook Health Science Centre before joining The Scarborough Hospital's Mental Health Services last October.

"The Scarborough Hospital offers a nice, collegial environment and everyone's been very supportive here," says Dr. Shin, who specializes in cognitive behaviour therapy. "I've had the opportunity to liaise with other departments that have patients with mental health issues, and have enjoyed working collaboratively with all my colleagues."

She views the future of psychiatry as increasingly taking on a stronger clinical role with patients.

"In some ways, psychiatry is evolving as a clear biological basis for mental illness, but it will also need to continue to incorporate social issues on a greater scale," she explains, adding that she herself will continue to specialize in cognitive behaviour therapy – her primary focus throughout her career to date.

Outside of her role as a psychiatrist, Dr. Shin enjoys reading, movies, travelling, cooking, and "I'm a bit of a tennis fanatic."



Decrease in wait times as Lab Technician in Emergency Dept.



Lab technician Nazneen Somani performs an ECG on a patient in the Emergency Department of The Scarborough Hospital's Birchmount campus.

Placing a laboratory technician right in the Emergency Department is paying big dividends to The Scarborough Hospital, saving time and resulting in quicker diagnoses and discharges.

The numbers tell the story: If a patient in the Emergency Department has to wait for a lab technician from the lab to perform blood work or an ECG, the wait would be 30 minutes, on average. Multiply that 30 minutes by approximately 14,000 patients a year, and the Emergency Department is now saving 17,500 hours.

"Lab technicians in the Emergency Department have positively affected our patient flow and patient satisfaction by facilitating and carrying out critical interventions – blood work and ECGs," says Teresa Reardon, Interim Patient Care Manager, Emergency Department, Birchmount campus. "This has assisted the department to perform patient interventions and discharges in a timely manner, decreasing wait times."

Nazneen Somani has been the lab technician at the Birchmount Emergency Department for a year-and-a-half, and feels great about her contribution to the department.

"I like the excitement of the Emergency Department. I work with code blues, do all the ECG and blood work, carry out medical

directives, do venous punctures," Nazneen explains.

"It's helping patients because their results are ready by the time they see a physician, so it really speeds things up."

For Emerg nurse Jennifer Lerma, having Nazneen in her department "helps nurses to facilitate our medical directives a lot quicker, so when the physician sees the patient, that medical directive is already carried out."

"Before we had Nazneen in our department, the nurses had to order all the blood work and ECGs, which is very time-consuming," Jennifer adds. "Nazneen allows the nurses to do the patient assessments, which means we can get the patient into the department quicker and get them discharged faster."

"I can't even imagine now what it would be like without Nazneen in the department. Our volumes are increasing, we're getting busier, so having the lab technician right there is a great asset." Ann MacKinnon, Patient Care Director, Emergency and Urgent Care for The Scarborough Hospital, concurs.

"The lab technicians have become very important members of the inter-professional team," Ann explains. "Their work in the Emergency Department plays a key role in The Scarborough Hospital meeting Ministry of Health wait time targets."



The Scarborough Hospital's Nephrology Program recognized March as Kidney Month with a variety of initiatives, including a tour of the program, a demonstration of telemedicine between Scarborough and Fenelon Falls, a Magazine Club focusing on the latest literature on kidney disease, and a Renal Fair with several displays and a lecture by Nephrologist Dr. Tabo Sikaneta. Pictured at the Renal Fair are: Dr. Paul Tam, Medical Director of the Nephrology program; Ethel Doyle, Patient Care Director of Nephrology and Diabetes; and Dr. Sikaneta.



The Scarborough Hospital

Survey to help for Pressure Ulcers

Dozens of pairs of frontline nurses – members of The Scarborough Hospital's Wound Resource Team – descended on almost every unit at both the General and Birchmount campuses on February 23 to assess the skin of admitted patients for pressure ulcers.

"The National and International Pressure Ulcer Prevalence Survey is voluntary, and it provides us with valuable data to determine if our intervention to prevent pressure ulcers is working well," explains Jacqueline Baptiste-Savoie, the Clinical Resource Lead for wound, skin and ostomy at The Scarborough Hospital. "It also provides valuable data that can be used to improve our management and assessment of pressure ulcers."

With teams of two nurses assessing each admitted patient in almost every unit within a specific time period, the survey is a huge undertaking.

"This specific survey benchmarks us against like institutions from Canada and the U.S. – almost 1,000 facilities take part – and data will be made available to us later on this spring," Jackie adds.

There are many reasons why patients develop pressure

ulcers: some of it may be due to poor nutrition, chronic diseases such as diabetes while others may be a result of other patient factors.

At the hospital, all admitted patients are assessed using a validated risk assessment tool called the Braden Scale. This assessment provides each patient with a score that has a direct relationship to their risk of developing a pressure ulcer. Each score is attached to specific intervention aimed at keeping the patient's skin intact.

"Once we get the score, we can start early intervention to prevent ulcers," Jackie says. "Pressure ulcer prevention is a multidisciplinary approach including nurses, physiotherapy, occupational therapists, nutrition, physicians and surgeons. We need all the disciplines onboard to ensure patients are managed appropriately so they don't develop an ulcer." The Scarborough Hospital is in the process of changing old surfaces for newer models that afford better



Nurses Sharon Smith (left) and Violeta Bogojevic, of the 4C surgical unit, assess a patient's foot for pressure ulcers during the survey.

pressure relief for patients when they are in bed.

"The data from this survey has been used in previous years as a tool to incorporate best practices into our pressure ulcer prevention initiatives," Jackie says. "We do the survey every two years, and moving forward, we know we can stay within established benchmarks."

VALUE

A pilot project on one unit at The Scarborough Hospital that utilizes a group of volunteers to meet the non-medical needs of patients is being lauded by nurses, volunteers and patients alike.

It is called VALUE (Volunteers Assisting Leisure Unique needs of the Elderly) and has attracted eleven volunteers to date, offering them the chance to be immersed within a medical unit that serves a geriatric population.

"It's an excellent program, not just for the nurses, but I think the patients benefit a lot from it, too," explains RPN Lisan Powell-Royer, who has worked at The Scarborough Hospital for almost six years. "Nurses don't always have as much time as we'd like to sit and interact with the patients. The volunteers can provide that interaction. And that makes our patients feel better."

For Gloria Jalkaran, who began her nursing career in 1964, and has worked at The Scarborough Hospital since 1974, the volunteers provide an invaluable service.

"It's very important that they interact with the patient, and keep them company," Gloria says. "Many patients have no visitors and are lonely. The volunteers provide an opportunity for protected time to interact with patients one-on-one or during a group activity such as bingo or dining together."

"I personally enjoy having the volunteers around; it is nice having someone else to

talk to, to share a laugh with. They are helpful and willing in every form and fashion."

The goals of the program are: to help prevent delirium; prevent physical and cognitive decline in high risk older adults throughout their hospitalization; maximize independence at discharge; and increase older patient quality of life during hospitalization, which leads to increased patient family satisfaction.

The hope is to eventually offer the program seven days a week, 16 hours a day, and expand it to other areas of the hospital.

Patient Care Manager Meredith Depaulsen and Carol Ann Fox, Manager of Volunteer Services, introduced the VALUE program, which is offered at other hospitals throughout North America.

"We have customized it to fit into our Mission, Vision and Values, by taking into consideration the unique experience of each patient," Meredith explains. "Our patients need companionship and social interaction, and it's nice to have a volunteer who can just sit and spend 15 minutes with a patient." Two of the VALUE volunteers are Andaline Joseph and Angela Amanquah.

"I have a deep, ingrained passion for helping people; it's just part of me and I have to do it to keep peace with myself," explains Andaline, who is planning a career in medicine. "The elderly are important to our society, but many are often neglected.



Patient Goldie Murphy is surrounded by help I-r: VALUE volunteer Angela Amanquah; RN Gloria Jalkaran; Andaline Joseph, VALUE volunteer; and RPN Lisan Powell-Royer.

They feel no one cares for them, and they can become depressed, especially in a hospital environment where the nurses are so busy.

"This program is so essential that I felt I needed to contribute. The elderly are sweet people who share so many experiences, and I benefit from being with them."

The feeling is mutual, as patient Goldie Murphy finds Andaline and the other

volunteers are "very encouraging."

The VALUE pilot program, while unique to The Scarborough Hospital, is modelled after extensive research of Yale University's Hospital Elder Life Program (HELP), developed by Dr. Sharon Inouye. VALUE runs until September 2011, and will expand across the hospital to provide specialized geriatric focus in many of the medical and surgical units.

Six tips for getting the necessary fruits and vegetables on a budget



Getting enough fruits and vegetables is important for a balanced diet and your overall health, but fresh fruits and vegetables can add up the food bill, especially when out of season. But there are ways you can get the most nutrition out of your food dollar.

Canada's Food Guide recommends four servings of fruits and vegetables for children 2 to 3 years; five for children 4 to 8 years; six for children 9 to 13 years; seven for girls 14 to 18 years; eight for boys 14 to 18 years; seven to eight for women 19 to 50 years; eight to ten for men 19 to 50 years; and seven for all adults 51 years or older.

"Following Canada's Food Guide will help you meet your nutritional needs while reducing your risk of obesity, type 2 diabetes, heart disease and some cancers," says Veruschka Muller, a Clinical Dietitian at The Scarborough Hospital.

Here are some tips on how to help ensure you get the

fruits and vegetables you need without breaking your food budget.

1. Buy fruits and vegetables that are in season and skip those that are not.

2. Freeze or can foods yourself for use in the winter months when fresh, local produce is limited.

3. Turn your leftover vegetables into soups or stews.

4. Always look at the clearance produce. Some of these items might be ideal for tonight's dinner or for adding to a loaf or muffins.

5. Root vegetables such as potatoes, onions, carrots and turnips are often well priced and typically keep well much longer than other vegetables.

6. Frozen vegetables can be a nutritious and economical choice. Avoid purchasing ones in sauces which can increase the cost and the calories.

Canada News



Canada Gov't to Tamil refugee claimants: pay smugglers or stay in jail

"The federal government has been telling Tamil refugee claimants to pay tens of thousands of dollars to the smugglers who brought them here -- or Canada won't let them out of jail, says an investigative report by CTV News published recently.

The report by CTV journalist Jon Woodward further states:



Minister of Citizenship, Immigration and Multiculturalism Jason Kenney says forcing Tamil refugee claimants to pay the smugglers who brought them here is legitimate. March 30, 2011. (CTV)

Government lawyers argue that it's a way to ensure the migrants won't be influenced by smugglers when they're let go. But critics say the tactic funnels money to smugglers the government is trying to hurt.

"It's shameful," said Ujjal Dosanjh, the Liberal candidate for Vancouver-South. "This is an extortion of the refugee claimants to pay the smugglers who are the guilty party in the first place."

CTV News reviewed 15 transcripts of detention reviews conducted by the Immigration and Refugee Board where debt to smugglers was a factor in detention.

In one of those cases, debt was the only factor that kept a Tamil migrant detained in January. But that migrant was able to show his family had paid his debts by February -- and he was ordered released.

Immigration Minister Jason Kenney seemed incredulous when asked about the issue at a campaign stop in Vancouver-Kingsway on Wednesday morning.

"I think that's ridiculous," said Kenney. "Paying a smuggler is an illegal activity. The government of Canada wouldn't countenance facilitating someone paying their debt."

About ten minutes later, the minister addressed the issue again.

"It's quite legitimate for our lawyers to take that position," he said. "We make no apology for ensuring that the law is enforced."

The law he's referring to is regulation 245-F, which says that if a refugee claimant owes money to a smuggler that can be a factor in deciding whether they can be released from prison.

The idea behind the regulation is to

make sure refugees don't go underground to pay debts to smugglers, said immigration lawyer Eric Purtzki.

"If someone is beholden to a smuggler they might be unlikely to appear for a future appearance," he told CTV News.

But Purtzki said the rule forces his and other clients to pay the very smugglers the government is trying to attack.



Ujjal Dosanjh

"Often times individuals will contact their family back home in Sri Lanka and say to them that they need to pay the smuggler," he said.

In many cases reviewed by CTV News, the migrant or their lawyer presents evidence that the debt has been paid in the form of an affidavit from a relative, or mortgage or land sale documents.

Sometimes, a government lawyer challenges the legitimacy of those documents and argues that the migrant should remain incarcerated.

The outstanding debt for the migrants ranged from \$5,000 to \$28,000 in the decisions surveyed.

Dosanjh said that if a Liberal government is elected they would examine repealing the rule.

In August, 492 ethnic Tamil refugee claimants arrived on B.C. shores after the defeat of the Tamil Tigers, or LTTE, a banned terrorist organization, in the Sri Lankan civil war.

The government says it is keeping Tamil migrants in jail in cases where their identity hasn't been confirmed or there is suspicion of terrorist involvement.

Community Leaders tell Torontonians: 'The Mayor's Transit Plan Snubs Suburbs'

Community leaders representing people who live and work in Toronto's suburbs got together on April 1st to send a clear message to their suburban neighbours: the Mayor's new transit plan will do nothing to relieve traffic congestion and crowded buses in Toronto's suburbs, according to a press statement by Toronto Environmental Alliance. The statement further states:

"Last year there was a plan to build fast, reliable transit along Finch West to replace the busiest bus route in Toronto," said Silvia Arauz, mother of two and local community organizer.

"Yesterday we found out we may get an express bus. This is an insult to people who ride the overcrowded Finch bus. And it's an insult to drivers who will continue driving along a congested Finch West."

"We are very much disappointed that this plan leaves out Scarborough," said David Poopalapillai National Spokesperson for the Canadian Tamil Congress. "We had a plan to build light rapid transit out to Malvern and the University of Toronto Scarborough Campus. Now we have nothing. We hope

that Mayor Ford will reconsider his position and bring back the LRT lines to Scarborough."

The Mayor's Transit Plan will build 25 km of Light Rail Transit (LRT) with the Province's \$8.2 billion instead of the original 52 km that was announced last year.

"It just makes no sense that the Mayor is willing to sacrifice fast reliable transit on Finch West and in eastern Scarborough simply so that he can bury the final 8 km of the Eglinton Crosstown LRT," said Robert Cerjanec, V.P. Operations-Elect, York Federation of Students. "This does nothing to help the students who rely on transit to get to school, work and home. Torontonians deserve to be consulted and have their voices heard before this plan goes ahead."

Speaking on behalf of all the community leaders, Mohamed El Rashidy, Director of the Canadian Arab Federation said "We urge all Torontonians, especially those who live in the suburbs, to call their Councillors immediately and tell them they don't support the Mayor's Transit Plan."

Olympic Champions joined NHL

Alumni in hospital hockey tourney

The Scarborough Hospital awards Peter Zezel Memorial Cup at second annual event

Former Toronto Maple Leafs players were joined by Women's Olympic Hockey medalists at the 2nd Annual Scarborough World Cup of Hockey. They laced up their skates to support The Scarborough Hospital in a one-day fundraising tournament on April 1, 2011.

At the Scarborough World Cup of Hockey, teams competed for the coveted Peter Zezel Memorial Cup—in memory of Scarborough native and former Toronto Maple Leaf Peter Zezel. This fundraiser brought together community organizations and local businesses with world-class hockey players at the Angus Glen Community Centre. Joining former Leaf Captain Rick Vaive and former Montreal Canadiens and Calgary Flame defenseman Ric Nattress were NHL Alumni Tom Fergus, Denis Maruk, Lou Franceschetti, Dan Daoust, Bill Derlago, Demtri Mironov, Greg Hotham, Jimmy Jones, Mark Laforest, Mike Krushelnyski and Wes Jarvis. An exciting addition to this year's roster were former members of the Canadian Women's Olympic Hockey Team: Lori Dupuis, Becky Kellar and Scarborough-born and -raised Vicky Sunohara.

Proceeds from this year's tournament



will go towards the purchase of two defibrillators, one for each campus of The Scarborough Hospital. Defibrillators are used to help people who have suffered a heart attack, re-establishing heart rhythm by delivering an electric shock. The latest technology in defibrillators requires less energy to restore a normal heart rhythm and lowers the risk of burns and damage to the heart. "It is such an honour to have hosted these hockey legends, whose participation guaranteed an exciting day for our sponsors and teams, as well as helping TSH stay equipped to care for our global community," says Michael Mazza, President and CEO of The Scarborough Hospital Foundation.

Recent Event

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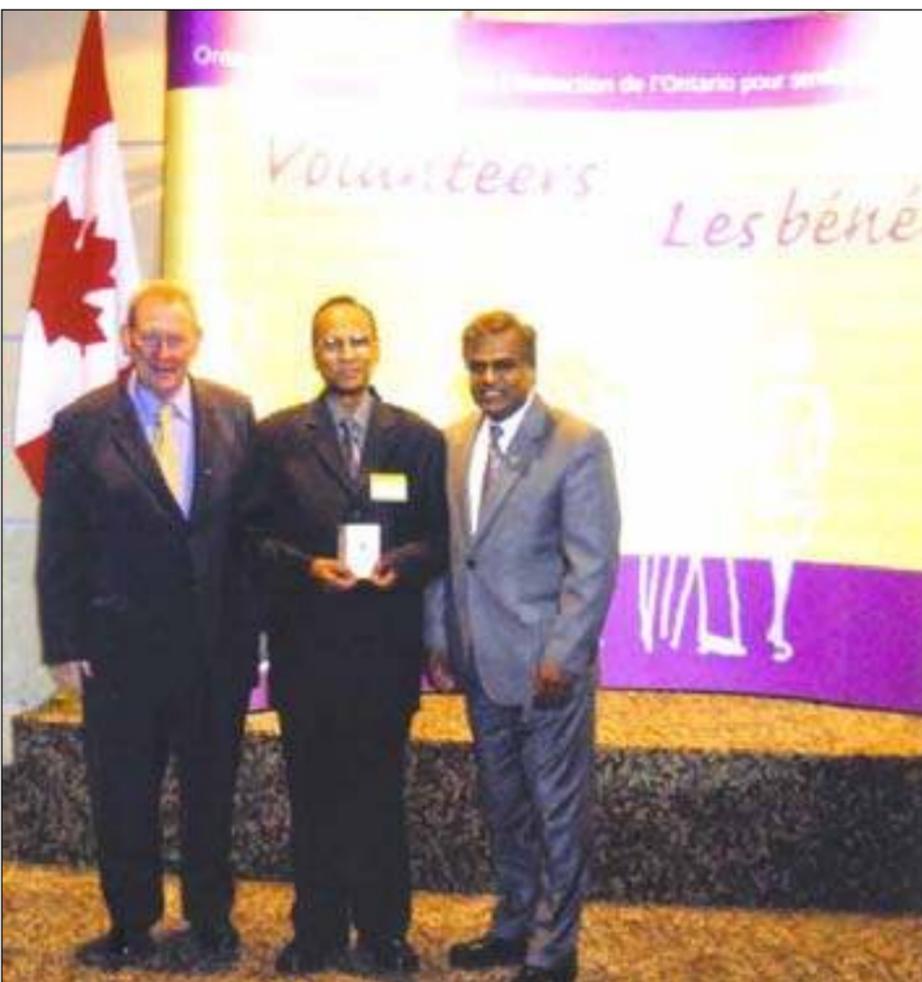
Five members of the Scarborough Senior Tamils' Association received awards from Hon. Eric Hoskins, Ontario Minister of Citizenship and Immigration and Mr. Bas Balkissoon, MPP for Scarborough - Rouge River at an Award ceremony that took place on Monday, March 28th, 2011 at the Grand Baccus Banquet Hall & Convention Centre, 2155 McNicoll Avenue, Toronto.



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Around the world



Bangladesh: New ID card policy could hit Rohingya asylum-seekers

By IRIN News

The introduction of national ID cards may lead to further institutionalized discrimination of Burmese Rohingya asylum-seekers (unregistered refugees) living in southeastern Bangladesh, experts warn.

A report by US-based NGO Refugees International to be released next month is expected to highlight how lack of access to public services and gainful employment for non-ID card holders will contribute to severe food insecurity for the Rohingyas.

The new national ID card, to be rolled out by the government and the World Bank this summer, will replace the 2008 voter registration card which had until now been used unofficially as a means of identification.

"Unregistered Rohingyas can no longer enrol their children in schools or obtain birth registration since the roll-out of the voter registration cards. Without the national ID card, they may also lose access to health services and micro-credit programmes," Lynn Yoshikawa, report author for Refugees International, told IRIN.

Over 200,000 unregistered Rohingya refugees, who are not eligible for the ID card, are expected to be affected by the scheme, which will be implemented over the next five years.

The new ID cards will state the holder's occupation. Consequently, many of the jobs that the Rohingya do for survival will now become harder to access, Chris Lewa from the Arakan project, the world's leading organization on Rohingya refugees, told IRIN.



There are some 28,000 documented Rohingya refugees in Bangladesh.

Photo: David Swanson/IRIN

Over the past year the Bangladesh government has taken steps to regulate workers in the fishing, construction and garment industries, she said.

"With the new ID cards scheme in place, jobs for Rohingya will be officially illegal, pushing wages down further, straining resources and increasing tension between the Rohingya and the locals," she said.

Rohingyas need an income, says EU report

According to a report by the European Commission Humanitarian Aid department, food insecurity in Kutupalong makeshift camp in southeastern Bangladesh will worsen and become an acute and protracted humanitarian crisis if the unregistered refugees are unable to engage in income generating activities and humanitarian access is challenged.

Latest figures from the camp show global acute malnutrition (GAM) to be over 30 percent, reflecting a significant deterioration of the humanitarian situation that needs to be addressed immediately, the report said.

Furthermore, unregistered Rohingya, who had hitherto been working unofficially, can easily be targeted by unsympathetic locals and security forces if they do not have ID cards.

"The police stop the bus on the way back to the [unregistered] camp because they know that we have been working and will have cash in hand. If we don't pay, they put us in prison," said 35-year-old Mohammed Selim, a fisherman.

Call for registration

The Bangladesh government needs to make sure it registers the unregistered refugees at the same time as rolling out the national ID cards, Lewa told IRIN.

"The only workable solution is to register the Rohingya and provide them with the right to reside and work in Bangladesh," she said.

Other countries that also host large populations of Burmese refugees are being more proactive in their approach to solving the issue, according to Yoshikawa.

"In Malaysia, there has been a major change in the attitude towards refugees," she said.

"The refugees have UN cards, which generally protect them from detention and deportation. The cards don't provide the refugees with the official right to work, but in Malaysia's case, they need the labour so there's tolerance," she said.



New ID card will make it even harder for Rohingya men to get work.

Photo: Misha Hussain/IRIN

Despite strong calls from the international community, the Bangladesh government has no immediate plans to register the refugees currently living throughout Cox's Bazar and Teknaf districts on the border with Myanmar.

Pledged foreign aid to these districts has also been blocked. In January this year, a US\$33 million UN Joint Initiative to boost infrastructure in Cox's Bazar was stalled by the government.

The government has also forbidden third country resettlement of documented Rohingya refugees for the time being, fearing that this might create a pull factor.

Despite several requests, the World Bank declined to respond to IRIN questions on the likely impact of the national ID card policy on Rohingya refugees.

Billionaire Warren Buffett bowled over by Indian hospitality

Indian hospitality on Wednesday, March 23rd received a strong endorsement from the world's third richest man, who said he was treated much better here than back in the US. "I am just overwhelmed by the welcome I have received from the moment we got here. They treat me much better in India than they do in the United States," said the Chairman and CEO of Berkshire Hathaway at a brief meeting with Karnataka Chief Minister B S Yeddyurappa on Wednesday morning.

"I want to transport all this... I believe in free trade," he said in a lighter vein.

"We had a great dinner last night... I met some very interesting people, had a great conversation. I couldn't feel more welcome and more delighted to be here," said Buffett, who is staying at Taj West End during his visit to the country.

"This is my first trip to India and the first foot I placed on Indian soil was in Bangalore... and it won't be the last," said the 80-year-old billionaire.

"When I come back, I will be 100 in 2030," he joked, but quickly added that he planned to come back much before that and was hopeful of seeing business expand here by then.

"We want to be where the action is and the action is here," Buffett, who yesterday admitted to having made a late entry into India, said.

Buffett, who viewed a short presentation on investment opportunities in Karnataka and the Global Investors meet held in 2010, said he was impressed by the speed of implementation of the MoUs signed during the Investors Meet.

"... It is very impressive," he said, lauding the efforts of the Karnataka government in facilitating the establishment of a Nestle food processing plant in a short timeframe of barely 10 months.

Yeddyurappa extended an invitation to Buffett to be the chief guest at the Global Investors Meet in 2012 during the nearly half-hour-long meeting.

[PTI]

Billionaire investor Warren Buffett, center shakes hands with Confederation of Indian Industry (CII) Southern Region Chairman Kris Gopalakrishnan, left, as Iscar Metalworking Co. Chairman Eitan Wertheimer, right, looks on in Bangalore, India, Wednesday, March 23, 2011.

— pic: AP



DESPITE PROSPERITY, INDIA'S CHILDREN NOT HEALTHIER - GREATLY EXPANDED MIDDLE CLASS HASN'T LED TO IMPROVED CHILDHOOD NUTRITION

By Art Chimes

A new study in India has found that the country's rapid economic growth over the past two decades has not led to improved childhood nutrition.

The study used nationwide data from three surveys starting in the early 1990s. During the period covered by these studies, India experienced dramatic economic growth, including a greatly expanded middle class.

Harvard University's S.V. Subramanian and his colleagues wanted to see if childhood nutrition improved during this growth period. In the studies, more than 77,000 children were weighed and measured so the researchers could compare age, weight, and height. That, in turn, was used to calculate standard measures of adequate nutrition in states throughout India.

"So one of the nice things about this design was, we could look at change," Subramanian explains. "So if I improved the level of economic well-being of the state, does that lead to the reduction in the child's risk of being undernourished? And when we did that, lo and behold, there was absolutely no association."

During the period covered by the three surveys, growth was not even across all sectors of the economy. Technology and service sectors boomed, but there was much less effect on India's vast rural countryside and its agricultural economy.

Subramanian says that in theory, it doesn't matter that economic growth was not uniform.

"Even if the economic growth happens exclusively from a small section of the population, the government potentially gets more revenue, but they have to be investing that additional revenue that they generated in health goods in order to make a difference. But it doesn't seem that any of that was going on."

The Indian surveys were part of a multinational project called Demographic and Health Surveys, which is funded by the U.S. Agency for International Development. Subramanian says he and his colleagues are looking at other surveys in the project to see how - or whether - economic growth and childhood nutrition are linked in other low- and middle-income countries.

[VOA News]

Election 2011

Canada Election Special

Canada Parliamentary Structure & Federal Elections

With the 41st Federal Elections about to be held May.02nd this article provides relevant facts about Canadian parliamentary history

Raymond Rajabalan

Canada's Parliament



Canadian Parliamentary Structure is made up of the following,

A) Governor General

The Queen of England is represented in Canada by the Governor General.



The incumbent Governor General is His Excellency the Right Honourable David Johnston.

B) Senate

Members of the Senate are appointed by the Governor General on the recommendation of the Prime Minister.

C) House of Commons

Members of the House of Commons are chosen by eligible citizens through federal elections.

• Formation of Canada

On March 29, 1867, Queen Victoria signed the British North American Act and in July 1st the same year, it came into effect. A new nation was born, Canada consisting of 3.5 million people and four provinces.

The Original four charter members of Confederation were as follows:

- New Brunswick
- Nova Scotia
- Ontario
- Quebec

On the 16th of July this new country was named the Dominion of Canada.

In the first election held in 1867, Sir John A. Macdonald, the leader of the Conservative Party won a working majority and became the first Prime Minister.

• The Number of General Elections.

The general election to be held on May.02, 2011 will be the 41st election within the past 144 years since the formation of Canada.

The growth of the number of Electorates

At the first election after the confederation in 1867, Canada had 181 members in the House of Commons. The number increased to 301 during the Federal elections in 2000. Since then the number has increased to 308 during 2004 June elections and continues to remain unchanged up to now.

Province with the most number of electorates

The Province of Ontario has 106 electorates, which is the largest number for any of the provinces, territories in the whole of Canada. Only the party which obtains the most number of electorates in this province will be able to form the Federal Government.

Electorates with the least geographical and most geographical areas.

Laurie-Sainte-Marie electorate in Quebec has an area of only 9 square kilo meters.

The electorate with the largest geographical



Sir John A. Macdonald

area in Nunavut. This electorate in the North West Territories region has area of 3,111, 463 square kilometers.

Voting rights for women

In 1918, the franchise at Federal elections



was extended to all women of 21 years of age and over. During the following year women became eligible for elections to the House of Commons. The first woman Member elected was Agnes Macphail of the progressive Party in 1921.

Change in the voting age

In 1970, a newly revised Canada election Act, lowered the voting age and the minimum age to be candidate from 21 years to 18.

Voter Turnout

Voter turnout at the 2004 June Federal election was (60.9%) percent which was the lowest since 1896.

The highest turnout in Canadian history was (79.4%) percent that was received at the General elections of 1958, when John A Diefenbaker's Government was re-elected.

Closest Results of any Federal election in Canada

One of the closest election results of any federal election in Canada occurred in 1972, when the Liberals led by Pierre Eliot Trudeau won 109 seats and the progressive Conservatives led by Robert Stanefield obtained 107 seats.

Provinces and Territories of Canada

- Province of Ontario
- Province of Quebec
- Western Canada:

This is made up of 4 Provinces and 3 Territories

Four Provinces

- British Columbia
- Alberta
- Saskatoon
- Manitoba

North West Territories

- West Arctic
- Nunavut
- Yukon

• Atlantic Canada – This consists of 4 Provinces

- New Brunswick
- Nova Scotia
- Prince Edward Islands.
- New Foundland and Labrador

Ontario, Quebec, Western Canada and Atlantic Canada –Facts & Figures

- Ontario

Long serving Ontario MP -

John Graham Haggard (Conservative) served 41 years from 1872 to 1913.

Youngest Ontario MP -

Patrick O'Sullivan (Progressive Conservative) elected 1972 at the age of 20 years.

Ontario's first female MP-

Agnes MacPhail (Progressive United Farmer's of Ontario elected 1921.

Ontario's Prime Ministers

Lester Pearson (Liberal) 1963 to 1968

William Lyon McKenzie King (Liberal) 1921 to 1930, 1935 to 1948.

Sir John A McDonald (Liberal, Conservative) 1867, 1873, 1878, 1891.

Alexander McKenzie (Liberal) 1873 to 1878

• Quebec

Longest serving Quebec MP -

Wilfred Laurier (Liberal) Served 45 years from (1874 to 1919)

Youngest Quebec MP -

Claude Andre' Lachance (Liberal) Elected 1974 at the age of 20 years

First female MP of Quebec

Monique Begin (Liberal) Elected 1972

Quebec Prime Ministers

Paul Martin (Liberal) 2003 to 2005

Jean Chrétien (Liberal) 1993 to 2003

Brian Mulroney (Conservative) 1984 to 1993

Pierre Elliot Trudeau (Liberal) 1968-1979, 1980-1984.

Louis St.Laurent. (Liberal) 1948 to 1957

Wilfred Laurier (Liberal) 1896 to 1911.

• Western Canada

Longest serving Western MP -**John Diefenbaker** (Conservative, Progressive Conservative.) - Served 39 years from 1940 to 1979. Youngest MP from West -**Lorne Nostrum** (NDP)- Elected 1968 at the age of 22 years.

First female MP from Western Canada

Doris Winifred Nielson (Unity Party) Elected 1940

Western Prime Ministers

Kim Campbell (Progressive Conserva tive) 1993 to 1993.

John Turner (Liberal) 1964 to 1984

Joe Clarke (Progressive Conservative) 1979 to 1980

John Diefenbaker (Progressive Conservative) 1957 to 1963

Stephen Harper (Conservative) 2006 to 2011

•Atlantic Canada (Eastern Canada)

Longest serving Eastern MP - **John Costigan** (Liberal, Conservative, Liberal) Served 40 years from 1867 to 1907

First Eastern Woman MP

Margaret Mary Macdonald (Progressive Conservative) Elected 1961 Eastern Canada- Prime Ministers

Robert Laird Borden (Conservative, Unionist) 1911 to 1920

Charles Tupper (Conservative). 1896 to 1896

Op-Ed



Sport has historically offered a profound avenue to rally and serve as the arena for reconciliation

By Amarnath Amarasingam

Nationalism, Cricket and the Religio-Politics of Sport

In 1968, Avery Brundage, President of the International Olympic Committee, declared that sports, "like music and the other fine arts, transcends politics." The statement came out of a sentiment of hope rather than fact, and was, of course, incredibly naive. If Claude von Clausewitz is correct that war is merely "politics by other means," then the same can be said about sports. In 1968, the Mexican government killed several students protesting the Olympics in Mexico City. In 1972, Arab terrorists kidnapped and killed Israeli athletes in Munich. Dozens of countries boycotted the 1976 Olympics in Montreal because New Zealand insisted on maintaining "sports relations" with apartheid South Africa. Countries like Honduras and El Salvador have gone to war over soccer, and when East German athletes wanted to compete in the United States, they were denied visas for two decades. The list goes on and on, but points to one thing: sport has never transcended politics and never will.

The deep interplay between politics and sport was again prevalent throughout the 2011 Cricket World Cup. As Sri Lanka inched its way into the finals, the Tamil diaspora around the world was divided about whether to support the team. During the final months of the protracted civil war between the Sri Lankan government and the Liberation Tigers of Tamil Eelam (LTTE), which saw its bloody conclusion in May 2009, many Tamil civilian lives were lost (due to the actions of both the government and the rebels). The Tamil diaspora now attempts to lead the charge against the Sri Lankan government for real and perceived injustices committed during the final months of the war.

On the streets of London, England, members of the Tamil Youth Organization (TYO) handed out pamphlets and raised awareness of the boycott. As one protester told Tamil Guardian, "Sport is not just a pastime. We cannot protest about war crimes against civilians one minute and cheer for sports teams from that state next. Is it right to welcome sports teams representing Libya to international sports fora today?" On social networking sites, such as Facebook, debates about the usefulness of the boycott were pervasive. Some members of the diaspora argued that supporting the Sri Lankan cricket team



(President Mahinda Rajapaksa hosted a reception to Sri Lankan cricketers at Temple Trees on April 4 (pic: president.gov.lk/)



The anti-apartheid poster, reads: "If you could see their national sport, you might be less keen to see their cricket".

against India in the finals could foster a sense of unity in the country following a highly divisive ethnic conflict.

As many scholars have argued, international sporting events like cricket serve not only as a form of national recreation, but also national re-creation. As Rob Nixon has noted, sporting events are "exhibitionist events imbued with the authority to recreate or simulate the nation, offering a vigorous display of a proxy body politic." It is a high-energy display of synchronicity and discipline, one dedicated to sacrificing the self for the collective. It is, in other words, one of the most important rituals of a state's civil religion. Sport may be a pastime, but it has transcendental importance. As Nixon writes, "Indeed, sporting idiom is shot through with a religious register: fanatical fans adore their sporting idols or gods, and the crowd mood builds toward a state of rapture, ecstasy, or frenzy."

International sporting events have always been a tool used by states to solidify their image abroad. The Soviet Union, for example, used sport to strengthen the image of communism among its neighboring countries. As Soviet writers Yuri Kotov and Ivan Yudovich stated in 1978, "The increasing number of successes achieved by Soviet sportsmen in sport has particular significance today. Each new victory is a victory for the Soviet form of society and the socialist sports system; it provides irrefutable proof of the superiority of socialist culture over the decaying culture of capitalist states." The self-image of the state as well as processes of national myth-making becomes deeply embedded in sporting competitions. Boycotts as well as the excluding of countries from competition become ways in which the international community or ethnic minorities deny or problematize the national myth of a particular state. It is a way of communicating to the country that its image of itself is not legitimate.

In the 1970s and 1980s, for example, South Africa's system of apartheid (whereby the black majority were denied political rights as well as social and economic opportunities) caused the regime to become an international pariah. South Africa was banned from a host of sporting competitions such as golf, cricket, tennis and rugby. The profound cold shoulder received by the international community cut so deep that in a 1977 survey, white South Africans ranked the lack of international sport as one of the most damaging consequences of apartheid. According to Rob Nixon, "White South Africans were vulnerable to a boycott not because sport transcends politics, but because sport's quasi-theological rites are wholly integral to the politics of nationalism."

On social networking sites, such as Facebook, debates about the usefulness of the boycott were pervasive. Some members of the diaspora argued that supporting the Sri Lankan cricket team against India in the finals could foster a sense of unity in the country following a highly divisive ethnic conflict.

In countries like Sri Lanka, where minority populations have long nursed socio-political, religious, and linguistic grievances with the state, boycotts should come as no surprise. While the contexts of apartheid South Africa is wholly different from Sri Lanka, similarities exist in that marginalized populations insist that they cannot participate in the national myth. They do not believe in their state's sporting idols, and feel left out of what Emile Durkheim termed the "collective effervescence". This is unfortunate, as sport has historically offered a profound avenue through which to rally populations around a unified civil religion and could serve as the arena for reconciliation.

(Amarnath Amarasingam is a doctoral candidate at Wilfrid Laurier University, and is currently completing his dissertation entitled, *Pain, Pride, and Politics: Sri Lankan Tamil Nationalism in Canada*. He can be reached at: amarnath0330@gmail.com On Twitter: <http://twitter.com/amaramarasingam> ~ This Article first appeared in *The Huffington Post*)

Election 2011

Canada Election Special

Liberal announcements good for Canadian economy

Liberals believe that when families are strong, our economy is strong, which is why our platform announcements put families first – ahead of corporate tax cuts, jets and jails, says a Liberal Party communiqué posted on the party website.

It further says,

When Canadians all have an equal shot at getting ahead, Canada succeeds.

By giving all high school students the same opportunity to access a post-secondary education, the Liberal Learning Passport will help to build the best-educated, most highly-skilled workforce in the world, and solve today's problem of jobs without people and people without jobs.

By helping families offset the out-of-pocket expenses and lost income from work absences as they care for a sick loved one, our Liberal Family Care Plan will help contain health care costs in the long run.

By reversing Conservative cuts to Family Reunification visas, Liberals are helping to build the economy by attracting skilled workers from around the world, while also providing families with added supports at home, allowing parents to enter the workforce.

By giving children the best start in life with our Early Childhood Learning and Care Fund, Liberals are creating the



April 03, 2011: Liberal leader Michael Ignatieff speaks during a news conference in Ottawa, Ontario. Photo: Dave Chan

solid workforce of the future, while allowing more parents who will benefit from affordable child care to enter or return to the workforce. By helping Canadians save for a secure retirement, the Liberal pension reforms – including our voluntary Secure Retirement Option – mean a healthier economy for the future.

Liberals will pay for better choices without raising taxes on Canadian families by cancelling tax cuts for the largest corporations, and turning the page on mistaken priorities of the last five years, like \$30 billion for stealth fighter jets, \$13 billion for mega-prisons, and \$1 billion for the G20 summit photo-op.

“Raes of sunshine,” pronounced at Toronto Centre campaign launch

“Laurier talked of his “sunny ways.” In Toronto we speak of “Raes of sunshine.” We look forward to this campaign with hope and optimism, knowing our opponents are not our enemies, and confident in the result on May 2,” said Bob Rae MP at the inaugural of federal election campaign held on April 2nd.

Excerpts from speech by Bob Rae MP at the event:

This election is all about choice. A choice about vision and policies, a choice about character, what we want our politics and government to be about.

Liberals are talking real substantive change in this election, and the choice between us and the Conservatives.

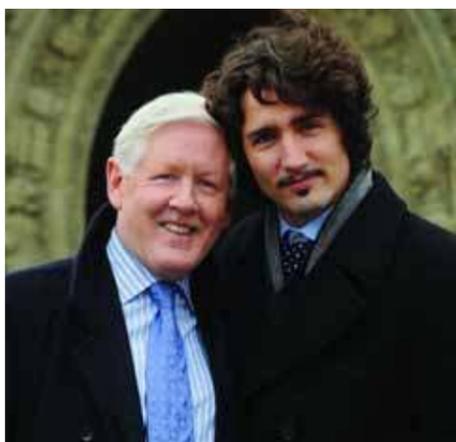
How many times do I hear the refrain “you’re all the same...”

But in this election we’re not all the same.

The Liberal Party is proud of the way we have led the country in the past, our commitments to a prosperous and innovative economy, to learning, to social justice, to the environment and to Canada’s role in the world.

This election is about the future, the way we apply our knowledge that the world is becoming smaller and more competitive, as well as more complex.

The Liberal spirit is an optimistic



Bob Rae and Justin Trudeau for “November 2010” - Fourth campaign in Canada that took place during the month of November 2010, rallying gentlemen across the globe to grow moustaches during November to raise awareness and funds for prostate cancer.

one. We know that there are challenges ahead, but we our operating emotion is not fear. It is hope.

And so there is not just a contrast in policies, in the difference between nothing on health care and a plan on how to help families cope with ageing, in the difference on the environment and jobs. There is a difference of character.

I don’t think Canadians will give into the scare tactics. We know that Michael Ignatieff is a good, thoughtful man. We know Canada is a caring country. We know the world is the place we need to make our living and our home.

Michael Ignatieff unveils new Liberal Platform, featuring the “Liberal Family Pack”



Michael Ignatieff speaks during a Town Hall in London, ON. Photo: Dave Chan

In a historic online platform launch event on April 3rd, Liberal Leader Michael Ignatieff presented the fully costed Liberal Platform to all Canadians – featuring the Liberal Party’s five-point plan to strengthen families, the “Liberal Family Pack.”

“We’re bringing a new level of economic stability to Canadian families by helping them with the cost of post-secondary education, child care, family care, saving for retirement and energy-efficient home improvements,” said Mr. Ignatieff. “The new Liberal Platform belongs to everyone – because it’s about your family, your future, and your Canada.”

To share the new Liberal Platform with all Canadians, Michael Ignatieff hosted a live town hall – streamed live and online at Liberal.ca – to answer questions from Canadians in the first platform launch of its kind. The new Liberal Platform is now available for download, as is the platform summary.

The centerpiece of the new Liberal Platform is the “Liberal Family Pack” – a five-point plan to strengthen families:

1. Canadian Learning Passport – to help families pay for college and university
2. Early Childhood Learning and Care – to create more high-quality affordable child care spaces
3. Family Care – to help family caregivers take time off from work to care for sick loved ones, and to help with the costs of caregiving
4. Stronger Public Pensions – to enhance the Canada Pension Plan to

make it easier to save for retirement, and provide more help for low-income seniors

5. Green Renovation Tax Credit – to help families save on energy costs while helping the environment

In the fifth and final announcement this week for the Liberal Family Pack, Mr. Ignatieff announced that a Liberal government will invest \$400 million annually in a permanent Green Renovation Tax Credit that will allow Canadian families to claim up to \$13,500 to cover the cost of energy-efficient changes to their homes, such as installing new windows, doors or roofing. This simpler, permanent and refundable tax credit will enable families and entrepreneurs to save on energy costs and help the environment.

Over the last two years, the Liberal Party has gathered input from thousands of Canadians who have helped shape the policies in the Liberal Platform, at the 2009 Liberal convention, the Canada at 150 conference, the “Policy Matters” sessions held across Canada last spring, and in feedback Canadians gave online or in person.

The Liberal budget is fully costed and does not raise taxes on families – it presents a plan with no increase in personal income tax, sales tax, or small business taxes.

“We can strengthen families – without raising their taxes – if we stop corporate giveaways, control wasteful spending like \$30-billion fighter jets, and focus on what really matters: giving every Canadian the tools to succeed,” concluded Mr. Ignatieff.

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Canada Election Special

Election 2011

Make history by sending the first Canadian Tamil to Parliament

By Ravi

Though the right figures are not available, as the Statistics Canada does not conduct survey regarding the numbers by ethnic background, it is believed that over 200,000 Tamil Canadians live in Canada. 200,000 is not a small number. With regret we have to digest the fact that the Tamil Canadians do not have a single representative in the top institution of the land, the House of Commons. We do have high ranking members of our community in the field of Medicine, Engineering of all types, Business, Accounting and so on. But in politics..? So far we do not have a representative.

Importance of Tamil Canadians' representation at the Parliament Hill

The absence of an effective and efficient representative among the country's policy makers, affects the basic rights of our Canadian Tamil Community. Our needs and grievances are not taken to the top body as it should be. We are unable to raise our voice officially for the benefit of our loved ones who suffer at our ancestral homeland.

In Canada, the majority of Tamil Canadians live in Ontario. If we go into detail, Scarborough Rouge River riding has a huge number of Tamil Canadians as voters. If all of us unite and group under one banner, it won't be difficult for us to elect the first Canadian Tamil's representative to the Parliament. In order to achieve this goal, we should have the

May 2, 2011



Rathika is with Elijah - Canvassing the Malvern neighbourhood

right person and the right political Party.

NDP has wholeheartedly nominated an efficient and suitable person from our community

Fortunately, we have The New Democratic Party of Canada (NDP) which has been supporting our Community from the hardest time till now, happily and wholeheartedly nominated an efficient and suitable person from our community as the candidate for Scarborough Rouge River. Having held number of leadership positions during her academic career and involvement



Knocking on doors and making streets Orange

with community service and Tamil cultural programs, Rathika Sitsabaiesan has a proven track record of leadership. She has great academic achievements and outstanding extracurricular activities which coupled with her passion for community development and social justice makes her the ideal representative to the parliament.

Canadians of multi-mosaic attended inaugural

Rathika's campaign office has been inaugurated on April 02, 2011 and the attendance on that occasion was amazing. Though the majority of the participants were Tamils, several members from other communities were among the participants and speakers at the opening ceremony. With few days into the Campaign, popularity for Rathika is

mounting in the riding among all communities. The events over the last year including the 20 year incumbent not running again means Rathika is well positioned to win the upcoming election. More than ever before, this is our chance to make history by sending the first Canadian Tamil to Parliament. It is time now for us to come together as one unified force and make this happen.

Better future for all

It is the duty of everyone of Scarborough-Rouge River riding, specially the Tamil community to unanimously support Rathika and the NDP to have a better future and a true voice at the top-most institution of Canada. This will demonstrate our strength and unity and will certainly make every Tamil around the world proud.

Layton announces plan to reward job creators

Jack Layton on March 31st announced his job creation plan focused on targeted, affordable investments in small businesses and Canadian job creators, says the party website in a press release. It further says, quoting NDP leader Jack Layton:

"My plan will give small businesses a break and provide incentives to companies investing in job creation at home." And added, Jack Layton's plan will:

Drop the small business tax rate from 11% to 9% - a 2 percentage point tax break that will help create jobs.

Create a Job Creation Tax Credit for employers of up to \$4,500 per new hire.

Extend the Accelerated Capital Costs Allowance for the next four years.

Restore the current Corporate Income Tax rate to 2008 levels and ensure Canada's corporate tax rate always remains below the tax rate in the USA.

"Blind, across-the-board corporate



tax giveaways are not a job creation plan; jobs moving overseas and full-time work replaced with part-time work," said Layton. "Our plan will reward businesses that create jobs in our communities."

Who do you trust to get results for working families? asks NDP's Jack Layton

New Democrat leader Jack Layton has unveiled more practical steps to help take the strain off the family budget. Layton is proposing new measures to provide support for families caring for aging parents, while at the same time building a future for their kids, a press statement by the party said.

The statement further explained:

"After five years of Stephen Harper, too many families are still fending for themselves when their parents become ill," Layton said. "Stephen Harper's answer is an 82-cent daily allowance - that proves Ottawa is broken, but I've got a plan to fix it."

Layton announced an Inter-generational Forgivable Loan Program to help families renovate their homes so that an aging relative can move in. His plan also delivers on the New Democrats' commit-

ment to strengthen Employment Insurance Compassionate Care benefits by fixing eligibility rules and improving coverage from six weeks to six months. In addition, the New Democrat plan includes a new Caregiver Benefit, aimed at helping low-and middle-income families caring for aging relatives.

"Canada's senior population is set to double within 15 years, and the burden born by today's families will increase along with that. This is a challenge we need to face today in Canada. The New Democrat plan is do-able, affordable and will help hundreds of thousands of Canadians care for their loved ones."

Layton also pledged to help new moms and dads who have taken maternity and parental leave by fixing the loophole that would make them ineligible for EI benefits once returning to work.

Around the world



Carlos Slim remains world's richest person: Forbes

Mexican billionaire Carlos Slim remained the richest person in the world with \$74 billion in assets, while NRI steel magnate Lakshmi Mittal ranked sixth and Indian industrialist Mukesh Ambani is placed ninth in the U.S. magazine Forbes annual list of world's top billionaires.

Telecom tycoon Helu, whose worth increased by \$20.4 billion from last year's \$53.5 billion, is followed by Microsoft founder and now a full time philanthropist William Gates III (popularly known as Bill Gates) with a net worth of \$56 billion.

Investment guru Warren Buffet is at the third spot with assets worth \$50 billion.

Total number of billionaires, this year, has increased to a record 1,210 from 1,011 last year.

Though America has the 33 per cent of the mega-rich, the Asia-Pacific region has surged forward and overtook Europe for the first time. Chairman of French luxury good outfit, Louis Vuitton Moet Hennessy (LVMH), Bernard Arnault has been placed at the fourth spot.

With net worth of \$41 billion, he is the richest person in Europe. He has replaced Mr. Ambani this year.

The fifth place has been taken over by Larry Ellison of Oracle. The Oracle chief sits atop a fortune of \$39.5 billion, which is \$11.5 billion bigger than last year, thanks to a 30 per cent jump in his software company's shares.

Mr. Mittal ranked sixth with \$31.1 billion of wealth. His wealth grew from \$28.7 billion last year as his company ArcelorMittal, world's largest steel-maker, registered profits of \$2.9 billion due to recovery in steel demand and higher margins in 2010, Forbes said.

Mr. Ambani, with net asset of value \$27 billion, lost five places and was placed at the ninth position in this year's list.

Last year, Mr. Ambani held the fourth spot, with net asset of \$29 billion, followed by Mr. Mittal at the fifth place.

"In one of the biggest foreign investments in India, Reliance Industries has signed a deal with BP by selling 30 per cent stake in 23 oil blocks in India for \$7.2 billion and forming a marketing joint venture," the magazine said.

According to Forbes, the number of billionaires has increased from 49 to 55 in India, 69 to 115 in China, 25 to 36 in Hong Kong, and across Asia-Pacific it surged from 243 to 332.



Carlos Slim

Other Indians among top 100 include, Wipro chief Azim Premji (36th spot with \$16.8 billion), Shashi and Ravi Ruia (42nd place with \$15.8 billion), Savitri Jindal (56th rank with \$13.2 billion), Gautam Adani (87th spot with \$10 billion) and K.M. Birla (97th spot with \$9.2 billion) [PTI]

ENDANGERED TIGER MAKES RESURGENCE IN INDIA



By Anjana Pasricha

The endangered tiger is making resurgence in India. A recent census indicates the number of tigers has risen in the South Asian nation, which is home to half the world's population of the big cats.

Using hidden cameras and DNA tests, census data collectors found 1,706 tigers in forests and wild life sanctuaries across the country - about 300 more compared to four years ago.

That came as good news for conservationists struggling to halt a steady decline in the numbers of the big cat. The results of the last census, announced in 2007, raised concern after it revealed that India's tiger population had plummeted by more than 50 percent. Rajesh Gopal heads "Project Tiger," the government-run conservation effort to save the tiger.

He says the latest count included every part of the country, unlike the last census, which excluded some areas. Gopal says the numbers are higher, even

after adjusting for areas that were not covered in the last survey.

"If you compare the exact area which was estimated in 2006 and 2010, excluding areas like Sunderbans and parts of Assam which we had not assessed, then there is a 12 percent increase in the tiger numbers over the past four years," said Gopal.

India's environment minister, Jairam Ramesh, says the rise in the numbers of tigers is encouraging. But he says much remains to be done to ensure the species survives. "We have a mixed bag, we have reason to feel satisfied with what we have done, but the threats are imminent," he stated.

About 45,000 square kilometers of forest area have been earmarked for tiger reserves across India. But India's rising human population is shrinking the tiger's natural habitat. An increase in poaching in recent decades has added to the tiger's plight. As a result, the number of tigers has plummeted from about 100,000, in 1900, to the current level of about 1,700.

Several countries are waging a battle to save the tiger, but the most critical fight will be in India, which accounts for about half the world's remaining tiger population.

[VOA News]

India Could Face Water Woes In Coming Decades

By Kurt Achin

U.N. World Water Day is a reminder that some of the world's looming water crises are urgent and vast in scope. That is especially true in South Asia, where hundreds of millions of the world's poorest residents lack basic water infrastructure, and where access to natural water supplies is set to become ever more competitive.

U.S. intelligence officials believe water scarcity is shaping up to be one of the main potential drivers of future global conflict.

In his 12 years on a U.S. Congressional intelligence committee, U.S. Ambassador to India Timothy Roemer says he had regular access to reports about transnational issues U.S. officials believed could spark conflict or even war. He says the prominence of water issues in those reports evolved rapidly from the 1990s forward.

"We saw issues like al-Qaida and technology, and water was about 10th or 11th on that list," said Roemer. "By the 2025 projected report, water was in the top five."

India's population of more than a billion people is widely expected to overtake the population of China by the middle of the 21st century. Both countries depend on a handful of major waterways originating in the Himalayan mountain range. One of those is known to Indians as the Brahmaputra, running through Chinese-controlled Tibet and into the eastern Indian state of Arunachal Pradesh.

Indian officials are closely monitoring Chinese plans to build a hydroelectric dam along that waterway. They say, during an India-China summit late last year, Beijing offered assurances it would do nothing to affect the supply of water downstream. The discussions are made more tense by the fact that China does not fully recognize India's sovereignty over Arunachal Pradesh. On official Chinese maps, the Indian state shows up as "Southern Tibet."

For hundreds of millions of Indians, lack of water is not a question of geopolitics, but lack of infrastructure for water

delivery and purification. Ambassador Roemer says India's water crisis often affects the poorest, and the youngest.

"We all know small villages where, when you say hello, and you hug 10 children in that village, two or three of them may not be there four or five years from now due to problems that they have just getting access to clean and potable water," he said.

India's challenge in delivering basic sanitation and water supplies to the majority of its citizens is part of what Environment Minister Jairam Ramesh describes as a broader problem of "ecological poverty," which contrasts with India's growing wealth as an industrial and technological power.

"The reason why India must take environment seriously is because it is becoming a very serious public health concern," said Ramesh. "A public health concern not for the rich or for the middle classes, but it is becoming a public health concern for the poor."

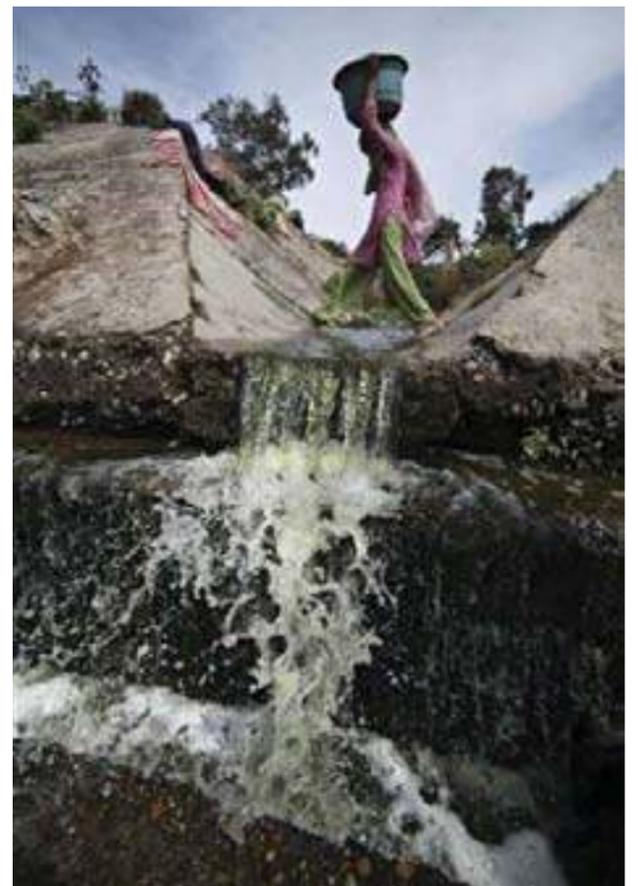
Ramesh says India has undertaken a 10-year program to ensure no untreated industrial effluent or urban sewage is released into the country's main river, the Ganges. He says man-made pollution is one of the main contaminants of India's groundwater, upon which hundreds of millions of Indians depend for consumption and agriculture.

"Water quality is something that's absolutely essential," he said. "And we need to address some of these issues in a much more systematic manner than we have."

One of the most dramatic warnings about India's groundwater supply comes from Dipankar Chakraborti, director of environmental studies at Javadpur University in the Indian State of West Bengal. He was one of the first to point out decades ago the problem of arsenic contamination in deep water wells in West Bengal and Bangladesh.

Chakraborti predicts the health crisis of arsenic contamination will not be limited to northeast India and Bangladesh, but will emerge in the coming decades along the flood plains of the Ganges and other transnational waterways.

[VOA News]



An Indian girl crosses over a stream of polluted water as she carries drinking water on the outskirts of Jammu, India, March 21, 2011. AP pic

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.

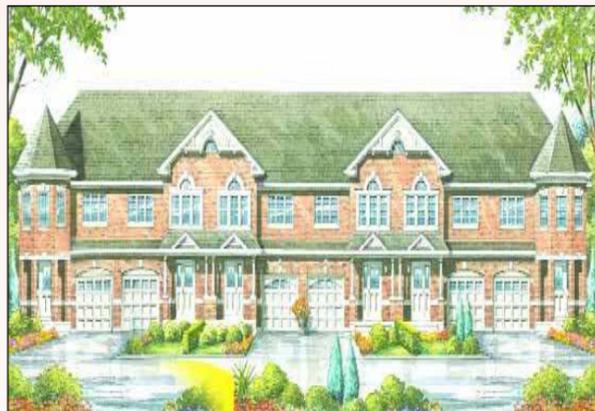
Innovative floorplan designs combined with an extensive array of standard features included with every new home have become a corporate trademark of John Boddy Homes and 'Eagle Glen'. Not only does a John Boddy home offer such striking standard features, there are also a wealth of opportunities to upgrade,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



Lynton Semi



Mayfair Semi - Model to View



Steeple View Townhome - Model to View



Wyndham Semi

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.

The John Boddy Homes' team of experienced management, planners, designers, supervisors, marketing and sales personnel have distinguished themselves by creating innovative and unique designs in truly outstanding communities that meet the needs and desires of today's families.

With five fully furnished model homes and new semi-detached and townhome models a visit to 'Eagle Glen' is a must. Drop by the Sales Presentation Centre located on Stevensgate Drive, north of Rossland Road West, one half kilometre west of Westney Road three kilometres north of Hwy. 401. Sales office hours are Monday through Thursday 1:00 p.m. to 8:00 p.m.; Friday, Saturday, Sunday and Holidays 11:00 a.m. to 6:00p.m. Let their friendly knowledgeable staff help you determine which of the many home styles available is perfect for you and your family and get set to join the ever-growing 'Eagle Glen' family community. For more information, please call (905) 619-1777 or visit their website at www.johnboddyhomes.com.

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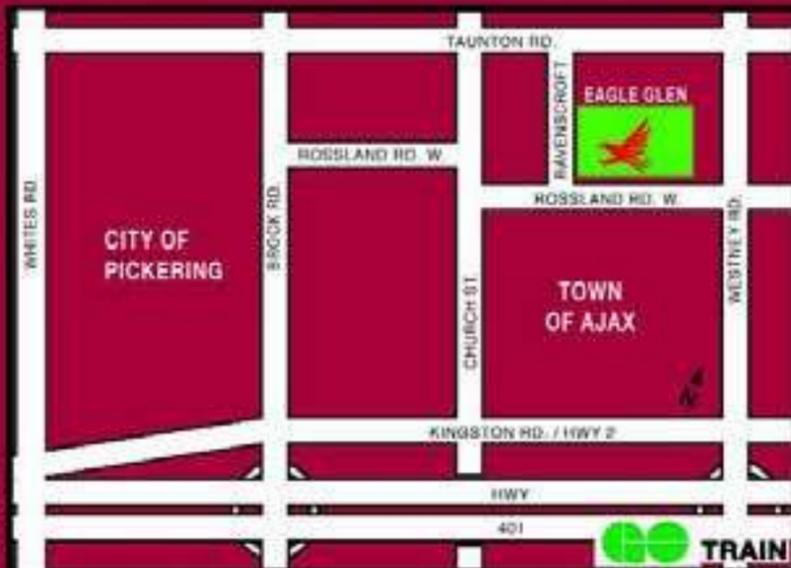
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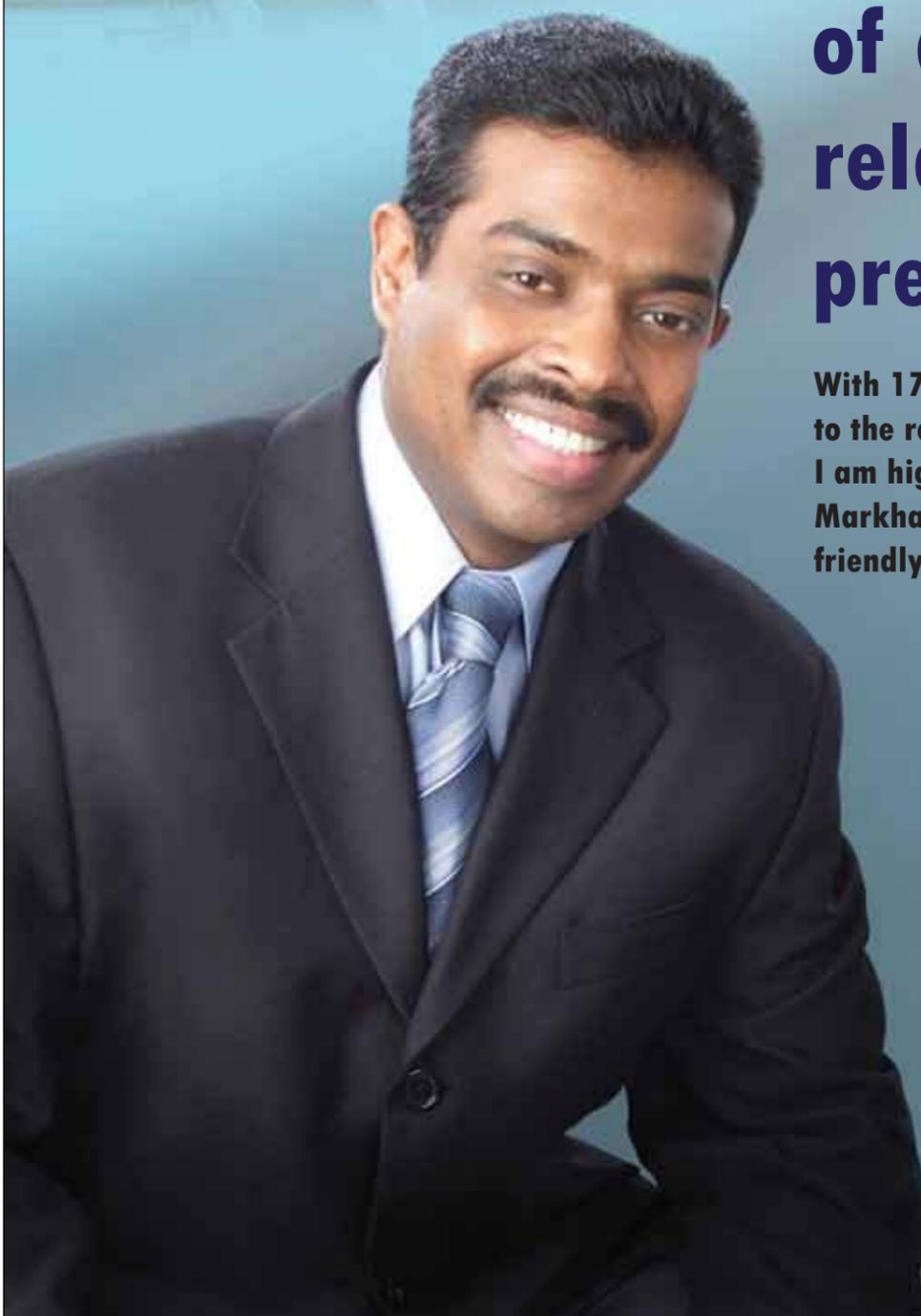
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Dean of studies, Dr V Elagupillai



University of Toronto Professor, Nancy Olivieri



University of Toronto Professor Joseph Chandrakantham



Vaithegi Vasanthakumar, MC



Hon Minister Gerry Phillips



Hon Minister Dr Alice Wong



National Anthem, Tharmika Shanmuganathan & Akshaya Rajkumar



Graduating students



Guests at the head table



Computek college staff with Guests



Graduating student with Guest



ECA Graduating students with Hon Minister Dr Alice Wong



Graduating student receiving award



Sports

INDIA EDGES SRI LANKA IN A NAIL-BITER FINISH TO THE 2011 WORLD CUP

By Tashvir Narine

Cricket fans around the world were treated by a masterful performance of the game on April 2nd when two powerhouse squads of the 2011 World Cup went head-to-head, with India getting the better of Sri Lanka, in a match that

ing batsmen were dismissed. In a time of desperation and unbarring pressure, the cool-headed veteran rescued the Sri Lankans by rotating the strike and playing his shots when needed. Skipper Kumar Sangakkara was caught behind two runs short of his half-century at 122

again, scoring only 18 runs. Tendulkar finished the tournament with a remarkable 482 runs, only 2 short of the top spot held by Tillakaratne Dilshan, who made a helpful 33 runs himself in his innings. The Sri Lankans surely looked to be on top at this point, with India struggling at 31 runs for 2 and the 22 year old Virat Kohli coming to bat. Although he didn't score any of the top two Indian totals that day, the Kohli helped Gambhir to steady the Indian innings and after 21 overs, India were at 114 runs when he was nicely caught and bowled by Dilshan himself.

Batting at the fifth spot in the Indian batting lineup has usually been a task held by all rounder Yuvraj Singh. Captain MS Dhoni however, saw that this was a time where his captaincy and leadership needed to be exerted. In a move that would be remembered for years to come, Dhoni took the bat himself, and went out to meet Gambhir. Their 109-run partnership seemed to place India back into the driving seat but Gambhir was bowled by Perera at 97 in the 41st over, leaving India at 223 for 4, needing 42 runs for victory, and the match still in any team's reach. Dhoni

and Yuvraj brought India home after this point, and it was certainly an impressive feat, as Malinga was brought back into the attack at this time and Dhoni went after as well. Needing only 4 runs to win from the final 11 balls, Dhoni launched Nuwan Kulasekara over long-on for a dramatic six to end the match in typical Dhoni handiwork.

In an indescribable scene that followed, Indian players rushed on the field to celebrate the victory and greet their captain, who led them not only in advice, but in action as well. Yuvraj, who was with Dhoni when the match ended, was named Player of the Tournament for his great all-round performance. Among the Indian team swarm was Sachin Tendulkar, who in his illustrious career had never lifted the World Cup trophy until this match. The game also marked the end of Sri Lankan master spinner Muttiah Muralitharan, who was unable to lift the cup in his final match, but certainly had an impact on bringing his team this far. This was the first World Cup tournament that India had captured since 1983, and it was well-earned, as the knockout stage put them against the likes of Australia, Pakistan and now Sri Lanka.

Congratulations to the Indian cricket team and captain MS Dhoni on victory, and also to the Sri Lankan squad who played well and represented the nation superbly in the 2011 World Cup.



Sachin Tendulkar is hoisted on his teammates' shoulders during celebration



Team India players celebrate with the World Cup trophy

came down to the final two overs. The venue was Wankhede Stadium in Mumbai, and the atmosphere was so electric that Sri Lankan captain Kumar Sangakkara's first call in the coin toss was lost in the noise. The toss was done a second time and Sri Lanka won, choosing to bat first.

Opening bowler Zaheer Khan, who had been having a superb tournament to this point, came out no different to meet the Sri Lankans. His opening spell produced three maidens and a key wicket of opening batsman Upal Tharanga. The last few overs were fairly expensive however, but Zaheer finished the tournament tied with Pakistani captain Shahid Afridi for the most wickets with 21 a piece. A key moment in the match occurred however when Mahela Jayawardene stepped to the crease at 60 for 2, after both open-

ing batsmen were dismissed. In a time of desperation and unbarring pressure, the cool-headed veteran rescued the Sri Lankans by rotating the strike and playing his shots when needed. Skipper Kumar Sangakkara was caught behind two runs short of his half-century at 122

for 3, and the task was left to Jayawardene, whose innings of 103 not out gave some much needed structure. A great finish at the end by Nuwan Kulasekara and Thisara Perera brought the total to 274 runs, an impressive score to capture the finals. In fact, India's chase of 274 runs was the highest ever in a World Cup final. And like the previous matches in this tournament, India needed its opening batsmen to give them a healthy start. Opener Virender Sehwag, who hit a boundary in the first ball in six matches so far, went back lbw from a second ball duck to Lasith Malinga. Gautam Gambhir came in next but all eyes were on Sachin Tendulkar, who was playing in his last World Cup and the pressure was on for him to perform. He went soon after though in the 6th over to Malinga

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Sports



The Score on Cricket

By Tashvir Narine

As the World Cup came to an end on April 2nd, many Canadian cricket fans remained put on their sofas and in their offices, eyes glued to the television sets and monitors. This comes as no surprise however, as the finals boasted two host nations putting Sri Lanka up against the Indians. With the success of the Bangladesh team as well, fans in these supporting countries have been treated with exciting play from their respective home teams in World Cup 2011.

Bringing the attention back home for a moment, we should note that although this competition gave great experience to many of the young Canadian prospects, cricket in Canada still has a long way to go to prevent the rumours of removing Associates from the World Cup. In its short history, Canada has perhaps had more promising tournaments, however we did see another victory this year, along with an epic match against semi-finalists Pakistan, which had the world on the edge of the seat.

From the start, there were concerns

Canadian bats failing to come alive once again. A titanic partnership between Tatenda Taibu and Craig Ervine amounting to 181 runs put the match out of reach of the Canadians, who needed almost a run per ball during their innings, but failed to mount any attack against the spin attack of Zimbabwe. This was indeed more of a disappointment than the Sri Lankan loss, as a win here was indeed more of a possibility. The team seemed to be hurting following these opening matches, however the following match versus Pakistan proved to be one of the most entertaining contests in this World Cup. Unlike Ireland though, Canada could not pull another upset over the Pakistanis this year, as captain Shahid Afridi came to the team's rescue with the ball nonetheless, when it was needed most to dismiss the Canadians. A lackluster innings of 184 from Pakistan left the Canadians with a sense that they could scrape this one out, however the Canadian bats failed once again to bring this game home. A well-respected batsman on his own account,



Skipper Ashish Bagai celebrates after reaching his 50 against New Zealand

surrounding the team regarding players left out from the original list, as well as the status of certain members and visas to play in India. These distractions however should not have had an effect on the players involved, as this was not the first time Canadian players had encountered this type of competition. Canada however, came out to a very slow start to proceedings in the 2011 World Cup against finalist Sri Lanka. Mahela Jayawardene scored the fastest century in Sri Lankan World Cup history and the Sri Lankan bowlers took out the Canadian batsmen without a scare, and without top bowler Lasith Malinga as well.

The second match against Zimbabwe proved to be another no-contest with the

Afridi's bowling in this tournament has been superb and his spell of 5 for 23 wiped out the middle order of Canada, which seemed to be well on its way to surprising the world like its Irish cousins in last World Cup.

Captain Ashish Bagai called out the Canadian bats after the match, asking for a more level performance of batting and bowling from his players. The next contest between Canada and Kenya was perhaps not one that many fans had marked on their calendars, however for Canadians it produced the second World Cup victory since Canada has been in the tournament. It may have been a battle of bottom-dwellers, but the Canadians did well with both the bat and ball, limiting



Canada celebrate after victory against Kenya



John Davison waves in his final game for Canada

Kenya to 198 runs and reaching the target with 5 wickets in hand. Bagai lead by example scoring an unbeatable 64 and he was assisted by Jimmy Hansra who scored an exciting 70 runs before he was caught out.

The next two matches put Canada against opponents as geographically opposite as possible, New Zealand and Australia. Against New Zealand, the Canadian batting seemed to be keeping strong, however New Zealand won easily scoring 358 runs in the first innings, after Bagai won the toss and chose to bowl first. The Canadians mounted a comeback to 261 runs and batted the full 50 overs, however it never appeared that they would have reached this target, moving to a record of 1-4 in the tournament. Bagai also continued to lead the Canadian attack in this match reaching 84 runs himself, the highest of any player from his team in the 2011 World Cup.

And even though he did not beat John Davison's Canadian record of fastest century, Bagai was able to skipper Davison

in his final international match against the Aussies. Even though the match produced a fifth Canadian defeat, the Canadians mounted a respectable total of 211 runs against Australia with 19-year-old Hiral Patel scoring 54 against a squad that boasted some of the world's quickest bowlers. Patel's opening partner Davison could only mount 14 runs in his final match, but he certainly left Canadian cricket with an eventful career.

When looking back at the Canadian squad after this World Cup's performance, it appears that there is a changing of the guard on the national team. This is surely a promising shift, because with the increasing popularity of cricket worldwide, many smaller cricketing nations are also getting stronger, so a change is surely needed if Canada is to remain in the world circle of cricket squads. Let's hope this holds so that Canadians can cheer for a home team once again in the next World Cup.



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Recent Event



Academic Planning, Job and Volunteer Fair

Academic Planning and Association of Sri Lankan Graduates of Canada (ASGC) and Tamil Cultural & Academic Society of Durham (TCASD) in partnership hosted the Third Annual Academic Planning, Job & Volunteer Fair on March 12th. The event was held in Durham at the City of Pickering Council Chamber. There were over 140 parents, students and from Scarborough, Markham, Durham, Brampton and Mississauga. The event focused on directing High School students with their post secondary education, provided guidance for university and high school students with job search and volunteering opportunities. The event was divided into two components, morning session concentration on the academic planning, light lunch intermission followed by afternoon session which focused on job and volunteer opportunities. The event commenced with greetings and encouraging message from the Mayor of City of Pickering, Mayor Dave Ryan and welcome remarks from the president of ASGC and TCASD.

Every student benefit from contemplated, advanced academic planning that reflects their personal and educational goals. Even with careful planning, students typically face challenges along the way. Academic councillors are committed to helping students with academic planning and helping student to handle the challenges. Getting advice from individuals who has gone through the process and the experience is more effective in making decisions for many students. The attendees were able to take away valuable information from our excellent speakers from variety of professions, Mr. Theeban Jegatheesan (Student Recruitment Officer/ Registration Helpline Coordinator, UOIT), Dr. Ranjith Mahendranathan B.P.H.E, C.K, D.C, Mr. Harindra Sebastian B Com/ BSc (Actuarial Science), Mrs. Shanthini Mylvaganam (Research Associate, Toronto Western Hospital) and Dr. Vasanthakumar (Director of Computek College). At the end of all the presentation, the attendees were able ask speakers questions in a group and also in on-to-one meeting. Advanced academic planning is absolutely necessary to take advantage of many of the educational

opportunities offered by the universities and colleges.

We all know how difficult is to find a job as a University/College graduate or even a summer job for high school students. We organized this job fair to unite prospective employers with qualified candidates. This networking provided exposure to potential employers, resources and learns about a variety of different job opportunities, thus increasing the chances of getting a job. The participating employers were from Durham Regional Police, Ontario Power Generation, TD Canada Trust, The Region of Durham, Primerica and East Spring Master and Reelfacts Film and Academic Inc, Census Canada and YMCA. There was also information presented about Summer Company 2011 offered by the Government of Ontario for enterprising students. Some of the attendees got interview on the spot and others few days later. This was an opportunity for everyone.

Some of the attendees were too young to work, however they have the opportunity to volunteer. Volunteering is part of developing work experience and learning new skills for future and looks good on the resume. In addition volunteering benefits the community and gives self satisfaction of helping others. The participants were Ajax Library, Community Development Council of Durham, Town of Ajax, Bally Cliff Lodge, Retirement and Nursing Home and City of Pickering. Since some of the students were from various parts of the city, we were able to connect the students with some of the organizations close to their City or Town.

Through this Academic and Job fair, the students and parents were able obtain more about the importance of education and planning their future and decision making. Based on the evaluation sheets that were filled out by the attendees at the end of the event, everyone found the workshop to be very useful. On the whole, the Academic Planning, Job & Volunteering Fair did turn out to be a huge success benefiting a large number of individuals in our community. Our heartfelt thanks to all the media, speakers, City of Pickering, parents and students.



Region of Durham Representatives



Attendees



Booth visitation by the attendees



Dr. Ranjith Mahendranathan
B.P.H.E, C.K, D.C



Mr. Theeban Jegatheesan (Student
Recruitment Officer/ Registration
Helpline Coordinator, UOIT)



Councillor Rodrigues



Spirituality

WORDS OF PEACE



Knowing Is Strength

"Are you here on this planet Earth to struggle?" asks Maharaji, who has been recognized in many countries as an ambassador for peace. "Is that it? Or do you believe that something better will happen?"

Believing, Maharaji says, is not the only option. "Of all the things that are available to us," he says, "we can be believers or we can be knowers. We can believe in anything. To really know is certainty. What do you know in your life?"

Maharaji asks people to stop for a minute to think about this question of knowing vs. believing. Knowing, he says, is strength. It's when there is only belief, not knowing, that doubt creeps in. "As soon as that doubt comes in," he says, "there is ambiguity—and ambiguity is our weakness."

The need for understanding, for clarity, has been obvious to human beings for most of their history, Maharaji says.

"Imagine when people moved out of Africa and came to the south of India," he says. "This was a place as fertile as you could possibly imagine. You didn't even have to sow a seed. You could literally take a seed and just throw it, and it would germinate."

"It was lush; it was tropical. There was plenty of rain. So people settled there. One of the most important things for people is to find food; food, this place had."

"So now that their full attention wasn't on cultivating food, they turned their attention to other things. They saw that



there is something more going on here. There is the moon; there is the sun. They began to write praises to the light, because they understood that the coming of the sun brings warmth, brings the possibility of growing."

Because of that sunlight, Maharaji says, people could see. They could go places without being afraid of being eaten by something they couldn't see.

"This is the incredible advantage of light, of clarity," he says, "and that same advantage exists in life itself. If I can see where I want to be, where I need to be, I can understand that peace is important to me."

People everywhere believe that peace is a good thing. Experiencing it is another matter. "When you believe in peace," Maharaji says, "nothing will happen.

When you know peace, everything will happen. The possibility exists for you, too, to know.

"There is an ocean of peace. There is an ocean of tranquility. There is an ocean of understanding. There is an ocean of clarity. If this is what you want, I have something to offer to you—something real, something really real."

Maharaji often answers questions to help clarify his message.

Q: What do you mean by being in peace? Does it mean nothing would affect me anymore?

A: We are human beings. Of course we're going to get affected by things. When good things come our way, we get happy. When bad things come our way, we get sad. Expressions of happiness and sadness on the outside are reflections of what's happening inside of us. When we're happy, we can't help but smile or

laugh. When we're sad, we can't help but frown or cry.

What is peace? When you are close to that power that sustains you, when you are close to the beauty inside of you, this is called peace.

Q: If I want to feel peace, do I have to give up wanting to be successful?

A: We all dream in our lives of being successful. Is that unnatural? Absolutely not. Every flower wants to be successful. Every tree wants to be successful. Every butterfly wants to be successful. Every mosquito wants to be successful. Why shouldn't you want to be successful? There's only one problem—what is your definition of success?

I am here to tell you that you are rich—not because you have dollars and cents, but because you have this life.

To learn more about Maharaji, visit:

www.wopg.org

www.tprf.org

For a free DVD to know more:

416 431 5000 Tamil

1 877 707 3221 English

Special Feature



VISIT TO PULOLY CHILDREN VILLAGE



by Kanchana Krishnathasan

As the gate of Puloloy Children Village was opened the first sight was the smiling children with Kuthu Villakus and all the hall marks of a welcome ceremony.

After the garlanding my husband, cousin and myself many children came and hugged and held our hands. It was very moving and one was able to sense the longing for affection and the deep sorrow of their plight in their hearts. We were guided by the children and Dr. Anandakumar to plant tree saplings.

Then they took us to an open platform which served as an assembly where Dr. Anandakumar addressed the children and introduced the visitors.

The children then recited religious songs. We addressed the children emphasising the need to be studious and disciplined. We also stressed that their behaviour must be such that the villagers have a good impression of the PCV. One of the children spoke on behalf of all the children and thanked the people for giving them shelter, food and education. She also quoted what was said by us in her speech. I was happy to see the talent in her to give a spontaneous speech.

On behalf of Australian chapter we donated 3 Sony Televisions. It was a pleasure to see the children who were excited to see the TV sets.

The children were exempt from studies that evening and were allowed to play which was received with applause and laughter. We adjourned to have a brief meeting with Dr. Anandakumar and Jacintha.

Points discussed

- Volunteers are vetted by the Management.
- The organisation should have local (Puloly) villagers. However no one has come forward yet.
- English teacher(s) are required for G6 to G10 students.



These teachers should come to PCV instead of the children going out to them.

- All the houses in PCV have to get the Electricity meters to be assigned to the GOC to significantly reduce the electricity costs.
- Clothes donation is welcome preferably on a quarterly basis. When questioned whether sarees will be of any use to the children we were told that they will be used to make skirts for the girls.
- I was told that the local hospital doctors are very supportive of the PCV children and for an emergency ambulance is sent to their premises. They also have a 3 wheeler for transportation.
- They also have a sewing centre to provide vocational training to the children to enable them to be a responsible adults and have a livelihood. Currently they have employed a new sewing teacher who has restarted the centre.
- GOCF has employed a talented teacher to teach carpentry, building and plumbing. They need space and the tools to enable them to provide training to PCV children. Their vision is to provide chairs, tables and furniture to schools in Jaffna area as things are brought from other area at present.
- During school holidays children are encouraged to go to their relatives or parents for a week. In some cases due to lack of facilities and safety near and dear have declined the offer.

- We discussed about better communication between branches. The 10 computers which were donated and shipped by Australian GOC chapter will be arriving in Sri Lanka in April. It will facilitate the workers to have a better communication with other GOC branches. This will also enable the children to become confident about using the computers.

- We were shown various record books. Our discussion ended as children wanted to do their performance. We were taken to the back yard where there is a stage and they had set up a microphone and a speaker. Children did various performances such as speeches, songs, dances and poetry. We were spellbound by their performance and to see their talents.

After that we were served with moon light special dinner. It was nice to see the children brought out in a very orderly manner all the tables, chairs and ever silver plates and cups



and arranged them outside in the garden. Food was served by the staff and senior children. Before eating the said their prayers.

Myself and my cousin Shanthi who had come from Germany stayed at the girls hostel on Friday night and my husband left. Jacintha stayed with us in the room. We had a long friendly chat regarding GOC. It was amazing to know the hurdles they had to overcome to provide a caring environment to these underprivileged children.



In the night I requested Jacintha to take me around the houses. In each room there were 10 – 12 children were sleeping. Some had mattresses and some were sleeping on the bed sheets. Place didn't look over crowded. There were mattresses piled up in the corners and top of the roof as some of the children don't like to use the mattresses.

Saturday morning we saw the children in groups happily doing sweeping, watering, cleaning and cooking. Senior students are in charge of each group and the tasks are rotated among the groups. Children went to help to cook the meals and told us that the food will be excellent as they did the cooking.

On Saturday they had dancing classes, music classes and yoga classes for children. There were 3 visitors to see the



children. We played with the children who told us various heart breaking stories of their experiences and losses. Now they feel they are one family and I was able to see that they are happier together.

Children presented us with chains which they made with beads. We were moved by their love and affection shown towards us.

We had the satisfaction that god has given us the opportunity to help these wonderful children.



I would like to thank Dr. Anandakumar and Jacintha for coming to Point Pedro and facilitate our stay and make it wonderful experiences. Specially Dr. Anandakumar

who went back to Colombo from Point Pedro only 2 days before our visit. It takes 12 hours each way to travel by bus due to roads that were washed out due to heavy rain.

I had the opportunity to speak to Gramasevaka who said that he goes with other staff and does the spot check. Last few times it was satisfactory. He did raise the concern about

lack of space for sleeping arrangement.

We also spoke to neighbours who gave a good report about PCV. Sai Baba devotees had their bajan at PCV.

I am of the opinion that Puloly Children Village is being managed adequately to ensure the welfare of these less fortunate children who are victims of this traumatic past.

(This report is prepared following a visit to PCV recently by Kanchana Krishnathasan, On behalf of GOCF Australasian Chapter)



Spirituality

Rat Race Winner - Still A Rat!

You want to race with everybody because you want to be one up on everybody, especially your neighbour. But you do not want to face the difficulties that arise due to this competition.

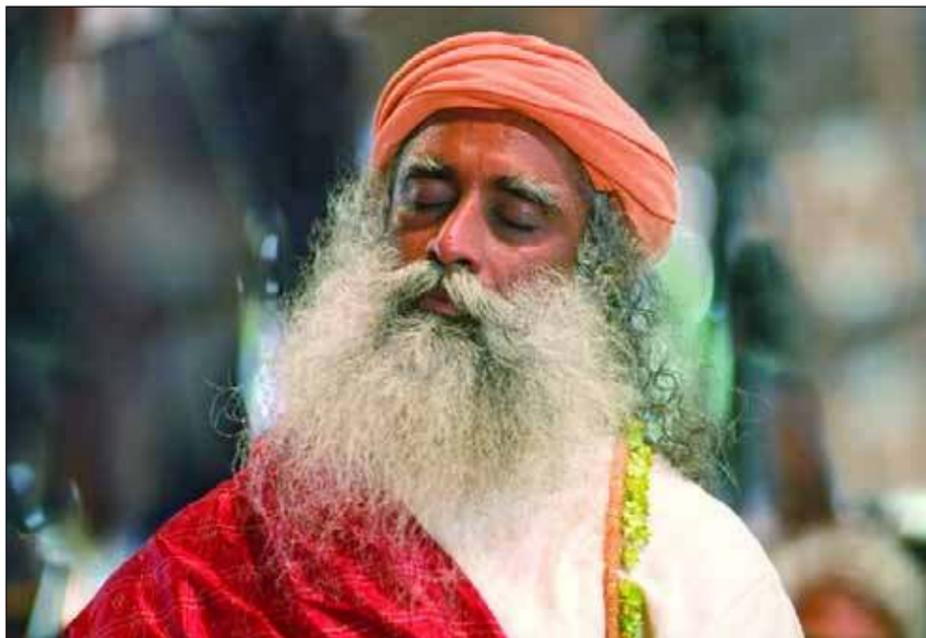
If you leave out compassion, what is left? You can only be an animal. Society is in that state right now. If you survey the challenges of today's world, one can easily come to a dismaying conclusion. There is great competition. Those who want to compete can compete. If you don't need the race, why don't you come out? Or at least why can't you slow down the pace? No, you want to race with everybody because you want to be one up on everybody, especially your neighbour. But you do not want to face the difficulties that arise due to this competition. You should understand this very clearly – whatever action you perform in your life, there is a consequence to it. There is no such thing as you must perform only this type of action and you must not perform another type of action. You can do anything. But you must be in a state to accept the consequences joyously.

After performing the action, crying when you have to face the consequences will not do. Do whatever you want in your life, but tomorrow, when you have to face the consequences, you should not cry and complain. If you can accept this joyously, you can do anything. If you don't have the energy to accept the consequence, you don't have to perform that action! It is not needed. Just because somebody else is doing something, you don't have to attempt it or do it. You do not know the kind of energy they have. Isn't it? So, the society has not only become competitive; you are caught in the rat race. You can compete to the extent you want to. But if you don't have the need for competition, then come, we will teach you meditation; we will set you on the path of meditation – not because you are useless for anything else, only because the need to compete, the need to be in the rat race has dropped.

Standing By To Understand

The closer the relationship is, the more effort you should make to understand them.

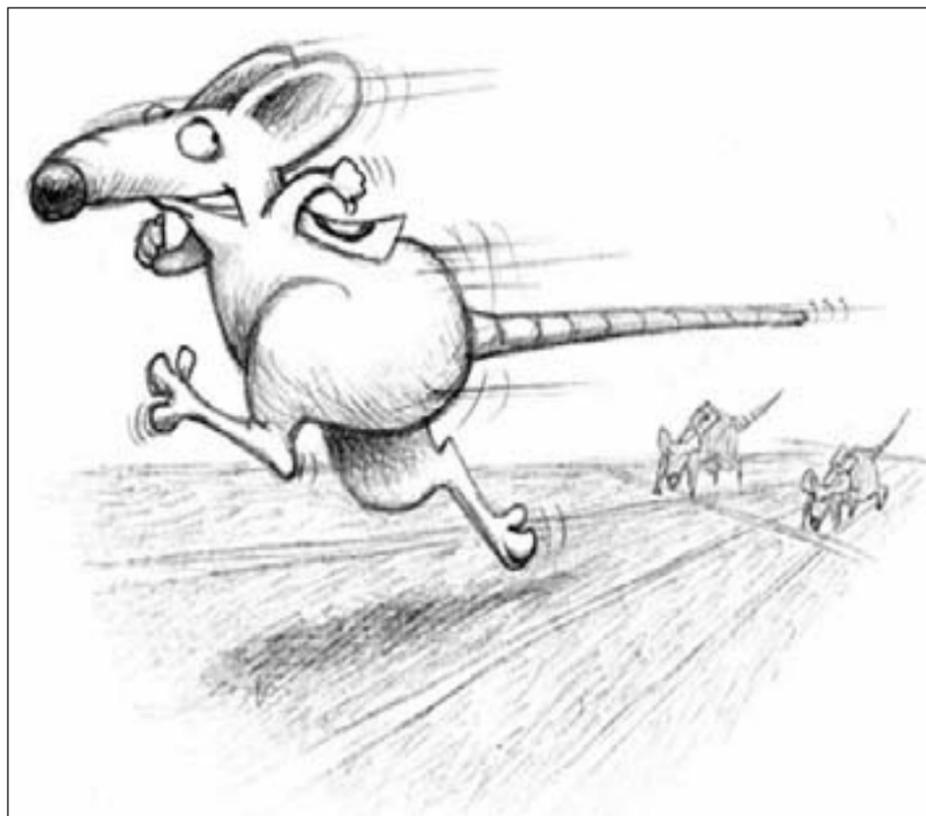
When you live in this world, there are various types of complex interactions happening. As your field of play increases, the complexity of interaction also increases. If you're just sitting in a cubicle, working on your computer with only one other person, you need only a little understanding, but if you're managing a thousand people, you need a vast understanding of everybody. Now, suppose you're managing a thousand people and you want all these people to understand you, then you're not going to manage anything. You need to understand the limitations and the capabilities of these thousand people and do what you can; only then will you have the power to move the situation the way you want it to



Sadhguru Vasudev is a realized master, yogi and mystic, who has founded Isha Foundation, an international public service organization that strives for ultimate human well-being.

For world-wide program information, visit www.ishafoundation.org

Toronto local contact 1-866-424-ISHA (4742) or email Toronto@ishafoundation.org



go. If you're waiting for these thousand people to understand you and act, it is only a pipe dream; it is never going to happen.

The closer the relationship is, the more effort you should make to understand them. Somebody becomes closer and dearer to you only as you understand him better. If they understand you, they enjoy the closeness of the relationship. If you understand them better, then you enjoy the closeness. It is not that the other person is totally bereft of understanding. With your understanding you can create situations where the other person would be able to understand you better. If you're expecting the other one to understand and comply with you all the time while you don't understand the limitations, the possibilities, the needs and the capabilities of that person, then conflict is all that will happen; it is bound to happen. Unfortunately, the closest relationships in the world have more con-

flict going on than between enemies.

In your relationships, you have fought many more battles than this and are still fighting; isn't it so? This is because your line of understanding and theirs is different. If you cross this L.O.C., this Line of Control, they will get mad. If they cross it, you will get mad. If you move your understanding beyond theirs, their understanding also becomes a part of your understanding. You will be able to embrace their limitations and capabilities. In everyone, there are some positive aspects and some negative aspects. If you embrace all this in your understanding, you can make the relationship the way you want it. If you leave it to their understanding, it will become accidental. If they are very magnanimous, things will happen well for you; if not, the relationship will break up.

All I am asking is: do you want to be the one who decides what happens to your life? Whether they are intimate

relationships, professional, political, global or whatever, don't you want to be the person who decides what happens in your life? If you do, you better include everything and everybody into your understanding. You should enhance your understanding to such a point that you can look beyond people's madness also. There are very wonderful people around you, but once in a while they like to go crazy for a few minutes. If you don't understand that, you will lose them. If you don't understand their madness, you will definitely lose them. If you do, then you know how to handle them. Life is not always a straight line; you have to do many things to keep it going. If you forsake your understanding, your capability will be lost. Whether it's a question of personal relationships or professional management, in both places you need understanding; otherwise, you won't have fruitful relationships.

The way you are right now, the very quality of your life is decided by the type of relationships you hold. You better make the needed effort to understand the people around you.

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 two 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

Special Feature



50th Anniversary of 1961 Tamil Satyagraha: Non-violent direct action campaign begins in Jaffna

by D.B.S. Jeyaraj

The Throne Speech outlining the policies and plans of the new Sri Lanka Freedom Party (SLFP) Government of Prime Minister Sirima Bandaranaike was delivered on August 12th 1960.

In a move that pleased the Ilankai Thamil Arasu Katchi (ITAK) known in English as the Federal Party (FP) a Tamil translation was read out simultaneously. The tone and content of the Throne speech was a disappointment to the party as it did not make any reference to matters pertaining to the setting up of district councils and implementation of Tamil language in the administrative and judicial spheres.

Apparently the SLFP treated the pre-polls understanding arrived at with the FP as non-binding in a situation where the Govt had a majority in Parliament and not dependent on the FP to rule.

Nevertheless the FP remained patient and refrained from rocking the boat. The party adopted a low profile during the debate and abstained from voting. This was to prevent an open rupture with the SLFP and keep the doors open for further discussions.

The FP however found its efforts to open lines of communication with the govt being spurned. The SLFP was in no mood for any further meeting with the FP. Letters sent to the PM and senior ministers were not answered. Even telephone calls were rebuffed.

"SINHALAISATION"

On the other hand public statements made by members of the govt as well as media reports indicated that the new govt intended to implement the Bandaranaike (SWRD) policies in full. A key element in this was the total "Sinhalaisation" of the Administrative and Judicial spheres. The Tamil factor seemed to be of no consequence.

The SLFP that had been playing political footsy with the FP in a pre-election scenario seemed to be regretting that in a post-election scenario. The virulent campaign conducted by the UNP on communal lines against the perceived SLFP-FP alignment had affected grass roots supporters of the party. Many suspected the charges to be true despite loyalty to the party.

Thus the SLFP leadership had to now prove to the rank and file that there was no "deal" with the FP and that no concession would be granted to demands articulated by the party. It also had to demonstrate that the party had not lost its pro-Sinhala moorings.

Reinforcing this pro-Sinhala hard line thought was the return of many prodigals to the mother party. A large



TNA MP Mavai Senathirajah garlanding the statue of Thanthai Chelva" in Jaffna, marking the 31st death anniversary of the late Tamil leader on 26, April, 2008

number of these were avowed Sinhala hawks. Their return added strength to the proponents of total Sinhalaisation in the party. Under these circumstances the SLFP now seemed "ashamed" of its pre-poll tie up with the FP and seemed keen on distancing itself from the Tamil party.

The corollary of this state of affairs was increasing insecurity among the Tamil people about their political future. There was much apprehension and fear that the Govt was going to implement "Sinhala Only" in a big way throughout the Country.

Tamil trepidation in this respect was enhanced by two announcements by the Govt. One was that Sinhala would be implemented as the sole official language in all areas of administration with effect from January 1st 1961.

The second was the announcement that the Govt intended passing legislation making Sinhala as the Language of courts in all parts of the Island. Legislation to this effect had been introduced in 1959 but had lapsed after the proroguing of Parliament. Now the Govt wanted to resurrect it.

The FP was now under tremendous pressure from its Tamil constituency to do something in this regard. The FP had contested 21 seats in the July 1960 polled 218, 653 votes and obtained 16 seats. The

party regarded itself as the legitimate representatives of the Tamil speaking people. The party therefore prepared a comprehensive memorandum incorporating the concerns of the Tamil people.

MEMORANDUM

The memorandum called for the full implementation of the Banda-Chelva pact and the provisions on Tamil language implementation agreed to by SWRD Bandaranaike. The FP wanted the Regional Councils to be set up and Tamil Language Special provisions act to be implemented.

The memorandum also requested the Govt to recognize the Tamil language as a national language spoken by the Tamil and Muslim people. Tamil was to be an administrative and courts language in the North and East. The FP also wanted arrangements for Tamils and Muslims in the seven Sinhala majority provinces enabling them to transact official business in Tamil.

The memorandum also pointed out that making Sinhala the sole official language had created two categories among Tamil public servants. One was those who had been recruited before the Sinhala only bill and the other those being recruited after it.

The first category called "old entrants" should be allowed to work in

English or be allowed to retire with full benefits if they so desired. They should not be compulsorily retired or deprived of increments or promotions.

As for the second or "new entrants" category the FP did not object to the requirement of Sinhala proficiency. The party however did not want the Sinhala proficiency requirement to be used to deny or restrict employment opportunities for Tamils in Govt service.

A lengthy period of time should be given for Tamils to qualify in Sinhala. At the same time certain types of employees required to serve in Tamil speaking regions should be exempted from having to acquire Sinhala proficiency.

The Memorandum signed by all 16 FP Parliamentarians was addressed to the PM Mrs. Bandaranaike and requested a meeting with her. The party received a terse note acknowledging receipt. Instead of waiting passively the FP now engaged in intensive lobbying for further action.

Party leaders used their personal relationship with SLFP stalwarts to canvass for a meeting with the premier. Chelvanayakam dropped in at Felix Dias Bandaranaike's residence. Other leaders met with ministers like CP de Silva, Maithripala Senanayake, TB
Contd. in next page...



Special Feature

Illangaratne, PBG Kalugalle, Sam PC Fernando and Badi-ud-din Mahmood at their offices.

TEMPLE TREES

As a result of this collective effort the Govt relented and a meeting between the Prime Minister and a FP delegation was set up at Temple Trees on November 8th 1960. The Govt team led by Mrs. Bandaranaike comprised ministers CP de Silva, Felix Dias Bandaranaike, TB Illangaratne, Sam PC Fernando, PBG Kalugalle and Dr. Badi-ud-din Mahmood.

The FP delegation led by its leader and Kankesanthurai MP SJV Chelvanayakam included Parliamentarians NR Rajavarthayam (Trincomalee) EMV Naganathan (Nallur), VA Kandiah (Kayts), SM Rasamanickam (Paddirupu), A. Amirthalingam (Vaddukkodai) and non-Parliamentarians V. Navaratnam and SMM Mashoor Moulana.

The two hour long discussion was conducted cordially. Issues were discussed in detail. A second meeting was scheduled for November 23rd 1960 to follow up on matters.

The Nov 23rd meeting with the PM was also at Temple Trees. While the FP delegation consisted of the same people as before there was a change in the Govt team. CP de Silva, Mahmood and Kalugalle were absent. Instead two junior ministers were present. They were TB Tennekoon (Dambulla) and Mahanama Samaraweera (Matara).

The discussions went on for two hours like the previous occasion. At the end of it the FP was asked to prepare two documents for further discussion. One was a set of draft regulations regarding the Tamil Language (special Provisions) Act No 28 of 1958. The other was a draft bill to establish regional councils. No date was set for a third round of talks.

Whatever the optimism generated at these two rounds of talks it soon began evaporating as other events began overtaking. Media reports about the Govt-FP talks caused a backlash among hawkish Sinhala elements within the SLFP. The Govt went on the defensive and "apologized" to the Sinhala people for talking to the FP.

Felix Dias Bandaranaike underplayed the meetings with the FP and told newspapers that the gov't only listened to representations made by the FP and did not discuss anything specifically. Mrs. Bandaranaike in another statement said she met the FP because that party had sent her a memorandum requesting a meeting to discuss matters relating to the implementation of Sinhala as an official language.

COURTS LANGUAGE

Even as these brief signs of SLFP-FP rapprochement began to fade away, fresh clouds gathered on the political horizon. In a sudden move that took the FP by surprise the Justice Minister Sam PC Fernando introduced parliamentary leg-



V. Navaratnam (October 18, 1909 – December 22, 2006)

islation relating to the language of courts. The draft Languages of the courts bill empowered the Justice minister to direct that Sinhala language alone be used for pleadings, recording of proceedings and maintenance of records in any court in the Island.

This drastic move by the gov't made the FP feel betrayed. Tamils were upset and worried. Chelvanayakam pointed out that there was no provision in the bill for even courts in 100% Tamil areas to conduct affairs in Tamil. Lawyers in the North and East registered their protest by token boycotts of courts.

Despite Tamil opposition the Govt announced that it intended going ahead as planned. Felix Dias Bandaranaike rationalised the Govt stance by stating that the mandate upon which the SLFP was elected to office was that of total implementation of the Sinhala only policy of SWRD Bandaranaike.

The Federal Party's working committee met in Batticaloa on December 4th 1960 and resolved to discontinue the on going dialogue with the Govt until the draft Language of the courts bill was altered to incorporate provisions for Tamil language also. The FP felt no useful purpose would be served by further discussion until this was done.

The Govt reacted harshly. It reiterated that it would go ahead as planned on the language of courts issue. Furthermore the Govt emphasised that it would implement the Sinhala only act in full and stated that the administration of the entire country would only be in Sinhala with effect from January 1st 1961.

With the Govt flinging down the gauntlet the FP held an emergency meeting of its Parliamentary group on December 18th. The party decided unanimously to observe a hartal or stoppage of work in the Northern and Eastern provinces on January 2nd 1961. This was the first working day after the proposed switching to Sinhala. The FP asked all Tamil speaking people regardless of

party affiliation to observe the hartal.

On December 26th the working committee of the FP met and endorsed the decision to stage a hartal on Jan 2nd. A significant event occurred at that meeting when a stalwart from Vavuniya by the name of Sittampalam proposed that the FP abandon the demand for federalism and instead begin a campaign for a separate state. After hectic discussion this extremist proposal was rejected.

The aborted move was an indicator of the hardening of opinion among sections of the FP. In Sittampalam's case he was influenced greatly by Prof. C. Sundaralingam who had represented Vavuniya in Parliament from 1947 – 1960. Sundaralingam had formed the "Adanga Thamilar Otrumi Munnani" (Defiant Tamil united Front) and demanded a separate state which he spelled as "Eylom". Sundaralingam was defeated in both March and July 1960 elections.

The Govt went ahead with the Language of the courts bill despite Tamil protests. It was taken up for debate on December 30th 1960. Standing orders were suspended to enable Parliament to conclude the debate and vote on the same day.

The FP participated in the debate and moved amendments to the bill seeking to make Tamil the courts language in the North and East. These were rejected and defeated by voting. The courts language bill was debated throughout the night of Dec 30th and finally passed at 8 am on December 31st.

HARTAL

Chelvanayakam issued a statement calling upon the Tamil speaking people to observe the January 2nd hartal in a non-violent manner. He further said that the Tamil speaking people were left with no alternative other than to offer non-violent resistance. Saying there was immense suffering in store for the Tamil speaking people, Chelvanayakam observed 'Whatever the sacrifices may be the way is clear for us which is to resist

whole-heartedly and engage with full force in a one hundred percent non-violent struggle".

Notwithstanding Chelvanayakam's appeal for non-violence the Govt was not taking any chances. Armed force contingents were sent to the North and East to beef up the security presence in those regions. Chelvanayakam lamented this and said "It is regretted that the gov't has sent armed forces to the north and east. We can only hope that those forces will not run riot"

The fears of the Govt about possible violence proved liars. The hartal was observed in all parts of the North and east without any mishap or violent incident. The security forces and Police simply remained alert without having to resort to action anywhere. The hartal was a big success and paralysed normal life for a day.

Elated by the hartal's success, the FP revived its dormant action committee. The FP had formed an action committee comprising selected leaders to plan, coordinate and implement non-violent protests on a mass scale. The action committee had earlier given notice of two "Direct action" campaigns in 1957 and 1958.

The campaigns did not take place. In 1957 it was abandoned because of the signing of the B-C pact. In 1958 it was not implemented because leaders of the FP were placed under house arrest after the 1958 anti-Tamil riots. The action committee had thereafter become inactive.

Now the party revived and reconstituted the action committee which met on January 8th 1961. The action committee decided on two courses of action. The first was to conduct a widespread "satyagraha" campaign in the north and east before February 20th 1961. The second was to stage the seventh national party convention of the FP in Jaffna on January 21st 1961 and ratify the decision to stage a massive Satyagraha campaign.

Vaddukkodai MP A. Amirthalingam a firebrand in his younger days was then the president of the FP youth Front. He requested and obtained approval to stage the youth convention along with the national convention.

The stage was now being set for the launching of the Satyagraha campaign. The FP leader SJV Chelvanayakam was not convinced about the feasibility of a Satyagraha campaign. He was doubtful whether there would be public support for such a move because of the threat of repressive action by the gov't. He was also worried about the outbreak of violence and the potential harm to civilian participants.

GOLDEN BRAIN

Without Chelvanayakam's support there was little chance of the party endorsing a Satyagraha at the convention. The formidable task of persuading

Contd. in next page...

Special Feature



Chelvanayakam fell on the shoulders of former Kayts MP V. Navaratnam. Described as the "Thanga moolai (Golden brain) of the FP, Navaratnam was a shrewd planner with the reputation of getting things done. In 1957 the action committee had entrusted him with the responsibility of planning and executing the famous FP march to Trincomalee.

Now the action committee had delegated the responsibility of conducting the Satyagraha to V Navaratnam (different to Chavakachcheri's V.N. Navaratnam). Navaratnam met Chelvanayakam and outlined his proposed modus operandi for the Satyagraha. Chelvanayakam was half – convinced.

Chelvanayakam was finally converted to the cause of Satyagraha after an unofficial meeting of party members held at the FP headquarters (No 25, second cross street, Jaffna). There Chelvanayakam invited V.Navaratnam to address the gathering and explain his blueprint for a Satyagraha.

Navaratnam then spoke . He said that batches of dedicated volunteers steeped in the tradition of non – violent protest would sit in front of the entrances to the Kachcheris or administrative secretariats of districts. They would prevent govt employees from working by blocking them. If one batch was arrested another batch would replace it. The Satyagraha would continue on an on going basis.

Since the Kachcheris were the nerve centers of district administration day to day governance would be paralysed. Once that happened the Satyagraha could be expanded to other Govt departments also. The campaign would commence in Jaffna. Thereafter it would be conducted in Batticaloa, Trincomalee, Mannar and Vavuniya. The ultimate objective was to paralyse civil administration in the North and East through non – violent action.

After Navaratnam's incisive explanation the audience was firmly convinced. Chelvanayakam a devout Christian then retired to a private room for prayer. After praying the FP leader decided to go ahead with the Satyagraha campaign. Thereafter Chelvanayakam was resolute in conducting the Satyagraha campaign

Once Chelvanayakam threw in his lot with the Satyagraha project party endorsement for the campaign was assured. When the FP convention took place on January 21st the FP youth front also had its own session.

CONVENTION

The FP youth front passed a resolution calling for the picketing of Govt offices in the north and east, conducting a non – cooperation campaign against officials involved in implementing Sinhala as the official language and adopting measures to prevent the teaching of Sinhala in Tamil schools.

Amirthalingam in his capacity as youth front leader also submitted an appeal to the FP national convention calling upon the party to launch a civil

disobedience campaign without delay.

Paddiruppu MP SM Rasamanickam was elected FP president at the convention. In his presidential address Rasamanickam revealed details of the efforts made by the party to reach an understanding with the SLFP govt and why they failed. He said the party had no choice other than to oppose the imposition of Sinhala by the Govt.

Taking note of sentiments expressed by younger members of resorting to a violent struggle Rasamanickam vehemently condemned such thoughts. He said the FP was moulded by principles of Mahatma Gandhi. "Our leader Chelvanayakam's path is the Gandhian path. Ours is the Chelvanayakam path", he proclaimed.

Four resolutions were passed at the FP convention. They were on caste discrimination, economic development, citizenship and the prevailing political situation. The political resolution was proposed by Chelvanayakam and seconded by Dr. Naganathan. It was carried unanimously amidst thunderous cheers and applause.

The concluding part of the resolution stated – "This convention taking into consideration the history of repeated betrayals and the utter futility of the method of negotiation and parliamentary action in the present governmental set-up, resolves that the only course open to the Tamil speaking people to protect their national honour and win back their freedom is to resort to non – violent direct action and ratifies the course of action set out in the directive of the party's action committee".

The mood at the FP convention was volatile and aggressive. Passions were running high against the actions of the SLFP government on the question of language. The ruling regime was determined to go ahead with the "Sinhalaisation" agenda and was engaged in a number of measures adding insult to injury as far as Tamils were concerned.

HUMILIATED

Parliament itself had passed a motion making Sinhala the language of the House of Representatives. Interpretation arrangements would be made for MP's who could not understand or speak Sinhala. Tamil speaking MP's felt deeply humiliated by this action.

Unlike the government of her enlightened husband, the government of Sirima Bandaranaike attempted to enforce the "Sinhala only" policy vigorously from January 1961 onwards without any compassion for the predicament of the Tamil speaking people.

All government departments and semi-govt boards and corporations were required to conduct official business in Sinhala only. All records and files were to be maintained in Sinhala alone. Communication with the public was also to be in the sole official language only.

Highly educated Tamils in

respectable positions were rendered officially illiterate by govt fiat. Letters, notices and circulars were in the Sinhala language only. Tamil officers had to undergo the humiliating experience of relying on their Sinhala colleagues and subordinates to make sense of these.

Tamil professionals and businessmen receiving official letters in Sinhala had to procure the help of their Sinhala neighbours and minor employees like drivers and peons to understand them. In the predominantly Tamil areas of the North and east the situation was even more problematic. Sinhala bakery owners and boutique keepers were very much in demand there for translating.

Gazette notifications and newspaper



July 1960 – Mrs Sirima Bandaranaike with cabinet ministers

notices advertising vacancies or employment opportunities in the public sector stipulated a working knowledge of Sinhala as an essential requirement or pre-condition. Those not proficient in Sinhala were automatically disqualified. Thus in practice public sector employment was being restricted to Tamils, Muslims and even Burghers.

Those already in government service were also affected by the rapid Sinhalaisation process of the Sirima Bandaranaike regime. All govt employees were required to acquire a stipulated degree of proficiency within a prescribed time frame. Until then all promotions, salary emoluments and pay increments would be withheld. Sinhala classes were started at govt departments. Attendance was mandatory.

In a counter move the FP had asked all Tamil govt employees to refrain from working in Sinhala. They were asked not to study Sinhala and to boycott Sinhala classes. Members of the Tamil public were asked not to transact official business in Sinhala. They were asked to refuse official correspondence in Sinhala and to write official letters in Tamil to govt offices.

While the FP appeal met with an overall affirmative response there were many Tamil govt servants who did not oblige. For one thing they were of the old school type and believed in adhering obe-

diently to govt directives. Also many had put in years of service and did not want to risk losing employment suddenly.

IMPOSITION

There were however many young Tamil employees who defied the imposition of Sinhala as sole official language. Many refused to work in Sinhala and lost their jobs. Others worked without acquiring Sinhala proficiency thereby losing promotions and salary increases. Some Tamil employees challenged the govt diktat in courts and met with resounding success at the Privy council (Kodeeswaran case).

FP leaders sent numerous letters to ministers of the govt and the Premier about this disturbing state of affairs. Sadly most letters went unanswered. In

a few instances routine notes of receipt were sent without any follow up action.

It could be seen therefore that the Tamil socio-political environment was rippling with tension. Even if unable to articulate their views publicly in a forthright manner almost every politically conscious Tamil was seething with hostility at government action. There were however differences of opinion about dealing with the situation.

In an emotion charged atmosphere the FP national convention ratified the decision to launch a Satyagraha campaign in a phased out manner. The action committee was empowered to take necessary measures.

The FP action committee met on January 29th and decided to implement the preliminary phase of the direct action campaign. This was to issue a direct appeal to all govt employees in the north and east to refrain from working in Sinhala after informing them of FP plans to paralyse civil administration through a Satyagraha campaign.

Accordingly on January 30th the FP leader Chelvanayakam led a group of volunteers to the Jaffna kachcheri and issued leaflets. He also spoke with many govt servants and solicited their cooperation. Likewise Amirthalingam led a group to the Jaffna courts and issued leaflets with an appeal. He also addressed

Contd. in next page...



Special Feature

an impromptu gathering.

Other Federal party MP's and senior leaders followed suit in the days that followed. They visited government offices in all parts of the Jaffna peninsula on a staggered basis. This action was replicated by FP activists in other districts of the North and East also.

LEAFLET

The leaflet noted in its appeal that Tamil should be to the Tamil speaking people what Sinhala is to the Sinhala speaking people. It stated that the govt had rejected a unanimous request by the Tamil speaking people for Tamil to be the administrative language in the north and east and was now trying to "force Sinhala down our throats".

It further noted that the "Tamil speaking people have no alternative but to resist this wicked policy of the govt" and that "we are engaged in a life and death struggle for our birthright".

The leaflet ended with a three-pronged appeal. The three requests were –

1. please do not do any work in your office in Sinhala.
2. Please do not attend to any official communication in Sinhala.
3. Please do not sign or use an official frank in Sinhala.



Apr 1958 – Anti Tamil Riots – pic: PACT.IK

In the aftermath of the leaflet campaign, Justice minister Sam PC Fernando addressed the nation on Jan 29th over radio. He appealed to the Tamil speaking people not to be deceived and misled by Federal party mischief makers.

Fernando said he was prepared to discuss difficulties faced by the Tamil people on the language front and make adjustments to remove inconveniences and irritants. He would also instruct govt departments to send Tamil translations with letters in Sinhala. He further said that the govt was ready to make adjustments without prejudice to the official languages act in instances where hardship was caused.

Chelvanayakam responded to the

Justice minister through the newspapers in the following manner. "Our party has arrived at this decision after giving a full trial to methods of negotiation. It produced no results from the government side. Even our letters were not acknowledged. The minister's statement comes nowhere near the mark. He does not understand our position or is underestimating our intelligence. We will as true Satyagrahis, always keep the door of negotiations open. But we cannot abandon the fundamental rights of our people".

The preliminary phase of the Satyagraha campaign conducted throughout the north and east in stages concluded without any hitch. There was no violence anywhere. A certain amount of awareness had been created in the minds of govt employees about the forthcoming direct action campaign.

The FP followed through by holding meetings and rallies in various parts of the north and east. The public at large was informed of the Satyagraha and asked to be ready. The FP also began registering volunteers for the Satyagraha and conducting classes on the basic tenets of non – violent agitation.

MOURNING

When Freedom day dawned on

February 4th the FP declared it a day of mourning for Tamils. Black flags were hoisted throughout the North – east. The highlight of the day of mourning was a procession staged by Tamil youths from Urumpirai to Jaffna.

A coffin with copies of the Sinhala only act and Language of the courts act was carried and set on fire after mock funeral rites were done by Kayts MP VA K a n d i a h . Amirthalingam stood on a parapet wall and



Revoking B-C pact – Apr 1958 – pics: pact.lk

addressed the crowd.

The FP's action committee went ahead with its plans for commencing the satyagraha on February 20th. On February 19th the action committee formally approved the phased out plan for the campaign. Chelvanayakam issued a lengthy statement informing the public of the direct action campaign.

After explaining the background and specifying the reasons necessitating such a protest the statement concluded thus –

"The whole of the Tamil speaking nation revolts against these measures; then the question is what must we do now? Should we stand by and witness the destruction of our race? Or should we act? In similar circumstances Mahatma Gandhi and the Indian national Congress resorted to action which was against the laws of the country but was characterised as moral and patriotic conduct.

Our party has decided likewise. We are prepared to face the consequences of our action which may be very serious. We have no misgiving about the strength and capacity of the government to resort to oppressive measures and oppress our people. One thing is certain. Our campaign cannot result in failure unless we or our actions are disowned by our people.

The measure of success depends on the extent to which our people get trained to resist the unjust measures of a government that rules them without their consent".

DIRECT ACTION

The lengthy statement issued by Chelvanayakam set out the parameters of the direct action campaign. D-day dawned on February 20th 1961.

The first batch of Satyagraha volunteers all from the Kankesanthurai electorate represented by SJV Chelvanayakam converged at the FP office at No 25 , 2nd cross street, Jaffna.

The non – violent contingent then started out in a procession towards the Jaffna Kachcheri situated along the Jaffna – Kandy A-9 highway. The feeble and sickly Chelvanayagam dressed in "Verti and Salvai" was at the head of the group

Since Chelvanayakam known as "Thanthai Chelva" (father) walked very slowly the volunteers also proceeded at a very slow pace. Two poetic slogans were frequently chanted.

One was "Thamilar Selvathu Enthap Paathai? Thanthai Chelva Kaatum Paathai" (On which path are Tamils going on? The path shown by Father Selva).

The other was "mella, mella nadanthu sellum Methai Chelvanayakam, Sellukindra Vazhiyil sellvom Thamizh Thondarkal Naam" (Genius Chelvanayakam walks slowly, slowly. We Tamil disciples follow in the same path he goes)

Finally the Satyagrahis reached the Kachcheri premises and took up positions in front of the entrances to the Kachcheri. The time was 7.30 am. [More on the 50th Anniversary of Satyagraha in the next issue] [dbsjeyaraj.com]

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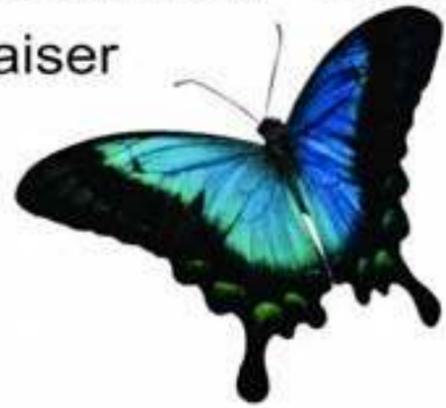




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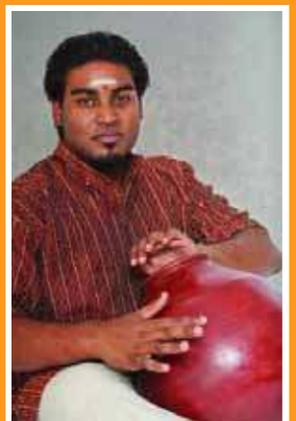
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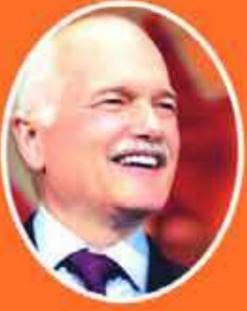
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Rathika Sitsabaiesan

It is time for us to have a representative in parliament who understands, believe in and work towards achieving the aspirations of the community. I am honoured to be the Candidate for Member of Parliament in Scarborough-Rouge River for the current election with the NDP. Jack Layton and the NDP is the only party and leader that consistently upholds the Tamils' issues at all times. As we all can appreciate this election is very vital for Canadian Tamils as it provides a clear opportunity for us to have representation in parliament to ensure our voice is heard and our issues are addressed positively. With momentum building, I am truly touched by the support of the people of Scarborough-Rough River, which clearly demonstrate that we are on the path to provide people the change they need. As past incumbent said it is the time to hit the refresh button. The time is now for us to make the history. Let us unite together and march forward to ensure our victory on May 2nd.

Rathika Sitsabaiesan



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J11 CELEBRATES 11 YEARS IN BUSINESS AND EXPANDS TO NEW LOCATION

J11 IT Solutions Inc. celebrated the grand opening of their new office on March 17th 2011. This event represented a significant expansion for the company. Evolving from a part-time, one man operation to a company with a president and five full-time employees, J11, under the expert leadership and guidance of Suresh Kumar (President), has demonstrated a steady and successful growth over the past eleven years.

The ribbon cutting ceremony was performed by Toronto city councillor Michael Thompson. He delivered a message of congratulations from Mayor Rob Ford and presented Suresh with a commemorative proclamation marking the occasion.

Councillor Thompson said in his speech that *“small business is vital to the overall success of Toronto’s economic landscape and contributes tremendously to its success and vitality. The opening of your new office reflects your confidence in your city’s economic growth and is a wonderful opportunity to celebrate your eleventh year of business. I am sure that everyone will join me in wishing you every success in the future.”*

The event was very well attended by dignitaries, friends, clients and many business associates. The new office is located at 2100 Ellesmere Road, Suite 205 in Toronto.

J11 IT Solutions designs highly responsive web sites and provide maintenance services at a level and frequency that exceeds clients’ needs. They are experts in transforming ideas from a paper based concept into a practical, fully functional, unique web site that will encourage site visitors to explore and investigate the products and/or services that a business provides. They also specialize in domain Name Registration, E-Commerce Solutions, Graphic Designs, Web Hosting, IT Support and Marketing.

Visit www.J11.ca for a complete description of all of the services provided by this reputable company.





Cricket 101 – All that you wanted to know and didn't know who to ask!

By: Nate Velumailum

What is Cricket?

· Cricket is a team sport for two sides of eleven players each. Cricket is meant to be a non-contact sport!

· It is a bat-and-ball sport with some similarities to baseball and softball. Instead of four bases, there are only two; in the middle of the field, sixty-six feet apart. The playing area is referred to as 'Pitch'. The cricket field can be 250 – 300 feet in radius.

· Each team take turns to bat in successive innings and attempt to score runs (unlike baseball, a team does all its batting in one innings)

· Opposing side (fielding team) bowls (pitches), fields and attempts to bring an end to the batting team's innings. The fielding team works with TWO bowlers (pitchers) at the same time. The first pitcher throws from one base to the other.

· Each team gets an equal number 'deliveries or balls' (number of pitches) per innings. A game consists of Two or Four innings (depending on the format)

· The team with more runs at the end of the game, wins

· A typical modern day "One-Day" cricket game lasts 7-8 hours including breaks and twenty twenty cricket game lasts 3-4 hours. The traditional game played between nations is called "Test Cricket" and is played of 5 days with breaks for lunch, tea, refreshment breaks and other pauses (not very popular with the wives/significant others, as you can imagine!)

History of cricket:

· Cricket - often referred to as 'the gentlemen's game (though these days there is nothing gentle about it) - was originated in England as early as 15th Century AD. By 1660 competitive Cricket games were popular in England. Much of the basics of the game haven't changed over all these years

· Cricket was in fact a major gambling sport towards the end of the 17th century. It is recorded that in the year 1679, a 11-a-side match was played with stakes as high as 50 guineas per side – a huge sum in those days

· In the year 1787, the Marylebone Cricket Club also known MCC was created. Cricket in its initial days were restricted to the aristocratic class of England. Cricket gradually went on to become the national game of England.

· The International Cricket Council, better known as the ICC is the governing body in world cricket. The ICC was founded in the year 1909. All laws relating to One Day Internationals and Test Cricket are framed and implemented by the ICC.



· The game is played and is very popular in most of the former British colonies and settlements such as Australia, the Indian subcontinent, African continent and Caribbean. USA is one of the exceptions to this. Cricket is played in Canada, but not widely.

The gear:

· **BAT** – made out of wood or willow and is paddle shaped. Can weigh 7-10 pounds or more

· **CRICKET BALL** - much like baseball's hardball...a wrapped cork center, weighing about 5-3/4 ounces. Outside, however, it is lacquer polished smooth...usually red, but white balls are used for day/night games. It also has a single seam running around it, unlike baseball's "S" seam which curves around the ball

· **Stumps and bails** - Instead of a home plate to designate the strike zone, cricket has **THREE STUMPS**, or **WICKETS**, planted behind the batter. On top of the sticks, two pieces of wood called **BAILS** are placed. This is so, that there will be no arguments about whether the sticks were hit or not

· **Pad, gloves and other personal gear** – batsman and Wicket-keeper (catcher) wear protective pads, gloves, helmets and protection for other more important parts of anatomy! Cricket ball delivered at 90+ MPH can be lethal!

· **Clothing** – Traditionally Cricket clothing is made out of White Flannel. With advent of One-Day Cricket, teams have colored uniforms

How to watch the game?

There are 3 basic aspects to the game – **Batting**, **Bowling** and **Fielding**. A "batsman" – who has a partner at the other end (or base) - can score in cricket by hitting the ball, then running "safely" between the two bases.

· Batsman can hit the ball in any direction (there is no foul ball)

· Once across (from one base, to the

opposite one) is a "single", scoring 1 run. Depending on how many times he and his partner cross over safely after hitting the ball, can score 2, 3 or more (though most likely maximum is 3). The big difference between baseball and Cricket is that, the batsman need not run if he thinks he or his partner cannot safely make it to their bases

· He can also score a hit that reaches the fence scores 4 run – called a "boundary" shot.

· hit that flies over the fence is a sixer, scoring 6 runs (this is like a home-run in Baseball. But there is no loaded base concept in Cricket)

· **Bowler (pitcher)** gets to bowl 6 times. A set of 6 'deliveries' (or pitches) is called an "Over". A one-day International game consists of 50 Overs per innings and 2 innings per game. His goal is to get the batsman out. If the umpire judges that the delivery (pitch) is out of reach for the batsman then it is called and he will be asked to re-bowl (like Ball in baseball). The bowler cannot overstep the line (or get too close to the batsman) while bowling (if he does, it is called a no-ball and the batsman gets a free-hit). Bowler can bowl only round-arm (cannot bend their elbow at point of delivery). They bowl Fast (Curve or Swing – upwards of 80 MPH) or Spin (the ball pitches on the turf and deviates depending on spin imparted by the bowler. Unlike Baseball, the ball is pitched or the turf making it difficult for the batsman to hit freely.

· The Umpire (Ref) controls the game and is the law on the Cricket field. He decides if a batsman is 'OUT' or if he has scored a "Six" or if he has reached the base "safely" and more. He indicates the decision by different signals (For eg: One finger pointed skywards indicates that the batsman is out!). In modern day cricket, technology is used extensively to aid accurate decision making

· **Dismissals** – indicate the different

ways the batsman can lose his 'wicket' or the chance to bat any further in the game. Some of the common ways are:

o **Bowled** – when the ball hits the wickets directly or deflected on

o **Caught** – when the ball hit by a batter is caught by a fielder before it touches the ground

o **Run-out** - when a fielder fields the ball and hits or touches the 'stumps' before the batsman or his partner reaches the base (judged by line referred to as the crease). Unlike baseball there is no "double play"

o **Leg Before Wicket** – If the batsman obstructs the ball's path (or he prevents the ball from hitting the stump/wicket) with his leg (or any other body part), the umpire (ref) can judge the batter to be out. You will hear the bowler and the bowling team "Appeal" (they yell Howzzat – gibberish for "How is that" – Ok, so every game has its quirks!)

World-cup of Cricket:

· The first attempt at any kind of world championship was in 1912, when a three-way series was arranged between Australia, England and South Africa. The experiment was dropped and not repeated until 1975, when, following the success of domestic one-day competitions, England, Australia, New Zealand, West Indies, India and Pakistan were joined by Sri Lanka and East Africa in the first World Cup in England. A resounding success, the tournament has been maintaining a four-year cycle. The current tournament takes place in the Caribbean. World-cup of Cricket organized by International Cricket Council (ICC) is the world championship and this is the 9th World-Cup competition

· India is the current World champions, who defeated Sri-Lanka in the last World-cup final in Mumbai - India in 2011

· There were 14 teams competed in 2011 World-cup.

Durham Tamil Association



Durham Tamil Association's RINX Trip for the Youth

During the first week of March, the youth of DTA went out to have fun at Toronto's entertainment complex RINX, which is located at Orfus Road. RINX is a 125000 square foot fun filled indoor amusement attraction filled with lots of arcade activities for the youths to spend the day. The youth enjoyed themselves playing Lazer Tag, Cosmic Bowling, Inline Skating and Glo in- the- dark Mini Golf. It was a fun- packed day for all the 38 youth, as they enjoyed themselves having a great day with their fellow peers and are looking forward to the future fun trip. This whole day event was subsidised by Durham Tamil association. Our sincere thanks to all the staff of RINX.



DTA Youth @ Inline Skating - RINX



DTA Youth @ RINX's LASER TAG



Break Time for some of our DTA Youth @ RINX



DTA Youth enjoying lunch @ RINX



DTA Youth getting ready for the COSMIC BOWLING @RINX



DTA's Youth group 2@RINX's LASER TAG



Durham Tamil Association

Durham Tamil Association's MOVIE NIGHT

The Friday night of the first day of March break starts off to be a fun one for the kids of Durham Tamil Association having a fun time watching the movie during the evening at Ontario Power Generation. The children had a enjoyable time watching the comedy animation

MAGA MIND. 44 kids came and enjoyed the comedy film with buttery popcorn and some tasty snacks provided by DTA. The kids overall had a wonderful time watching a movie with their family and friends. Thanks to OPG for this wonderful movie experience.



DTA's kids MOVIE NIGHT March 25th 2011



Kids watching MEGA MIND



Dr.Ranjith Mahendranathan demonstrating exercises for DTA Seniors

Durham Tamil Association's SENIORS HEALTH SEMINAR

Durham Tamil Association held a Health Seminar for seniors on Friday March 25th 2011 at the Ontario Power Generation. The goal of the event was to educate and provide resources to the Seniors to improve and maintain their health. Dr. Ranjith Mahendranathan, Doctor of Chiropractic & Medical Acupuncture Provider hosted the evening as the Guest Speaker. He provided Seniors with medical tips related to joint pains and also demonstrated numerous exercises to ease the pain.

Free Lancets and blood test strips along with gluco meters were given to the Seniors in order to encourage maintaining blood glucose levels. The lancets,

strips and meters were all courtesy of Pickering based Superseven Pharmacy, along with boxes of 100 Tylenols. Mr. Manish Patel and Ms. Mary of Superseven Pharmacy were also conducting free tests to check the Blood Glucose levels and Blood Pressure for the seniors.

Durham Tamil Association also provided free Income Tax Returns services for Seniors. 31 Seniors took part in this little get-together. Seniors enjoyed snacks and refreshments with their friends. They expressed their concerns for such programmes to the organisers of Durham Tamil Association. For more information, please call 905-428-7007.



Manish Patel of SUPERSEVEN PHARMACY checking the blood pressure for Mrs. Indradevi Selvarajah

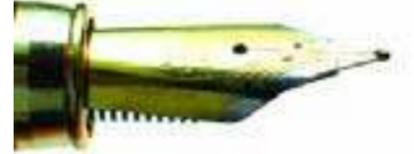


DTA Seniors @ HEALTH SEMI NAR



DTA Seniors @ HEALTH SEMI NAR

Special Feature



Bharat Ratna Pandit Bhimsen Joshi

Kanayalal Raina

The death of Pandit Bhimsen Joshi a proud recipient of Bharat Ratna in 2009, the country's highest civilian award conferred on him, marks the end of the most vibrant, heterogeneous tradition of the Kirana gharana (school or style of rendering a song). All its pillars – Sawai Gandharva, Amir Khan, Firoze Dastur, Gangubai Hangal, Hirabai Badodekar and Bhimsen Joshi – are gone. All of them enriched the gharana with their highly imaginative artistry, faith and conviction. Deeply traditional, yet highly modern and innovative in their quest, they enriched the existing idiom. The journey of Bhimsen Joshi's music and life mirrors the quest of a creative artiste. Here intellect and emotion never found two separate entities. An era in Hindustani classical music came to an end on Monday January 24, 2011, when the colossal genius of the "Kirana Gharana" bid adieu to a momentous life after remaining on life support system for many days at a hospital at Pune (India). Later in the day, his mortal remains were consigned to flames at Vaikunth crematorium with full state honours, while 'Mile Sur Mera Tumhara', the song on national integration immortalised by him, played in the background. He was the sixth person from the field of art and culture to receive the Bharat Ratna award, the fifth musician and the second vocalist after Subbulakshmi in 1998.

Pandit Bhimsen Joshi was born in the small town of Gadag in Dharwad district of then Bombay Presidency on February 4, 1922. Now it is in Karnataka state. His father, Gururaj Joshi, was a conservative school teacher. Bhimsen was the eldest in a family of 16 siblings, some of whom are still living in their ancestral home in Gadag. It is said that the poet Kumaravyasa wrote his Mahabharata (a Kannada rendering of the Mahabharata) at the historic temple in Gadag, in northern Karnataka. where Bhimsen Joshi played here as a child. Ever since Bhimsen Joshi passed away on January 24, almost every newspaper had a story to tell about the legendary singer. In particular about the temple, even the premises of the 100-year-old house in which Bhimsen and his 16 siblings grew up, are replete with memories. The pond in which all the children learnt swimming from their father, the backyard where firewood was cut, the places they played in, the trees they climbed, and more

A devotional song rendered by his mother while grinding grain and another heard in the town temple enthralled young Bhimsen in his childhood. It is said that young Bhimsen would often be seen standing entranced outside a gramophone record shop in Gadag, listening to a record of Ustad Abdul Karim Khan, the founder-father of the Kirana Gharana. Little did the boy then know that he was destined to be the brightest jewel of that Gharana.

Like all parents, his father desired

that Bhimsen should get a sound education and qualify as a doctor or an engineer. But destiny had something else in store for him. Bhimsen wanted to pursue music instead. Young Bhimsen liked to have a large lump of ghee on his rice. One day the boy was hurt by the harsh words spoken by his mother for demanding an extra spoon of that delicacy. It is said that deeply hurt by the reprimand, he left home at the age of 11. For the next two years, the adolescent singer was hopping from one train to another in search of a teacher to teach him music.

According to another version, Bhimsen, neglected his studies and pursued music instead. At last he could not control, his yearning to learn music any more, and one day he ran away from home. He had heard that Gwalior, Lucknow and Rampur in the North India were the best places to learn classical music. Destiny took him first to Bijapur, then to Pune and later to Gwalior where he enrolled himself as a pupil in the Madhav Sangeet Vidyalaya, a music school which had the royal patronage of the then Gwalior state.

Ustad Hafiz Ali Khan, who was the most prized musician of the School, took young Bhimsen under his wings and taught him classical music. Pandit Bhimsen Joshi many times recalled with gratitude the days he spent with Ustad Hafiz Ali Khan, the well-known sarod player and father of Ustad Amjad Ali Khan. From Gwalior he went to Rampur, Lucknow and Jalandhar. At Jalandhar he came to know from vocalist Vinayakrao Patwardhan the teaching abilities of well-known singer Pandit Rambhau Kundgolkar, (aka) Sawai Gandharva, who, incidentally, lived in Kundgol, a few kilometres away from Gadag.

Having realised Bhimsen's fervent desire to learn and follow music and music alone, his father gave up and tracked him down and brought his son back home in 1936 and made arrangements for him to learn music under the guidance of Sawai Gandharva, one of the disciples of Abdul Karim Khan, the most accomplished musicians of Kirana Gharana of his time.

Kirana Gharana is one of the most prolific school of North Indian classical music. Its name derives from Kirana or Kairana, a village near Kurukshetra in Haryana. It is also the birthplace of Ustad Abdul Karim Khan who lived from 1872 to 1937. The other well-known Gharanas are Jaipur, Rampur, Gwalior, Patiala and the like. Sawai Gandharva agreed to be his guru, young Bhimsen stayed at his house in the traditional guru-shishya (teacher-student) tradition, learning music from his master as and when he could, while performing odd-jobs in his house. He was convinced that the young man was a miracle, a genius, God's own creation and would have a brilliant future. He immediately negotiated with him for an HMV recording. He sang two Hindi and two Kannada bhajans for his first recording.



Pandit Bhimsen Joshi

This was in the year 1944 and that is the year when I was born. This opened the vaults of rich and rare musical treasures to Bhimsen. His natural voice received further polish from his guru.

When I grew up I have watched, followed and read about Pandit Bhimsen Joshi closely since my childhood. His first public concert was held in Pune in January 1946 to mark the 60th birthday of his guru Sawai Gandharva. He never looked back since then. Later he started an annual classical music festival called the 'Sawai Gandharva Music Festival' in the memory of his guru. This festival is held in Pune every December. The Sawai Gandharva Music Festival is a prominent music festival in Pune. Musicians consider it a great honour to perform at the festival before the music loving as well as discerning audience of Pune.

It is said that he would spend hours together on his easy chair without uttering a word; at times his body would break into gestures like one got to see during his performance – as if he were engaged in a physical chase.

Once, perhaps in the 1970s, it is said that Bhimsen Joshi rushed to Gangubai's residence. He pulled her hand and put it on his head and said, "Bless me." "What's happening?" a flustered Gangubai asked. "Apparently, Kumar Gandharva gave an outstanding concert yesterday. Today, when I sing, I should be able to match his excellence. Bless me, akka."

In his long career, he has won numerous awards. To name a few he was awarded, Padma Shri in 1972, the Sangeet Natak Academy Award in 1976, Padma Bhushan in 1985, Padma Vibhushan in 1999 and finally Bharat Ratna in 2009. The list is very long.

Bhimsen reached the hearts of millions of India who did not understand the fine points of Indian classical music by his opening line of 'Mile Sur Mera Tumhara' in Bhairavi Raag, first televised on Independence Day in 1988, after the telecast of the then Prime Minister Rajiv Gandhi's speech from the ramparts of the Red Fort. Bharat Ratna Lata Mangeshkar

finished it by rendering the line "Mile Sur" which fades into the final notes of the "Jan Man Gan", our National Anthem. The video and the audio are still very popular. It has become something like our national anthem.

Part of the popular mythology is how the maverick maestro was always on the move from his early childhood. He followed the note, perpetually trying to uncover its mystery. The moments in which he seemed to touch them were also moments in which they disappeared – it was an elusive chase.

The real world, for Bhimsen Joshi, was hence only a meeting point between the finite and the boundless, where formless abstractions took the melodic form. It remained true for all his life, and hence any conversation with him, rooted in the real, was mostly monosyllabic. But if it was a conversation about music, particularly with his guru bandhus, friends and disciples, he was aflame.

The inimitable Kumar Gandharva, who also kept journeying to cling on to that ever mysterious note, would say, "As it proceeds, the song only gets more subtle and empty." Bhimsen Joshi, like Kumar Gandharva, experienced that "like life, music is also a journey. But in the case of music, you never reach the destination."

In the early part of his life he went in search of music with a restless obsession. Sur saadhana did not mean a note on the scale – something that would be achieved with technical perfection – but as Anjani Bai Malpekar, an extraordinary musician of the early 20th century, would say, "A deep space to which one gains access through an opening of the self, it becomes possible to enter that space after giving up conventional self-consciousness, allowing the voice to merge with something that seems to be already there."

If Kumar Gandharva sought that higher consciousness in Kabir and nirgun, Bhimsen Joshi tried to find it in Raghavendra Swami of Mantralaya and Pandari Vittala of Pandarapur.

Contd. in next page...



Special Feature

Rampant Corruption in India

Kanayalal Raina

India, once known as a country with high moral and ethical standards, seems to be sinking to the depths of ignominy because of rampant corruption. It is a painful scenario that we are enlisted among the corrupt countries of the world.

This generation has brought disrepute to our great sages and savants, thinkers and preceptors who had assiduously and over centuries built a formidable structure of Indian society based on high standard of morality and ethical code. It is surprising how quickly we have fallen victim to the depths of ill repute. While talking of corruption in public conduct, we invariably hold political leaders and activists responsible for moral turpitude and depravity.

This generalization is unjustified and unacceptable. Essentially, it is attributable to under-developed personality that allows political leaders to exploit the situation. A nation with strong and independent personality does not succumb to moral turpitude that easy. When corruption becomes a social phenomenon, it is a signal that civil society is diseased. High standards of morality are not enforced through legislation or prerogatives; it is the gift of advanced culture and philosophy.

Abandoning traditional learning that infused austerity and contentment as virtues composing a wholesome living is a big loss we inflicted on ourselves after the attainment of independence. It is sensible to separate religion from politics if we want good governance, but ethics as integral component of faith cannot be separated from good governance. In that

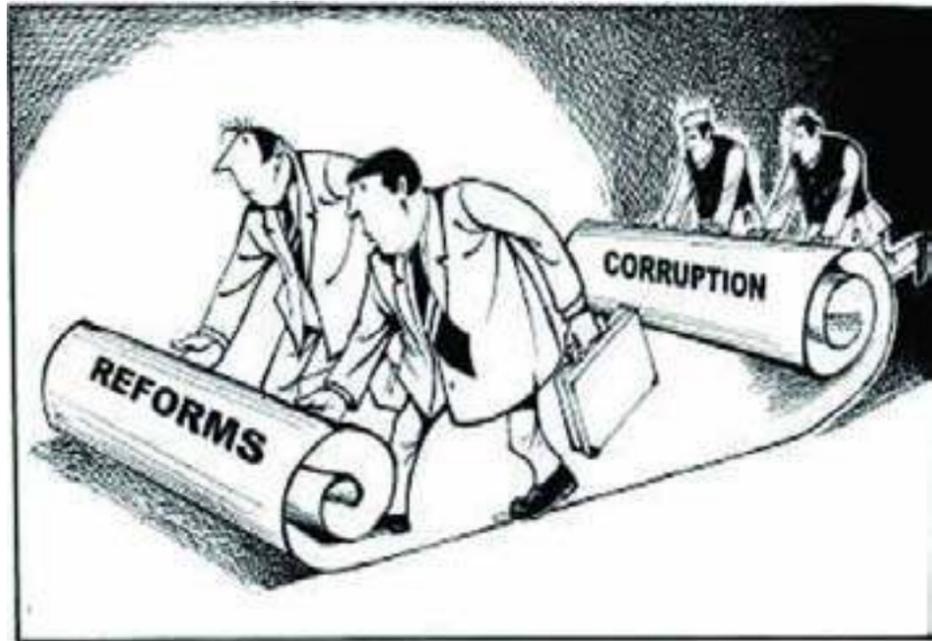
sense religion does have a place in functional politics.

Traditional learning of scriptures and theological fund forms the basis of standard ethical code, which in turn churns up the philosophy of good governance. Unfortunately we discarded that healthy part of our tradition under the mad rush for modern civilizational pattern. In the process, we lost our ethical and moral moorings. This is a punishment inflicted on us by that section of our freedom movement leadership which, in blind imitation of western political school of thought, partially lost its indigenous mores.

How can we expect an ethics-based society to come up when the very roots of ethics, meaning religion, remain eroded? It is this scenario that has given rise to double-edged corruption; double-edged because the indicted person first denies being corrupt and then castigates the social system for indicting him.

The range of corruption is vast from bribery to forgery, from embezzlement to misuse of power, from narcotic trade to gun running and what not. Hardly any sector of social and public service is left out of corruption. The contagion has spread from top to bottom. Apart from the reason of lack of a sense of social responsibility and awareness of moral and ethnical bindings, total laxity in accountability has immensely contributed to the outspread of corruption.

This brings us to a debate on the question of shortening the circle of legal protection to a corrupt person. Legal fight over a corruption case is usually protracted and time consuming. Whether



the indicted person is punished or not is a different matter. Prolonging the accountability to indefinite period considerably dilutes public interest and trust in the judicial process.

In all western democracies corruption cases are dealt with in accordance with the law of the land most expeditiously so that a wrong signal of authorities conniving at corruption is not spread. In India we find the reverse of it and we take shelter behind the outdated and redundant juridical intervention. Why not the system be reformed to meet new requirements of present-day society. Reforming the educational system by introducing tradition-based study of ethical code simultaneously with adopting strict norms of accountability should be the two-pronged strategy for eradicating corruption in the entire administrative and



governance structure of the country. The time and tide wait for no one. Keeping trust with corruption is keeping trust with disaster.

Pandit Bhimsen Joshi

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Despite Bhimsen Joshi's spiritual understanding, he, like Mallikarjun Mansur, believed that music was a battle which had to be fought in the real world; it was hardly a drop from the high heavens. Talent had to be nurtured in the fires of individual passion, in the presence and benevolence of a guru. Austerity could take you some distance, he would say, but without the guru "the world is blind".

Susheelendra Joshi, Bhimsen Joshi's younger brother, said in one the interviews recorded by many journalist soon after his death, that between the transactions of the 'real' and the 'abstract' there has to be an agent as well. The agent, according to him, was their father. In the early days, Guracharya Joshi's resistance to his son's love for music fuelled Bhimsen's resolve to pursue the art. "But in the later years, his father's faith in excellence coupled with a deep

awe for knowledge led Bhimsen Joshi to great heights,"

Bhimsen Joshi was a top-notch artiste on the Indian music scene when his father was already past his prime age. Even in the face of difficult times, his father never went knocking on his doors. However, he did not miss a single concert that took place in the vicinity of Gadag. Guracharya Joshi, a meticulous academic, was constantly working, studying, researching, and writing books well into his old age, but he never interfered in his famous son's life. Bhimsen Joshi, too, never did anything that would upset his father's sense of equilibrium and dignity. The nature of this father-son relationship was unique.

It is said that his father to his son's concert at the Sawai Gandharva hall in Hubli. On seeing his father, Bhimsen got off the stage, came into the auditorium and touched his father's feet. After the

concert, Guracharya Joshi went up to his son, lovingly put his hands around his shoulder and said, "I'll leave now Bhimu."

Susheelendra Joshi recalls, "All right," came the reply. At 11.30 in the night, Susheelendra and his father quietly walked to the Hubli railway station and slept in an empty train. Their train to Gadag was only the next morning. "Bhimsen could have easily drove his father and brother to Gadag by car. But he did not. Bhimsen brother and father slept in a train, cold and hungry. How could one make sense of such detachment?" his brother asked. "Growing up, he has realised that he was the embodiment of my father's spirit, a true son. He was deeply attached to my father, but also had enormous respect for my father's sense of dignity. Like my father, he remained a passionate student until his last breath."

Whenever he was in deep moral anguish, Bhimsen Joshi ran to his father. "I am always here for you. But we have to live out our respective karmas. Our battles are different. Go Bhimu, you have to

face your life on your own," is all his father would say.

Bhimsen Joshi's music was marked by creative intensity. He could infuse in his listeners his own anguish, and hence even a stoical and detached Guracharya Joshi would weep after listening to his son.

Bhimsen Joshi never lost sight of the fact that he was a practitioner of the most perishable art. Notes died every moment and sought rebirth. What has happened once in music cannot happen by the same person, again. It was this understanding that made him one of the most complex practitioners of the Kirana gharana.

Bhimsen Joshi was conscious of the constantly evolving nature of all creative, traditional knowledge systems. Hence, gharana music never confined him; it provided a framework for his passionate explorations. He could thereby plumb new imaginative depths without defying tradition, but could constantly redefine it. In Bhimsen Joshi's death, the most original and ingenious phase of the Kirana has come to an end.

Special Feature



Raymond Rajabalan

Now that a no-fly zone has been imposed over Libya since mid March, Western leaders are determined to effectively coordinate their military activities while avoiding being dragged into a bloody civil war. No-fly zones are easy to propose, hard to impose and have, at best, a mixed history of success.

What is a no-fly zone?

It's an imposed area where flying is

tively cover the long coastal area where almost all of the population is located) backed up by airborne refueling tankers orbiting offshore and multiple command-and-control aircraft called AWACS with sensitive radar that control the battle space.

Scores of warplanes, more than a dozen tankers and many additional aircraft – for instance a rapid-reaction team with helicopters and ground-attack aircraft to find and rescue any downed pilots – would be needed. To enforce a no-

1999, after failing to get UN Security Council approval, NATO unilaterally (and many claim illegally) imposed a no-fly zone and then launched an air war against Serb forces in Kosovo. Canadian F-18s led scores of bombing runs.

The United States, along with Britain and France, imposed no-fly zones over northern and southern Iraq in 1991. Hundreds of Iraqi missile launchers and radar sites were attacked over the next 12 years until the 2003 Iraq war began.

Would NATO warplanes need to

Nevertheless, no allied warplanes were lost (a pair of helicopters collided) during the 12-year Iraqi no-fly zone and the risks over Libya are probably as low or lower.

What are the biggest risks?

Probably ineffectiveness, followed by mission creep and the danger of being dragged into another war. Spending tens of millions and flying thousands of sorties a month to deny Moammar Gadhafi a handful of ineffective bombing runs with aging MiG fighters, mostly used to try and knock out ammunition dumps, may initially look impressive but may also fail to tip the balance. Most of the killing is being done by artillery, mortars and machine guns, all weapons that are terrifyingly effective against civilians and ill-trained rebels.

The prospect of Western warplanes

No-fly zones



banned – backed up by circling warplanes ready and mandated to shoot down any “outlawed” aircraft. It’s designed to prevent a pariah regime from using combat aircraft against its own people. Simple in concept, no-fly zones are tough to impose and require a major military commitment – several hundred aircraft – to make them effective around the clock for months or longer. They may look tough but don’t always tip the military outcome.

How is one created?

Once the zone is designated, either by UN Security Council resolution, which makes it legal under international law, or because the great powers impose it, it must be enforced.

Pairs of warplanes patrol the zone (a Libyan no-fly zone would probably require several pairs all the time to effec-

fly zone over tens of thousands of square kilometres 24/7 United States and some European allies, notably Britain, France and Canada have joined forces.

A no-fly zone over Libya would require several squadrons of land-based warplanes flying from air bases in Italy and maybe the British base on Cyprus, plus at least one of the massive U.S. aircraft carriers, backed up by a smaller British or French carrier.

Are they legal?

A no-fly zone, like any sort of blockade by a belligerent, is an “act of war.” It is legal only if explicitly authorized by the UN Security Council.

NATO warplanes acting under a UN mandate shot down four Serb fighter-bombers in 1994, the alliance’s first-ever combat in the no-fly zone over Bosnia. In

knock out Libya’s anti-aircraft defences first?

“A no-fly zone begins with an attack on Libya to destroy the air defences,” says U.S. Defence Secretary Robert Gates. Others believe that a full set of pre-emptive strikes against Libya’s array of ill-maintained, outdated Soviet surface-to-air missiles wouldn’t be needed and U.S. warplanes could wait until threatened or “locked on” by targeting radar. That’s easy for armchair strategists but tough on pilots strapped into cockpits knowing that radar-guided or heat-seeking missiles are only seconds away from a “kill” if launched. Politicians would have a hard time explaining to bereaved widows if they opted to leave Libya’s air defences untouched while sending pilots to patrol hostile skies.

circling overhead while massacres continue could be the slippery slope that results in a call for ground attacks. And if those fail, perhaps ground troops to protect “safe havens” – such as the ones that didn’t work in former Yugoslavia despite NATO’s no-fly zone. In Bosnia, Kosovo and Iraq, no-fly zones were always followed, albeit for different reasons, with major ground force deployments. Libya has one additional complication. Dozens of humanitarian flights are shuttling in and out of the rebel-held zone and airports close to Libya’s borders as aid is flown in and refugees evacuated. The danger of shooting down one of those flights would haunt any no-fly zone combat patrol.

(Adapted from Globe and Mail Article)



Canada News

Another forum by SAAC attracts more members

Sri Lankan Accountants Association of Canada conducted its Forum on March 05 th at Holiday Inn Hotel, Markham. More than 125 Accountants participated this full day event. Some of the photos taken at the event are given here. **Photos by Ken Photo**



Sivagnanam Sritharan CGA , introducing Debroah Danis CHRP who spoke on Change Management at the SAAC Forum 2011 held at Holiday Inn Hotel & Resorts, Markham



Matthew Kleinosky DTM, addressing Forum participants - techniques an effective Interpersonal & Business Communication.



Debroah Danis CHRP, Director TNTSO, addressing SAAC Forum 2011 participants on Change Management .



Arthy Ariaran CGA, President SAAC, welcoming Forum participants.



Section of the participants at the Forum 2011



Deb Danis CHRP, making a point by interacting with the participants at the Forum.



Participants about to enjoy a Sri Lankan style buffet lunch at the Forum held at Holiday Inn Hotels & Resorts, Markham



Ponniah Sritharan CGA, VP SAAC, introducing Glen Schmidt FCGA, who spoke on GAAP for Private Enterprise at the SAAC Forum

Short Story

KAYATHIRI – (Part I)

Original in Tamil by T. Agilan
English version by Thuraiyooran

Life does not fulfill all your desires during the time you want them to be. Sometimes when your dreams are forgotten, it shows you the way to achieve them. During those times you feel the pain of sadness.

Kayathiri I shouldn't have written this after a long lapse of time. This lapse has eaten most part of my life. It made my mind to undergo agony atom by atom as though you are roasting it on a flame. Pauses and fear eroded me and ate my strength. Kayathiri did you also have the same problem?

I won't believe that this letter will tell you that I loved you. I knew the love you had for me was hidden in you. Your sight which sensually spread over me several times, had told me that. But your lips never told them. Lips always shiver to speak your love. But eyes are not so. They don't keep any secrets. They let out all the secrets of the mind. They showed me looking for you and you looking for me, even in a big crowd. But lips never do this. Had our lips agreed to leak out our love, then I feel there would not have been an occasion for this letter.

I don't know whether you remember this? Can you remember the day I got a prize in the poetry competition. I was surrounded by the students. The girls grabbed my poem sheet, struggling with each other and was reading it. I allowed all their praises to pass by. I had my mind pure and clear not being adulterated by those praises. I did so for safe keeping of your praises in my mind.

As usual on that day your cruel lips never spoke. You avoided the group around me and walked away lonely like a lamb. Suddenly you turned back raised your eyebrows and looked at me. I am still cherishing that look in my mind. Your eyes praised me. I really felt my success made you proud and I saw it in your eyes.

The next day I saw reading my poem holding it to your face in the classroom. I know you were deliberately doing it, so that I could notice that. On that day I decided to write poems endlessly. Even now I am writing them. Will you like to read them? That day you were telling loudly "you are writing good poems". Your friends around you, may have thought you were talking to yourself. Poor people. They would not have understood the inner secrets of your words, were really meant for me.

Can you remember the day we arrived at your village from our town. That day is well inscribed in the grief stricken minds of our people. But that day was a happy day for me. I am still celebrating it. Definitely the grief of leaving one's own land is grave. But that grief made me to meet you. Had we not moved out of our property and had that day never occurred, then my life wouldn't have shown you to me.

I have never heard the name of your village before. But war made me to do



School children in Sagamam – Thirukkivil, Ampara district, Sri Lanka – pic: Drs. Sarajevo

that. It drove people to unknown places and directions. We had no time to untie the swing on the branch of the "Kondal" tree. I presume that the swing must be still swinging due to wind, even though no one is there. It must be crying without any children swinging on it.

The Kondal tree with bunches of yellow flowers and long fruits looks beautiful. During the flowering season, I have never seen that deep yellow color on any other flower. Even there was a swing with you seated in my dreams. I used to push the swing to tops of branches, when you were shouting with fear, in my dreams. They were romantic dreams, Kayathiri. Have you ever dreamt like this in your lifetime?

My brother, sister and I had different flower plants and watered them carefully. Now they would have been shrunk and died without water. I had a shoe flower tree which bore white flowers. I got it from Shanmukam teacher and was growing it with care. My siblings were jealous of its white color.

I saw you as an Angel who replaced all my lost things. Your hair was cooler than your village sugar cane fields. Your look was cooler than the breeze flowing in the fields. Like the canals in your village, love was flowing from your eyes. I saw you as an Angel of my lost town. More than that my pet dog which got lost on the way due to the gunshot sounds, had the same name as that of your pet dog. What a coincidence?

When do you think I saw you for the first time Kayathiri? Was it the day you joined in my class in Grade 12? May be that was the first day you might have seen me. It is not easy to get the attention of Angels like you. But I saw you in your house, with a big group.

Cinema was not prohibited in those days in villages. It was one of the ways to celebrate a ceremony. Cinemas were shown till early mornings. After watching three or four in one night, the next morning you had trouble remembering, as to who was the hero on what movie. I was a cinema addict those days. Whatever programs they showed in the TV, I was prepared to watch them. I have stolen money without the knowledge of my mother and went to watch movies. I used to sell the comics I had, to a book store selling used books and went to SR theatre to watch

movies. This was the only brave thing I did, without even caring for the ladle* stick of my mother.

I told home that I am going to tuition house at 3.30 pm and tricking my tuition master went to movies. He was worried about me being absent to his classes. I was attending classes in the mornings and on days the theatres were closed. Kaya on your age attaining ceremony, they showed a movie. The sound of the generator was calling the entire village. I also came to your house to watch the movie. That was the day I saw you for the first time.

You were looking healthy on that day than others. You were leaning on a newly painted door and your brightness outshone the surroundings. The light which emanated from the TV reached your eyes and danced with joy and staggeringly reached my eyes and settled down. That was the time I saw you for the first time. After that I couldn't watch the movie. More than the movie I was watching you most of the time. At the same time I was watching whether others were watching me, watching you most of the time. The blue rays of the TV made you as blue Angel. Indeed you are a blue Angel. The very day your image got settled in my mind, I never wanted to remove it and I was a changed man after that.

In corner of your property, your father transferred an abandoned box van into a small shop. We started buying things from him. Before your shop opened, I used to grumble, when I am asked to get the shop. But now whenever I am asked to go, I go without any complaints. My mother is now under the impression, that I have become a responsible boy. I heard her telling this to my grandma. She never knew the secret of my going to your shop. I was eagerly expecting you to be at the shop, in the absence of your parents. My prayer was never answered. One smile or at least a glimpse of you were my wishes, which were never fulfilled and they died within me. I was not fortunate to get them.

Once in a while from behind the shutters, I heard your voice like that of a parrot saying "mom someone is at the shop". The sound of your anklets, when you were going down the steps of your shop, your heels light red color and waving hairs around your ears, were some of the glimpses I got like bits and pieces of a pic-

ture of a beauty. That was more than enough for me. After that I started caring for my feet, which were dirty and uncared for all these days. But my attempts ended up in utter failure. When my poem appeared for the first time in a newspaper, I bought most of the copies at your shop. Your father asked me, as to why I am buying all these. I shouted that my poem is published in this paper, so that you could also hear it. I Reached home with the belief that you would have heard it.

Kayathiri, you can never say that you don't know my love to you. Because your silent language was speaking to you always. My poems were my messenger to you. But our lips and words hid our love within them. Your usual looks and smiles gave words for my poems. You know very well, a drop of your immense beauty which fell on my shirt and wetted it, was the inspiration for my poems. The symbols in my poems were my indications of my love, which brought your smiles and prizes for me. The time twisted and turned me. Great failure in my life gave me the opportunity to study with you, who was two years younger than me. All around me were worried about this. My classmates left me behind and moved up..But I thought this was a gift of God, Kayathiri. I feel that my miseries brought bouquets every time. This time too the same story. The first day in our class, you were seated in the front row and was turning to look at me in the fourth row. Can you remember that? That welcoming look of yours released me from my guilty feelings. It made me at ease, to learn with students younger than my age.

Your age attainment ceremony album was sent round to all the houses. Your sister had the golden opportunity of carrying it around. She brought it to our old lady, in whose property we were staying. That day I became an expert thief. I stole one of your photos without the knowledge of any one. After that, the photo on several times laughed at me, accusing me as a thief. I was prepared to be a thief for a day and I wrote this in my diary. I was telling all my inner feelings of love to my diary. The unspoken words of love was scribbled on this diary. The day I get a chance to tell my love to you, I was planning to give this diary as my valuable prize to you.

But unfortunately I never had a chance to give it. My town became normal after the war. After the removal of land mines, every one returned home with joy. But I was the only one who returned with grief. Your village full of beautiful sugar cane fields, your house I liked most, your pet dog which had the same name as my pet dog, your voice which called it, were all left behind and I reached home unhappy. My mind was filled with the sadness of, when to see your village, Maniyankulam and the Kattamman temple festival, I missed. Now I had more affection towards your village than mine. I have now learned to live with the happiness I received. I have forgotten about my grief and sadness. Yourself and your village replaced all things I lost in my village. But time makes me a traveler. It doesn't allow me to stay permanently at one place. Further, it doesn't allow any happiness to stay with me permanently.

(to be continued next month)



Rouge Valley Health System

Palliative care, cancer care, blood donation and more at 6th annual Health Fair

The Rouge Valley Health System Cancer and Palliative Care Advisory Committee presented the 6th annual Health Fair at Rouge Valley Centenary (RVC). The event took place on Thursday, March 31, from 9 a.m. to 2 p.m. at RVC, 2867 Ellesmere Rd.

This year's featured speakers included: cancer survivor Tammy Horvath; Dr. Camilla Zimmerman, regional Palliative Care Clinical Co-Lead of Cancer Care Ontario's Toronto Central Regional Cancer Program; and Kirsten Schmidt-Chamberlain, palliative care advocate and Hospice Palliative Care Network Coordinator, Central East Local Health Integration Network.

New this year is the hospital's cardiac care display and Bloodmobile, the Canadian Blood Services' mobile blood

donor clinic. Donors were able to find out their blood type at the organization's 'What's Your Type' blood match table. They also donated blood at the Bloodmobile, which was located just outside the hospital on Neilson Road.

More than 30 community health agencies and health partners were also in attendance. There were door prizes for guests. Exhibitors were located in three locations throughout the Rouge Valley Centenary hospital campus, at the corner of Ellesmere and Neilson:

- * Rouge Valley Centenary Court, second level;
- * The Grapevine Restaurant and Cafeteria, third level; and
- * Dr. Bruce Johnston Conference Room, third level.

OPG adds a spark to MRI campaign

A full house of more than 420 guests at Rouge Valley Health System Foundation's gala on Friday night, March 25th, gave a standing ovation to Wayne Robbins, Chief Nuclear Officer at Ontario Power Generation (OPG), and Don Terry, Pickering Nuclear Public Affairs Manager, after they made a surprise announcement of a \$300,000 gift to support the Image is Everything campaign. "Our company believes in the power of community. We're proud of the difference OPG employee volunteers make in our community. We're proud to provide the power for homes and businesses right across Ontario. And we're proud to be the supplier of power for the new MRI at our local hospital," said Mr. Robbins.



Wayne Robbins, Chief Nuclear Officer at Ontario Power Generation

OPG has been a longtime supporter of the Rouge Valley Ajax and Pickering hospital, including a \$1 million gift to the Nuclear Medicine unit in 2001. The Rouge Valley Health System Foundation is proud to count this local company and its staff as one of the lead supporters of the Image is Everything campaign.

Lucy Stocco, Chair of the campaign, admitted to being shocked at hearing the news on Friday, March 25th when the OPG representatives went to the stage to make the announcement.

"It was a surprise, but a really exciting one, to be sure," said Ms. Stocco. "However, OPG has always been such a consistent community supporter that I'm not surprised they would see the importance of the need for an MRI machine in Ajax and that they would help in any way possible." The Image is Everything campaign is raising money for the purchase

and installation of an MRI at Rouge Valley Ajax and Pickering hospital. Thanks to the generous individuals and corporations of the community, including this OPG gift, the campaign has nearly reached the 58 per cent of its goal in just 10 months.

The Foundation's annual Gala was held March 25 this year at Deer Creek Golf & Banquet facility in Ajax and OPG was also a silver sponsor of the event.

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.

New strategic plan maps hospital future

Commitment to quality care outlined for the next three years / Available online

Rouge Valley Health System (RVHS) has completed its 2011 – 2014 strategic plan with robust participation from community members, patients, staff, physicians and volunteers. The new plan outlines the hospital's strategic focus on patient needs, program improvements and measuring its progress in a variety of health care services. The new RVHS plan carries on from the previous three-year plan maintaining the same mission, vision and values for both of its hospital campuses.

"Our focus as a hospital continues to be on putting our patients first. Our new strategic plan provides direction on this," says Rik Ganderton, president and chief executive officer, Rouge Valley Health System. "I'd like to thank our community, staff, physicians, volunteers and RVHS Board members for taking an active part in this process."

The plan states the strategic directions for all areas of the hospital in order to:

- Provide the best care possible to patients;
- Build a hospital system that better meets the needs of its diverse communities; and
- Strengthen the hospital to live its vision to be 'the best at what we do' every day for patients and their families.

The content of the final strategic plan was created as a result of information collected during almost a year of consultations with community members, political

leaders, RVHS Board members, the Community Advisory Group, staff, physicians and volunteers.

- New website -

Read the new strategic plan on the hospital's newly redesigned website: <http://www.rougevalley.ca/strategic-plan>

The new website features a patient-focused clean and modern layout that is easy to use, and is filled with all the latest information on RVHS. Please visit our new website at www.rougevalley.ca.

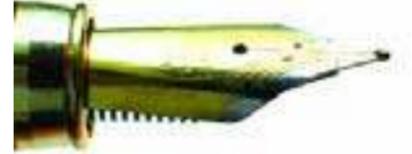
Rouge Valley Health System (RVHS) — The best at what we do.

RVHS is an excellent acute care community hospital with many programs, including 24/7/365 emergency, cardiac care and mental health. Rouge Valley consists of several health sites, including two community hospital campuses: Rouge Valley Centenary in east Toronto; and Rouge Valley Ajax and Pickering in west Durham. Together, a team of physicians (224 general practitioners and 325 specialists), 1,000 nurses and many other professionals care for a broad spectrum of health conditions. Working in consultation and partnership with community members, other hospitals, health care organizations, the Central East Local Health Integration Network and the Ministry of Health and Long-Term Care, Rouge Valley continues to improve its programs and cater to the needs of the growing communities of east Toronto, Ajax, Pickering and Whitby.

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Special Feature



by International Committee of the Red Cross (ICRC) Resource Centre

In November 2010, the Sri Lankan government asked the ICRC to close its offices in Jaffna and Vavuniya and to conduct its operations exclusively from Colombo.

On March 25th ICRC closed the last office outside Colombo, in Vavuniya, Sri Lanka North. On this day, ICRC head of delegation Yves Giovannoni and two Sri Lankan staff members from the Jaffna and Vavuniya offices reflected on ICRC operations in Sri Lanka, past and future:

What has the ICRC been doing in Sri Lanka, particularly in Jaffna and Vavuniya?

The ICRC has been working in Sri Lanka for more than two decades, starting with the uprising of the Janatha Vimukthi Peramuna (People's Liberation

There certainly are humanitarian needs in Sri Lanka. Some needs arise suddenly and require a rapid emergency response, like the floods at the beginning of the year. Others are more long-term, and require a sustainable solution.

The ICRC continues to address humanitarian needs resulting from the armed conflict, just as we do in many other countries where active hostilities have ended.

People who have lost limbs will of course require artificial limbs for the rest of their lives. The ICRC will continue to support the Jaffna Jaipur Centre for Disability Rehabilitation until 2014. The centre is looking after about 2000 people, mainly in the Jaffna Peninsula.

Many households remain vulnerable. Some because the main breadwinner is dead, missing, or in prison. Others



Jaffna Jaipur Centre for Disability and Rehabilitation. With the ICRC's support, hundreds of people a year (like these landmine victims) receive physical rehabilitation and benefit from micro-credit schemes. © ICRC / C. McGoldrick

'We strongly believe there is still sufficient work to warrant maintaining a delegation in Sri Lanka' - ICRC



Medawachchiya, Vavuniya. Dissemination session for female soldiers in a Sri Lankan Security Forces camp. © ICRC / D. Sansoni

Front – JVP) at the end of the eighties and then continuing through the insurgency of the Liberation Tigers of Tamil Eelam (LTTE).

Our humanitarian activities have focused on protecting and assisting civilians, prisoners, the wounded and the sick – on all sides. In many cases, we worked with the Sri Lankan Red Cross Society, and restoring links between separated family members is a good example of an area where they played a key role. We have always operated with the approval of the government, and have often been able to act as a neutral intermediary between opposing sides.

What role can the ICRC play in Sri Lanka at the moment? Are there still humanitarian needs in the country?

because they have to support a relative disabled by a mine. The SLRCS and the ICRC hope to provide these vulnerable households with micro-credits, vocational training or grants.

The ICRC will continue to assess conditions of detention and detainee welfare at most places of detention throughout the country. We will continue to submit our observations to the authorities in the form of confidential reports. This confidential dialogue between the ICRC and the authorities is in line with our standard procedure. It enables us to maintain the trust of the authorities and to visit people who have been affected by the conflict. Additionally, the ICRC and the SLRCS together provide travel allowances, so that people can visit rela-

tives held in prisons or rehabilitation camps.

During the recent floods, the ICRC supported the efforts of the SLRCS and other Red Cross/Red Crescent Movement partners to help the people and communities affected. It is quite unusual for the ICRC to get involved in dealing with a natural disaster, as the local Red Cross or Red Crescent Society normally takes the lead in this type of situation; but of course we could not ignore the size of this humanitarian emergency and assisted where we could.

How will the ICRC meet humanitarian needs in Jaffna and Vavuniya without being present in the area?

In November 2010, the government asked us to close our offices in the north and to conduct our operations solely from Colombo. We have been working closely with the SLRCS to set up procedures that will allow us to pursue our humanitarian programmes with a reduced field presence.

We will continue to support families where the main breadwinner is no longer present because of the conflict, where a relative is disabled because of the conflict or where family members remain separated or unaccounted for. The authorities have allowed us to continue our technical and financial support for the Jaffna Jaipur Centre for Disability Rehabilitation until 2014, and we will be conducting our humanitarian visits to people detained in these areas from Colombo.

What is the future of the ICRC in Sri Lanka?

We strongly believe there is still sufficient work to warrant maintaining an ICRC delegation in Sri Lanka for the foreseeable future. At the same time, we are working with the International Federation of Red Cross and Red Crescent Societies and other partners in the Red Cross Red Crescent Movement on the process of restructuring the SLRCS, a process that should result in a stronger Red Cross Society.

Longer term, a lot will depend on how soon the remaining consequences of the armed conflict are resolved. In turn, this depends on the quality of the dialogue on humanitarian matters with Sri Lankan institutions and partners.

We shall continue to work with the Sri Lankan government, academia and other bodies to promote humanitarian norms and their inclusion in the rules and regulations of the armed forces and police. This is especially relevant in view of Sri Lanka's major role in United Nations peacekeeping operations, where these international norms apply.

Anton Selvakumar Dilan, Field Officer, Jaffna sub-delegation

What will be your lasting memory of your work with the ICRC?

The day I helped evacuate the sick and injured from the conflict zone in early 2009, at the height of the war. I witnessed the suffering of the people, and their helplessness as they fled for their lives. It was a remarkable experience to be serving with the ICRC at the time – the ICRC was the only humanitarian

See next page ...



Canada News

Brampton Airport Drivers Show overwhelming support for Ruby Dhalla MP

Brampton-Drivers from Toronto's Pearson Airport joined Ruby Dhalla recently to express their support for her re-election campaign, according to a press release by the Ruby Dhalla campaign.

The press release further said:

Since December 1, 2010 airport limousine drivers have unfortunately been locked out by their employer, the McIntosh Group of Companies after the company refused to

release provincial license plate stickers due to the allegations by the drivers of unfair business practices. The allegations by the drivers include:

- mandatory purchase of the car from the employer at highly inflated prices,
- mandatory transfer of the ownership to the employer without any confirmation of paperwork;
- mandatory purchase of insurance from the employer without receipt of a policy that sets out premiums, coverage, or limitations and
- payment of grossly inflated sums of money for permit and dispatch fees

"Ruby has acted on behalf of the airport limousine taxi drivers in parliament and we greatly appreciate this, we stand behind her 100 percent," says Baljit Garcha, President of CAW Local 252.

Dhalla recently brought forward a

motion to study the labour dispute at the House of Commons Standing Committee on Transport, Infrastructure and Communities.

Despite opposition from the Conservative MP's this motion was passed. "Ruby's motion in parliament has helped bring justice to the drivers on this issue," says Baldev Singh, Vice President of CAW Local 252.

In addition to raising this issue in Parliament Dhalla has also written to the Federal Minister of Transportation, Chuck Strahl and to both the Federal and Provincial Ministers of Labour requesting that the dispute be studied and rectified immediately.

"There are over 200 families that have not worked in 4 months because of this strike. We are thankful to our MP Ruby Dhalla for helping us on this issue in parliament. We are all behind her," says Harinder Dhaliwal, airport limousine driver and member of CAW Local 252.

"It is unfortunate that the Conservative Government and Conservative MP's on the Transport committee refused to support a motion to help drivers who have been on strike for months," said Dhalla. "This lockout has jeopardized the livelihoods of hundreds of Brampton families, I am committed to



Ruby At Airport Rally on Campaign Trail



Dhalla with Airport Drivers

continue working with the drivers to ensure their voices are heard," said Dhalla.

Ruby also joined the drivers at their strike held at the airport compound

recently. Speaking at the rally she joined her liberal colleagues in expressing her support for an early resolve to this situation.

We Strongly Believe ...

Contd. from previous page

organization that had access to these people.

How will you want to be remembered by the people you served in the area?

The ICRC has been present in the Jaffna Peninsula for 21 years. It played a significant role in alleviating human suffering, helping thousands of people affected by the armed conflict. I would like the people of Jaffna to remember the ICRC not as a provider of food and emergency supplies but as a 'life saver.'

V. Ashokalingam, Driver, Vavuniya sub-delegation

What will be your lasting memory of your work with the ICRC?

I will never forget the smiles of the thousands of people whose lives the ICRC was able to touch in the course of these years – people who received emergency supplies, food or temporary shelters; people evacuated for medical reasons or the people the ICRC visited in detention. And above all the smiles on the faces of children and parents reunited after being separated by the conflict.

How will you want to be remembered by the people you served in the area?

I would like the ICRC to be remembered as an organization that stood by the people of this area during the most difficult phases of the conflict.

Major ICRC operations conducted from Jaffna and Vavuniya:

-From 1990 until 1995, the ICRC helped establish and maintain a safety zone around Jaffna Teaching Hospital in order to ensure that all casualties had access to emergency treatment

-From 1995 until 2002, the ICRC chartered ships that enabled thousands of people to travel to Colombo for medical treatment and transported medical supplies to hospitals in Jaffna

-During the period when the A9 highway was closed to the public, the ICRC helped to maintain public transport in the Jaffna Peninsula, at times even carrying post and school examination papers to Colombo.

-From 2000 to 2002, the ICRC frequently escorted government food convoys. After 1996, the organization acted as a neutral intermediary to facilitate the exchange of corpses between the Sri Lankan military and the LTTE.

-During the ceasefire, between 2002 and 2006, the ICRC acted as a neutral intermediary at the Muhamalai crossing point.

-The 2004 tsunami hit Sri Lanka at the height of the conflict. During this period, the ICRC worked with the SLRCS to build health centres and restore family links.

-With the resumption of hostilities, ICRC-chartered flights transported patients and medical supplies between Colombo and Jaffna.

-During the final phase of the conflict, the ICRC evacuated 13,800 casualties and accompanying relatives from the war zone to Trincomalee by sea.



Trincomalee. Passengers disembark from an ICRC-chartered ferry after having been evacuated from the embattled town of Jaffna. © ICRC / N. Ng



Velanai Island, Jaffna peninsula. The ICRC supports projects that help people affected by war to earn a living. Here, students are learning masonry skills. © ICRC / C. McGoldrick

News from Waterloo



South Asian community kick starts March to Health event

Cambridge, Ont: South Asian communities experience vast health inequities resulting in disproportionately poor health outcomes when compared with non-racialized and other Ontarian groups. Through a comprehensive series of roundtables and key informant seminars, the Tamil Cultural Association of Waterloo region initiated its first "March to Health" program on the 13th of March at the Newfoundland community centre in Cambridge.

The president of the association Mr. Prakash Venkataraman, welcomed all the guests, sponsors and the media and

said the South Asian community needs to focus more on a healthy life style and the association will do its best to educate the community. This is the first event and would continue to do the same in the coming years he said.

Rhonda Yetman, Registered Dietician and Pushkala Taracad, Registered Nurse of the Lang's Farm Village association conducted a South Asian Community outreach diabetes workshop. The main goal is to increase the awareness and accessibility of diabetes education and management to members of the Waterloo Region Tamil community living with or

at risk of developing pre-diabetes or type 2 diabetes. Rhonda explained the need to be careful in selecting the food we consume especially products with sugar and salt.

Leslie Gordon Christie, familiar to the people of South Western Ontario as CTV's Health and Lifestyle specialist and a certified personal trainer did a work shop on physical fitness. She stressed the need to go for daily walks and regular exercise.

Kitchener Physiotherapist Mr. Vikram Krishnan explained in detail of the benefit of having physiotherapist

during and after an injury and precautions need of prevention. The students of the Waterloo Kungfu Martial arts Academy presented a live demonstration.

Dr. Rob Leone the head of political science, Wilfred Laurier University and the president of Federal Conservative party and a nominee for Cambridge MPP was the main sponsor of the event. Sun life Insurance and Re/Max real estate agents were the co-sponsors.

TCAWR had several booths organized explain the spies of India and Sri Lanka and health food information. Mrs. Suneetha Prakash hosted the event.



Tamil Cultural Association of Waterloo Region - March to Health



Tamil Cultural Association of Waterloo Region



Tamil Cultural Association of Waterloo Region - March to Health



Tamil Cultural Association of Waterloo Region
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Diaspora Marketing & Canadian Cultural Mosaic
An analysis of Tamil Politics, Social and Culture and impact in the main stream Media

Amarnath Amarasingham

Amar is a doctoral candidate in the Wilfrid Laurier University PhD in Religious Studies, and Doctoral Fellowship with Humanities Research Council of Canada. He is currently writing his dissertation entitled, Pain, Pride, and Politics: Sri Lankan Tamil Nationalism in Canada.

Saturday, April 23rd
6.00pm

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FREE ADMISSION

A brief question and answer period follows after the presentation.



Tamil Cultural Association of Waterloo Region
& Waterloo Region District School Board ILP



தமிழ்

Tamil Language Class

The Waterloo Region District School Board (WRDSB) is commencing a Tamil language class under their International languages program. This program provides opportunities to learn Tamil language to children at the elementary or secondary school (high school credit) level.

Date: September 2011

Time: Saturday mornings, 9:00 a.m. to 11:30 a.m.

Location: Hespele Public School, 300 Winston Blvd., Cambridge. (Hespele Public School is centrally located, between City of Guelph and KW)

Fees: There are no tuition fees for elementary or secondary students.
Age: 6 - 15 years.

The student has to registered with the WRDSB or Waterloo Catholic District School board as of Sept. 2011. A WRDSB application form along with the copy of the birth certificate is required for the enrolment.
Dead line for submission of the application: 30th May 2011.

Info: Mr. Thurai at 519-651-1818
Application forms: Mr. Nagul Sundaram, 519-621-4746

Another community project by the Tamil cultural association of Waterloo region. visit us: www.tamilculturewaterloo.org

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