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- **Michael Layton**
(b: 1980)

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JACK LAYTON, 1950-2011

Canada grieves a hero

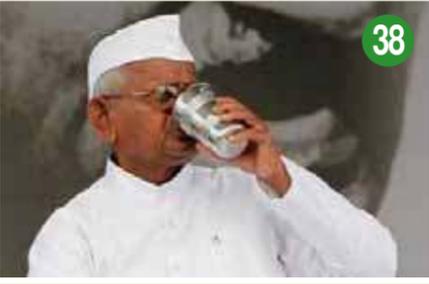


By: Raymond Rajabalan

"My friends, love is better than anger. Hope is better than fear. Optimism is better than despair. So let us be loving, hopeful and optimistic. And we'll change the world" - Jack Layton (Excerpt from Layton's death bed letter) (Please see pages 3 & 5)

Jack Layton (July 18, 1950 – August 22, 2011) at the NDP convention in Vancouver, June 19, 2011

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JACK LAYTON, 1950-2011

Canada grieves a hero

By: Raymond Rajabalan

"My friends, love is better than anger. Hope is better than fear. Optimism is better than despair. So let us be loving, hopeful and optimistic. And we'll change the world" -Jack Layton (Excerpt from Layton's death bed letter)

In what will go down in history as one of the most remarkable pieces of political writing ever, late beloved leader of opposition Jack Layton as he stared down death in his last 48 hours on earth, urged in his death bed letter a more decent and generous Canada where everybody has a chance and no one is institutionally left out.

He lived and breathed public service until he could breathe no more. And he did it sometimes loudly, sometimes behind the scenes, but always with grace and dignity.

Because of the generous way Jack chose to live, and especially because of the incredible dignity, skill and grace with which he walked to his death, his legacy adds a new and beautiful lustre to the social democratic vision he gave expression to throughout his long career. Because he struggled with such stirring integrity and passion, his treasured values and call to action will now resonate all the way to the future generations he held so deeply in his heart.

Jack was never afraid of telling us we can be better than we are, not hectoring, but appealing to what's good in all of us – even his opponents.

He may have worn his left-wing politics on his often rolled-up sleeve, but he was adept at bridge-building and non-partisanship. His ability to work with apparent foes on city and metro council as well as in community organizations

throughout his career are great examples of this.

It meant that Jack got things done, including leading his New Democratic party to unimagined electoral heights in the last Federal Election, while mortally ill and physically hobbled.

When the old-school parties realized the NDP was about to break through in this election, they mustered attack ads against him and leaked negative stories to the compliant press. Jack's telling response was to say, "I'm attacking poverty, cuts in health care, not people." He refused to be drawn into the mud-slinging, and a nation embraced him for it.

We all have to learn how to deal with defeats during our life and this was something Jack was especially good at; it seems he lost almost as many elections, campaigns and votes as he won. But he was never defeated, just delayed, and the essential truth he believed in was never diminished. His perseverance was astounding, and the ever-present smile under his trademark moustache was rarely absent. A loss simply meant there was more work to be done, not that the battle was over or the idea unworthy.

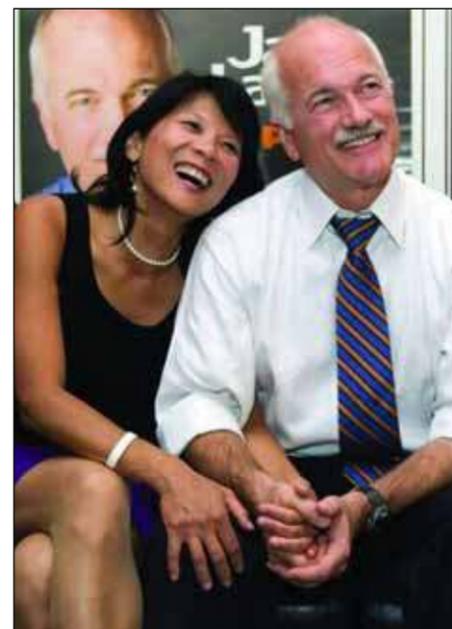
Jack was audacious enough to believe that the NDP could ultimately take power and that he would become prime minister, and he would definitely have if the fates had allowed it. He was never afraid to think big, and his energy and enthusiasm could bring all of us – even a nation – along with him.

Some people tried to paint him as a separatist, a revolutionary, an opportunist, but none of it stuck. And as we all would see, while delayed, he was not defeated, and ultimately almost succeed-

ed in wrenching the reins of power from the disempowerers.

Election night in May 2011 was a remarkable moment, and many of us were lucky to hear the magnificent speech he delivered in the Toronto Convention Centre. We all wanted to, and still want to, live in the Canada he envisioned. It is unbelievable to think the dynamic man who spoke so passionately and eloquently that night would be taken from us little more than 100 days later.

The next night Jack was on fire, of course delighted at what the future represented, electrified by the opportunities for engagement with the Canadian people. He had already had a conference call



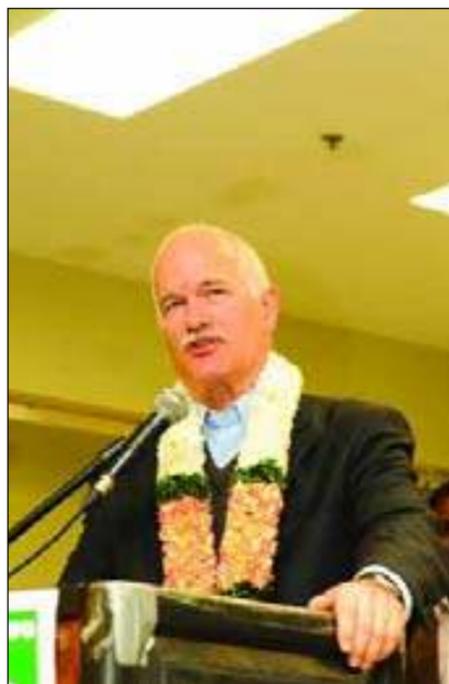
that he has helped start something unstoppable.

We must carry his ideas and dreams forward, and especially the gracious and loving way he pursued them. Like Jack, let us show Canada a committed but caring approach to change, with respect for all, no matter what the odds.

Timeline of a political genius

- 1971 Joins the NDP.
- 1982 Wins city council seat over Gordon Chong in downtown Ward 6.
- 1984 Arrested for handing out pro-union leaflets at Eaton Square.
- 1985 Scores seat on metro council.
- 1988 Marries Olivia Chow.
- 1989 Pushes mayor Art Eggleton to declare Gay And Lesbian Pride Day.
 - In the 80s, serves as chair of Toronto Board of Health and wins the first funding for HIV/AIDS programs.
 - Helps design the city's metal ring-and-post bike locks; there are now 16,000 of them.
- 1990 Argues against Olympic bid on the grounds that there's no cash to make the Games socially responsible.
- 1991 Runs for mayor against June Rowlands and loses.
 - Co-founds the Toronto Atmospheric Fund, presaging the climate change movement and laying the basis for the successful Enwave deep water cooling operation.
 - Establishes Green Catalyst Group Inc., an enviro consulting business.
 - Helps establish the White Ribbon Campaign, offering to mortgage his home

Contd. on Page 5...



that day with his supersized caucus filled with kids and Quebeckers, among others, and he was beaming. He was also thrilled at the number of artists and musicians in his new gang, and couldn't wait to get going.

"People say we should get more young people involved in politics. Well, why not as Members of Parliament?" he said, laughing heartily.

May of us will cherish having been part of the crowd of thousands that night when we all rose to our feet in a spontaneous ovation when Jack and Olivia entered. His smile lit up the darkened hall, and he waved his cane like a wand, or maybe as a staff of blessing for us all.

As heartbroken as so many of us are, he would want us to honour him by carrying on his work, not collapsing in defeat and hopelessness. We don't honour Jack by saying he's irreplaceable or believing those who say there is no party without him. We do it by determining



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

"Another world is not only possible, on a quite day I can hear her breathing" - former NDP leader Stephen Lewis quotes writer Arundhati Roy during eulogy of Jack Layton, Aug 27, 2011

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from the publisher's desk

10 Years later, Remembering 9/ 11

As September is here, the world should take a moment to reflect on the horrific events that is known as 9/11 a decade ago. We should all remember and take a look back on that fateful day when our freedom was taken away as two planes deliberately crashed into the World Trade Center in New York City and the Pentagon in Washington. They attacked right here on America's soil. On that day people were scared, children had evacuated their schools, and were devastated from this life-threatening moment but did not give up hope from this tragedy.

'Freedom', is a word everyone in the world understands. From America gaining independence from the British in the 1700s to South Africa gaining independence from the Apartheid in 1990s, it is the resolve of the humanity to be free.

So has freedom come into question due to 9/11? The answer is Yes and No. Yes-because, for example the terror-

ists have taken away the relatively easy privilege of getting a driver's license. They and not the Motor vehicle authorities that created the stringent verification of identity process, that to this day everyone has to go through just to get a driver's license and ensure everyone's safety everywhere, not just while behind the wheels.

Yet, even though this happened, freedom has become the stronger beacon as the world especially the United States and its friends and allies such as Canada, United Kingdom, France and Australia and many other countries have used this as the motivation in bringing terrorists to justice for their heinous actions and stop these perpetrators from committing further crimes.

In one sentence the goal of those perpetrators was to destroy the way of life in nations built upon freedom and democratic norms. We the world should see and commemorate those who perished in the terrorist acts on September 11th and

the first responders who risked and gave their lives to save others. All in all, we should remember that these perpetrators wanted to get their ways by using violence. They apparently had to use force just because they don't understand or do not like our way of life. So the public even the children should know that it was their sole purpose of attacking directly at the heart of United States of America.

At this time on the 10th anniversary of 9/11 one can also recall the words of wisdom on tolerance by sage Swami Vivekananda made on September 11th, 1893 in Chicago at the Convention of the World Parliament of Religions.

"I fervently hope that the bell that tolled this morning in honor of this convention may be the death-knell of all fanaticism, of all persecutions with the sword or with the pen, and of all uncharitable feelings between persons wending their way to the same goal," he said.

Amid the resolve to standing up for freedom, the remem-



September 11, 2001

brance of 9/11 also means of paying tribute by strengthening the aftermath in terms of economy and prosperity as well everywhere. This requires greater tolerance and true partnership of communities, businesses and governments.

The commitment of Monsoon Journal in contributing towards this betterment of humanity through these columns is resolute, in marking the remembrance and 10th anniversary of 9/11 attacks in USA.

(Contributed by Harrish Thirukumaran, Class of 2012, South Brunswick High School, Monmouth Junctions, NJ, USA)

Memorial Museum, located at the World Trade Center site, in NYC bears solemn witness to the terrorist attacks of September 11, 2001 - www.911memorial.org



"Thank you Jack - Tamil Canadians": Jack Layton Remembrance event - Aug 26, 2011 - Canadian Tamil Congress



The Ontario PCs Will Unplug

Mandatory Smart Meter Tax Machines

A Tim Hudak Government Will Offer Real Hydro Relief to Ontario Families

MARKHAM —On Aug 18th, Ontario PC MPP Christine Elliott, Whitby-Oshawa, was joined by Shan Thayaparan, Ontario PC candidate for Markham-Unionville, to talk about the changebook commitment to bring relief to Ontario families by unplugging Dalton McGuinty's smart meter tax machines, and ending mandatory time-of-using pricing for families. The smart meters slapped on Ontario families – at a cost of more than \$1 billion – have become nothing but government sponsored tax machines, driving up hydro rates for affected families by a whopping 150 percent. Worse still, mandatory smart meters have forced families to be showered and ready for school and work before 7 am, and seniors to do laundry late into the night. While Dalton McGuinty dictates how families should run their homes, a Tim Hudak government will unplug the mandatory smart meter tax machines, and let families decide whether the time-of-use pricing system is right for them. A Tim Hudak government will also remove the HST and debt retirement charge



from home hydro bills to give families the relief they need.

"Dalton McGuinty promised Ontario families that smart meters would lower their electricity bills, but families know their bill has only gone one way – and that's up."

-- Christine Elliott, Ontario PC MPP, Whitby-Oshawa

"Ontario families face a clear choice in the next election: a Dalton McGuinty government more interested in running your home than lowering your hydro bill, or a Tim Hudak government that will unplug the mandatory smart meters, give families the relief they need, and give them the freedom to run their households as they see fit."

-- Shan Thayaparan, Ontario PC candidate, Markham-Unionville



Canada News

Contd. from Page 3...

to fund it. Now operates in more than 60 countries.

1993 Loses his first federal bid to Bill Graham in Rosedale.

1994 Elected to city council again.

Among his achievements in the 90s:

- Chairs the city's Environmental Task Force, where he pioneers sustainable communities, food security and helps inspire WindShare project leading to T.O.'s first windmill.

- Co-chairs Metro's Advisory Committee on Homeless and Socially Isolated Persons; he tours the city at night, helping ensure the safety of those on the street.

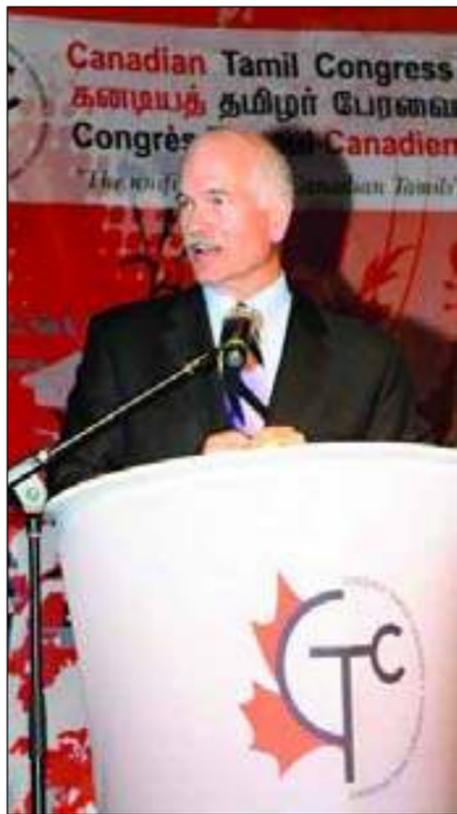
- Co-chairs Toronto Cycling Committee.

1997 Tries for federal Toronto-Danforth seat but is defeated by Dennis Mills.

2000 Writes Homelessness: The Making and Unmaking of a Crisis

2001 Elected president of the Federation of Canadian Municipalities, where he negotiates the transfer of a portion of federal gas tax for public transit.

2003 Runs for and wins the federal



NDP leadership.

2004 Wins federal seat in Broadview-Danforth

2005 Backs Paul Martin's Liberal government in exchange for \$4.6 billion for transit, affordable housing, job training and foreign aid, some of which is never delivered. Called "first NDP federal budget in history."

2006 Presses for withdrawal of troops from Afghanistan and the start of a peace process.

- Urges a moratorium on tar sands development.

2008 Olivia Chow introduces a motion for asylum for U.S. war resisters fleeing the Iraq war.



- Layton develops an accord with the Liberals, with Bloc support, to establish a coalition government, to the howls of the national media; Harper prorogues Parliament.

2010 Announces he has prostate cancer and vows to stay in his post and beat the disease.

2011 May: Campaigns with jubilation in the election despite left hip fracture and use of a cane; aces the leaders' debate; wins the hearts of Quebecers, capturing 103 seats and becoming leader of the Opposition.

- July 25: Announces he has developed a new cancer and that he will be on temporary leave; appoints Nycole Turmel as interim leader.

- August 22: Passes away at his home in Chinatown.

Layton's letter to Canadians

Dear Friends,

Tens of thousands of Canadians have written to me in recent weeks to wish me well. I want to thank each and every one of you for your thoughtful, inspiring and often beautiful notes, cards and gifts. Your spirit and love have lit up my home, my spirit, and my determination.

Unfortunately my treatment has not worked out as I hoped. So I am giving this letter to my partner Olivia to share with you in the circumstance in which I cannot continue.

I recommend that Hull-Aylmer MP Nycole Turmel continue her work as our interim leader until a permanent successor is elected.

I recommend the party hold a leadership vote as early as possible in the New Year, on approximately the same timelines as in 2003, so that our new leader has ample time to reconsolidate our team, renew our party and our program, and move forward towards the next election.

A few additional thoughts:

To other Canadians who are on jour-

neys to defeat cancer and to live their lives, I say this: please don't be discouraged that my own journey hasn't gone as well as I had hoped. You must not lose your own hope. Treatments and therapies have never been better in the face of this disease. You have every reason to be optimistic, determined, and focused on the future. My only other advice is to cherish every moment with those you love at every stage of your journey, as I have done this summer.

To the members of my party: we've done remarkable things together in the past eight years. It has been a privilege to lead the New Democratic Party and I am most grateful for your confidence, your support, and the endless hours of volunteer commitment you have devoted to our cause. There will be those who will try to persuade you to give up our cause. But that cause is much bigger than any one leader. Answer them by recommitting with energy and determination to our work. Remember our proud history of social justice, universal health care, public pensions and making sure no one is left behind. Let's continue to move forward. Let's demonstrate in everything we do in the four years before us that we are ready to serve our beloved Canada as its next government.

To the members of our parliamentary caucus: I have been privileged to work with each and every one of you. Our caucus meetings were always the highlight of my week. It has been my role to ask a great deal from you. And now I am going to do so again. Canadians will be closely watching you in the months to come. Colleagues, I know you will make the tens of thousands of members of our party proud of you by demonstrating the same seamless teamwork and solidarity that has earned us the confidence of millions of Canadians in the recent election.

To my fellow Quebecers: On May 2nd, you made a historic decision. You decided that the way to replace Canada's Conservative federal government with something better was by working together in partnership with progressive-mind-

ed Canadians across the country. You made the right decision then; it is still the right decision today; and it will be the right decision right through to the next election, when we will succeed, together. You have elected a superb team of New Democrats to Parliament. They are going to be doing remarkable things in the years to come to make this country better for us all.

To young Canadians: All my life I have worked to make things better. Hope and optimism have defined my political career, and I continue to be hopeful and optimistic about Canada. Young people have been a great source of inspiration for me. I have met and talked with so many of you about your dreams, your frustrations, and your ideas for change. More and more, you are engaging in politics because you want to change things for the better. Many of you have placed your trust in our party. As my time in political life draws to a close I want to share with you my belief in your power to change this country and this world. There are great challenges before you, from the overwhelming nature of climate change to the unfairness of an economy that excludes so many from our collective wealth, and the changes necessary to build a more inclusive and generous Canada. I believe in you. Your energy, your vision, your passion for justice are exactly what this country needs today. You need to be at the heart of our economy, our political life, and our plans for the present and the future.

And finally, to all Canadians: Canada is a great country, one of the hopes of the world. We can be a better one – a country of greater equality, justice, and opportunity. We can build a prosperous economy and a society that shares its benefits more fairly. We can look after our seniors. We can offer better futures for our children. We can do our part to save the world's environment. We can restore our good name in the world. We can do all of these things because we finally have a party system at the national level where there are real choices; where your vote matters; where working for change can actually bring about change. In the months and years to come, New Democrats will put a compelling new alternative to you. My colleagues in our party are an impressive, committed team. Give them a careful hearing; consider the alternatives; and consider that we can be a better, fairer, more equal country by working together. Don't let them tell you it can't be done.

My friends, love is better than anger. Hope is better than fear. Optimism is better than despair. So let us be loving, hopeful and optimistic. And we'll change the world.

All my very best,
Jack Layton

"We'll miss you Jack..."



Recent Event

YEE HONG & MON SHEONG JOINT ADVOCACY: LONG-TERM CARE BED PROPOSITION



September 1, 2011 (Scarborough) – Yee Hong Centre for Geriatric Care and Mon Sheong Foundation – the two leading non-profit long-term care (LTC) providers in the GTA Chinese community are jointly advocating for Ontario to grant 500 new LTC bed licences for the establishment of two new facilities to serve their waiting list of up to 9+ years.

“It is disheartening to see our seniors wait up to 9+ years for an LTC bed in a home that meets their needs when the average Ontario wait time for a mainstream LTC bed is 106 days. In a recent survey, 88% of the 366 seniors in our life-lease facilities and Adult Day Programs reported that they are applying or have applied for LTC admission, and 91% of these applicants are applying to



YH Family Kelly HO and Veronica YEUNG



from left to right, Mrs. Florence Wong, CEO of Yee Hong Centre for Geriatric Care, Dr. Joseph Y.K. Wong, Founder and Chair Emeritus of Yee Hong Centre for Geriatric Care, Mr. Tim Kwan, Chairman and President of Mon Sheong Foundation, Mr. Bernard Cheung, CEO of Mon Sheong Foundation

their lack of knowledge, skills and resources to provide care,” indicated Florence Wong, CEO of Yee Hong.

Veronica Yeung, granddaughter of 83 year-old Po-Kwai HO at Yee Hong Ho Lai Oi Wan Centre in Markham, explained that “grandpa had been on the waiting list for an ethnic home for almost 6 years before he was hospitalized from Dementia-induced accidents and got transferred as a crisis case into a regular home, where he became depressed and suicidal from maladjustment and was transferred to another regular home. He said he had ‘won the lotto’ as after 10 years he finally got a spot at Yee Hong where he became socially interactive with staff and friends. My mom is a single parent and the only child in town. I was too young to help out in any significant way. The wait was very emotionally taxing as well as physically and financial challenging for us.”

Tim Kwan, Chairman and President of Mon Sheong Foundation added, “In recent years, Mon Sheong has been working hard to alleviate the public’s demand for long-term care beds arising from our aging population. We built Scarborough Mon Sheong Court and are working on the Richmond Hill Mon Sheong Court project. We also developed the Adult Day Program to ease the pressure of caregivers. Recently, a few incidents relating to the inappropriate treatment to seniors happened. We feel that there is a need to urge the provincial government to address the issue



MS User the Ng couple

an LTC home providing culturally appropriate care. 23% of the surveyed expects to be in absolute need for LTC services in less than 6 months, 47% in 1-3 years, and 59% in 3-6 years. These numbers add to the current total of 5,000 applicants on the Yee Hong-Mon Sheong combined waiting lists for the 1,262 beds shared among the four Yee Hong and three Mon Sheong centres. The fact that they need to wait so much longer for the care they need means that many of them may not survive the wait, and that their families are under a lot of stress during the wait from taking time off work and



Yee Hong resident Po-Kwai HO's life at Yee Hong Markham



Yee Hong resident Po-Kwai HO's birthday celebration with family at Yee Hong Markham

seriously, and to arouse the public’s concern in this matter before the upcoming Ontario Provincial Elections. We are asking the Ontario government for 500 new bed licences for the establishment of two long-term care facilities – a 250-bed facility operated by Yee Hong in Scarborough and a 250-bed facility operated by Mon Sheong in Markham.”

Mr. Ng, a 94-year-old resident at Mon Sheong Scarborough Long-Term Care Centre (SLTC), and his 82-year-old wife shared their feelings about the long wait. They applied for admission to SLTC in 2006 as they are getting older but all their children are not living in Canada. Their health especially Mr. Ng’s eyesight is getting poor. After a fall at home, Mr. Ng’s situation turned worse and Mrs. Ng could



no longer take care of him. The case social worker recommended him for a private room, which helped reduce his waiting time. He was admitted to SLTC two months ago but Mrs. Ng is still on the waiting list. She now goes to SLTC everyday to visit her husband, and hopes to get a place in SLTC as soon as possible.

Dr. Joseph Y.K. Wong, Founder of Yee Hong proposed that “Yee Hong and Mon Sheong have the solution to the problem. We are ready to expand our capacity to meet this service gap in the community. Our supporters and volunteers are ready for a capital campaign to raise funds to build the new facilities. What the Government of Ontario can do to



from left to right, Mr. Bernard Cheung, CEO of Mon Sheong Foundation, Mrs. Florence Wong, CEO of Yee Hong Centre for Geriatric Care, Mon Sheong residents Mrs. and Mr. Ng, Dr. Joseph Y.K. Wong, Founder and Chair Emeritus of Yee Hong Centre for Geriatric Care, Yee Hong Family – Ms. Kelly Ho and Ms. Veronica Yeung, daughter and granddaughter of Mr. Po-Kwai HO in Yee Hong Markham Centre, Mr. Tim Kwan, Chairman and President of Mon Sheong Foundation

help is to grant 500 LTC bed licences to our community, so that each of our organization can establish a new facility to shorten the LTC waiting list. As a member of the community, what you can do is to write to your MPP candidates during this provincial election time, to express how much you want to the Ontario government to equip service providers like us to serve you better.”

The public is encouraged to visit the www.yeehong.com website to communicate to their MPP candidates.

The Mon Sheong Foundation, founded in 1964, is Ontario’s first Chinese charitable organization for over four decades. To-date, it have three long term care facilities at D’Arcy Street in downtown Toronto, Richmond Hill and Scarborough for a total of 457 long-term care beds to serve the GTA and neighbouring communities. The MSF Chinese School, established in 1968, is one of the largest Chinese schools in Canada, providing Chinese heritage programs for over 1,000 children and adults. The Mon Sheong Foundation also has its own Youth Group, which focuses on developing and coaching our younger generation to become leaders of tomorrow.

Yee Hong is a caring community where seniors enjoy a continuum of culturally and linguistically appropriate care. With a client-centred and personalized approach, Yee Hong is currently serving 15,000 seniors and their families across the GTA. The waiting list for our 805 long-term care beds has surpassed 2,500 – the longest in Ontario. In order to sustain our level of care delivered and the many community based programs, Yee Hong Community Wellness Foundation raises funds each year to support the four centres’ operations.



Rouge Valley
HEALTH SYSTEM

Rouge Valley Health System

Lean safety initiative helps protect Rouge Valley's littlest patients

By Akilah Dressekie

When a code pink - paediatric cardiac arrest - is called at Rouge Valley Health System, and a team of nurses, paediatricians and respiratory therapists immediately spring into action to save a baby or child's life. As the seconds tick away, it is critical to ensure that the right equipment and medication needed are in place.

Sixteen new code pink carts were introduced at RVHS as of July, as part of a safety initiative to help improve patient safety for neonatal/paediatric patients, who require an emergency response. The new carts help to standardize the emergency care given to neonatal/paediatric patients ensuring that all staff and physicians are providing the same high standard of care.

Rose Owen is a clinical practice leader (CPL) in the neonatal intensive care unit (NICU) and special care nursery at Rouge Valley's two hospital campuses. In July she saw first-hand how effective the new carts were. "When a code pink is called, each second is critical. The cart absolutely helped us with our first emergency response. In the old carts, we would have to search through the drawers, looking for the appropriate-sized equipment," she explains.

"Because the drawers are colour coded, organized and properly stocked, everything needed for a small infant is right there. We aren't searching for our supplies during these critical moments," she adds.

"This quality initiative ensures that all our neonatal/paediatric patients receive optimum care during times of emergency," explains Amer Syed, manager and CPL, respiratory therapy.

While code pink carts had already been in place at Rouge Valley's two hospital campuses, they weren't as organized for supplies needed immediately during a code pink. Children require equipment of appropriate smaller size, including intravenous or airway supplies. Staff members need to be able to quickly locate those supplies during the rare times when a code pink is called. The new carts are now standardized for a code pink.

Feedback from the nursing staff using the code pink carts has been very positive. "The carts have made a difference by giving us easier access to the equipment we need during an emergency. It also helps our staff to feel more confident that they'll be able to respond properly when a code is called, because they know that everything they need to help save that baby's life is going to be there," adds



Rose.

How They Are Organized -

The carts are the culmination of two years of planning by members of the professional practice team. Using Lean methodology, the team worked together to help standardize the carts, so that each is stocked the same way. Every cart also features a map showing a list of supplies in each drawer, making it easy to know what the cart contains, and what to restock. The items stored in them can be used on all paediatric patients 18 and under.

After an emergency, each cart is restocked with the materials that were depleted. Once each drawer is stocked, it is sealed with plastic. Once the seal is broken, it's easy to identify which trays require restocking. This creates a system of visual management for supplies.

One important tool now being used hospital-wide is the paediatric Broselow emergency tape. This tape is a colour-coded measuring system that helps nurses and physicians identify appropriately sized equipment and medication dosages for children, according to their weight and height. The organization of the cart is also based on this system, making it easier for staff to find equipment. For example, the Broselow system uses the colour green for a child who is between 30 to 36 kilograms. During a code pink, staff members would find everything they need in the green drawer in order to treat a child of that weight.

"This eliminates the need for the memorization of medication dosages and calculations from nurses and physicians during an emergency," explains Minette MacNeil, CPL, paediatrics and surgery, RVHS.

At both hospital campuses, the carts can be found in all areas with neonatal/paediatric patients.

Akilah Dressekie is a Communications Specialist at Rouge Valley Health System.

MRI for Rouge Valley Ajax and Pickering Hospital

(Aug. 29, 2011) WEST DURHAM - More than a 100 people waved Image is Everything campaign colours and signs and cheered the arrival of the MRI machine at Rouge Valley Ajax and Pickering hospital Monday morning.

The flatbed tractor trailer carrying the magnet and all of the parts of the machine arrived in Pickering after 7 a.m. and first visited the Pickering Rec Centre for a photo op with Mayor Dave Ryan and councillors Jennifer O'Connell and Peter Rodrigues, along with MPP Joe Dickson, with City staff, Lucy Stocco, Chair of the Image is Everything campaign and other supporters.

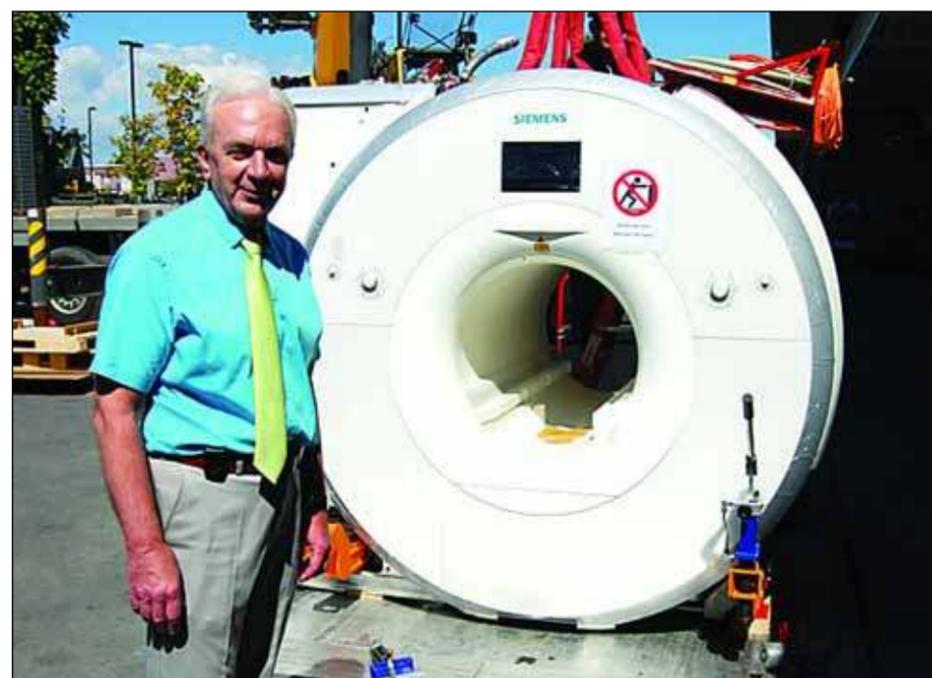
Volunteers and staff members, serving as "human-mile markers", waved and cheered at different spots along Hwy. 2 and Harwood Avenue as the MRI made its way to the hospital, led by a Durham Regional Police escort and the MRI float pulled by Eric Fowler of Digital Signs and Banners.

At the hospital, the large crowd cheered and held a paper chain finish line for the truck to drive through as it wade its way onto hospital property.

Local radio station CKDO Oldies, with show host Terry Johnston and the morning crew, were on site broadcasting live from the hospital. The broadcast started at 5:30 a.m. and throughout the morning updated their audience on the travels of the MRI and interviewed key people in the campaign, along with doctors and staff of the hospital's Digital Imaging Department.

The long and careful process of unpacking the MRI from the truck and lifting it off the flatbed with a crane ended in the early afternoon and construction crews spent the rest of the day carefully moving the machine into place to lift into its final resting space in the MRI suite.

The Rouge Valley Health System Foundation's Image is Everything campaign would like to thank the community for coming out today. The outpouring of support is appreciated, but not a surprise to all involved based on the past 16 months of overwhelming community events and fundraisers held across west Durham.





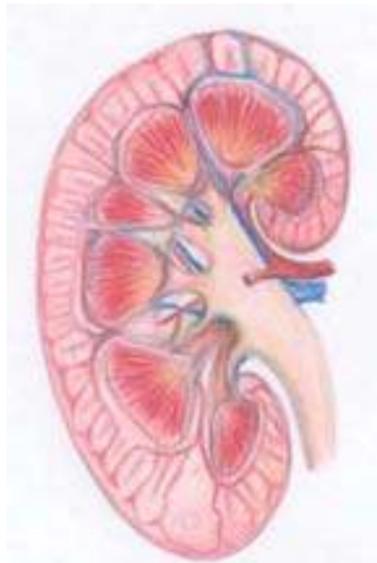
Health & Fitness

The Right Food Can Help Fight Kidney Disease

Eating poorly, smoking and obesity can cause kidney disease in otherwise healthy people, according to new research presented at the National Kidney Foundation of USA.

Researchers led by Alexander Chang, MD of Loyola University Medical Center found that people with normal kidney function and no hypertension or diabetes whose diet was high in red meat, sugar-sweetened beverages and sodium and low in fruit, whole grains and low-fat dairy were 97% more likely to develop kidney disease. Additionally, obese people or those with BMI over 30 were nearly three times as likely to develop kidney disease. Those who smoked were 53% more likely to develop kidney disease. In the first study to look at kidney disease risk factors in healthy young people, researchers used data on 3,500 participants from Coronary Artery Risk Development in Young Adults (CARDIA), a 25-year study of cardiovascular risk factors in 18-30 year old black and white adults.

"These findings underscore the importance of maintaining a healthy lifestyle—eating properly, keeping weight down and stopping smoking. Unlike diabetes, hypertension or family history of the disease, these



are all modifiable risk factors that are in our power to control and ultimately, by doing so, we may be able to prevent the onset of kidney disease," said Lynda Szczech, MD, National Kidney Foundation President.

It's not clear exactly how these dietary factors prevent kidney disease, according to Dr. Chang, but "there is mounting evidence that low-fat dairy products lower the risk of diabetes and low salt intake can reduce the risk of hypertension."

Researchers also noted a strong association between sugary sweet beverages and the development of chronic kidney disease. Those who drank in excess of 3.5 sugary sweet beverages each week had a 150% increased chance of developing kidney disease. "Consumption of these beverages has recently been linked to the presence of protein in the urine, one of the earliest signs of kidney disease," said Dr. Chang. "It's possible that the fructose in these drinks is uniquely metabolized, promoting production of uric acid which has been shown to cause hypertension and reduced blood flow to the kidney in rat models," continued Dr. Chang.

"This study truly highlights the need to focus on public health interventions geared towards lifestyle changes to prevent kidney disease," Dr. Szczech.

[The National Kidney Foundation is dedicated to preventing and treating kidney disease, improving the health and well being of individuals and families affected by these diseases and increasing availability of all organs for transplantation.

For more information visit www.kidney.org

WEIGHT LOSS MAY NOT ALWAYS BE BEST GOAL

Obese People Aren't Necessarily Unhealthy

By Art Chimes

A new study finds that it's possible to be obese and healthy.

For years, we've been hearing about the dangers of obesity. Obese people are more likely to have heart attacks, stroke, and diabetes, and they should try to lose weight, experts say.

Doctors use a measure called BMI (body mass index) to measure obesity. It's an easy calculation based on height and weight, and if your BMI is over 30, you're considered obese.

A couple of years ago, Canadian researchers developed a more sophisticated measure, called the Edmonton Obesity Staging System (EOSS). It classifies obese people in five categories, or stages, based on risk factors such as blood pressure, chest pain, and fatigue.

To evaluate the EOSS, Jennifer L. Kuk, PhD, of Toronto's York University, and colleagues examined thousands of patient records from a clinic in Texas. Each patient was assigned to risk groups in the Edmonton system based on an average of 16 years of medical history.

"When we did that we saw that the obese individuals who were categorized in the low risk of the Edmonton Staging System, they were at a similar risk of dying as compared to the normal weight people in that sample. And they're in fact at lower risk for dying of cardiovascular disease," Kuk says.

Many of these obese-but-healthy people had struggled to lose weight, but Kuk says that may not be the best approach for someone who eats well and is physically active, despite carrying some extra kilos.

"There are healthy obese individuals, and these healthy obese individuals may not actually benefit from losing weight. Instead, we should focus on a healthy lifestyle that includes exercise and a good diet, and maybe these healthy individuals should stop focusing so much on losing weight and just focus on not gaining any more."

The Edmonton System was developed by researchers at the University of Alberta, and it is meant to be used alongside the traditional BMI scale. But perhaps because it is more complex than

Scientists Point to Possible Health Effects of Cell Phones

By Zulima Palacio

This past May, in a major policy shift, the World Health Organization said electromagnetic fields produced by mobile phones are possibly carcinogenic. Although the International Association for the Wireless Telecommunication Industry says there's no evidence that cell phones have a negative impact on health, many people are wondering exactly how electromagnetic fields, including those generated by cell phones, might harm them.

The World Health Organization says at least five billion people around the world use mobile phones and those who use them most frequently could be at risk for malignant brain tumors.

Many scientists welcomed the WHO statement, but some said it did not go far enough because it didn't mention impacts on human health from cell towers and other wireless devices.

Camilla Rees is founder and director of ElectromagneticHealth.org, an advocacy group that's been critical of the mobile phone industry. She explains the basics of electromagnetic fields.

"An electromagnetic field is a wave with a frequency. The frequency may be long or tight. It's energy; it's packets of energy that is a natural phenomenon on earth, but it is also modulated by mankind to create telecommunication spectrums that are artificial frequencies that are not found in

nature and that our bodies are not adapted to," Rees said.

Rees says research on the biological impact of electromagnetic fields goes back to the 1950s. Those impacts include not only cancer, but other effects on living cells and their genetic material, their DNA.

Rees is especially concerned about the growing pollution from electromagnetic fields near schools, like these cell phone antennas next to a high school football field in a Washington suburb.

Scientists disagree about the health effects of electromagnetic fields. But they all agree that caution should be used when it comes to children, the most vulnerable group.

Some health experts believe the effects could be wide-ranging. Dr. Ashok Agarwal heads the Center for Reproductive Medicine at Cleveland Clinic. He has done several studies on the impact of cell phone use on male fertility.

"We demonstrated that men who use cell phones for more than four hours per day have a significant reduction in their semen quality in most of the semen parameters such as sperm count, mobility, and morphology," Agarwal said.

Dr. Agarwal says other scientists have gone farther in finding damage to DNA and other changes attributed to electromagnetic fields.



Dr. Ashok Agarwal

Neuroscientist Nora Volkow, at the National Institutes of Health, has been using magnetic resonance imaging (MRI) to study human brain responses to electromagnetic fields. [VOA news]

"What our study does show is that the human brain is sensitive to the effects of

electromagnetic radiation from cell phone exposure, when the cell phones are placed by the side of the head," Volkow said.

Volkow's study did not determine long-term impact. But she compares her initial studies to those done decades ago on the health effects of tobacco. She says scientists had to wait 15 to 30 years before there was conclusive evidence that smoking causes cancer.

On the safety of cell phones, scientists offer these suggestions. "When it comes to children and adolescents, I would give the recommendation to parents to encourage them not to use the cell phone by the side of the head but instead to use the speaker phone mode or with a wire, and certainly would not recommend for them to sleep with their cell phones under their pillows," Volkow said.

Dr. Ashok Agarwal from Cleveland Clinic. "The technology is very important for our day-to-day life, but we need to be aware that there may be some possible side effects that can be there with overuse of these technologies," Agarwal said.

The evidence on the cancer-causing potential of cell phone radiation is not yet conclusive, but the World Health Organization's cautionary stand is certain to fuel intensified research into electromagnetic fields and their impact on public health.

[VOA news]



Health & Fitness

STRESS – The Silent Killer

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

It's part of our lives. We try to avoid it but often fail. It consumes our mind, body and soul. It can have an emotional, mental, behavioural, and physiological impact on our body. It can destroy us. What is it? It is the silent killer we all know as stress. As many of us have experienced, stress has many negative effects on our body. It can lead to excessive weight gain or loss and the onset of many diseases such as asthma, insomnia, depression, anxiety, migraines, irritable bowel syndrome, and sexual dysfunction to name a few. In this day and age, life can be challenging and often overwhelming, we need to focus on taking measures to eliminate stress in order to maintain a healthy and happy body. Easier said than done right? Well, below are a few easy and helpful ways to help you manage your stress, relax, stay positive and be Zen!

Journaling

Journaling is one of the most convenient, inexpensive (you only need a notebook and pen!) and therapeutic ways to relieve stress. Simply sit down in a quiet room and write down your thoughts. Let it all come out! A journal can be your best friend, it doesn't judge, criticize, or analyse you, but simply listens. Write down the events of your day, how you feel, how others make you feel, your accomplishments, goals, desires, needs and your deepest, darkest thoughts. Journaling also helps to identify problems and evaluate certain feelings and emotions. It also helps to relieve insomnia, asthma[Cmnt:1], depression, anxiety and many other psychological conditions.

Meditation

Meditation, the act of maintaining a still, calm, thought-free mind for an extended period of time may seem like a simple process, but is often the most difficult. The benefits of meditation are endless. Meditation helps lower the stress hormone cortisol, normalize blood pressure, strengthen the immune system, provide mental clarity, help achieve a calm, positive and healthy state of mind, allows for more control over your emotions, actions and reactions, and also help the body repair itself. When you are experiencing a stressful time or feeling overwhelmed, find a quiet room and take a few minutes to clear your mind with deep breathing and meditative exercises.

Progressive Muscle Relaxation (PMR)

PMR involves certain muscle and breathing exercises that help you relieve stress. It can be performed on all muscles of your body including your face, neck, shoulders, legs, back, chest, arms and abdomen. Like meditation, it requires a private, quiet room and a few

minutes out of your day. Try it before work in the morning, during your lunch hour, or before bed to help you sleep better [Cmnt:2].

Laughter

We've all heard the saying, "laughter is the best medicine"? There is definite truth in that statement. Studies have shown that laughter lowers cortisol and adrenaline levels and increases the happy hormones such as endorphins and serotonin. How can we bring laughter into our lives? A few ways are to watch funny movies and television shows,

maintain a work-life balance. Between family, friends, and work, you have a difficult time keeping your head above water. Make it a point to dedicate one hour a day for yourself, may it be to read a book, watch your favourite television show, listen to your favourite music, go for a walk, take a bath, hit the gym for a power workout, indulge in a pedicure, or bake your favourite cake! Make it about you!

Take a mini vacation

Who doesn't love vacations? But it's not always feasible when you're on a time constraint and a budget. The good news is that it doesn't have to be lavish, luxurious or expensive. You can have the best time on a budget! Invite a few

yourself with people that are positive and bring happiness to your life and avoid those that are toxic and negative. Find that "happy" person in your life that brings a smile to your face, it maybe your kids, husband, wife, sister, parents, best friend, pet, or even your hair stylist!

Make a "happy" list

Sometimes the simplest things bring you joy in your life. For some, money, fame and fortune are important while for others a warm cup of coffee in the morning or reading a book to your kids at night are reason enough to smile. Take a few minutes and create a list of things that make you happy. Your list may include simple things such as going shopping for a new outfit, having a great meal



spend an evening with friends at a comedy club, surround yourself with funny, witty people, read books that make you smile and laugh, and try making situations less frustrating by not letting them impact you, find a more positive, humorous way of dealing with stressful situations.

Music Therapy

The sweet sounds of the ocean, the peaceful voices of nature, or the soft, gentle sprinkle of rain are some of the comforting ways to ease your mind. Music of any genre can be therapeutic, from heavy metal to classic jazz, whatever your preference may be. Music is also a great form of distraction, taking you away momentarily from your daily stresses. So, slip your favourite music CD into your player while you take a long, relaxing bath after a long day, or pump up the beats while you do your household chores or simply sit back on the couch with a cup of tea and enjoy the sweet sounds of your favourite instrument or artist.

Get some "me" time

Life is hectic. You have daily commitments and you struggle each day to

friends and share the cost of a cottage, sign up on "deal of the day" websites such as Groupon, teambuy or living social [Cmnt:3] and find great deals on spa, resort and weekend vacations. Take a day or two off of work and become a tourist in your own city and explore! Venture out and enjoy your city! Visit your local zoo or aquarium, go sight-seeing, scope out a scenic trail and go for a hike, dine at a new restaurant and stay at a nice hotel.

Spoil yourself for a night!

You are a product of your environment

Your environment consists of your family, friends, co-workers and those you interact with on a daily basis. Surround

with friends, redecorating your home, watching a movie with your family, looking through old photo albums, scrapbooking, having a big bowl of ice cream, cleaning out your fridge, taking your dog for a walk, playing video games, or simply painting your nails, whatever it is that takes you away from your daily hectic schedule. Post this list on your refrigerator or somewhere where it is visible and re-visit it when you're in a state of panic and frustration. It works!

So, the moral of the story is to be Zen! Stress can be more hazardous to our health than we may be aware of. By making these small changes to your lifestyle, you will be on your way to a healthy and happy body, mind and spirit!

Ayktah Grover

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Environment



Seruwila-Kantalai Road, Trincomalee district, Sri Lanka - pic: Drs. Sarajevo

ENVIRONMENTAL ORGANIZATIONS REJECT SRI LANKA ELEPHANT CENSUS AS SHAMELESS ATTEMPT TO IDENTIFY, CAPTURE AND DOMESTICATE WILD ELEPHANTS AND CALVES

The Minister of Agrarian Services and Wildlife S. N. Chandrasena stated that 300 tuskers and elephant calves suitable for carrying caskets in peraheras will be identified during the elephant census which is due to commence on 11th August and will be captured and domesticated, during a press conference at his home on 6th August.

With this statement, it has been disclosed that the objective behind this first ever island wide elephant count, a 'could have been' excellent conservation tool, is none other than identifying the whereabouts of elephant calves with favourable traits in order to capture and domesticate them subsequently.

Although the Environmental Organizations previously had agreed to extend their support, with this alarming revelation, all the Environmental Organizations decided to boycott the census. This issue calls for serious concern over the elephant population of the country, conservation of them, the threats faced by them and the impending perils to the elephant population of Sri Lanka.

The wild elephant population of Sri Lanka is estimated to be around 4500. The island boasts of harbouring 10% of the Asian Elephants. But it is a known fact that better part of these elephants is elderly. Only 7-8% of them are tuskers. Ill planned Developmental Projects, Human Elephant Conflict, Elephant Drive, railroad accidents and electrocution are among the threats faced by these Endangered megaherbivores. The average deaths per year for the decade from 1990 to 2000 were 150. During the next decade, this has mounted to 200 per year.

The domesticated elephant population of the island is around 150. These elephants are being used for elephant-back safaris in areas like Anuradhapura, Polonnaruwa and Matale while they are largely used for carrying logs in areas such as Kalutara, Ratnapura and Kegalle.

Tamed elephants play a major role in the cultural pageant, perahera, carrying the casket. However, rather than serving the temple or cultural needs, elephants are being used in pursuit of lucre. Further, they are pathetically being used by influential people as symbols of social prestige.

It is important to consider the fate of such domesticated elephants in the country. Most of these elephants were ill treated, suffered malnutrition and many died tragic deaths, untimely.

There are several instances where attempts to tame wild elephants resulted in beating them to death! Furthermore, owners of tame elephants take no effort to breed them because they have long gestation and suckling periods and cannot be employed to earn money for the owners until two years past delivery.

Thus, these elephants die without contributing to the breeding gene pool. The genes of the individuals with aesthetically appreciated traits like height and bearing tusks are being drained off from the wild populations obstructing circulation of these genes in the population. Consequently, the percentage of tuskers in the Sri Lankan wild populations has gone down to 7-8% of the males.

The Association of the owners of tamed elephants (AOTE) claims that there are only about 150 tame elephants in the country which is inadequate to cater to the peraheras and that many are too old.

However, solution to obtaining elephants for temples does not lie in capturing calves from the wild. Captive breeding of elephants has been very successful at the Pinnawala Elephant Orphanage. About 50 births of elephants have taken place since 1975. Therefore, the required technical knowledge is available in the country. The only deficiency in this regard is the lack of genuinely virtuous elephant owners. Captive breeding is a feasible option to provide for any shortage of tamed elephants.

Moreover, the material prepared for the reference of the participants of this census indicates that subjective data such as the orientation of the tusks are to be recorded. In a scientific census such subjective data are not recorded. The dubious nature of the objective behind this census is reflected by these handouts. This is perceived as the first step of a vicious scheme to wipe out the elephant population from the country. No studies have been carried out so far in the country on the minimum viable population of elephants. Captivating elephants from the wild in an unsustainable manner paves the way to extinction of these valuable animals.

Objectives of an elephant census should be identification of frequent haunts of elephants, declaration of such identified areas that lie outside protected areas as protected areas and to avoid these areas during developmental activities. But unfortunately the objective behind this census is obviously a shameless attempt to captivate elephants and calves from

the wild and also, to manipulate data obtained so as to justify this evil operation. It's pitiful that the subject minister himself should initiate such plans unfavourable to the perpetuation of elephants driven by motives in opposition to his responsibilities Ministers are only temporary custodians of the public resources of the country.

According to the Fauna and Flora Protection Ordinance, only the Department of Wildlife Conservation has the authority to capture elephants from the wild, only if, an individual is identified as harmful to the crops or the public, which is unlikely to be caused by calves. Hence, this statement has been made by the minister ultra vires, threatening to violate the stipulations of the Ordinance.

Now, in the absence of qualified resource persons, data collected or produced by the census cannot be regarded reliable. Environmental Organizations disdain this attempt to domesticate elephants in the absence of satisfactory scientific background for mere political reasons.

We vehemently deny our support to and abandon this dubious Elephant Census with scorn.

SIGNATORIES:

- Jagath Gunawardana – Society for Environment Education
- Rukshan Jayawardana – Leopard Trust
- Nayanaka Ranwella – Wildlife Conservation Forum (WCF)
- Pubudu Weeraratna – Ruk Rakaganno
- Deepankara de Silva – Sri Lanka Young Zoologists' Association (YZA)
- Shantha Jayaweera – Elephant Conservation Forum
- Arjuna Perera – Wildlife and Nature Protection Society (WNPS)
- Nadeeka Hapuarachchi – Wildlife Conservation Society
- Wimukthi Weeratunga – Environmental Foundation Ltd (EFL)
- Ranjith Dayawansa – Nature Exploration and Protection Society
- Ajantha Palihawadana – True Nature Conservation (TNC)
- Sajeewa Chamikara – Environment Conservation Trust (ECT)

Power Your Laptop by Taking a Walk

• Invention reduces dependence on batteries

Scientists at the University of Wisconsin-Madison have developed a technology that turns human motion into electricity.

In a recent issue of journal Nature Communications, they describe how to power a cell phone or other mobile device - like a laptop computer or GPS system - by simply taking a walk.

They've embedded an energy harvester in a shoe.

The harvester consists of two small chambers filled with thousands of liquid mini-droplets pushed back and forth when you walk. The fluids flow through flexible plastic tubes with embedded electrodes which directly convert the energy into electric power, which is stored in a tiny battery.

There are no wires in this human-powered mobile phone. It connects to a cellular transmitter also embedded in the shoe, using low-power wireless technology like Bluetooth. That signal is then relayed by the transmitter to the cell tower.

Study co-author and University of Wisconsin engineering professor Tom Krupenkin says such a system dramatically reduces power consumption of the mobile device and allows it to operate for a much longer time.

"That means the cell phone will consume very little energy to do that, literally tens of times less."

The components are about the size of a credit card. Krupenkin says the main advantage is the system's always-ready

power. Unlike a traditional battery, the energy harvester never needs to be recharged.

"Once you start walking, a standard harvester - which we plan to be about two watts of output power - would start to produce enough power to power your cell phone immediately."

Krupenkin and colleagues don't expect the device to replace standard batteries, but rather to reduce our dependence on costly and polluting batteries, especially in portable electronics.

"It helps you because you don't rely on the battery that much and it also helps because it greatly increases the reliability of your power system. You make a system



which is potentially always available to you." Krupenkin says the technology makes sense for any cell phone or laptop computer user. He also envisions use in remote areas of the world where electrical grids for recharging batteries are not available or expensive, or to relieve the burden on soldiers who must now carry their heavy battery-operated electronic gear into the field.

He expects to have a commercial product on the market within two years.

[VOA News]



Food



John Butler, left, and Bala Thangarajah are responsible for the great cooking going on in the cafeteria at St. Joseph's Health Centre.

Photo by Sarah Dea for The Toronto Star

Hospital cafeteria gets chefs' touch

By Jennifer Bain

St. Joseph's Health Centre has a culinary secret. Its food is so good that people who live and work in Roncesvalles Village drop by for meals.

The menu is the work of two devoted chefs.

John Butler spent almost eight years with the Oliver & Bonacini restaurant group (at Auberge du Pommier and Biff's) before becoming the hospital's executive chef.

Chef Bala Thangarajah had been quietly toiling in the cafeteria, cooking what he was told, until Butler recognized his talents included Sri Lankan, German, Italian and Thai food.

Together the pair put out restaurant-worthy dishes at cafeteria prices.

Recipes:

Bison Burger With Smoked Gouda & Red Pepper Relish

Bala's Spicy Sri Lankan Chickpea Curry

Take a recent Thursday for example.

Thangarajah sets up at the display cooking station at the Lakeside Café (as the cafeteria is called) so he can make Sri Lankan hoppers.

He cooks the sweetened, fermented rice flour batter in small, woklike pans and serves the hoppers in trios with chickpea curry or spicy chicken for \$4.99. On the side there are two condiments: coconut sambal and seeni sambal (caramelized onions with tamarind, cinnamon and cardamom).

Not to be outdone, Butler has created two "plats du jour."

The first is a lamb shank braised in Guinness, tomatoes and carrots. (Don't worry — the alcohol burns off during a lengthy braising.) It's \$6.99 on its own, \$7.99 with one side dish and \$8.99 with two side dishes.

Butler's second special is a bison burger topped with smoked Gouda and homemade red pepper relish. It's served on an Ace Bakery bun for \$4.99 and you can add side dishes for \$1.

Dr. Peter Menikefs, chief of anesthesia, opts for a cross-cultural mash-up of a bison

burger with a side of spicy chickpeas.

"You're lucky you found me because I'm the No. 1 fan here of John & Company," he says. "The food is very creative at reasonable prices."

The "reasonable prices" part is important for Menikefs, who eats a cafeteria lunch five days a week and a cafeteria dinner whenever he's on call.

Dave Cipriani, meanwhile, is gaga over the lamb shanks.

"Man if I can just get this every two weeks, I'd be happy," enthuses Cipriani, a member of the environmental services team, as he walks by Butler.

Lamb, you see, isn't common on cafeteria menus.

Butler has sourced Ontario lamb shanks, mindful that he needs to keep the protein portion of any daily special under \$2.

"Sometimes it's not possible," he concedes, like with the lamb shanks, which came in around \$3.15. "But I feel that giving people great food at a great cost point is more important than making a few bucks off a piece of lamb. Also I think it's a great opportunity to give people a chance to try things that they may not otherwise have a chance to."

Butler, 38, made the leap to hospital cafeterias in 2006 when his wife was pregnant with their second daughter and he decided to put his family life above gruelling restaurant hours.

At that time, St. Joseph's cafeteria was managed by an external company and stocked with "typical hospital cafeteria food," lots of it frozen or pre-made.

"We still have chicken fingers, hamburgers and hotdogs," says Butler, "but we also have our good stuff as well."

There's a grill with fries and onion rings. There's a standard sandwich/wrap station, packaged desserts and sushi to go. But there's also homemade soup and jars of homemade preserves. The hot food counter is where the chefs really shine.

Frozen pizzas have been banished. Instead, pastry chef Antonia Beltrame (who's Italian) is allowed to make four to six fresh ones each day, alongside muffins, croissants, cookies and bread.

Butler brought in his own meat, seafood and vegetable suppliers (the same ones he used at Biff's), but kept Sysco for dried and frozen goods. Today's lamb shanks and ground bison are from The Butcher Shoppe in Etobicoke.

Butler gets about 60 per cent of his produce from Dom Amodeo Produce at the Ontario Food Terminal and the rest through the local

Culinary skill of Chef Bala Thangarajah gets popular review



St. Joseph's Hospital, founded in 1921 is one of the premier health care institutions in the greater Toronto area. The hospital treats people from across the city, province, and country. St. Joseph Health Centre's staff includes over 900 nurses, 400 physicians, and 250 volunteers.

Each year St. Joseph's handles over 250,000 ambulatory care visits, 90,000 emergency patient visits, 20,000 inpatient admissions, 3,000 births, and 25,000 surgical cases.

In a recent feature in the Toronto Star, the food served at the Hospital too got rare attention in the media as for its overall popularity among even people who live and work in the area.

Among the popular dishes is chickpea curry by Bala Thangarajah:

food distribution company 100 km Foods.

"Actually I'm just about to cook some kale from 100 km Foods," says Butler. "The farm they've been getting this stuff from is so good."

He tosses the cleaned kale into a pot of boiling water seasoned with sliced onions, minced garlic, olive oil, salt and black pepper and cooks it for five minutes. Then he gives it a final sauté in a skillet with olive oil, garlic and red chili flakes.

The kale shows up later tucked under the lamb shank. The black pepper, by the way, is roasted in-house and freshly ground.

"It makes a huge difference," stresses Butler.

He checks on his lamb shanks and the air fills with the scent of braised meat. Nearby, Thangarajah, 58, is making his spicy Sri Lankan-style chickpea curry. He's puréeing fried onions, fennel seeds, curry leaves and canned tomatoes before adding chickpeas and coconut milk and a Sri Lankan spice blend. The curry will sell for just \$2.99 with naan.

"The smells just kind of hit each other in the middle," says Butler.

"It's an amazing dynamic that we have," adds Thangarajah.

The father of three is from Sri Lanka but cooked professionally in Hamburg, Montreal and Cornwall before coming to Toronto in 2001 and joining the hospital a year later.

"At first I didn't have much say and no chance to show my abilities," he says. "After John took over, whatever I feel like cooking, John lets me do. We have been trying so many diverse menus."

When Thangarajah launched his signature chickpea curry, customers were hesitant to try it and complained it was too spicy. Now sales have tripled and people complain it's not spicy enough.

"I make it once a week on Thursdays," says a proud Thangarajah, who also does private catering. "If we don't make it, we're in trouble."

The Lakeside Café team — 15 full- and part-time staff — feeds 900 to 1,200 people each day between 6:45 a.m. and 6 p.m. Along with doctors and hospital staff, you'll often see TTC drivers and construction workers.

The café makes a full breakfast and José

Santos does old-school skillet omelettes. The team also caters everything from internal meetings and the staff Christmas lunch to high-level recognition banquets where a cook named Rey Sumali shows off his vegetable carving skills.

"The amount of talent that's in this kitchen is amazing," says Butler. "If I could have had half of it when I was at the restaurant, I wouldn't have yelled so much."

The menu might be Niçoise Atlantic Salmon, sauerbraten (German pot roast) with red cabbage, baked vegetable penne with rosé sauce or pad Thai. Or it might feature crab cakes using a recipe from Butler's Oliver & Bonacini days. (What sold for \$18 at the restaurant sells for \$6.50 at the cafeteria.)

"We have appropriate garnishes for appropriate dishes, like rosemary and cilantro," says Butler. "It's nice to garnish where it makes sense."

He's proud that he's "educating people on good food," says Butler, "and providing a service not many other hospitals are doing." Eventually, he'd like to tackle patient food.

That's something fellow chef and local food advocate Joshna Maharaj is now doing at The Scarborough Hospital. The hospital is using a \$191,000 grant from the province and the Greenbelt Fund for its "ReFRESHING our Menu" project.

Maharaj is working with Scarborough Hospital to create more than 20 recipes for patients. The hospital has also partnered with 100 km Foods and Local Food Plus to buy more Ontario food.

"I wish we could do it for the patients, but we're not there yet," says St. Joseph's president/CEO Carolyn Baker. "Therapeutic diets are a lot more complex."

Still, Baker is proud that what was once a "money-losing cafeteria with awful food" has been replaced by something to be proud of.

"The staff rave about the food. Visitors rave about the food."

And Baker, too, raves about the food.

"I'm having Bala's hoppers today," she says with a hungry grin.

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Arts and Forms



by Malarvilly Janagan,
Artistic Director and the
writer of this article .

Intellectual or Emotional?

Dance ceases to be an art once it gets entangled with the intellect alone. In this zone, it may acquire the status of a science; but at the same time it will be removed far from the heart. Spontaneity is one of the qualities of true art and it is only such an art that has the capacity to penetrate the mind of the spectator too. Technique is always close to the brain. It is the practice to attain a habitual skill and at this level it pertains to the realm of the physique. These can be mathematical calculation of the duration of rhythm i.e. syllables. Then, it is indeed a product of a complicated intellectual laboratory, meant for the understanding of only a carefully trained brain. On the other hand, if dance is an outcome of a mere ecstasy of mind with no codes whatsoever acting as the underlying guiding factors, it may become eccentric in character. It becomes a form of release of extra energy, with the mind set in a state of frenzy. This kind of erratic spontaneity fails to have a stamp of aesthetics. Could



condition and thought? The physique is dependant on the psych in our daily life itself. The day-to-day movement of the body is also guided by the inner composure and conflict. Do we not run to catch a bus? Do we not rush to save a life? Do we not jump in joy when there is an unexpected pleasure? Do our steps not falter when there is an unpleasant experience in extreme state of sorrow? The pace and space of our physical movements vary according to our own mental attitude and condition, even in our daily routine. Modern medical opinion regarding the cause of even serious diseases like cancer is said to be the result of bottled up feelings. A tremendous amount of psychology plays a silent part in improving or shattering even the physical appearance of people. The popular Tamil phrase, "Nadai, Udai, Bhavanai" implies that a person's character can be studied from his gait, garb and mental attitude. If so, why should the potentiality of Nrta be underplayed? Just as the same



Padma Subrahmanyam capturing the karana poses.

physical, intellectual, emotional and spiritual.

The physical aspect of the Karanas lies in the use of every major and minor limb of the body, in a correlated way. The throw of the limbs must be aesthetically satisfying and not even be merely acceptable. This involves the mind of one who construes the movement, the concentration of the one who performs, as well as the attention of the spectators. The intellectual grasp of the art is another unavoidable necessity. The correlation between music, movement and rhythm and such other subtleties, requires an intelligent understanding. This is axiomatic to those

who choreograph and perform, and advisable for those who witness. It also has an emotional side because each physical movement has a psychological effect. Finally, it is spiritual because, its performance produces an indescribable sense of bliss both subjectively and objectively. At that point, it is beyond the physical, intellectual or emotional levels. The physical exertion, mental tension or a consciousness of its technical brilliance is no more felt at that point.

It is the enjoyment experienced by the inner self. No wonder it is said to be pleasing the Gods.

One may wonder, how the Karanas, which are referred to as Nrta Karanas could have any emotional content. Nrta has been often understood as that dance which does not convey any meaning. Therefore, there can be no mental involvement. It is defined by many of the Post-Bharatha authorities as "Bhava-Vihinam" and "Rasa Vihinam", i.e. devoid of feeling and its ultimate aesthetic pleasure respectively. Some critics have designated Nrta as Adhama, i.e. inferior among Nrta, Nrtya and Natya. If so, it is quite logical to doubt the capacity of the Karanas to arouse any psychological effect. If Nrta is to be considered as purely physical, the foremost point is to scrutinize the connection between the body and the mind. The instrument through which the dance is produced is also the instrument in which the mind and spirit reside. Every facet of life is lived only through this very instrument. How can its action or reaction be of a constant nature, irrespective of the nature of the circumstance, surrounding,



Padma Subrahmanyam capturing the karana poses.

dance not have a seal of intellectual and technical brilliance along with a totally emotional approach? Could it not cater to both the brain and the heart? When we are still pondering over this problem, Abhinavagupta had answered our doubt a thousand years ago. What is the potentiality of the Karanas? They have an amazing victory over both these areas. They are meant for the gratification of the intellect and also the emotion. Their analysis uncovers their full character with four fold aspects namely

situation would produce different reactions in different persons, particularly of different sex, the same kind of movement produces different results when performed by a male or female. This is the basic difference between the often-mentioned terms -Tandava and Lasya.

Karanas: Common dance codes of India and Indonesia (Dr. Padma Subrahmanyam, M.A., Ph.D.,)

To be continued....

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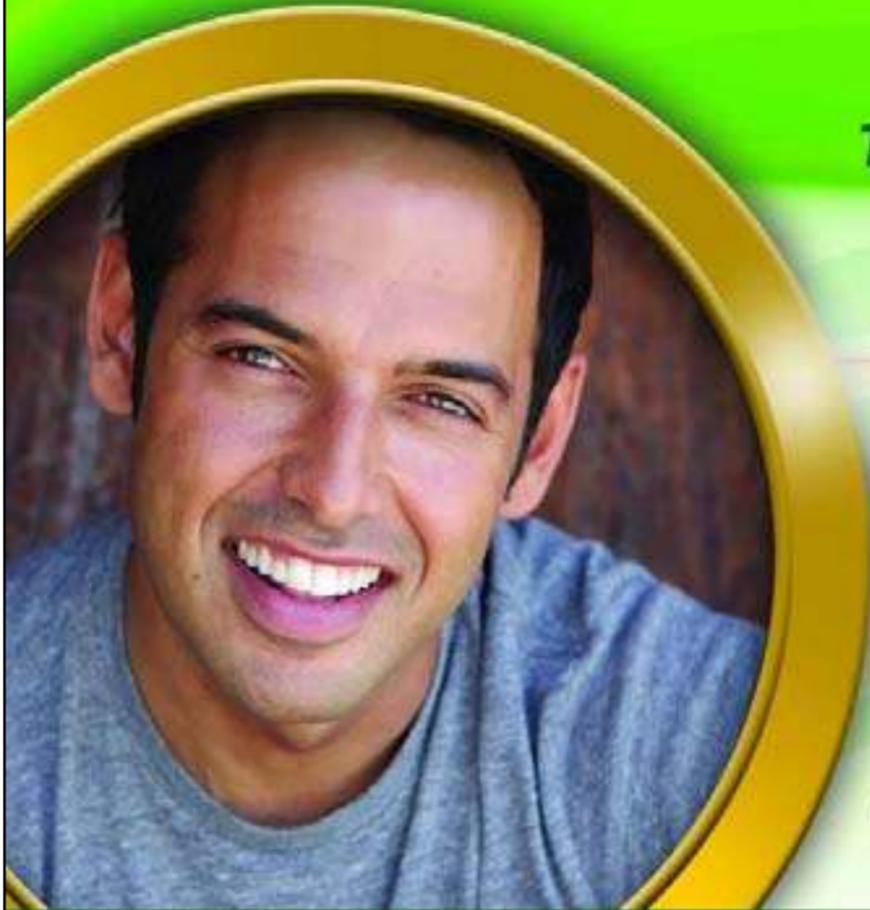
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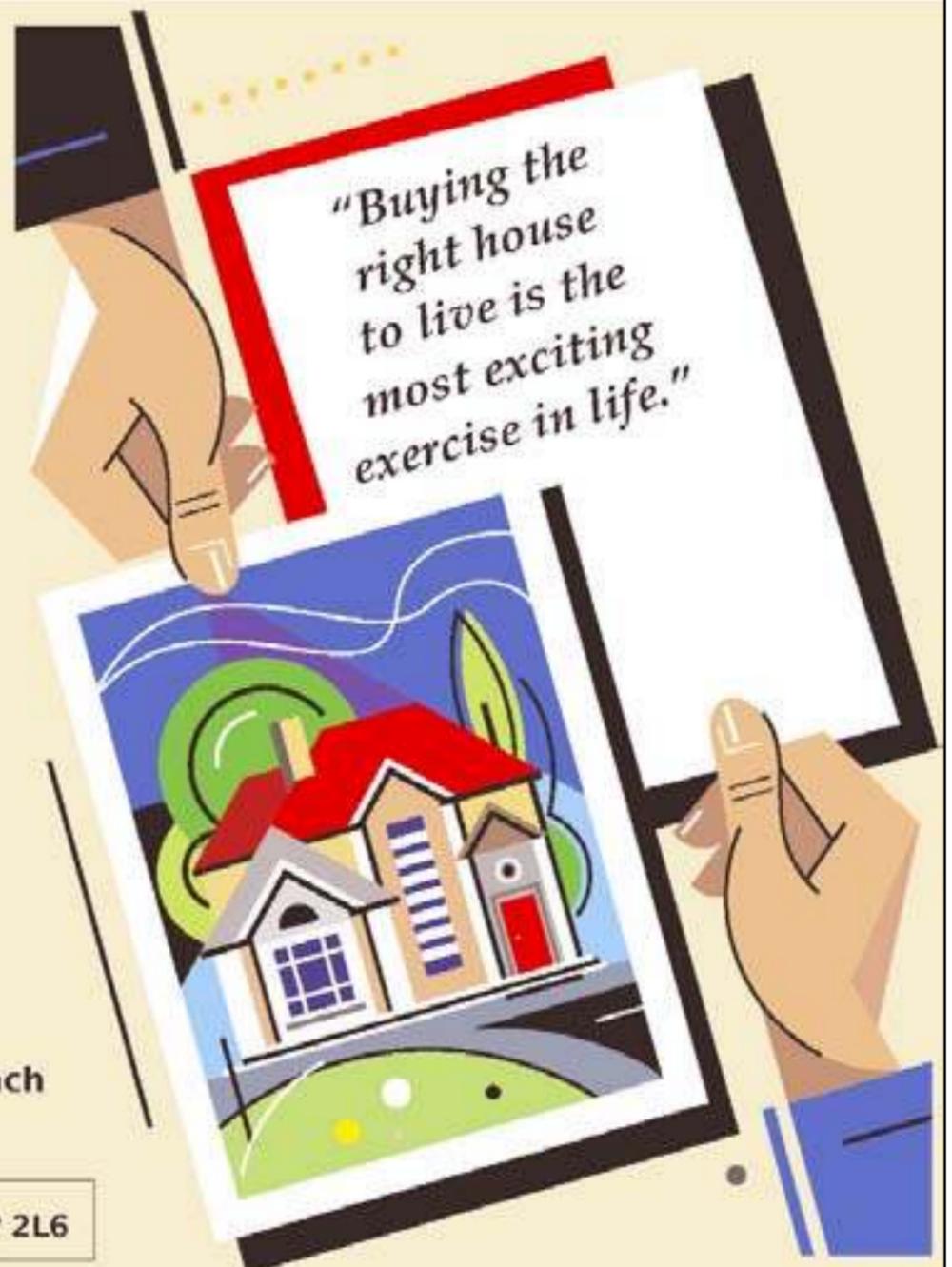
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Special Feature



Half a Million dollars raised for Markham Stouffville Hospital by climbing Mount Kilimanjaro



Climbers en route to the top.

A day of adventure in Africa

From July 10-21, 2011, The Climb to Conquer fundraising program saw a dedicated group of Markham Stouffville Hospital (MSH) supporters embark on the journey of a lifetime — the ascension of Mount Kilimanjaro, the summit of Africa. The proceeds of The Climb to Conquer will help improve the quality of life for children and adolescents struggling with mental illness by raising money for the Mental Health Program at MSH and by raising public awareness.

During their 11 days in Africa, the team of climbers raised \$500,000 towards MSH's child and adolescent mental health programs to provide greater access to services and treatment for those suffering in the community. This means that more children and youth will be able to receive the counseling and care they need close to home.

To learn more about The Climb to Conquer or to make a donation please visit www.climbtoconquer.mshf.on.ca.

Seen here are few of the photos taken during the climb to Mount Kilimanjaro

Photo Courtesy: Argyle Communications



Climbers showing support for Markham Stouffville Hospital Foundation.



Climbers trekking.



The Climb to Conquer group at the summit of Kilimanjaro.



The HealthWithCare team.



Neil Walker and Allan at Gilman's Point.



The Markham Stouffville Hospital team.



Yogen Fruz on top of Mount Kilimanjaro.



The Scarborough Hospital

GIVING BACK

Medical missions can be very rewarding, yet even for the most seasoned clinician, they can also be life-changing. For one Registered Nurse in The Scarborough Hospital's Emergency Department, a recent mission to her homeland of Kenya was bittersweet.

Aisha Mjasiri hadn't been back since she left Kenya in 1992. When Emerg physician Dr. Trudy Poggemiller asked Aisha, who speaks Swahili, if she wanted to join the doctor's second mission to Kenya, Aisha jumped at the opportunity. As the lead, Dr. Poggemiller gathered a team of inter-professionals from TSH that included Aisha, RN Faye Osoteo, Dr. Shafik Dharamshi (who brought his entire family) and lab technologist Evelyn Aboagye.

"My first mission to Kenya was in 2007 when Nephrologist Dr. Robert Ting asked me to go as a family physician," explains Dr. Poggemiller, an emergency physician with TSH for almost 30 years. She has also joined missions to Bolivia and Peru, and is looking at future missions to Northern Canada and Malaysia, Thailand and Indonesia, all under the umbrella of the Anglican Church.

For Aisha, though, this was her first mission.



TSH Laboratory Technologist Evelyn Aboagye accompanied a team of healthcare professionals on a medical mission to Kenya led by Emergency Physician Dr. Trudy Poggemiller.

"I didn't know what to expect. I knew that being home would be exciting, and I wanted to see how it is progressing," Aisha explains. "But I was disappointed. The infrastructure

is crumbling, there has been no economic progress, very polluted and congested. It was shocking."

The team spent eleven days on the medical mission, mostly in the Nairobi village of Kibera, one of the poorest areas and the second largest urban slum in Africa. They treated an average of 130 to 190 people each day for malaria, typhoid, cholera, viral fevers and stomach ulcers.

"We worked out of offices and labs. If that wasn't available, we worked out of schools," Aisha explains. "Many times, there was no electricity, and we used a generator. We were stationed at each location for three days straight, so we got the flow of things.

"The patients were so grateful, and what little they had, they shared with us."

One patient sticks out in Aisha's mind: while triaging patients, an 11-year old girl told her, "My Mom says I have HIV."

"I asked her if her mother had HIV, and she said no. We tested her, and she was positive," Aisha says. "After a few days, she sent me a note thanking me for all the help. That was touching for me, but it also brought home the harsh reality of HIV/AIDS in that country, especially in such a young girl. Now, she can get the medications she needs."

Aisha is determined to go back, either on a mission or to find a way to help the community.

"We live in a society where what you have, what you drive and how you live define us, and these people are lucky to have a roof over their heads," she says. "They live with no running water, no functioning toilets, and they're happy and contented with what they have.

"That's what I took from this – to be appreciative of what we have, and to be aware of how other people live in the world. A lot of us in the First World have ideas from what we see on TV, but the reality is far worse."

Still, Aisha highly recommends her colleagues go on a medical mission, "but it really is emotional and it takes a lot of dedication. You have to be really committed to it."

"I hope that the little I contributed to this mission will have an impact on the community that I served in Kenya."

Rami gets Award from Prince Edward



Rami gets award

A young man who devoted five years volunteering at The Scarborough Hospital's Birchmount campus recently received a Duke of Edinburgh's Award.

Rami Abu-Zeidan is one of 156 youths to receive the Gold Award Achievement from Prince Phillip. Now living in Mississauga, Rami was a volunteer at TSH from 2002-2007.

"At the time, the most valuable experience was with the Youth Council, in charge of organizing the summer volunteer program," Rami explains. "It was a big job, but good experience in how to run and organize successful programs."

Rami, who is also a member of the Navy Reserves, just graduated from McMaster University's psychology program, and has started his Masters in Globalization Studies, "which looks at healthcare from a bigger perspective, how it is influenced by social, economic and political factors."

Living in North York at the time, he chose TSH for his high school volunteer hours because "my long term goal is to go into medicine."

"I thought it would give me firsthand experience in being in a healthcare environment, with the opportunity to understand how things run and how you manage a hospital," he adds. "I plan to go into neurology or psychiatry as my career choice."

The award, established in Canada in 1963, challenges youths ages 14 to 25 to stretch themselves in four areas: community service, skill development, physical recreation and adventurous journey. Prince Phillip's son, Prince Edward, handed out the awards at a ceremony last month at Evergreen Brickworks in Toronto.

"Prince Edward is mild-mannered, open; a very happy person," Rami says. "It feels great to have this service learning and personal growth recognized."

TSH's Flu Campaign

It takes an innovative campaign to raise a hospital's flu compliance rate from one of the worst in the GTA to second best in the matter of a couple of years. But that's exactly what The Scarborough Hospital's 'Stick it to the Flu' campaign has achieved.

"We went from 24 per cent at the General campus and 29 per cent at the Birchmount campus in 2009/10 to 45 per cent and 46 per cent respectively in 2010/11," explains Teresa McCormack, Occupational Health Nurse and Clinical Project Lead. That dramatic turnaround was especially significant because "everyone was burned out on the H1N1 hype the previous year."

In fact, statistics from Toronto Public Health show that H1N1 had a negative impact on flu compliance rates at other organizations.

"If you look at the stats before H1N1, some organizations have much higher rates than last year," explains Mary Anne Adam, Director of Occupational Health and Safety. "That really shows what TSH accomplished. We demonstrated the ability to keep the momentum going after H1N1 where others had difficulty and their rates went down."

How did we do it? There were several factors at play, but it was primarily about education.

"Our motivation was very basic: we wanted people to be immunized to protect the patients. We meticulously drafted a communications plan to educate and inform staff, since the flu vaccine is not mandatory," Teresa explains. "It was imperative that staff have sufficient information to make an informed choice about immunization. Individuals were able to discuss their concerns with a nurse one-on-one in the hope they would decide based on facts rather than outdated information and stagnant beliefs."

Those beliefs – the vaccine causes the flu or other ailments, or it wreaks havoc on the immune system – were the primary barriers to improved compliancy (although fear of needles was also a barrier for some).

"We took a different approach this time. Instead of just randomly placing posters about the myths of the flu shot,



Teresa McCormack, Occupational Health Nurse and Clinical Project Lead for TSH's flu campaign, administers a flu shot.

we were more strategic about their placement – staff locker rooms or staff lunchrooms," says Yvonne Walfall, Manager, WSIB for TSH. "And we took the time to go on the floors, sit down with staff and talk to them one-on-one about their fears. We made it personal, and I think that helped a lot."

Of course, management buy-in from the get-go was critical to ensure resources were directed toward staffing, equipment, space allocation and even incentives (each person who got the flu shot were handed a small chocolate and a coupon for a free Tim Horton's coffee or tea).

"People don't get vaccines to be entered into a contest; it's a conscious choice," Teresa adds. "But we wanted to reward them, and it's amazing what a coffee coupon and a little chocolate bar will do."

With planning underway for the 2011/12 flu season, TSH will build on the success of last year's campaign.

"We will continue to use the 'Stick it to the Flu' logo because it's recognized," Teresa adds. "And of course, we hope to improve our compliance rate but frankly, I'd settle for last year's rate."

Teeing off for a good cause



The Scarborough Hospital is widely regarded as an expert in wound treatment, which is a vital part of our surgical, oncology, dialysis and nephrology programs. The 3rd Annual Scarborough World Cup of Golf, held at the Angus Glen Golf Club on August 9, raised over \$100,000, the proceeds of which will go toward redeveloping the Wound Care Centre at the hospital. Preparing to tee off are, from left, Doug Dean and Kathy Lebo from presenting sponsor Medline Canada, along with TSH staff Kathy Bruce and Chris Mulford.



The Scarborough Hospital

HOSPITAL'S OWN GLEE CLUB WINS BIG ON CANADA SINGS REALITY TV SHOW

Can an office that works together also sing together? Global TV posed the question last summer when it announced Canada Sings, an original reality series that challenged Canadians to form workplace glee clubs and battle it out in competition for a charity. The Scarborough Hospital was up for the challenge and won \$10,000 for the Foundation after beating The Keg Steakhouse & Bar's "Keg Spirits" on August 31.

Coming together to produce the audition video last year were a group of talented singers and dancers—all of them hospital staff—who had been putting on shows to fundraise for the hospital for almost five years. They named their glee club Pulse, were excited to be selected one of the top 25 teams, then ecstatic to be chosen for the show.

This feisty team of nine healthcare professionals competed on Canada Sings to highlight their community hospital and raise funds for The Scarborough Hospital Foundation.

Ann Barrett, an electrocardiogram technician, was chosen as team captain because of her performance experience and her vocal talents.

"My experience? In a word, phenomenal!" says Ann. "It was an honour to be chosen as team captain and to work with these highly



Members of Pulse include, from left: Nancy Rodrigues, Edgardo Valles, Tabatha Bowers, Mike Apostol, Elicia Rezac (crouched), Stephanie Fleming, Elaine Gray, Patty Bernreiter and team captain Ann Barrett.

motivated colleagues. Their inspiration and enthusiasm made it a pleasure to compete for The Scarborough Hospital Foundation."

Getting them ready for their national debut were world-class choreographer Christian Vincent and professional vocal coach Sharron Matthews.

"I learned a lot during my time on the show about singing, dancing and what goes into these kinds of productions," says Tabatha Bowers, Nurse Practitioner, Medicine & Geriatrics. "Being on Canada Sings was an adventure."

Celebrities Vanilla Ice, Jann Arden and Simple Plan's Pierre Bouvier led the judging panel for the show. ET Canada's Hollywood Correspondent, Matte Babel, hosted, guiding the viewers and supporting the glee clubs as they went head-to-head.

"This show took me out of my comfort zone. It was truly a fulfilling yet terrifying experience," explains Elaine Gray, Registered Nurse. "But it was for a great cause, so what's not to love?"

"I've been a nurse at TSH for 15 years, and I know how much we are in need of updated equipment to better care for our patients," agrees Elicia Rezac, Registered Nurse, Obstetrical Care.

From behind-the-scenes at the intense rehearsals and song selections to giving it their all for their final performance on stage, the emotional and physical highs and lows had Scarborough cheering for their hometown team.

"This has been an incredible experience. Few doctors have the opportunity to explore their artistic aspirations like this," says Dr. Nina Venka, Obstetrician Gynecologist, "and I was able to push myself beyond the limits of my professional life."

First aid essentials when you're on the go



Whether it's for your car, your boat, or your backpack, having an accessible and well equipped first aid kit when you're out and about can help with a range of emergencies.

"Accessibility and portability are key for these sorts of 'mobile' first aid kits," says Jacqueline Abel, Industrial Hygienist and Safety Specialist at The Scarborough Hospital. "You don't want to carry too much, but you still want to ensure you have the most important items on hand, should you have a medical emergency."

"Although there are a variety of first aid kits available to buy, it's also possible to put together your own kit in a water resistant makeup bag, tool kit box, or fanny pack. And, the beauty is that you can customize your kit any way you like." Abel recommends that first aid kits for smaller areas like cars or backpacks include the following:

1. Emergency telephone numbers: EMS/9-1-1, poison control, and family doctors
2. Painkillers like acetaminophen and/or ibuprofen
3. Allergy medication such as oral antihistamines
4. Other medication for nausea and diarrhea
5. Thermometer
6. Tweezers
7. Alcohol wipes
8. Antiseptic hand cleaner
9. Medical adhesive tape
10. Sterile gauze
11. Elastic bandages
12. Several sizes of adhesive bandages
13. Bandage scissors
14. Antiseptic spray or lotion
15. Antibiotic cream
16. Instant cold packs
17. Disposable, non-latex gloves, such as surgical or examination gloves.

"Remember to check all first aid kits regularly," said Abel. "Replenish your stock when needed and replace any medication or supplies that may have expired."

The Scarborough Hospital "ReFRESHes" the patient menu

Project renews focus on fresh, home cooked food – with some local flavour

When Dietary Helper Sophia Linton joined The Scarborough Hospital 26 years ago, patient meals included meats that were roasted and carved onsite, a variety of fresh fruits and vegetables, and desserts made in the kitchen's own bakeshop.

Now, a new project focused on improving the food served to inpatients at The Scarborough Hospital's General campus has Sophia and her colleagues in the Nutrition and Food Services department excited to re-establish the hospital's great reputation for food.

Aptly titled "ReFRESHing our Menu," the project aims to increase the amount of fresh, locally produced food served to patients, as well as introduce a variety of new recipes cooked from scratch in the kitchen. In addition, a new bedside ordering process will allow patients to select their meals each day from this new "menu."

It's an excellent fit for the Nutrition and Food Services department. "We're one of the only hospitals in the GTA that still has a full kitchen and has continued to prepare its meals from scratch," says Sophia.

And the dedication and expertise of the department hasn't gone unnoticed. Part of the project funding comes from a \$191,000 grant the provincial government and the Greenbelt Fund awarded the hospital to support the goal of adding more Ontario-grown food to patient meals.

Small changes have already begun. In June, patients received fresh Ontario strawberries for dessert, along with a flyer that provided information about the nutritional benefits of the fruit—another important part of the project.

"Our goal is also to educate patients, visitors, staff and our community about the importance of fresh, healthy, local food to wellness, and the positive impact buying local has on our economy and environment," says Vice President of Patient Experience, Anne Marie Males.

Over the next six months, a consultant chef will work with kitchen staff to develop the new recipes. First up will be a chicken soup and congee that will debut in the coming weeks.

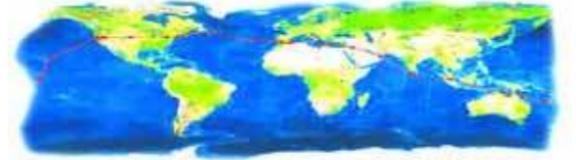
"Soup really is the world's comfort food and something many people eat when they're not feeling well, so it's a good choice to add as our first new menu item for patients," says Nutrition and Food Services Manager Susan Bull.

Sophia agrees that having a homemade soup back on the menu is a wonderful addition. However, when asked what she's also looking forward to seeing back on patient trays, there's no hesitation. "The desserts—and maybe a cheesecake made with those delicious strawberries!"



Sophia Linton, Dietary Helper in the Nutrition and Food Services department at The Scarborough Hospital's General campus, makes tuna sandwiches for patient trays. She is excited about the hospital's new project aimed at increasing the amount of fresh, locally produced food served to inpatients.

Around the world



U.S. Embassy Sponsored Ifthar Meal in Sri Lanka

On August 25, 2011 U.S. Embassy Colombo, Sri Lanka organized an Ifthar meal at the Islamia Home in Ratmalana in the suburbs of Colombo. The home consists of 40 children, all boys aged from 5 - 18 years. Most of them have no both parents and others have only single parent. The children presently study in leading schools in the city, and attend special classes for English Elocution, Accounting, Computer Literacy and other subjects.

Public Affairs Officer, Christopher Teal attended the event and engaged in conversation with young children along with his ten year old son. The Administration offered a tour around the facility to show how the children studied, worked and lived together in a caring environment. Following the tour Embassy staff joined the group for an Ifthar meal along with the boys.

- US Embassy, Colombo Media release



Children getting ready to break their fast



Young boys and the staff of the orphanage pose for photograph with PAO Christopher Teal and his son

TN Assembly asks President to reconsider mercy petitions

The Tamil Nadu assembly on Aug 30th adopted an unanimous resolution asking the President to reconsider mercy petitions of three death row convicts in the Rajiv Gandhi assassination case. The resolution moved by chief minister Jayalalithaa appealed to the President to commute the death sentences of Murugan, Santhan and Perarivalan into life sentences.

Moving the resolution, Jayalalithaa said the people of the state were "saddened" by the fact that the death sentence to the three was to be executed soon.

Jayalalithaa, who had on Monday expressed her inability to intervene on the issue, said, "Many political parties have appealed to me to commute death sentences and in order to respect the sentiments of the people of the state, I appeal to the members of the house to pass the resolution unanimously".

The chief minister said she told the state assembly on Aug 29th that only the President could reconsider the decision of rejecting the mercy petitions as the state Governor could not take a decision on a mercy plea rejected by the President - PTI

Melbourne edges out Vancouver to top liveable city list



Melbourne scored highly across a raft of categories assessing liveability

The Australian city of Melbourne has beaten Canada's Vancouver to the title of world's most liveable city for the first time in almost a decade.

Vancouver has topped the annual Global Liveability Survey since 2002, but this year fell to third behind Vienna.

Overall, Australian and Canadian cities did well, capturing seven of the top ten spots.

Harare, Port Moresby and Dhaka occupied the bottom of the table.

The cities were assessed in five categories - stability, healthcare, culture and environment, education and infrastructure. Vancouver missed out on the top spot because its infrastructure score had fallen due to periodic closures of a key motorway.

London was ranked 53, out of 140 cities surveyed. Honolulu, at 26, was the top US city.

The Economist Intelligence Unit, which carried out the survey, said scores in Europe had been pushed slightly down by the eurozone crisis, while the Arab Spring had affected ratings across the Middle East and North Africa.

"Australia, with a low population density and relatively low crime rates,

continues to supply some of the world's most liveable cities," report editor Jon Copestake said in a statement.

"Despite the rising cost of living driven by the strong Australian dollar, these cities offer a range of factors to make them highly attractive."

Melbourne was a joint winner with Vancouver in 2002.

Mayor Robert Doyle said he was "absolutely delighted" with the news.

"For the first time in a decade we are now officially ranked number one," he said. "When you think the strong Aussie dollar militates against this, this is even more impressive."

Cities were scored out of 100 and the report noted that the top 10 cities were only separated by 1.8 percentage points.

Top 10 World's Most Liveable Cities (in 2011)

- 1: Melbourne
- 2: Vienna
- 3: Vancouver
- 4: Toronto
- 5: Calgary
- 6: Sydney
- 7: Helsinki
- 8: Perth
- 9: Adelaide
- 10: Auckland

Source: Global Liveability Survey



Tamil Nadu Chief Minister J. Jayalalithaa gestures during a press conference in Chennai

Madras high court stays death sentence of three convicts for eight weeks

On Aug 30th, Senior counsel Ram Jethmalani, R Vaigai and Colin Gonsalves, appearing on behalf of the three convicts, contended that the "inordinate and inexplicable delay" in disposing of their mercy petitions violated Article 21 of the Constitution (Protection of life and personal liberty).

Jethmalani later told reporters that the delay of 11 years in deciding their mercy plea was "mental torture" for the convicts. "You make him suffer thousand times.

Is this justice?" he asked. He said the government should consider the "people's voice" against execution. The mercy petitions of the three convicts were rejected by President Pratibha Patil early this month, 11 years after the submission of the petitions and 20 years after the assassination.

Santhan, Murugan and Perarivalan had sought to set aside the order of the



President on the ground of 'undue delay' in disposing of their mercy petitions. They claimed "an unwarranted, illegal and unconstitutional delay is caused by the President and the Union of India in the disposal of the mercy petition." "No explanation has been offered either for the delay in forwarding of the mercy petitions by the state government to the President or the delay in disposal by both the authorities," they contended. - PTI

Sri Lanka sees rise in tourist arrivals

Sri Lanka tourism industry is continuing to outperform over the last two years, according to a recent report.

The Sri Lankan government says that it has taken steps to boost its tourism industry by offering concessions and special deals for tourism-related projects which include the construction of new five-star hotels and luxurious resorts in several parts of the country.

Sri Lanka has seen arrivals rise every month since May 2009. Declaring 2011 as "Visit Sri Lanka Year", Sri Lanka President Mahinda Rajapaksa gave the country a target of attracting 2.5 million tourists and earning US\$2.5 billion annually by 2016. According to the Sri Lanka Tourism Promotion Bureau, during the first six months of 2011, more

than 450,000 tourists visited the island, up 36.1 per cent year on year.

"We are very happy with the figures, which are continuing to rise each year, and the industry has really improved. We are currently conducting many promotional activities in several parts of the world to promote our rich culture, heritage and natural beauty," the bureau's managing director Rummy Jauffer said.

India has been one of Sri Lanka's biggest tourist sources, with a record number of Indians visiting the island since the end of the war. Local authorities are also trying to attract tourists from the Western and European markets as well as Asian nations such as China, according to a Sri Lanka government report.

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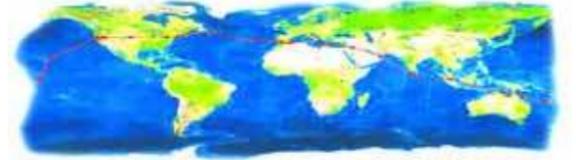
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Around the world



'Scrapping of emergency law in Sri Lanka meant to placate international opinion'

By Anjana Pasricha

In Sri Lanka, which has emerged out of a long drawn out armed separatist conflict, a state of emergency will be lifted after 28 years. But critics question whether ending wartime restrictions will improve the human rights situation in the island nation.

Sri Lankan President Mahinda Rajapakse's decision not to renew a state of emergency at the end of August comes two years after a three-decade civil war ended with the defeat of Tamil Tiger rebels.

Commentators say that scrapping the emergency has symbolic significance for a country where an entire generation has grown up with tough wartime regulations.

But several political pundits doubt whether the move will restore political and civil rights in a country where the human-rights record has been under international scrutiny.

The emergency orders gave authorities sweeping powers of arrest and detention.

Paikiasothy Saravanamuttu, at the Center for Policy Alternatives in

Colombo, says the authorities will continue to retain power under an existing tough law, the Prevention of Terrorism Act. He says the government may also bring in legislation which could allow it to continue detention those who have been arrested under emergency provisions.

"It appears to be the case that the PTA will remain and there will be consequential legislation which will give it legal cover in terms of existing detentions... This needs to be looked at. Otherwise, it will be seen as window dressing without any substantive content," Saravanamuttu noted.

Exact numbers are not available, but thousands of ethnic Tamils are believed to have been detained during the emergency.

Critics also say that the scrapping of emergency law is meant to placate international opinion just weeks before the U.N. Human Rights Council discusses the rights situation in Sri Lanka. Human rights groups charge that tens of thousands of Tamil civilians disappeared in the last weeks of the war. Critics say the government continues to discrimi-



nate against the Tamil minority and stifles dissent. The government denies that.

Saravanamuttu says the government needs to do more to signal that it is addressing concerns about its human rights record.

"The government still has a lot of ground to cover to reverse the culture of impunity in respect of human rights, violations as well as dealing with the allegations of war crimes," added

Saravanamuttu. "The kind of paradigm within which the government is operating at the present is one which sees human rights as largely as irrelevant to the higher objectives it claims to have."

But supporters of scrapping the law say that ending the emergency is a positive first step in restoring a sense of normalcy to a country that lived through three decades of conflict.

Jehan Perera at Colombo's National Peace Council hopes it will mean a diminishing role for the military.

"The lifting of the emergency would mean that the military would have to take a back seat," said Perera. "It would be out of the public spaces... especially in the north and east which are described as still being under military rule rather than under civilian administration. Now, hopefully, with the lifting of emergency, that system of military control will be abolished and the civilian administration will be more fully in control."

Several countries, including the United States and India have welcomed the announcement of an end to emergency restrictions in the island nation.

[VOA News]

Ample Northern paddy harvest averts rice shortage for Sri Lanka

Bumper paddy production in Sri Lanka's former conflict areas has averted an expected national rice shortage, experts say.

Twin floods in January and February inundated more than 200,000 hectares of paddy land in the eastern and central regions of the island nation, destroying more than 700,000MT of the primary harvest estimated at 2.75 million tons. The main cultivation season runs from October to March.

But now provincial agriculture departments are reporting a bumper secondary harvest 15 percent higher than that of 2010. The secondary cultivation period is between April and September.

"The northern production [boosting] the national supply makes a huge difference," Nimal Disssnanayke, director of the Rice Research and Development Institute (RRDI), told IRIN. He said the production from the conflict-affected north began supplementing national stocks in mid-2010 after the 26-year-long civil war ended in May 2009, "But it is this year that we have seen the full impact of that supply."

More than 40,500ha of paddy land was cultivated in the former conflict zone, providing a yield of more than 110,000MT, said Sithaparapillai

Gnanachandran, the UN Food and Agriculture Organization (FAO) northern area coordinator.

Since the middle of 2010, donors and the Sri Lankan government have invested more than US\$20 million in assisting paddy farming in the north. Of that, \$8 million paid for about 19,000MT of fertilizer for 2010 and 2011.

FAO officials said the northern harvest would have been even better if some areas in the north had not suffered flood damage. "There was around 30 percent complete [flood] damage, but in the rest of the area the harvest was good even though we could not achieve the best yield figure," said Ramanathan Pararajasingam, FAO programme officer.

Farmers in the former conflict zone said before the end of the war, the harvest was mainly sold locally. Yields were reduced because chemicals and

fertilizer could not be transported into the conflict areas due to security restrictions.

"Now we get fertilizer, pesticides and other supplies without interruption," said Christine Gurukularajah, a resident of Kilinochchi District, who has farmed 12ha of paddy for three decades. She said more paddy farmers in the former conflict zone were now able to sell at rates comparable to the rest of the nation. "We have buyers now coming from Vavuniya [just south of the former conflict zone] to buy the paddy. Now we have a sure market."

The latest heavy rains worked in favour of the secondary harvest, helping irrigation. "The yield is more compared to previous years as minor tanks were full with water from rains," FAO's Gnanachandran said.

The increased secondary harvest of 1.92 million tons, thanks also to other high yields nationwide due to fertilizer subsidies from the government, is likely to increase the annual paddy yield to more than four million tons, 2 percent less than the total harvest in 2010, according to the FAO's latest country brief

[irin news]



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Special Feature



Booker prize winning author Michael Ondaatje written new novel, *The Cat's Table* is now released. It tells the story of an 11-year-old boy, Michael, on a voyage from the former Crown Colony of Ceylon to England in the 1950s. The literary circles are abuzz with reviews and praise for the author seen as a 'citizen of the world'.

On Sunday August 28th, *The Observer* edition of UK's *Guardian* published an extensive profile and interview with Michael Ondaatje, written by Robert McCrum:

by Robert McCrum

Michael Ondaatje: The divided man ~ Novelist and poet Michael Ondaatje, who won the Booker prize for *The English Patient*, draws on his own extraordinary life to conjure up evocative tales of duality and displacement

The eyes of Michael Ondaatje, prize-winning author of *The English Patient*, are a baffling window on the inner man: the brilliant, pale sapphires of a witty Dutch burgher set in a 68-year-old Tamil frame.

As he says of himself and his work, "I am a mongrel of place. Of race. Of cultures. Of many genres." An interview with Ondaatje is a playful compendium of anecdote, on-the-hoof cultural criticism and crafty conversational shape-shifting. "Charm" is a dangerous word, but an hour or two with Michael Ondaatje is a beguiling experience.

The more you look, the more dizzily kaleidoscopic he seems to become: a Canadian citizen who remains profoundly Sri Lankan. A winner of the Booker prize who first made his name as a poet. An admirer of Robert Browning and Thomas Wyatt who finds his deepest inspiration in the aesthetic traditions of the East. A writer whose 2007 title, *Divisadero*, encrypts a double meaning, derived from the Spanish word for "division", or from *divisar*, meaning "to gaze at something from a distance".

If Ondaatje, the man, is divided and detached, then Ondaatje, the writer, is militantly opposed to western habits of narrative. This is partly because he was raised in Ceylon's oral tradition: "tall stories, gossip, arguments and lies at dinner". He quotes the critic John Berger with approval: "Never again will a single story be told as though it were the only one." This, he adds, "is the possibility of our age. A person grows up in Colombo or Wichita and their true mentor or touchstone could be Calvino or Miles Davis, or it could be a political gesture or act in a far away place."

Those words could almost be the epigraph to his new novel, *The Cat's Table* – an end-of-empire adventure story about a boy's life-changing journey from Ceylon (as it was) to England in the early 50s. This rite of passage was experienced by the 11-year-old Ondaatje but – more duality – he insists that *The Cat's Table* (named after the lowest station in the ship's dining-room) is a work of fiction. "Although the novel sometimes uses the colouring and locations of memoir and autobiography," he says, "it is fictional."

This no man's land between real and invented lives is one in which Ondaatje is quite at home. In 1983, he published *Running in the Family*, a highly entertaining and evocative semi-autobiographical account of a journey he made into his family's past, a palimpsest of Tamil, Dutch and British colonial mayhem. Recalling the reckless years of 1920s Ceylon, Ondaatje describes gun fights over a game of croquet, compulsive horse racing, and epic nights of dancing, drinking, skinny-dipping and *chemin de fer*, in which anyone could have "drowned or fallen in love."

Ever the fabricator, he was at pains to stress that his exhilarating portrait of his parents and their families – the elopements, unrequited loves and vendettas of the Ondaatjes – was unreliable. "In Sri Lanka," he writes, in a kind of credo, "a well-told lie is worth a thousand facts."

As far as origins go, "Ondaatje was probably a Tamil name, originally from India, but I'm not much of a Tamil now," he confesses. "I can't speak the language, apart from a few rude words." He resists a public identification with Sri Lanka, though he still has plenty of family there. "I really don't want to become the representative of a country."

Blood lines and ancestry do not lie. From his mother's side, he "got a sense of the dramatic, the tall stories, the determination to now and then hold the floor". Both his parents, he says, "were hams of a very superior sort", and he seems to have inherited their love of the theatrical, a taste for mystery, illusion and make-believe. At the same time, from his father, whose unforgettable episodes of outrageous public behaviour on the Ceylon railways animate the best moments of *Running in the Family*, he acquired a love of secrecy and an instinctive desire to be private, even reclusive.

Added to this dual inheritance, intro- and extrovert, the child Ondaatje, youngest of four, was caught up in the protracted crisis of his parents' divorce. Connect the memoir of *Running in the Family* with the fiction of *The Cat's Table* and you find a small boy expelled from a Sri Lankan paradise in search of maternal love under the chilly grey skies of 50s London. When this happened, Michael Ondaatje was all alone, not

Double vision:

a Canadian citizen, Michael Ondaatje is still 'profoundly Sri Lankan'

even a teenager. Puzzling over it now, he comments that "I would not send an 11-year-old child on a three-hour train ride, let alone a three-week boat trip."

That was 1954. Perhaps it's no wonder he can remember almost nothing about this voyage, apart from some diving in the limpid waters of the Gulf and a few games of aft-deck ping-pong. Instead, he says, he made it up. He created an 11-year-old boy nicknamed "Mynah" and gave him two imaginary friends, Cassius and Ramadhin, and set them loose for 21 days on the liner *Oronsay* in a "Boy's Own adventure".

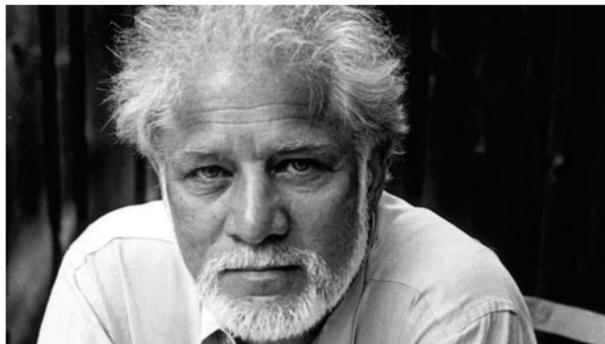
On the surface, at first reading, *The Cat's Table* is a sequence of shipboard yarns, by Golding out of Kipling. It is a tale of boys released from parental control, "bursting all over the place like freed mercury", wondering at the strange demise of the fabulously wealthy Sir Hector da Silva, and puzzling over the crimes of a mysterious shackled prisoner whose fate will linger long into their adult imaginations.

Simultaneously, however, *The Cat's Table* is a much darker book about a kind of orphan boy, and the inexplicable things parents do to their children. Below the waterline, in the unconscious part of Ondaatje's imagination, there is a chilling parallel story of exile, loss and colonial displacement that the mature writer is still grappling with.

Consider, for instance, his fictional protagonist, "Mynah". At the outset, the narrator "tries to imagine who the boy on the ship was" and describes him "smuggled away accidentally, with no knowledge of the act, into the future". By page 88, the anonymous narrator begins to refer to "the Dulwich College library" (Ondaatje's old school) and on page 134, we find his family addressing him as "Michael", not Mynah. A few pages later, this Michael is confessing, "I am someone who has a cold heart. If I am beside a great grief I throw barriers up so the loss cannot go too deep or too far."

Is this Michael Ondaatje confiding his inner life? Certainly not, says Ondaatje, who insists that this "Michael" is a total invention. "I'm not being evasive," he says. "When 'Michael' appeared, as I was writing, it was kind of a shock. But it did allow me more intimacy with the subject." His invented Michael gives the writer an inbuilt escape-route, and Ondaatje is a man who could talk his way out of a suitcase. How much, for example, can the reader trust a line such as: "When I did meet my mother eventually, on the docks at Tilbury, she had become 'another', a stranger." Is this the "colouring" of memoir or fiction? That's a question haunting every page of *The Cat's Table*.

For children, from East or West, the psychic drama of empire was always to do with parental separation. Kipling, Wodehouse, Orwell, Rushdie, and even Naipaul: the roll-call of writers made by what Conrad called "the tussle with the



Michael Ondaatje

sea" is a commonplace of Commonwealth literature. When he was put on board the *Oronsay*, the young Ondaatje's main anxiety, probably closer to terror, was how his mother, waiting at Tilbury, "could know when exactly I would arrive. And if she would be there."

Worse, his mother, Doris, had left Colombo for England five years previously, following her divorce from Mervyn Ondaatje. She would be searching for a little boy she might not recognise, armed only with a recent black and white snapshot of her younger son. "I heard 'Michael'," he writes, "and it was a voice scared of being wrong. I turned and saw no one I knew. A woman put her hand on my shoulder and said 'Michael'. When I saw her face I knew it was her face."

What followed, in postwar England, falls outside the adventures of *The Cat's Table*, though Ondaatje makes a number of oblique allusions to it. The Ondaatje family forged a new life as immigrants, against the odds.

Back home in Sri Lanka, Mervyn Ondaatje drank himself to death. In London, Doris, who had worked at the Grand Oriental Hotel in Colombo, supported her family through



Michael Ondaatje as a child.
Photograph: Michael Ondaatje

school by working in hotels until the day she died. Once, his parents had been scions of the best and wealthiest families in Ceylon. Now they were almost destitute.

Somehow, his mother scraped up enough money to send young Michael to Dulwich: "a real education", he says, but still a shock. "I had been part of a world in Sri Lanka which I understood," he remembers. "When I

came to England I had to change everything." The games and "the anarchy" of Dulwich became an experience he loved, but it did not make him a writer, yet. He revelled in the double life of English boarding school, and acquired a nickname, "Kip". His brother, Christopher, had emigrated to Canada and then, in 1962, Ondaatje followed. Before that, he concedes, "in London, I didn't have a clue, I was lost."

Canada saved him. At Queen's University in Ontario, he fell under the spell of a teacher named Arthur Motyer with whom he "discovered writing and reading. I had never thought about being a writer, but [Motyer] changed my life." Not yet 20, he married a Canadian artist, Kim, and had two children, now grown up. This is a side of his life he prefers not to discuss; he and Kim are long divorced.

He began to write poetry, making his debut with *The Dainty Monsters* and *The Man With Seven Toes*, and then found "this curious desire to write prose". His first success, *The Collected Works of Billy the Kid*, is a volume of poetry that hovers lyrically on the edge of narrative, in a genre that's hard to define. His best novels – *Coming Through Slaughter*, *In the Skin of a Lion* and *The English Patient* – followed in a surge of creative confidence.

The Academy Award-winning movie of *The English Patient* starring Ralph Fiennes, Juliette Binoche and Kristin Scott Thomas, directed by Anthony Minghella, propelled him to a level of international celebrity he found uncomfortable. Some 15 years on, he lives quietly in Toronto, entertaining visitors with his second wife Linda Spalding, a novelist, and seeing his children and grandchildren. "I'm very close to my family," he says.

It was his children, asking about his fractured youth, who inspired *The Cat's Table*. All these years, that boyhood boat trip on the *Oronsay* had lurked unresolved in the back of his mind. "I read somewhere," he says sadly, "that people who lose their childhood eventually have to retrieve it." Typically, it has become a family project: he recently met an old aunt with a precise recollection of the young Ondaatje describing the voyage of the *Oronsay* with tremendous self-confidence. "What wouldn't I give for a three-minute video of that moment," he exclaims.

Ondaatje once wrote, of his parents and grandparents, that "until the war, nobody really had to grow up". In some ways the Michael Ondaatje who stepped on board the *Oronsay* in 1954 has never grown up; he remains elfin, mischievous and inclined to truancy. Having lost his childhood as a boy, he has continued to revisit it, in odd and unlikely ways. If Tolstoy, Conrad and Coetzee had not pre-empted him, he says he would have called his novel *Youth*. As a contented 60-something, he loves games, thrives on tales of embarrassment and merrily admits to being "incorrigible". Asked about his juvenile side, he unfolds from his wallet a Robert Frost quotation and reads it out in self-affirmation: "What we do when we write represents the last of our childhood. We may for that reason practise it somewhat irresponsibly." It's probably this air of carefree improvisation that makes Ondaatje such an original. To explain himself, he cites the Eastern aesthetic tradition. "In the East, the artist follows the brush," he says with finality.

As an artist working in poetry and prose, Ondaatje celebrates the creative mystery and its unpredictable wonders. He likes the idea of accidents in his writing, and the happy irruption of the unexpected in these unreliable tales of his childish self. I suggest, as we discuss this, that he's a bit of an escape artist, and he cheerfully agrees, "I like to leave the door open". No writer likes to be pigeon-holed: "The minute someone says, 'You are this kind of person,' my instinct is to reply, 'No I'm not!'"

Recently, visiting Sri Lanka on a Red Cross mission after the tsunami, he came across a small village on the south east coast that bore his name, phonetically rendered in the local language as "Ondachchimadam", a town inhabited by people who make sacred objects for temples. Delighted by the "much prettier" naturalisation of "my fake Dutch name", his first thought was that "I really wanted to change my name to Ondachchimadam." He laughs. "Could I get away with that?"

Tribute



By D.B.S. Jeyaraj

The demise of Shelton Ranaraja on August 11th 2011 takes away from Sri Lanka a distinguished member of a dwindling species –Principled political leaders. The former Member of Parliament for Senkadagala and deputy minister for Justice was a courageous politician with enlightened principles.

It is indeed a rare politician who is prepared to stand up against the majority of his or her political party for what one believes to be right. Shelton Ranaraja was such a person.

It was my privilege in 1981 to witness what was perhaps the finest moment in the life of Shelton Ranaraja when he voted against the no confidence motion brought against then leader of the opposition Appapillai Amirthalingam. It was an inspiring display of principled courage.

leader. The TULF had won the elections on a separatist platform

Naturally there was much friction between the ruling UNP and chief opposition TULF. There were many political confrontations. One such incident occurred in July 1981.

UNPRECEDENTED

The TULF gave notice in Parliament for a vote of no confidence against the government. The UNP regime retaliated by giving notice of a vote of no confidence against the leader of the opposition. This was an unprecedented development in the Parliamentary history of the Island.

The proposal mooted by then Panadura MP Dr.Neville Fernando was signed by 36 UNP Parliamentarians. It was widely believed and subsequently confirmed by Dr.Fernando that the no confidence motion project had the approval of President Jayewardena him-

At the outset Amirthalingam wanted to explain his position and rose to his feet. Pandemonium erupted. Amirthalingam's voice was drowned in a flood of choice epithets.

Dr.Neville Fernando objected to Amirthalingam making a personal statement saying that he could do so only with the indulgence of the House. The speaker Bakeer Markar upheld Dr.Fernando's objection and refused to let Amirthalingam speak. At this point the TULF walked out in protest.

Thereafter SLFP deputy leader and Medawachchiya MP Maitripala Senanayake raised a point of order and submitted three reasons for the Speaker to rule the no confidence motion out of order.

"Firstly, the vote of no confidence on the leader of the opposition did not fall within the powers of parliament. It had



Shelton Ranaraja
(Nov 4, 1926 - Aug 11, 2011)

the issue and said Senanayake's point of order had been raised too late. Therefore he could not stop the no confidence motion being debated he said. The lone Communist party MP from Kalawana, Sarath Muttetuwegama chided the speaker saying that he was letting the Govt MP's run Parliament. The SLFP and CP members also walked out in protest

Thus Sri Lanka witnessed the bizarre event of the Government conducting a solo performance of debating a no confidence motion against the leader of the opposition while the entire opposition had walked out in protest. No minister or deputy minister from the UNP spoke but the backbenchers had a field day.

Then followed a disgusting relay of speeches by UNP parliamentarians uttering dire threats of punishment to Amirthalingam and other TULF traitor MP's. Horsewhipping, shooting them on galle face green, Tying up on a post and beating, mutilation, Dumping in the beira lake were some of the modes of punishment advocated

The most bloodcurdling threat was about reviving an ancient form of punishment allegedly practiced by Sinhala kings in the past against traitors. The victim was to be tied by his two feet to two bent arecanut trees. When the ropes are cut the bent trees spring back upright. The victim will be torn apart.

The only minister who spoke during that debate was Soumiyamorthy Thondaman the minister of rural industrial development in the JRJ regime. Thondaman speaking in his capacity as leader of the Ceylon Workers Congress(CWC) was very critical of the no confidence motion. He also uttered a prophetic warning that undermining Amirthalingam would pave the way for an extremist type of Tamil politics to emerge.

Finally it was voting time on July 24th. Thondaman abstained. There were 121 votes supporting the no confidence motion. There was however one solitary vote against the motion. The man who voted against the UNP motion was none other than the honourable member for Senkadagala, Shelton Ranaraja. By doing so he not only demonstrated that he was an honourable person but also helped salvage a little bit of honour at least for his party.

Sri Lankan Parliamentarian Shelton Ranaraja:

Courageous politician with enlightened principles



The Old Parliament Building in Colombo, where Shelton Ranaraja voted against the no confidence motion brought against then leader of the opposition Appapillai Amirthalingam in July 1981.

The United National Party led by Junius Richard Jayewardena swept the polls in July 1977 winning 141 of 168 seats. JR himself amended the constitution and became Sri Lanka's first executive president in February 1978. In September 1978 a new Constitution was promulgated

With the Sri Lanka Freedom Party (SLFP) being reduced to a paltry eight seats the Tamil United Liberation Front(TULF) having 18 seats became the chief opposition party. Appapillai Amirthalingam became opposition

self President Jayewardena was regarded as all powerful then. Although there were many decent, learned persons in the UNP parliamentary group none dared to defy the "almighty" JR. Hence the UNP to its eternal shame went along with what was perhaps an all time low in parliamentary annals.

The no confidence motion by members of the govt against the leader of the opposition was taken up in Parliament on July 23rd and 24th 1981. What followed was high drama of a cheap variety.

not happened anywhere in the world. Secondly, the leader of the opposition held his office in accordance to parliamentary convention and he enjoyed the confidence of the members of the opposition. He need not enjoy the confidence of parliament or that of the government members. Thirdly, the motion, even if passed, would not bring any result. Amirthalingam would continue to be the Leader of the Opposition even after the passage of the motion".

PROTEST

The speaker Bakeer Markar evaded



Tribute

“NADARAJA”

The “ginger group” was annoyed and angry. All sorts of remarks like traitor and Tamil lover were made. One that still lingers in memory is the pun on his name. There were shouts of Shelton “Nadaraja”. The first four letters of his surname were being replaced by four others to make his name Tamil as “Nadaraja” instead of the Sinhala “Ranaraja”.

Despite the catcalls, hoots and jeers Ranaraja did not flinch. In what was a rare exhibition of courage and principle he stood bravely against his party and voted against guided only by his conscience and conviction.

The stature and image of Shelton Ranaraja went up in the eyes of all decent people in Sri Lanka after that episode. The Tamils in particular were elated. To the end of his days, Shelton Ranaraja always enjoyed wide popularity among the Tamil people. Although he was right of centre in his political beliefs, Shelton Ranaraja’s prestige was comparable to that of the Trotskyite Edmund Samarakkody and Merrill Fernando.

Shelton Ranaraja was a distinguished alumnus of St. Thomas’ College Mt. Lavinia (with a stint at Gurutalawa I believe). He was an outstanding sportsman at College and was a coloursman in Cricket, Boxing and Swimming. He continued to play Cricket when he entered Law College and captained the team

Shelton Ranaraja was a stylish batsman but was capable of wielding the willow like a cudgel when necessary. In short a “polladiya”. He continued to play cricket for a long time while at Kandy. He played in the local tournaments even when he was in his fifties. Once he scored a century after notching up half a century in years.

He was the captain of the Kandy Lawyers Cricket eleven for many, many years. He also held the posts of Central Province Cricket Association president and Kandy district Cricket association president for several years. In later life he turned to Golf from Cricket. During the twilight of his life he kept fit by walking around the picturesque Kandy lake.

One of Kandy’s landmarks is the Bogambara stadium. There was a time when the rise of crass commercialism threatened its future as an arena for sports. It was Shelton Ranaraja who saved the stadium for sports by opposing it being used for carnivals and tamashas. Preventing the “carnivalisation” of Bogambara enabled it to be developed as a full fledged sports stadium.

SENKADAGALA

After passing out from Law College, Shelton Ranaraja established a successful legal practice in Kandy. His foray into Parliamentary politics came in 1960 when he was elected MP of the newly carved out Senkadagala constituency

Shelton contested on the SLFP ticket in the July 1960 elections and squeaked through with 25 votes. Subsequently there was a petition and recount of



Appapillai Amirthalingam
(Aug 26, 1927 – Jul 13, 1989)

votes. He continued to retain his seat with his tally increased this time to 30.

A liberal democrat to the core, Shelton Ranaraja was most unhappy with the SLFP –LSSP gov’t’s attempt to muzzle the press by taking over Lake House in 1964 december. Shelton was among the 14 MP’s from the gov’t of Mrs. Bandaranaike who voted against the press takeover. The bill was defeated by one vote leading to dissolution of Parliament and fresh elections in 1965.

Ranaraja then bade “au revoir” to active politics for a while and concentrated on his legal practice. But when JR Jayewardena took over the party in 1973 after the death of Dudley Senanayake, an invitation was extended to Shelton Ranaraja to return to politics and work in the UNP.

He accepted and was appointed organizer for Senkadagala although Noel Wimalasena who won in 1970 was the sitting MP. In 1977 elections Shelton Ranaraja’s formidable rival from the SLFP was Anuruddha Ratwatte, kinsman of the Bandaranaiques. Ranaraja obtained 17,972(57.53%) to Ratwatte’s 12,381(39.63%)

Shelton was appointed deputy minister of justice first under KW Devanayagam and later under Nissanka Wijeratne.

When the July 1983 anti – Tamil violence occurred Ranaraja acted with forethought and got all the thugs and hoodlums in Kandy locked up by the Police. Kandy enjoyed some tranquility initially even as Colombo was burning.

Sadly Ranaraja’s orders were countermanded by the powerful minister of Industries and Scientific affairs Cyril Mathew. Dubbed as the “Industrious minister of anti-Tamil affairs” Mathew got all those locked up by Ranaraja released. Within hours Kandy too started burning. A distraught Ranaraja lamented on this situation to journalists later.

WELIKADE

The twin massacres of Tamil political detainees at Welikade on July 25th (35) and July 27th (17) concerned the Justice ministry directly as the prisons dept was under its purview. When efforts were underway by the defence establishment to do away with the bodies the Justice

ministry intervened and enabled judicial inquests to be held. Deputy minister Shelton Ranaraja and Justice ministry secretary Mervyn Wijesinghe were greatly instrumental in this

The Tamil political prisoners were transferred to Batticaloa after the July pogrom. There the bulk of detainees escaped in a mass break out in September 1983. There was strong pressure on the Justice minister Nissanka Wijeratne to resign and for Shelton Ranaraja to replace him. But Shelton refused on a matter of principle.

The LTTE attack on the sacred Bo tree and massacre of civilians in Anuradhapura on May 14th 1985 resulted in widespread anger and fear in many parts of the Country. A delegation of Sinhala citizens went to Shelton Ranaraja and urged that the Tamils in Kandy be expelled as a precaution. Shelton refused point blank and candidly told them that their duty was to protect the Tamil minority living amidst them instead of driving them away.

The 1987 Indo-Lanka accord and the ushering in of “peace” was welcomed by Shelton Ranaraja. A lull in violence prevailed between July 29th to October 10th 1987. Shelton Ranaraja despite being a member of the gov’t got involved in a mission of goodwill to the north from the South.

A group of Sinhala persons mainly medical personnel undertook a peace and reconciliation mission to Jaffna in September 1987. Among those in this mission were Dr. Sunil Ratnapriya of the GMOA, Fr. Yohan Devananda of “devasarana” in Ibbagamuwe and of course deputy justice minister Shelton Ranaraja in his private capacity.

“Permission” to visit Jaffna was sought and obtained from the Liberation Tigers of Tamil Eelam (LTTE) then ruling the roost in the peninsula. I vividly recall the “permission” being given personally by Gopalaswamy Mahendraraja alias “Mahattaya” the deputy leader of the LTTE at that time.

DELEGATION

This Sinhala goodwill delegation comprised people who recognized the tragic plight of the Tamil people and supported the justice in the Tamil cause. Their mission to the north was to establish better understanding and amity with the Tamil people. Yet they had a nasty experience.

The fast unto death campaign by Rasiah Parthiban alias Thileepan had commenced. While the “Gandhian” fast went on in Nalloor elsewhere there were many incidents of friction where the LTTE was trying to provoke the Sri Lankan Police and army into unleashing retaliatory violence.

The Southern delegation was able to see this first –hand when they were travelling through areas like Valvettithurai, Paruthithurai and Nelliaddy in the Vadamaratchy division. There were occasions when their lives were exposed to danger. But the worst was yet to come.

The delegation returned to Colombo in two vehicles. They passed through several LTTE checkpoints along the Jaffna –Kandy road or A-9 highway. An LTTE vehicle kept following them at a distance.

The LTTE vehicle overtook them shortly after they passed Pallai. When the Southern group reached Iyakkachchi about four miles away from Elephant Pass they found the vehicle parked by the side of the road. About six LTTE cadres with Firearms and grenades stopped them

The passengers were ordered to get out with a few being pulled out roughly. Then the tigers took over both vehicles with things inside and turned back towards Jaffna. The Southern goodwill mission had to walk two miles on the road towards Elephant pass. Then a south bound bus stopped and they got in and reached the Elephant pass army camp safely.

DISILLUSIONED

Shelton Ranaraja was deeply affected by this incident. When I spoke to him about this he appeared to be very sad but not angry or embittered. But his impression of the LTTE as a disciplined movement fighting for freedom had been shattered. He was also deeply disillusioned about the prospects for a lasting peace.

It was this perhaps which led to his declining an offer to be the first governor of the temporarily merged North –eastern province under the Indo – Lanka accord. A. Amirthalingam and R. Sampanthan of the TULF had recommended him to President Jayewardena who consented to the suggestion. But when JR asked Shelton he refused.

Shelton Ranaraja retired from active political life after 1988. He devoted his time to his family of five daughters and to law, cricket and social service. His wife Chandra took to politics and eventually became the first woman mayor of Kandy. One of his sons in law Thilina Bandara Tennekoon is a UPFA member of the Central Provincial council.

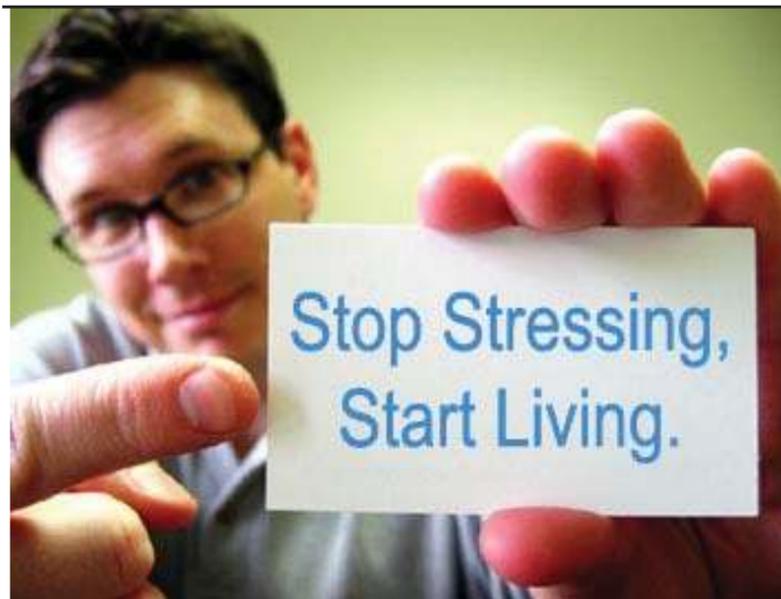
During the last stages of his life Shelton Ranaraja grappled with cancer. He passed away at a private hospital on August 11th. He was 85 years of age.

Shelton Ranaraja’s remains lie at his residence in Rajapihilla mawatte, Kandy. The cremation will take place Saturday August 13th at Mahaiyawa.

Shelton Ranaraja has retired to the pavilion after a productive innings in which he concentrated on playing the game according to principles and rules. It is a sad day for the Country in general and the Tamils in particular because those of his caliber and courage desiring inter-racial justice and ethnic amity are becoming a rare commodity in the country.

As for me I shall always remember that day in Parliament on July 24th 1981 when Shelton Ranaraja stood alone with quiet dignity against the UNP juggernaut and acted courageously according to his conscience and conviction. [dbsjeyaraj.com]

Health & Fitness



DEALING WITH STRESS IN LIFE

For example, if you are late for a meeting, you are probably not in real danger, but most likely you are feeling stressed. Why does this happen? It is because you have made the assumption of telling yourself that others will be antagonized with you. Since this is threatening to you, you experience stress. If you happen to tell yourself that you are happy to be missing the first part of the meeting, then you would not feel as stressed. This would also happen in

dangerous, everything returns to normal levels. The mind can be used to change the physiology.

To protect ourselves, we must consciously pay attention to unique signals that denote a flight or fight response telling us whether we are actually in fight (stay and battle) or flight (flee the scene). Some of us may experience signals such as physical symptoms like tension in our muscles, headache, racing heartbeat, anxiety, frustration, fear, deep sighing or poor concentration.

During your stressful moments, there are 3 various relaxation techniques that can be practiced on a daily basis for you to overcome and control your stress. Relaxation techniques can bring your nervous system back into a balanced state by producing the relaxation response, a state of deep calmness. First off, relaxation is a skill. The ability to relax is not naturally easy. It is a skill that has to be developed, where the muscles are loose and limp and the mind is quiet and at ease. Relaxation training is a self-control method which teaches you to become more relaxed while you remain fully alert. The benefits of relaxation is improved sleep, helps to reduce/control muscle tension that can contribute to pain, promotes a general feeling of mental and physical calmness, increased patience, concentration, and will also reduce emotional reactions.

A variety of relaxation techniques can help you bring

See page >>29

By: Jennifer Dilipkumar

Do you feel pressured? Are you burned out? How much stress is too much stress? This article will clearly explain and give you a greater understanding of stress in your life in order to alleviate it now and in the near future. It outlines a number of methods and approaches to help you manage your stress levels.

It will most definitely minimize or reduce stress and improve your overall emotional and physical health. You probably think you are doing everything you can to stay healthy: you get lots of sleep, exercise regularly and try to avoid fried foods. But you may be forgetting one important thing. You should relax! Stress has a bigger impact on your health than you might realize.

So, what really is stress? Stress is defined as the cluster of physiological symptoms like (increased heart rate, shallow breathing, physical and mental tension and etc). It is the experience you feel when you believe you cannot cope effectively with a demanding or threatening situation. In modern life stress is usually unavoidable. However, when stress becomes excessive, problems can occur. You can feel sad, miserable and anxious.

Stress is a burst of energy and it is when our body is telling us what we need to do. The moderate amount of stress people get from a sudden burst of hormones can help them perform tasks more efficiently and can improve memory. Stress is essential in life. You need stress for creativity, learning, and your own survival. Trying to focus on more than one thing, would be the biggest foundation of stress. Consequently, nothing is ever done properly, and unwanted feelings of stress and tension are created.

It affects health by provoking self destruction processes in the human body, which literally means stress makes us disregard the main vital processes in our body and this way slowly kills ourselves. It is controlled by the autonomic nervous system, which is responsible of all involuntary functions of our body.

Stress is mainly your response to "stressors". Stressors are events, situations, people or thoughts which evoke your stress response reactions. The human body acknowledges to stressors by activating the nervous system and specific hormones. These hormones tend to speed up heart rate, breathing rate, blood pressure, and metabolism. Sweat is then generated. All of these changes help a person to effectively handle the pressure at the moment. This is known as the stress response.

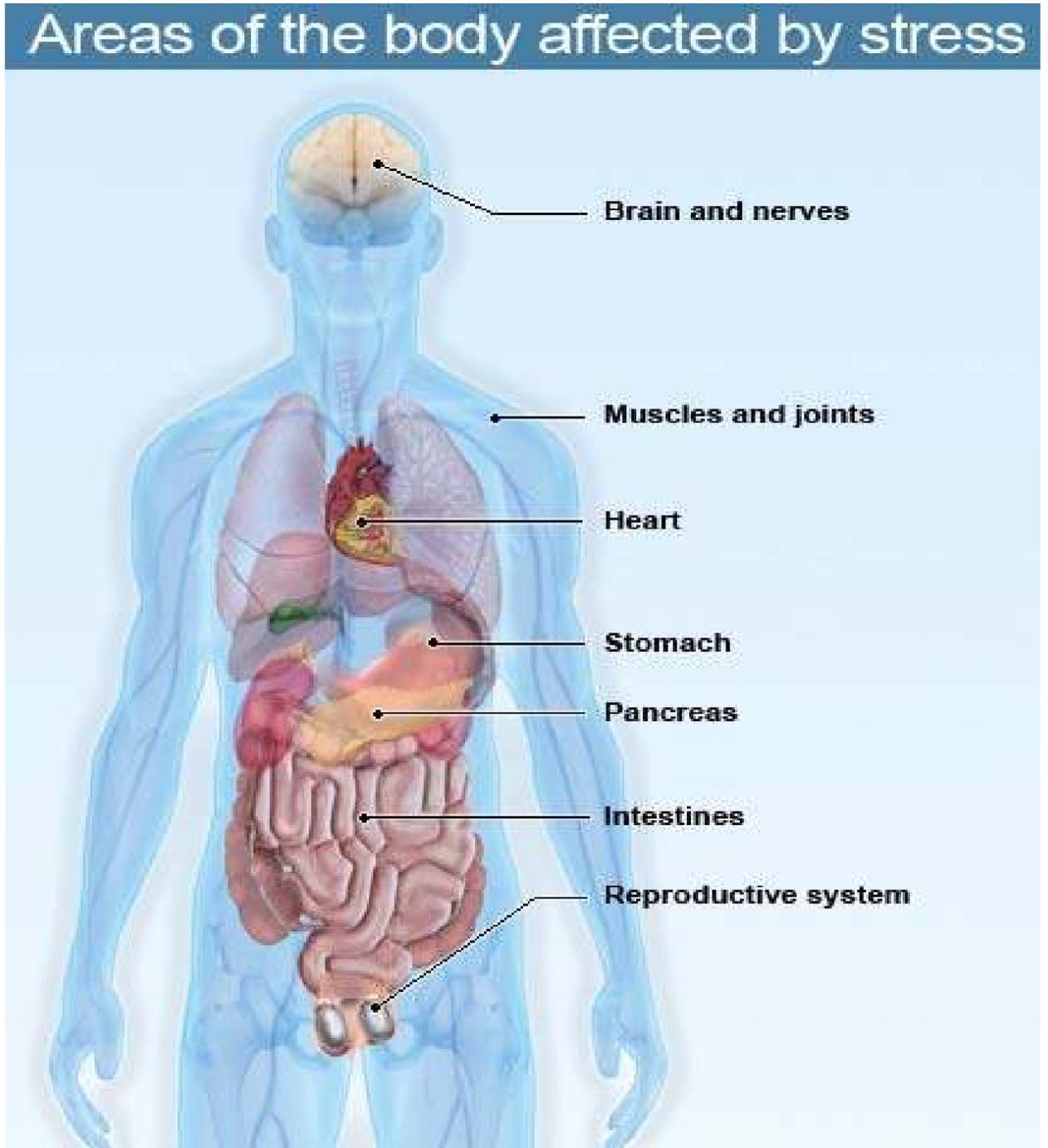
The stress response embellishes a person's ability to perform well under pressure, but at the same time can also cause problems when it overreacts. Managing stress is all about taking charge of your emotions, thoughts, schedule, environment and the way you deal with problems. The conclusive goal is a balanced life, with time for all needed activities.

For many of us with hectic, stressful lives, relaxation means zoning out in front of the TV or sleeping. Unfortunately, this does not help on reducing the damaging effects of stress on the mind and body. People constantly face a variety of pressures to which they must accommodate. When continually fighting against these stressors, it finally produces exhaustion and it is the state when the body can no longer gear itself up, it breaks down. Many stresses go directly into our physical body and recognized by the physical symptoms we display.

a situation when someone cuts in front of you in a line.

Most do not know that some stress is actually good. A type of emotional challenge where a person feels in control and provides some sense of accomplishment would be good stress which experts say it can improve heart function. A long way from eliminating this from our lives, good stress stimulates us.

When it comes to dangerous situations, we require a sort of physical activity such as the fight or flight response, a self-protection system, which is wired into our genes. Your body is wired with this automatic stress response, which prepares you to do either. Once in this fight or flight mode, you will notice that you are very afraid, blood pressure increases, your pupils dilate, muscle tension, breathing much faster and your hands tend to feel more cold. As soon as you decide that a situation is no longer



Health & Fitness



Page 28 cont.....

DEALING WITH...

your nervous system back into balance. The relaxation response is more of a mentally active process of leaving the body in a relaxation mode instead of sleeping or lying on a couch.

Learning the basics of these relaxation techniques is not difficult, but it does take practice. It is said from stress experts that they recommend setting aside at least 10 to 20 minutes a day for your relaxation practice. If you would like to get even more stress relief, you should focus on 30 minutes to an hour. If that sounds like a daunting commitment, remember that many of these techniques can be incorporated into your daily schedule.

Relaxation technique

1: Breathing meditation for stress relief

Deep breathing also goes by names of abdominal breathing, belly breathing or diaphragmatic breathing. Deep breathing is a simple, powerful, relaxation technique. It can be practiced almost anywhere and provides an immediate way to get your stress levels in check.

Practicing deep breathing meditation

The essential part to deep breathing is to breathe deeply from the abdomen, getting as much fresh air in your lungs. When you take deep breaths from the abdomen, you inhale more oxygen, leaving you less tense and anxious.

⇒ Sit comfortably with your back straight. Put one hand on your chest and the other on your stomach.

⇒ Breathe in through your nose. The hand on your stomach should rise. The hand on your chest should move very little.

⇒ Exhale through your mouth, pushing out as much air as you can while contracting your abdominal muscles. The hand on your stomach should move in as you exhale, but your other hand should move very little.

⇒ Continue to breathe in through your nose and out through your mouth. Try to inhale enough so that your lower abdomen rises and falls. Count slowly as you exhale.

You can always try lying on the floor, if you find it difficult breathing from your abdomen while sitting up. Try to put a small book on your stomach, and breathe so that the book rises as you inhale and falls as you exhale.

Relaxation technique

2: Progressive muscle relaxation for stress relief

Progressive muscle relaxation is a stress management approach that enables people to relearn the natural sensation of achieving deep muscle relaxation. Chronic stress or trauma can leave an individual with high levels

of muscle tension. With close attention to the sensation as one tightens and relaxes a muscle, a person can become aware of their own ability to control muscle tension and remain comfortable in response to anxious thoughts or stressful events. This relaxation involves a two-step process in which you systematically tense and relax different muscle groups in the body.

With regular practice, progressive muscle relaxation gives you an intimate familiarity with what tension feels like in different parts of the body. As with this, your body and mind will start to relax. You can combine deep breathing with progressive muscle relaxation for an additional level of stress relief.

Practicing progressive muscle relaxation

Before beginning this relaxation, do consult with your doctor if you have a history of muscle spasms, back problems, or other serious injuries that may be aggravated by tensing muscles.

Most progressive muscle relaxation professionals would begin at the feet and work their way up to the face. If you are left-handed you may want to begin with your left foot instead.

⇒ Loosen your clothing, take off your shoes, and get comfortable.

⇒ Take a few minutes to relax, breathing in and out in slow, deep breaths.

⇒ When you're relaxed and ready to start, shift your attention to your right foot. Take a moment to focus on the way it feels.

⇒ Slowly tense the muscles in your right foot, squeezing as tightly as you can. Hold for a count of 10.

⇒ Relax your right foot. Focus on the tension flowing away and the way your foot feels as it becomes limp and loose.

⇒ Stay in this relaxed state for a moment, breathing deeply and slowly.

⇒ When you're ready, shift your attention to your left foot. Follow the same sequence of muscle tension and release.

⇒ Move slowly up through your body, contracting and relaxing the muscle groups as you go.

⇒ It may take some practice at first, but try not to tense muscles other than those intended.

Relaxation technique

3: Mindfulness for stress relief

Mindfulness is the ability to remain aware of how you are feeling right now. Thinking about the past and judging yourself or worrying about the future can often

lead to a degree of stress that is overwhelming. You can bring your nervous system back into balance by staying calm and focused in the present moment. Such activities of mindfulness would be walking, exercising, eating, or meditation.

When doing some of these meditations, it can bring you into the present by focusing your attention on a single repetitive action. Do not worry if you sometimes zone out as this is considered normal. Again, some normal responses you may experience would be feelings of stiffness or heaviness in your limbs, minor, involuntary muscle-movements, or even cough or yawn.

Practicing mindfulness meditation

⇒ A quiet environment. Choose a secluded place in your home, office, garden, place of worship, or in the great outdoors where you can relax without distractions or interruptions.

⇒ A comfortable position. Get comfortable, but avoid lying down as this may lead to you falling asleep. Sit up with your spine straight, either in a chair or on the floor. You can also try a cross-legged or lotus position.

⇒ A point of focus. This point can be internal – a feeling or imaginary scene – or something external – a flame or meaningful word or phrase that you repeat it throughout your session. You may meditate with eyes open or closed. Also choose to focus on an object in your surroundings to enhance your concentration, or alternately, you can close your eyes.

⇒ An observant, non critical attitude. Do not worry about distracting thoughts that go through your mind or about how well you're doing. If thoughts intrude during your relaxation session, don't fight them. Instead, gently turn your attention back to your point of focus.

We don't have much to say about how we look at 16, but we are the ones who determine how we are going to look at 60. Try to manage stress, and do not let stress manage you. We are the creator of our own stress, if we control ourselves to the stress outcomes, we can control stress itself. Most of the stress is self-generated, that is, we create our own distress. You cannot always control what happens to you, but you do control how you interpret those events and the way you react to them. You do control your own stress. Most of the stress is what you do to yourself.

Last off, take care of yourself; identify early signs and symptoms; try to improve control over stress and stressors by managing arousal (i.e., deep breathing), modifying thoughts and increase pleasant activities; if symptoms persist, seek "professional" help; practice "mindfulness" training. With all the relaxation technique practices, you will soon learn how to control your stress and be living a life with less stress and more calmness and happiness.



Breathing by lying on floor

JOHN BODDY HOMES PRESENTS 'EAGLE GLEN'

John Boddy Homes has been voted 'Best John Boddy Homes' 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 one remaining lot 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



Lynton Semi



Mayfair Semi - Model to View



Steeple View Townhome - Model to View



Wyndham Semi

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

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

Currently John Boddy Homes is offering an incentive package of \$3,000 in free upgrades or 5 appliances to all new home purchasers. Also included is 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 three fully furnished model homes and a townhome model 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.; Saturday, Sunday and Holidays 11:00 a.m. to 6:00p.m; closed Friday. 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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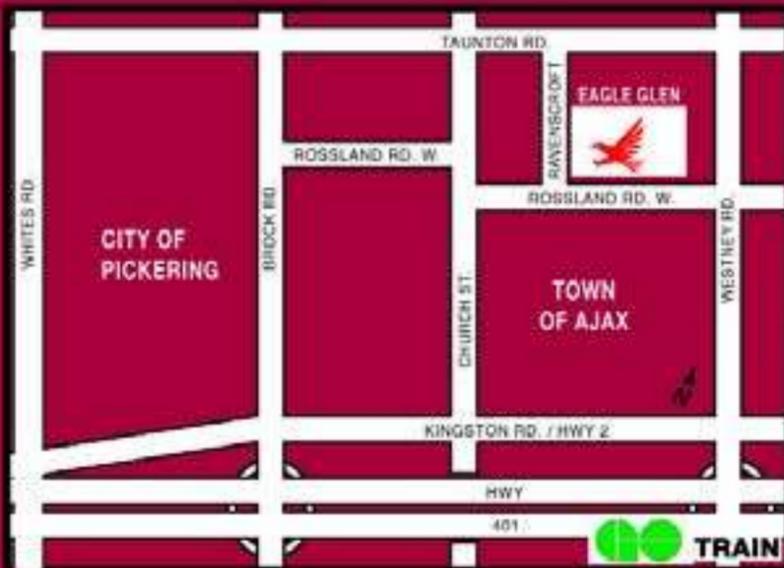
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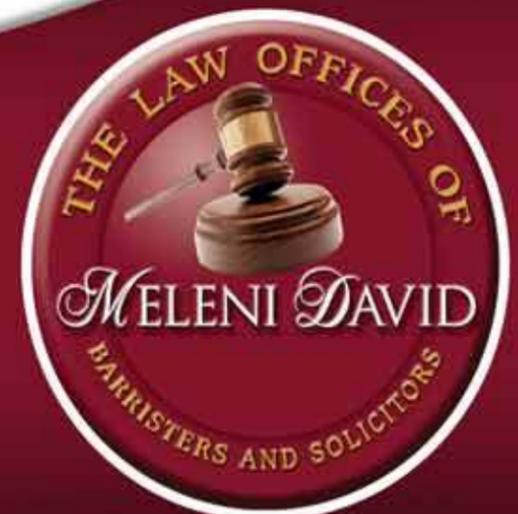
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- ✗ \$2 Billion cut from our public schools
- ✗ Voted against Full-Day Kindergarten

- ✗ Over 1 million Ontarians left without a family doctor
- ✗ Fired 6,000 nurses
- ✗ Worst wait times in Canada
- ✗ Closed 28 hospitals and 5,000 beds
- ✗ Voted against lower drug costs

- ✗ Left a \$5.6 billion hidden deficit
- ✗ Job killing plan to reject foreign investments
- ✗ Left us a crumbling infrastructure
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Special Feature



Tourism and Cultural activities bring people together:

By: Arun Senathirajah
ACIB, MBA (Banking Mgmt)

Hon. Michael Chan, MPP, Minister of Tourism & Culture for Ontario points out that increased tourism in the province means heightened economic and cultural activity that benefits everyone. The Minister emphasizes how people living happily and harmoniously stand to benefit in the process.

Mr. Chan made the remarks during an interesting and informative Interview with Editorial staff of the Monsoon Journal, Arun Senathirajah and Logan Velumailum on August 29th, 2011. Excerpts from the interview as follows:

For this season has focused specially on South Asian Community (SAC) living in the Greater Toronto Area. He said there is drop in tourist visitors from the USA for the last 10 years, it was necessary to have different strategy to attract different target groups in order to promote tourism industry in Ontario. He says SAC consists of over one million South Asians in Canada with 600,000

Investment opportunities. In Ontario - 300,000 jobs in the industry. \$22 billion worth of businesses in Ontario in tourism industry

How can South Asian Community invest and contribute to economic development of Ontario province:

Via tourism Ontario leads all other provinces in Canada in number tourist visited Canada. He suggests as below to keep this Ontario's leading role. Ontario's economic engine is Ontario, tourism is part of it. Highlight distinctive attractions like aquarium, e.g. Ripley's Aquarium to tourists. Ontario gov. has invested over \$10 M in Ripley's Aquariums, has 80 attractions worldwide. Renewing Ontario Place is one of them. It is out-dated for 40 years. We need to renovate and protect them well. Residents should tell visitors of the high quality theatres, entertainment districts in Toronto, restaurants, hotels, feasts & events etc.

OTMPC Marketing promotion group is allocated \$40 M to market Ontario.



Minister Hon. Michael Chan, MPP, Markham-Unionville explaining as Arun Senathirajah taking notes

people live in Ontario and mainly in GTA. They have their friends and relations back home in countries. They can sponsor and bring them to visit Canada for various purposes.

Domestic tourists contribute to the economy by their quality of their work whatever they are engaged in. They can get out of work to visit places like Ottawa, 1000 islands, Niagara Falls, and CN Tower etc. Coming on student visa, business purpose visits, business forums, and attending family functions and cultural events etc. are some of them. When they come and spend here in Ontario not only for the purpose they came for. They visit various places and spend money – a good source of income for Ontario.

He specifies the promotions are of two types for the tourism industry:

National and provincial attractions to people from Asia and South Asia. Places to visit

There are 14 regionalised and 13 localised offices to help in promoting tourism and travel in Ontario. They provide services in funding and other ancillary services in this regard. Anyone can call the ministry and visit their website for more information. (www.ontariotravel.net)

Investment in Tourisms:

Challenging issues: operating in western culture, different way of doing business than in home country:

Competition, Cost cutting, adopting Western price method, and doing business in Canadian dollar etc. is key.

Ministry will provide lots of assistance to direct investors. Support given by the ministry includes relationship building and learning western style. If you have good potential to get funding call the ministry. Have good assessments and better business plans. Satisfy what the ministry is looking for. Talk to them.



Minister Hon. Michael Chan, MPP, Markham-Unionville with Monsoon Journal Editor Arun Senathirajah



Minister Hon. Michael Chan, MPP, Markham-Unionville at Honda Indy

Assistance is available all the time. Even though you are good but someone else has to assess to provide you funding and other helps. Good presentation show that how you contribute to the community, society and to the economy. If you don't understand call them for help. Give them what they want in paper for assessment.

Labour Day weekend

During this Labour Day weekend there are lots of fun, festivals, events are taking place. SAC should go out there and enjoy this last chance of the summer season. Some of them are Ontario place, CNE, GTA – Royal Ontario Museum, and Art Gallery of Ontario etc. He advises people to get out of home visit parks, go to fishing and get into outdoor adventures. Summer time is best out of the 4 seasons to see places.

"No hard work all the time. Please enjoy the life." He encourages people.

He further explains "integration of all community in Canada is especially very highest level in Ontario. Get them fully integrated is a good thing for the people. So, the people do not feel they are not discriminated. They are looked after well like mainstream Canadians. To avoid clashes what happened in London, UK. we encourage the people to feel happy and live in harmony with other commu-

Interview with Hon. Michael Chan, MPP (Markham-Unionville) & Minister of Tourism & Culture



Minister Hon. Michael Chan, MPP, Markham-Unionville at Ripley's Aquarium of Canada

nities together. Not live in contempt. It will explode one day. Image of the province and the country is lost."

Some of the websites and web links for more info:

Main website: <http://www.mtc.gov.on.ca/en/home.shtml>

Premier's Awards for Excellence in Arts: The awards recognize artists and arts organizations engaged in a variety of disciplines including literature, media arts, music, theatre, visual arts or cultural industries, such as book and magazine publishing, digital media, film, television and sound recording.

http://www.mtc.gov.on.ca/en/awards_funding/Premiers_awards.shtml

Celebrate Ontario: an annual program that helps new and existing festivals and events enhance their programs, activities and services to grow Ontario's tourism market. The program also supports bid and event hosting costs of major one-time events and festivals attracting out-of-province visitors.

http://www.mtc.gov.on.ca/en/awards_funding/celebrate_ontario.shtml

Funding programs:

http://www.mtc.gov.on.ca/en/awards_funding/funding.shtml

Ontario's Tourism website:

www.ontariotravel.net

Ontario Tourism Marketing Partnership Corporation (OTMPC)

http://www.ontariotravel.net/TCIS_SegmentsWeb/gn/footer/about.xhtml?language=en

Tourism Regions

<http://www.mtc.gov.on.ca/en/regions/regions.shtml>

Investing in Tourism

<http://www.mtc.gov.on.ca/en/invest/invest.shtml>

Tourism research

<http://www.mtc.gov.on.ca/en/tourism/research.shtml>

Ripley's Aquarium Media Centre

<http://www.ripleyaquariums.com/canada/media-centre/>



Appreciation

S. Balachandran, Former General Manager of Express Newspapers, Publishers of “Virakesari” leading Tamil Newspaper, passes away...



Mr. S. Balachandran

- By Siva Sivapragasam

Mr. S. Balachandran, who was the former General Manager of Express Newspapers in Sri Lanka, Publishers of the leading Tamil Newspaper “Virakesari”, passed away after a brief illness in Colombo on Thursday, Sept 1st.

Mr. Balachandran who had his early education at Hartley College, Point-Pedro later moved over to Colombo and continued his secondary education at St. Joseph’s College, Colombo. He entered the University of Ceylon, at Peradeniya and graduated with a Degree in Economics, specializing in Political Science. After graduating, he joined the Associated Newspapers of Ceylon, the largest Newspaper Group in Sri Lanka as a Research Assistant and worked directly under Mr. C.E.L. Wickremesinghe, the Managing Director who was the winner of the Golden Pen Award from the International Press Institute for his tireless fight for Press Freedom.

Mr. Balachandran moved over to the Virakesari organization in the year 1966 and was initially the Circulation Manager and then assumed responsibilities as the Administrative Officer. He was later elevated to the position of a General Manager of the organization. Prior to his retirement he took an active role in computerizing the printing

process and it could be said that he was mainly responsible for modernizing the “Virakesari” Printing. He was equally responsible for initiating a Book Publishing project along with his colleague Mr. Siva Sivapragasam who was the Circulation Manager, and both were responsible to put out about 100 novels & other books bringing out new Sri Lankan Tamil authors in the eyes of the Tamil reading public.

After retirement, Mr. Balachandran led a more religious and quiet life involving himself actively with the Brahma Kumari Yoga Centre in Dehiwela. He leaves behind his wife Gnaneswary who was the former Principal of Saiva Mangayar Vidiyalayam (Hindu Ladies College), the leading Hindu school for Tamil girls in Colombo.

Blessed with a quiet, unassuming and pleasing personality Mr. Balachandran was liked and loved by the staff during his almost 40 year span of service at the “Virakesari” organization. A team-player by nature, it was a pleasure for his colleagues to work with him. Patience and his silent approach in tackling the issues at work were the twin marks of his success in Management.

“His Life was gentle and the elements so mixed in his Life that Nature would one day stand up and say - Here was a Man”

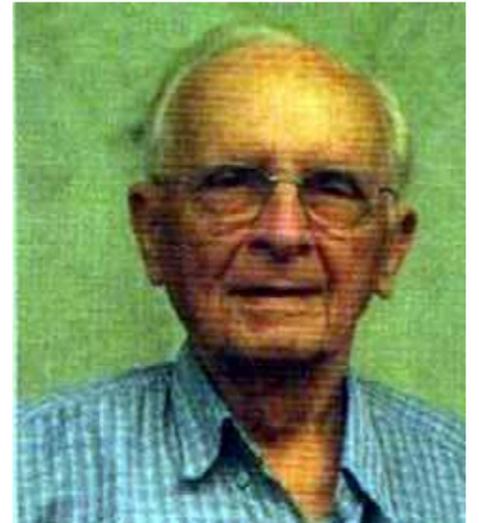
Ben Bavinc- indefatigable worker for humanity

J. J. Atputharajah

Ben Bavinc who passed away at the ripe old age of ninety-seven was a dedicated and tireless worker for humanity. He came as a missionary from Holland and was associated with the Jaffna Diocese of the Church of South India from 1954. He was able to learn the Tamil language and able to mix with the ordinary people following the traditions set by the early missionaries. He worked as a chaplain at Jaffna College and also taught subjects like woodwork, English, Christianity. He had nefarious talents and use them for the welfare of the students and the community at large. He was a lover of nature and would be seen with his binoculars along lagoons and shorelines watching birds enthusiastically. He loved the natural landscape of the Jaffna peninsula and would often go round the terrain on his push-bike. As a scout master and an enthusiastic helper with the JICCF he taught the students to swim and he was an asset the camps organised by the association.

Ben loved the Jaffna society and its culture and came back to the region even after his retirement. He served the people in Jaffna for nearly five decades. He was a member of the Board of Trustees of Jaffna College and often used to attend the Board meetings in the US and has also visited Canada several times. Once he gave the message at the Jaffna College Past Pupil’s Association’s carol service in Tamil and it happened to be a remarkable message where he spelled out the true meaning of Christmas. He was a dedicated missionary who never got tired of his work. And the person in charge of the Methodist elders home Puttur he was able to give of his best to the lonely elders who were denied of the facility of living with their kith and kin.

Ben served in Jaffna during the tumultuous years of 1988 to 1994 too. It is with his varied experience he had in



Ben Bavinc

the war torn region that he wrote the book ‘Of Tamils and Tigers’ culled from his diaries that tell us of the sufferings of the people at the hands of fate. He did whatever he could to alleviate the burdens heaped on the needy.

Bavinc was a man of many parts. When he retired in 1972 from Jaffna College, he served for a brief period as General Secretary of World Mission (ADB). It was an organisation that championed the cause of human rights and fought against apartheid in South Africa. The gravitational pull towards Jaffna was always there throughout his life so that he never gave up visiting the area as long as he was able to travel. He returned back and served as vice-principal at the Christian Theological Seminary at Marunthanmadam. With his knowledge of Tamil he became an asset to the institution teaching English to the pastor trainees.

He was a fully dedicated Christian who gave his full life to the work of the Lord in whatever capacity that was required of him. He appears to be an outstanding example of a missionary who combined the qualities of the old and the new and contributed to the betterment of humanity.

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Op-Ed



Anna Hazare: While his means maybe Gandhian, his demands are certainly not

by Arundhati Roy

If what we're watching on TV is indeed a revolution, then it has to be one of the more embarrassing and unintelligible ones of recent times. For now, whatever questions you may have about the Jan Lokpal Bill, here are the answers you're likely to get: tick the box — (a) Vande Mataram (b) Bharat Mata ki Jai (c) India is Anna, Anna is India (d) Jai Hind.

For completely different reasons, and in completely different ways, you could say that the Maoists and the Jan Lokpal Bill have one thing in common — they both seek the overthrow of the Indian State. One working from the bottom up, by means of an armed struggle, waged by a largely adivasi army, made up of the poorest of the poor. The other, from the top down, by means of a bloodless Gandhian coup, led by a freshly minted saint, and an army of largely urban, and certainly better off people. (In this one, the Government collaborates by doing everything it possibly can to overthrow itself.)

In April 2011, a few days into Anna Hazare's first "fast unto death," searching for some way of distracting attention from the massive corruption scams which had battered its credibility, the Government invited Team Anna, the brand name chosen by this "civil society" group, to be part of a joint drafting committee for a new anti-corruption law. A few months down the line it abandoned that effort and tabled its own bill in Parliament, a bill so flawed that it was impossible to take seriously.

Then, on August 16th, the morning of his second "fast unto death," before he had begun his fast or committed any legal offence, Anna Hazare was arrested and jailed. The struggle for the implementation of the Jan Lokpal Bill now coalesced into a struggle for the right to protest, the struggle for democracy itself. Within hours of this 'Second Freedom Struggle,' Anna was released. Cannily, he refused to leave prison, but remained in Tihar jail as an honoured guest, where he began a fast, demanding the right to fast in a public place. For three days, while crowds and television vans gathered outside, members of Team Anna whizzed in and out of the high security prison, carrying out his video messages, to be broadcast on national TV on all channels. (Which other person would be granted this luxury?)

Meanwhile 250 employees of the Municipal Commission of Delhi, 15 trucks, and six earth movers worked around the clock to ready the slushy Ramlila grounds for the grand weekend spectacle. Now, waited upon hand and foot, watched over by chanting crowds and crane-mounted cameras, attended to by India's most expensive doctors, the third phase of Anna's fast to the death has begun. "From Kashmir to Kanyakumari, India is One," the TV anchors tell us.

While his means may be Gandhian, Anna Hazare's demands are certainly not. Contrary to Gandhiji's ideas about the decentralisation of power, the Jan Lokpal Bill is a draconian, anti-corruption law, in which a panel of carefully chosen people



Social activist Anna Hazare drinks water during his fast at Ramlila Ground in New Delhi. Photo: PTI

will administer a giant bureaucracy, with thousands of employees, with the power to police everybody from the Prime Minister, the judiciary, members of Parliament, and all of the bureaucracy, down to the lowest government official. The Lokpal will have the powers of investigation, surveillance, and prosecution. Except for the fact that it won't have its own prisons, it will function as an independent administration, meant to counter the bloated, unaccountable, corrupt one that we already have. Two oligarchies, instead of just one.

Whether it works or not depends on how we view corruption. Is corruption just a matter of legality, of financial irregularity and bribery, or is it the currency of a social transaction in an egregiously unequal society, in which power continues to be concentrated in the hands of a smaller and smaller minority? Imagine, for example, a city of shopping malls, on whose streets hawking has been banned. A hawker pays the local beat cop and the man from the municipality a small bribe to break the law and sell her wares to those who cannot afford the prices in the malls. Is that such a terrible thing? In future will she have to pay the Lokpal representative too? Does the solution to the problems faced by ordinary people lie in addressing the structural inequality, or in creating yet another power structure that people will have to defer to?

Meanwhile the props and the choreography, the aggressive nationalism and flag waving of Anna's Revolution are all borrowed, from the anti-reservation protests, the world-cup victory parade, and the celebration of the nuclear tests. They signal to us that if we do not support The Fast, we are not 'true Indians.' The 24-hour channels have decided that there is no other news in the country worth reporting.

'The Fast' of course doesn't mean Irom Sharmila's fast that has lasted for more than ten years (she's being force fed now) against the AFSPA, which allows soldiers in Manipur to kill merely on suspicion. It does not mean the relay hunger fast that is going on right now by ten thousand villagers in Koodankulam protesting against the nuclear power plant. 'The People' does not mean the Manipuris who support Irom Sharmila's fast. Nor does it mean the thousands who are facing down armed policemen and mining mafias in Jagatsinghpur, or Kalinganagar, or Niyamgiri, or Bastar, or Jaitapur. Nor do we mean the victims of the Bhopal gas leak, or the people displaced by dams in the Narmada Valley. Nor do we mean the farmers in NOIDA, or Pune or



Arundhati Roy. - file photo/ The Hindu

Haryana or elsewhere in the country, resisting the takeover of the land.

'The People' only means the audience that has gathered to watch the spectacle of a 74-year-old man threatening to starve himself to death if his Jan Lokpal Bill is not tabled and passed by Parliament. 'The People' are the tens of thousands who have been miraculously multiplied into millions by our TV channels, like Christ multiplied the fishes and loaves to feed the hungry. "A billion voices have spoken," we're told. "India is Anna."

Who is he really, this new saint, this Voice of the People? Oddly enough we've heard him say nothing about things of urgent concern. Nothing about the farmer's suicides in his neighbourhood, or about Operation Green Hunt further away. Nothing about Singur, Nandigram, Lalgah, nothing about Posco, about farmer's agitations or the blight of SEZs. He doesn't seem to have a view about the Government's plans to deploy the Indian Army in the forests of Central India.

He does however support Raj Thackeray's Marathi Manos xenophobia and has praised the 'development model' of Gujarat's Chief Minister who oversaw the 2002 pogrom against Muslims. (Anna withdrew that statement after a public outcry, but presumably not his admiration.)

Despite the din, sober journalists have gone about doing what journalists do. We now have the back-story about Anna's old relationship with the RSS. We have heard from Mukul Sharma who has studied Anna's village community in Ralegan Siddhi, where there have been no Gram Panchayat or Co-operative society elections in the last 25 years. We know about Anna's attitude to 'harijans': "It was Mahatma Gandhi's vision that every village should have one chamar, one sunar, one kumhar and so on. They should all do their work according to their role and occupation, and in this way, a village will be self-dependant. This is what we are practicing in Ralegan Siddhi." Is it surprising that members of Team Anna have also been associated with Youth for Equality, the anti-reservation (pro-"merit") movement?

The campaign is being handled by people who run a clutch of generously funded NGOs whose donors include Coca-Cola and the Lehman Brothers. Kabir, run by Arvind Kejriwal and Manish Sisodia, key figures in Team Anna, has received \$400,000 from the Ford Foundation in the last three years. Among contributors to the India Against Corruption campaign there are Indian companies and foundations that own aluminum

plants, build ports and SEZs, and run Real Estate businesses and are closely connected to politicians who run financial empires that run into thousands of crores of rupees. Some of them are currently being investigated for corruption and other crimes. Why are they all so enthusiastic?

Remember the campaign for the Jan Lokpal Bill gathered steam around the same time as embarrassing revelations by Wikileaks and a series of scams, including the 2G spectrum scam, broke, in which major corporations, senior journalists, and government ministers and politicians from the Congress as well as the BJP seem to have colluded in various ways as hundreds of thousands of crores of rupees were being siphoned off from the public exchequer. For the first time in years, journalist-lobbyists were disgraced and it seemed as if some major Captains of Corporate India could actually end up in prison. Perfect timing for a people's anti-corruption agitation. Or was it?

At a time when the State is withdrawing from its traditional duties and Corporations and NGOs are taking over government functions (water supply, electricity, transport, telecommunication, mining, health, education); at a time when the terrifying power and reach of the corporate owned media is trying to control the public imagination, one would think that these institutions — the corporations, the media, and NGOs — would be included in the jurisdiction of a Lokpal bill. Instead, the proposed bill leaves them out completely.

Now, by shouting louder than everyone else, by pushing a campaign that is hammering away at the theme of evil politicians and government corruption, they have very cleverly let themselves off the hook. Worse, by demonising only the Government they have built themselves a pulpit from which to call for the further withdrawal of the State from the public sphere and for a second round of reforms — more privatisation, more access to public infrastructure and India's natural resources. It may not be long before Corporate Corruption is made legal and renamed a Lobbying Fee.

Will the 830 million people living on Rs.20 a day really benefit from the strengthening of a set of policies that is impoverishing them and driving this country to civil war?

This awful crisis has been forged out of the utter failure of India's representative democracy, in which the legislatures are made up of criminals and millionaire politicians who have ceased to represent its people. In which not a single democratic institution is accessible to ordinary people. Do not be fooled by the flag waving. We're watching India being carved up in war for suzerainty that is as deadly as any battle being waged by the warlords of Afghanistan, only with much, much more at stake.

(Arundhati Roy, *The Booker-winning writer-activist wrote this view under "I'd rather not be Anna" in the OPED columns of The Hindu newspaper, during the height of the recent non-violent fasting campaign by Anna Hazare*)



Spirituality

WORDS OF PEACE



The Meaning of Life

For decades, Maharaji has been speaking to people around the world about the possibility of finding peace. More specifically, he speaks to them about a peace that already exists within inside of us.

For many, the idea that peace exists within the heart of every human being may be just that—a concept, an idea that has no basis in reality. Maharaji suggests that in fact that feeling of peace is the fundamental reality of human life.

No matter what their culture, language, religion or education, he says, human beings have a longing within that will only be satisfied by finding peace within ourselves. The pleasures and accomplishments we seek outside are only substitutes. "What you are looking for," he insists, "is inside of you."

That something so desired is so close at hand can be hard for people to understand. Maharaji approaches it from a very simple starting point—the simple truth that we are, indeed, alive.

"What does it really mean to be alive?" he asks. "Because that's what you've got to understand. That's what you are: You are alive. That's what's happening. We're so caught up in, 'Oh, but this is happening, and that's happening,' but I say to you that, no, that is not what is happening. What is really happening is that you are alive. Because when you are not alive anymore, all of that is not going to be happening. It'll be happening for someone else, but not for you."

From this understanding that, "Yes, I am alive," Maharaji says, a simple but profound transformation from believing



to knowing what life is all about is possible.

Of all the realizations, the understandings, that we might possibly have, which one would allow us to transform? It's not just "any old understanding," Maharaji says. "It begins with the simplest, most profound, most singular thing in your life—this moment, and in this moment, the existence of this breath. That's what you've got to get to."

During presentations around the world, Maharaji frequently answers questions about peace and fulfillment.

Q: Isn't reaching the kind of fulfillment you're talking about a lifelong process?

A: If you want that transformation in your life, you've got to garner the understanding. Once you get the understanding, transformation is quick. I know peo-

ple wait their whole lives so that they can have that transformation, so they can have that understanding. But what does it take? It doesn't take traveling to visit holy places. It doesn't take going through the rituals of every single religion. There's no age limit, no time limit. Look within, let that peace come in your heart, and be filled with peace. Appreciate. Most importantly, enjoy.

Q: With all the disasters and wars that are happening around the world today, instead of concentrating on personal enjoyment, shouldn't we be working towards a better tomorrow for everybody?

A: Disasters are going to happen. Do you know what the biggest disaster is? For you to lose your way. If the question asked is, "Do you know where you want to go?" you will have an answer for it, because you do. Everybody does. But do you know where you are? If you don't know where you are, it is irrelevant where you want to go. You're not going to

get there.

This life is not a story about tomorrow. It comes down to only one thing: What do you know today? What do you know now? Otherwise, there's no way you're going to be able to transform what happens tomorrow. Tomorrow is the biggest illusion.

Q: How can peace be inside, and yet not obvious? It seems like some kind of cosmic puzzle.

A: Don't be attracted by the puzzle. It does not exist. Peace is not impossible in your life. Once your will, your desire for it, is clear, everything will fall into place. That makes you very fortunate.

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Spirituality



Cricket builds Christian Fellowship

By: jja

A soft-ball friendly cricket sporting event between teams representing Christian churches in Scarborough provided the opportunity for members of different churches to meet together. The churches participating were the St. Margaret's Anglican Church, Miracle Family temple and the Tamil Christian Church of Canada. The match was played at the Elton Park, Markham on Saturday the 13th. It was organised by the Young Adults of the Tamil Christian Church of Canada. It was an attempt of the church to reach the people of the neighbourhood in which it is physically placed. The pastor of the Tamil Christian Church of Canada in his message to the souvenir says, "Our church is focused to reach our community through Christ-centered teaching, spirit-filled worship, friendly activities and services". They have named the Cricket tournament as Challenge Cup' and agape means "love which is of and from God".

The Pastor of the Miracle Family temple also felt that an event of this nature will help to develop Christian brotherhood among the Tamil churches. He also wished that the event is continued in the years to come. The tournament was played on a league basis with five teams taking part since the TCCC fielded three teams representing different age groups. At the end The Miracle family Temple Team was declared winners with the TCCC- Royals as runners-up.

The sporting event turned out to be a social event where members and well-wishers from all the three churches were present to cheer up their teams. They also shared a day-together enjoying the fellowship. Tony Balasingam, Chairperson of the Tamil Christian Church of Canada thanked Terrance Rajah-Organiser of the Agape Tournament and Andrew Ravindran, the Director of the Young Adults Ministry and all those who have contributed towards the success of the event.





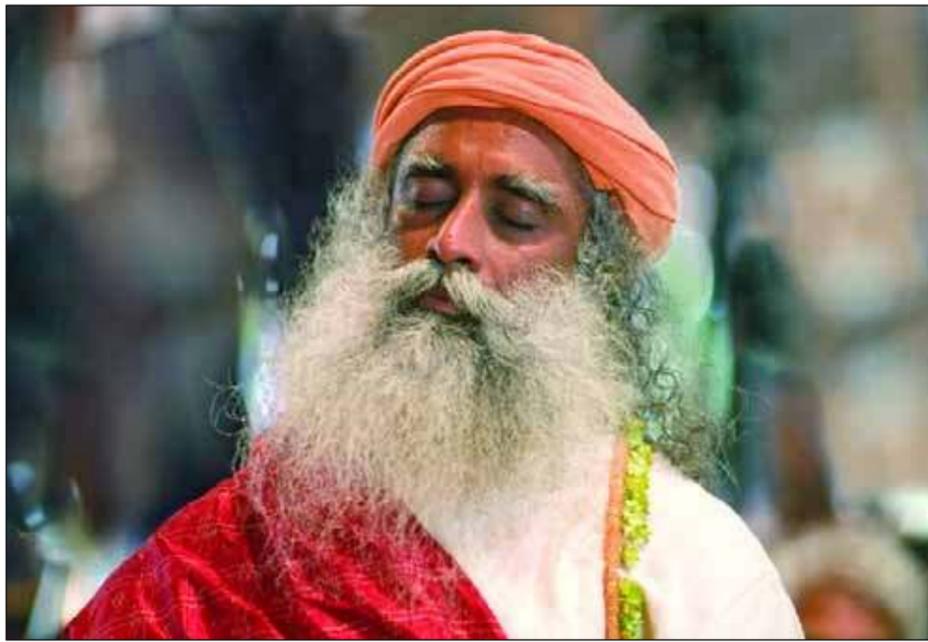
Spirituality

Act In The Context Of Action

Right now, why you think in terms of right and wrong is simply because of the social moral code.

The nature of karma is not in the action that you perform. Karma means action, but this gathering of past karmas is not because of the actions you have performed. It is the volition, the intention, the kind of mind that you carry. That is your karma.

There is a story that Ramakrishna used to tell. There were two friends who used to go visit a prostitute every Saturday evening. On one such evening, while they were walking towards the prostitute's house, there was someone giving a spiritual discourse. One friend decided not to visit the prostitute, saying he would prefer to hear the lecture on spiritual possibilities. The other man left him there. Now the man sitting in the lecture hall, his thoughts were full of the other man. He began thinking that the other man was having the time of his life



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
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just that some fool has formed some rules and you expect every human being to live by them. It's impossible, but society needs such rules to maintain the social ego.

The society has its own ego, isn't it? For every small thing, the whole society gets upset. It need not be wrong. Suppose it is summer in the United States. Everybody is hardly wearing anything or maybe they are in miniskirts. Let's say you are fully clothed. People will get upset: "What is she doing? Why is she all covered up?" Here in India, if you don't dress like that, they will all get upset! So this is one kind of ego; that is another kind of ego.

It is the social ego which is getting upset, and your karma is becoming part of the collective karma. I want you to really understand this with a certain depth. Your idea of good and bad has been taught to you. You have imbibed it from the social atmosphere in which you have lived. Karma is in the context of your life, and not in the action itself.

Sadhguru 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 – 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. Sadhguru will teach Inner Engineering programs in Los Angeles (October 15-16, 2011), New Jersey (Nov 5-6, 2011) and Toronto (Nov 12-13, 2011). Isha Yoga programs are based on tested, scientific principles. They offer tools for optimal health, emotional well-being and professional excellence. To participate, visit www.InnerEngineering.com or email Toronto@ishafoundation.org or call 866 424 4742



while he himself was caught in this place. He thought the other man was more intelligent in choosing the prostitute's place rather than a spiritual discourse.

Now the man who had gone to the prostitute's house, his mind was full of the other man. He began to think that his friend had chosen the path to liberation by preferring the spiritual discourse to the prostitute's place, while he got caught in this. The man who had gone for the spiritual discourse and was thinking about what was happening in the prostitute's house pays by piling up bad karma. He suffers, not the other man. You don't pay because you have gone to the prostitute; you pay because you are cunning about it. You still want to go there, but

you think by going to the discourse you'll be one step closer to heaven. This cunningness will take you to hell. That man with the prostitute knows it is worthless, and seeks something else; his is good karma. So it is not about action.

Right now, why you think in terms of right and wrong is simply because of the social moral code. It is not your innate nature which is telling you that this is right and wrong. It is just that society has fixed some rules and they have always told you, right from your childhood, that if you break them, you are a bad boy. So whenever you break these, you feel like a bad boy. If you feel like one, you become one. If you are used to gambling, maybe gambling in front of your mother or your wife, in your home, or even to utter the word is sacrilege, but

once you join your gang, there gambling is just fine, isn't it?

Among the gamblers, the one who does not gamble is not fit to live. It's like this everywhere. If all of you are thieves, you are all fine, isn't it? Among thieves, do they feel it is bad to rob somebody? When you fail, they think you are a no-good thief. That is a bad karma, isn't it? The question, this karmic thing, is just the way you feel about it. It is not about what you are doing. It is just the way you are holding it in your mind.

Why we are talking about acceptance, acceptance, acceptance, is, if you are absolute acceptance, whatever life demands, you do. If you have to fight a battle, you go and fight, there is no karma. The karma is not made in physical action; it is made only by volition. It's

Op-Ed



The Politics of Grief

‘Military losses honoured in public ways – civilians, also Sri Lankan citizens, remain unmourned’

By V. V. Ganeshanathan

In the case of September 11 2001, communal loss is – comparatively, at least – well understood. Everyone saw or could see those deaths; they were on the news even as they happened; the broadcast was part of their lasting tragedy. Few perceived denial of the deaths as rational. The people who had killed them made sure there was plenty of physical evidence. No one fought the act of mourning and was taken seriously.

Not so with what I saw from a great distance eight years later: the deaths of Tamil civilians at the end of Sri Lanka’s civil war.

These deaths require, among other tasks, ongoing announcement and explanation – and because certain authorities have failed to fully acknowledge that the casualties occurred, saying I grieve means stating, repeatedly, I believe that they did. It is a kind of complicated voting. This recitation of the facts means a commitment not only to how definitively these people are gone, but also to hearing it over and over again as I am forced to argue for it. I resent this more than I could ever have thought possible, because in this country of grief, the best kind of shelter is to be understood, to have someone stop next to me and without asking anything, put their umbrella

la blown inside out.

Grief is a country that looks different to each person entering it, to be sure. How does one find fellowship or shelter in loss? There is a hierarchy here; we measure the validity of grief in specific ways. And so before I talk about how death has touched me, I should say how it has not. I must acknowledge that some will see my grief as presumptuous, while others will find it inadequate: I did not know the people I am mourning, and I was not there.

Still, I cannot imagine a road as smooth or a sky as blue as the ones I remember from the time before I came to this place and I cannot wish myself any happier. By any measure of reason, what happened to me was nothing – nothing more than watching and knowing and finally, imagining a terrible thing and how it might have happened. Although I was physically safe, the knowledge of that terrible thing became a shadow over everything I did and saw afterwards in a way I had not previously known was possible. Because the deaths involved were not only private, but also public and political, in their wake I found myself faced for the first time with both the desire for collective mourning and a complete inability to engage with it. All time and space was marked first and foremost



Tamil Americans and friends honor war dead in candlelight vigil-May 2010

Tamil, were killed in Sri Lanka, the country where my parents were born and I was not.

What a terrible sentence. Of course, these particular deaths did not happen in a vacuum, but in the context of nearly thirty years of war that cost many lives. Each of these deaths matters; the words of this history must be carefully negotiated, and even then, the ones I choose will fail in one way or another, because they cannot be exhaustive. The cause of the grief is necessarily politicized, and because I am electing some words and not others, from the moment I speak I open myself to attack.

By grieving, I also automatically place myself in opposition to those who have denied that these deaths occurred. Some people may revel in my anguish; others will accuse me of inventing it; others still will use it to furnish the houses of their own causes. This grief, then, requires risk.

It also requires truthfulness. To talk about it in the most transparent and honest manner, I must retell not only the version of the story I consider the truest and the worst, but also the versions in which no one died, or in which those who died are unworthy of mourning. My words must reenact and contain not only the deaths and my grief, but also their negation.

The security forces of the Sinhalese-dominated government fought the rebel Liberation Tigers of Tamil Eelam for over a quarter of a century. The latter claimed sole representation of the country’s minority Tamils, and aimed to establish a separate state for them following decades of discrimination by successive Sri Lankan governments. The Tigers’ methods were brutal and included (but indeed, were not limited to) suicide bombings, child conscription, assassinations of elected Tamil officials and other Tamil dissenters, massacres of

Sinhalese and Muslim civilians; extortion and coercion of Tamils in Sri Lanka and abroad. As the war escalated, the Sri Lankan government followed the decades of discrimination against its Tamil citizens with harassment, abduction, torture and murder by government-aligned forces, in government-controlled areas. Attacks on journalists, extrajudicial killings and disappearances rose. Criticism of the government was portrayed as support for terrorism, as the Tigers were banned in a number of places, including the US and the EU. They had long been thought undefeatable, but at long last, in the spring of 2009, the walls closed around them.

I had studied and watched this war for as long as I could remember, and still, the scale of the final battle, those last casualties, seemed different from any others. Never before had I seen such a catastrophe coming from so far away. It was avoidable. I spent much of that spring waiting or searching for news. The deaths were not widely broadcast as they happened, or even in their immediate aftermath; they happened on a small strip of beach and went mostly unseen. Press access by that point was severely curtailed, and there was little of the imagery that gets attention in modern war.

After more than a quarter-century of fighting, Sri Lankan security forces had cornered the Tigers. With the Tigers: Tamil civilians. Reports from various authorities ranged wildly – 300,000 civilians were trapped between the Tigers and the Sri Lankan Army; 40,000 civilians were trapped; certainly, tens of thousands of civilians were trapped. They counted; they didn’t count; no one had counted them; they were counted incorrectly. The Tigers said the civilians were with them by choice; numerous

Contd. in next page...



‘No fire zone’ during finals weeks of fighting

over us both, between us and the rain.

Before we ever came to this place, we heard reports of steady, gray fog – pale, opening clouds – late and sudden violent storms. Rumour had it that some people, surprised to stop here, never left, while others, knowing another destination, were able to find slow but certain passage through. I myself am a wary traveler in this country. I can sense that groups of people move around me, but I am mostly alone: a stranger, feeling strange, on a rain-marked stone road, my umbrel-

by its relation to this disaster.

On the rare occasion that I stand under an umbrella, next to someone who already knows what happened, I feel a relief that I had never known before. This person understands how much I would give not to say this, or for anyone else not to ever have to say a sentence like this: You may never have heard of these deaths before, and you may never hear of them again, but in the spring of 2009, tens of thousands of civilians who were ethnically Tamil, as I am ethnically



Op-Ed

accounts show otherwise – cadres shot some who tried to escape as security forces bore down, while still others found themselves forced into the Tigers' desperate ranks. The government, for its part, directed civilians to a no-fire zone, but subsequently shelled the same areas – and denied it. Calls for international intervention or a ceasefire yielded nothing.

And that spring, two Sri Lankan voices dominated the sphere of public conversation about that last battle: the pro-Tiger protestors of the Tamil diaspora, who waved their flags in cities around the world and failed to acknowledge that the rebels were complicit in civilian death, and the government and its supporters, who alleged that any grief for Tamil civilians was only a ploy to stop them from defeating the rebels. I had never felt so much and expressed so little, but what use were emotions? They would have made me prey. I recited facts instead, collecting them as a kind of armour. For weeks, I pored over the news, patching together information to learn as much as I could about what was happening. When the security forces finally defeated the Tigers, tens of thousands of civilians poured out of their prison. But in the days before that, tens of thousands of others surely died, their unseen bodies fallen on the fields of those battles.

Very little in the paragraphs above is uncontested or even complete – part of what makes this so wearying. As I watched what was happening, it seemed to me unbelievable that I could stand knowing about such a large atrocity in such depth. It seemed unbelievable that I had not died from this – that this level of grief was perhaps only a first circle. I, after all, lived in a place that pulsed with life; I had lost no one but myself.

That spring was my last in New York City, where I lived almost next door to Central Park. American analyses of the no-fire zone in Sri Lanka often compared the strip of land where the civilians were to the city's famous public space; at one point, they were the same size. The park had been my refuge for so long. Now it also seemed unbelievable that for the rest of my life, as a function of where I lived and how the news and war had unfolded, I would talk mostly to people who had no idea what had happened in the no-fire zone. I could walk down Central Park West and into the park itself, and once inside, I would pass people whose faces would show that they did not know. It was a collective loss, but on some level, it was private. My grief, too, had a political dimension; was I mourning because the people lost were Tamil, because they were Sri Lankan, because they were human? Were those all moral reasons to mourn? And how many of those faces in the park contained histories of loss that I would never know?

As the war ended, the government had the opportunity to promote reconciliation among the country's ethnic commu-



A hospital in the 'no fire zone' after an attack

nities. There would be no minorities now, they said; everyone was Sri Lankan, and they wanted the Tamil diaspora, too, to help with the rebuilding. But in the two years after that battle, the Sri Lankan government consistently and strongly denied any civilian casualties as a result of their actions, referring to a zero-casualty policy and humanitarian rescue project, and insisting that Tamils who had died were members of the militancy. This victory, they declared, was part of their war on terror, and had been accomplished with admirable cleanliness and little cost.

It is a way of humiliating people, to say that their dead are not dead, to say that people are not even allowed to mourn. There was little room for the legitimate expression of grief during the war, and after it was over, what little was there dwindled. As the government said they were for reconciliation, they moved to shut down the spaces where Tamil civilians and loss could be remembered.

Tiger cemeteries were razed, even when families survived who might have wanted to visit the markers. In one instance, Army headquarters were built in the same space. When some Tamil civilians attempted to gather to remember their dead on the anniversary of the war's end, they had to face down officers of the Sri Lankan Army, as the north and east of the country remains heavily militarized. Indeed, in certain places civilian gatherings now require military approval. Innumerable people looking for a missing loved one filed cases and gave testimony, but many never found who they were looking for.

Pro-Tiger parties, too, used the deaths, making them into a way to move propaganda and implying that the slain civilians had willingly martyred themselves. Many called for investigations of war crimes, but only named the government as alleged perpetrators. Others, noting that much of the Tiger leadership had been killed, wondered how any accounting could be even-handed. The argument could carry on and on – but at what cost for the survivors? We must think of the living, some cautioned: the

risks of our mourning were too high. At the same time, I wondered if any civilian had died on that beach with no survivors. Should that death go unlamented, I thought? Who would mourn and remember that person? Between all these arguments, there was little space left for grief – just as there had been little space for the people themselves.

As the years have passed, mounting evidence – various international reports, leaked video, eyewitness accounts – has made more and more public what those of us who followed it closely have known since the spring of 2009: large numbers of Tamil civilians did die while trapped between the government forces and the Tigers. Recently, in the face of increasing international pressure, the Sri Lankan government did finally acknowledge – as a note in a much longer report praising their military and its action – that the war's end may have come at the expense of some civilian lives. They expressed no sorrow over these losses. Even as military losses are honoured in public ways, the civilians, who were also Sri Lankan citizens, remain unmourned. When the government issued this report, which was designed to counter a panel of experts who recommended to the UN Secretary General that he more thoroughly investigate the end of the war, I searched it for the word 'regret' and found nothing. We're so sorry for your loss, which is our loss too; we wish it hadn't happened that way; they were our people too. No, they did not say that. They said that it was unavoidable. Later, one official was quoted as saying any civilian casualties were collateral damage. When I went to sleep the other night, I knew that about halfway around the world from me, the police were digging for the body of a man who had been missing for some time – a Sri Lankan human rights defender. I did not know this man, but I had been following his case. I knew that when I woke up, they would likely have found his body. I was right: by dawn in my time zone, they had discovered what seemed to be his remains. The case stood out because it was so rare for such a disappearance to be solved. Somehow, it was different this

time perhaps because key people decided to push to find him – and there he was, his body under a half-built house. Someone had tried to erase him, to build something over his memory without acknowledging that he was there, and it had failed.

I do not want to be defined by disaster. I do not think this would help anyone, and it seems another way of letting disaster win. Still, it is important to me to keep the solidarity I feel not only for the living, but also for the dead, whose deaths were not necessary. So many people around the world must have this: a certain number of graves forming an angry abacus inside them. I may never again enter a large room without knowing how many it holds, and how many times again that number would have to be multiplied before it would equal the number of casualties most often repeated: forty thousand.

My heart still seizes, becomes that calculator, in any sizable space designed to contain a certain number of people. I remember this, and I remember how beautiful the city was that spring. I remember going to a concert and sitting there, noting how many seats were in front of me and how many behind. I had moved to New York many years after its great loss, and even in the stillness of that concert hall, with its soaring ceilings, it stunned me – the life of it. These things would always be true: on any night in New York City, even as an uncounted number of people had died, an uncounted number of people who lived would come to a concert hall to sit together, with strangers, and listen to music. My grief will not destroy me. In some times and places, we are given the space to build our memorials. Perhaps in others, we must learn to become them, even as we go on.



Photo by Photosightfaces - courtesy: The Granta

(This article 'The Politics of Grief' first appeared in The Granta; Granta magazine was founded in 1889 by students at Cambridge University)

V.V. Ganeshanathan is the author of *Love Marriage* (Phoenix, 2009), a novel set in Sri Lanka and its diaspora. The book was long-listed for the Orange Prize and named one of Washington Post Book World's Best of 2008. A graduate of Harvard College and the Iowa Writers' Workshop, she has also worked as a journalist. She is now the Zell Visiting Professor of Creative Writing at the University of Michigan. She is at work on a second novel, which is set in Sri Lanka and the United States.

Op-Ed



India's 64th independence day

Dr. Kanayalal Raina



On 64th Independence Day, India is beset with corruption of highest order with a couple of ministers involved in Spectrum and CWG scams, cooling their heels behind the bars while the Government is in a fix over Anna Hazare's agitation for Jan Lokpal Bill.

The population has been growing at rapid rate and as per the recent survey it is touching 121 crore with nearly 42 per cent people reeling below poverty line.

The per capita income is pegged at Rs 46492 crore but there are people in the country who earn less than Rs 40 per day. With soaring consumer price index, survival on Rs 40 per day is a nightmare! Conventionally, the nation celebrates today the ushering in of another year of independence. Hindsight reveals a big difference in spiritual sense between the mood of people on August 15, 1947 when Pandit Jawaharlal Nehru, the first Prime Minister of free India, lowered the Union Jack over the ramparts of Red Fort and hoisted the Tricolour in its place, and 63 years later when Prime Minister Manmohan Singh hoisted the same flag at the same venue on 15th August 2011.

On the day when Nehru for the first time hoisted the Tricolour, the large Delhi crowds sat or stood on the spacious Red Fort grounds and sang with him in great gusto "Jana Gana Mana Those crowds had hopes bubbling in their mind and the glow of impending happiness in their eyes. They were poor and ordinary people of India who believed that with the dawn of independence they would be pulled out of the morass of misery, poverty and wretchedness.

Today 63 years after that eventful day, the third generation since the day of independence looks at the fanfare in their televisions as pastime and the drama enacted by those whom they returned to power and not necessarily an event of immense historical past and prospective future. That is how ordinary Indians have gradually lost faith in much that the rhetoric of our first generation of



leaders promised and enunciated.

Today we are four times the numbers in 1947 but with nearly 30 per cent of us below poverty line. And big sharks are eating away the food which the government provides to the BPL populace on subsidized rates to alleviate their misery. The shark would bite one to death trying to snatch the ill-gotten wealth from its mouth. Today 63 years later, we have the largest number of street beggars in the world, excluding nearly 50 million mendicants roaming the streets as sadhus.

We have innumerable spiritual icons sitting like deities on their celestial thrones. The rich and powerful few feign to be their protégés while miserable millions pay them obeisance like sinners and culprits. At the end of the day these icons turn out to be gangsters, mafia leaders, rapists and money launders. In the commercial hub of India, namely Mumbai, 14 per cent people are born, live and die under roofless slums along the streets. More than half of our female population is illiterate; more than 50 per cent of our rural population defecates in open and pollute the environment; 30 percent of travelers in Indian railways sit or sleep like wretched canine in the toilets or on the floor in corridors or the small luggage space in the compartments. Our farmers commit suicide being unable to repay the loans to money-lenders or the banks. And about scams the less said the better.

But this is not the entire picture. There is the other side. We are a nuclear power but pledged not to use the dirty device, even if an entire community is extirpated from its homeland, or the Parliament and the state assembly are attacked by external elements. We keep the count of slaps inflicted by our enemy

on our cheek but refuse to react under the rolled gold principle of ahimsa parmo dharma. We have the world's wealthiest creamy class of society that has stashed all its wealth in Swiss banks so as to make India possibly number one country of the world with exported cash.

Those running the government are partisans to tax evasion and theft of national assets. How will they allow Lokpal Bill to have the jurisdiction of making them accountable? We have multiplied our universities, professional institutions, colleges and schools several hundred times than their number in 1947. It is a different matter that our rate of educated unemployed is the highest in the world, and the crime among the youth between 18 and 30, too, is the highest in the world. It is true that our growth rate has jumped from bare 3 per cent in 1940s and 50s to 9 per cent in 2011, but we have not a glass of unadulterated milk or a bottle of uncontaminated water. Remember what Winston Churchill had said in a parliamentary debate on the Bill for Transfer of Power to India in 1947 as member of opposition. He said, "Gentlemen, those to whom you want to transfer power are men of straw, they will kill a fellow countryman for just a bottle of water." We abused, humiliated and castigated Churchill for demeaning us and we remain true to our salt.

We need to do some introspection and soul-searching. Has the Westminster type of democracy suited us and will it have the potential to deliver the goods that we want to be delivered? Is fake and superimposed multiculturalism a gospel truth to be adhered to despite the havoc it is bringing to the Indian nation? Will we continue to use religion as instrument

of state oppression and discrimination just to remain in power by whipping up sentimentality? Will the green terror get minimized, neutralized or rendered important by sensitizing it to color terror syndrome? Apart from economic difficulties, we are beset with a host of social and political problems; ethnic, regional, sub-regional, identity, tribalism and mass hysterics. Neither the constitution answers these issues adequately and equitably nor does our leadership have the innovative faculty to rise up to the need of the hours. Dynamism has got submerged under greed for material affluence and power, which in a heterogeneous society like India can come easily through immorality and turpitude. The bruised and battered nation cannot wait too long to see its house restored to order. A majority rule is no rule unless it has the resilience of carrying the opposition or the minority with it by building national consensus through persuasion and through patient and sympathetic handling.

The nation cannot accept re-incarnation of democratic autocrats and liberal conventionalists. No political party, however steeped in history and legend, can thrive on the antics of pot calling the kettle black. So long as a ruling party in this country does not consider the opposition its equal, its days in power are limited. We are still far away from the niceties of a true secular democracy howsoever we may lionize ourselves. Farsi couplet when translated runs as this: A puritanical person told a harlot that she drinks and had abandoned virtue and relegated to vice. The harlot said she was what she is but was the questioner precisely what he poses to be?



Op-Ed

By: Dr Kanayalal Raina

Rise of civil society in India and movements associated therewith once again initiated parleys amid the legal and political theorists on the role of 'civil disobedience' in a democratic set up. The origin of the term civil disobedience is associated with Henry David Thoreau for his essay 'Civil Disobedience' wherein he describes his reluctance to pay poll taxes to American Government. His essay was originally published as "Resistance to Civil Government". Albeit not terminologically, but one can link the movements led by Martin Luther King Jr, Nelson Mandela, M.K.Gandhi either directly or indirectly with civil disobedience. Historical lineage of civil disobedience in India dates back to pre-independence era wherein Mahatma Gandhi used satyagraha as a moral tool of resistance against British India. Since independ-

political act contrary to law usually done with the aim of bringing about a change in the law or policies of the government(TJ,320)." While analyzing the present pandemonium of 'fast against corruption' in Indian democracy one may ponder on multiple aspects that led to the existing situation. At the very outset it is accepted in a clarion way that corruption, black money, inefficient governance are shodder for a welfare state. Since Independence, people of India have witnessed incessant scams both at state and union level, no matters which party formed the Government. It is almost irrefutable to acknowledge the rise of 'resistance' from the substratum of inefficient governance. So presently the rise of civil society cannot be said to be a sudden one, rather it is an abruption of perpetual pressure that exalted in the society because of corruption/black money.

government's action at the early hours of Sunday (5/6/11) changed the whole scenario vis a vis corruption. Later huge public support to Anna Hazare's call for one day fast strengthens that the present movement against corruption in India is not confined to any member or group. Now people want to unite for a cause i.e to live in a corruption free environment, no matter who leads the cause. Moreover any notion relating to the hidden political agenda or self interest of any member/group seems to be superseded by the action of State itself. Whether such draconian response of the State owes any justification in a case of punishment for civil disobedience is a matter of high concern as civil disobedience per se is not a crime in a democracy, rather a civilly disobedient is punished with crimes recognised under various penal statutes.

Another question that emerged at

ods are open, there can be no justification for these unconstitutional methods. These methods are nothing but the Grammar of Anarchy and the sooner they are abandoned, the better for us." One may argue in favour of the revision of this statement of Dr. Ambedkar that since six decades of working constitution if a political will is lacking in curbing rampant corruption, what constitutional method the citizens shall adopt? Again to quote Rawls here "...One does not cease to be a democrat unless one thinks that some other form of government would be better and one's efforts are directed to this end. As long as one does not believe this, but thinks instead that appropriate forms of noncompliance, for example, acts of civil disobedience or conscientious refusal, are both necessary and reasonable ways to correct democratically enacted policies, then one's conduct is

Satyagraha against corruption



ence, civil society in India emerged time and again to mark its opposition against certain laws and policies of the state. Different movements in India that showed dissent against the state may be related to Vinoba Bhawe, Sunderlal Bhaguna, Jai Prakash Narayan, Medha Patkar, or more recently movements led by K. Chandershaker Rao (Telangana), Mamata Banerjee(Singur) and now Anna Hazare and Swami Ramdev (corruption/Black Money). But there are certain reservations in relating (in relation to /relating to) all these movements with Civil Disobedience as later is often misunderstood with some other forms of dissents.

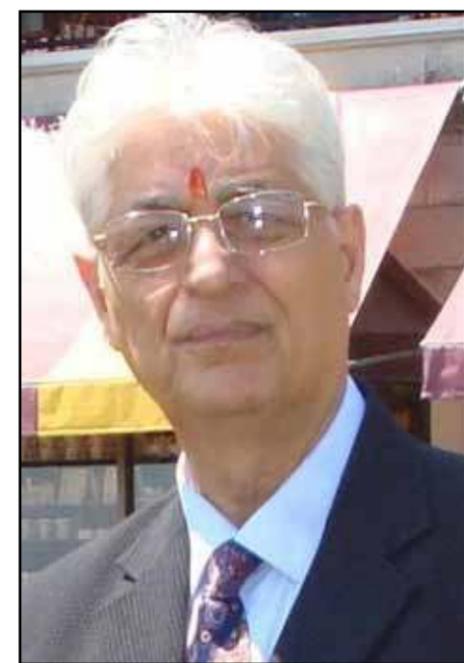
John Rawls, an American philosopher shares a great contribution for his profound development on the concept of civil disobedience in one of his highly acclaimed books, A Theory of Justice (TJ). Rawls defines "...civil disobedience as a public, nonviolent, conscientious yet

As there is a general obligation to follow the law, civil disobedience in democracy is often evaluated with the justification attached to it. And justification is adjudged only on the ground of the gravity of the situation along with the expected harm if the change (in law or policy) is not made on priority basis. State always sees civil disobedience with members of the civil society that lead a particular movement. To add Rawls here "...in justifying civil disobedience one does not appeal to principles of personal morality or to religious doctrines, though these may coincide with and support one's claims; and it goes without saying that civil disobedience cannot be grounded solely on group or self-interest(TJ 321)." Earlier Indian Government was justified to some extent while viewing Anna Hazare and Swami Ramdev as different groups. State might hold some reasoning while linking Swami Ramdev's crusade with some political or self interest but

this point of time is whether India is ready for a Satyagraha against corruption, the answer expects individualistic prudence rather than an enthusiastic approach. Before coming to any conclusion one should have a glance on the words of Dr. B.R. Ambedkar, who on Friday, 25th November, 1949 while highlighting the importance of constitutional methods said "... If we wish to maintain democracy not merely in form, but also in fact, what must we do? The first thing in my judgement we must do is to hold fast to constitutional methods of achieving our social and economic objectives. It means we must abandon the bloody methods of revolution. It means that we must abandon the method of civil disobedience, non-cooperation and satyagraha. When there was no way left for constitutional methods for achieving economic and social objectives, there was a great deal of justification for unconstitutional methods. But where constitutional meth-

consistent with accepting a democratic constitution (T J 261)." Whatever may be the reasoning that citizens may adopt to justify their 'fast against corruption' one thing is sure to which Rawls, who considers civil disobedience as an instrument of social change, also agrees "...civil disobedience is a last resort, we should be sure that it is necessary (TJ 327)."

The discussion concludes (rather begins with) some open ended questions that requires a free introspection of every citizen. Whether it is high time to adopt satyagraha against State? Is there any constitutional method left? Are we ready for the exception to constitutional methods? Whether the present fast is against corruption or in people's sub-conscious mind a thought is developing to up root a democratically elected government by the people? A slight tilt towards later does not bear any defense for civil disobedience and may prove lethal for cause against corruption and democracy as well. Whatever may be the reasoning, individual is required to take a conscientious decision, free from the influence of any member, group or partisan objective.



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Recent Event



4TH ANNUAL SUMMER FESTIVAL AT GTA SQUARE INDOOR MALL



SOME OF THE PHOTOS TAKEN DURING THE EVENT ON AUG 6TH & 7TH



Rangoli Festival



Join us to celebrate the first RANGOLI Festival, a colourful addition to the recreational activities in Vaughan, on the historic day of "DOORS OPEN ONTARIO" in Vaughan on October 1st 2011. The day marks the vibrant existence of the historic landmark of Michael Cranny House for over 140 years in Vaughan and acknowledged as a historic site by the Govt of Ontario and the City of Vaughan. (Please visit http://www.doorsopenontario.on.ca/userfiles/HTML/nts_1_13027_1.html for details)

Human Endeavour, a proud tenant of the same historic landmark has organized the first RANGOLI Festival, a fun-filled colourful family extravaganza that will add a new yearly event to the People of Vaughan's Recreational Calendar. Surrounded by the beautiful colors of Fall, the event brings the sights and sounds of various cultures





Election Special

Green Party supports strong communities and working with municipalities

The Green Party of Ontario promises to work with municipalities to strengthen our communities.

In a media release, the party said, "Increasing local decision making and partnering with municipal leaders to improve our communities is a theme of

our platform www.itstimeforgreen.ca."

It emphasized that the Green Party shares the priorities identified by the Association of Municipalities of Ontario (AMO) in their twelve priority areas of concern for municipalities in the provincial election.



Ontario Green Party leader Mike Schreiner and supporters on the campaign trial

Horwath's plan for affordable change will put people first



NDP leader Andrea Horwath at the Evergreen Brick Works

New Democrat Leader Andrea Horwath unveiled her plan for affordable change at the kick-off of the 2011 election campaign.

"Ontario needs change that puts people first," said Horwath. "This is a plan to help people who have been feeling ignored by this government. We will make life more affordable, cut emergency room wait times, and create jobs." Running in her first election as leader, Horwath told a rally of members, candidates and volunteers that she's ready to lead the province.

"This is going to be an exciting election. People have been telling me that it's time to do things differently in Ontario and that's exactly what I intend to do," said the NDP leader.

A media release from Ontario NDP further states,

The Plan for Affordable Change is the first New Democrat policy plans, laying

out priorities for healthcare, making life affordable and jobs. The plan includes:

Change that makes life more affordable -- by taking the HST off daily essentials including hydro, home heating and gasoline and shifting the tax burden back to corporations that have already seen big breaks.

Change that creates jobs -- by replacing corporate tax giveaways with tax measures that reward job creators and small business, and making sure public dollars and natural resources are spent in Ontario to create jobs.

Change that meets our healthcare challenges -- by cutting wait times in emergency rooms by half, and eliminating waits for long-term care and home care.

"New Democrats are giving families a clear choice for the future. Real, sensible ideas to make everyday life more affordable for Ontario families," said Horwath.

Tim Hudak Releases changebook in 15 Different Languages

Ontario PC Leader Tim Hudak, on Aug 31st joined by Ontario PC candidates Wafik Sunbaty, Sanjeev Maingi, Shan Thayaparan, Mike Yen, Ken Kim, Liang Chen, Tony Genco and Pam Hundal, announced that he is spreading his party's message of bringing tax relief, job opportunities and change for Ontario families into new communities, with the release of the highlights of changebook -- translated into 15 languages, according to a media release by Ontario PC.

"We are proud to be the only party to release our plan in 15 other languages, so all Ontarians can read our commitment to them in the language they feel most comfortable communicating in," Ontario PC leader Tim Hudak said. He added, "This October, the people of Ontario have a clear choice. They will choose between four more years of Dalton McGuinty raising their taxes and their hydro bills, wasting their money and never standing up for the things we believe in -- or an Ontario PC government that will give families the relief they deserve and the opportunity to succeed."

The party media release further stated: Key areas of change outlined in the new versions of changebook are Tim Hudak's commitment to enhance foreign credential recognition, provide significant tax and hydro bill relief, and make it easier for new Ontarians to work in the jobs they are qualified to do. The new ver-



Ontario PC Leader Tim Hudak talks about the change book in Lindsay

sions of changebook also tell the story of Tim Hudak's family history in Ontario, which begins with his grandparents -- immigrants from then Czechoslovakia. Hudak said his grandparents chose Ontario because it offered the greatest opportunities anywhere in the world. If elected Premier, Hudak will make Ontario a magnet for people who want to build a better life for their family.

On October 6th, Ontario families will have a clear choice. They will choose between four more years of Dalton McGuinty raising their taxes, wasting their money, and never standing up for the things we believe in -- or a Tim Hudak government that will deliver tax relief families need, end government waste, and create more jobs for all Canadians to reach their potential.

Medical Visits Mean The Care Comes To You

Ontarians will be able to count on house calls from their family doctors and nurses under a new Ontario Liberal plan, London North Centre Liberal Candidate Deb Matthews announced recently.

A media release from Ontario Liberal further states,

"House calls are coming back to Ontario so anyone who has difficulty getting to appointments will be cared for right in their homes," said Matthews, who is also Minister of Health and Long-Term Care in Dalton McGuinty's Liberal government. "It makes it easier for them to stay comfortably where they want to be."

Matthews announced the proposed new program at the home of Barbara Burns, 83, whose mobility challenges make it difficult for her to travel to visit a family doctor. The proposed new program means that Mrs. Burns and any Ontarian who can't get to the doctor due to mobility issues or severe illness, will receive convenient, at-home treatment.

The program will offer services ranging from a health professional's visit (such as a doctor, nurse or occupational therapist), to phone and online consultations -- all making access to health care easier, and more cost effective. Long-term care costs \$150 per day per patient



Ontario Liberal leader Premier Dalton McGuinty at India Day parade -- Aug 13, 2011

-- and it grows to \$1,000 per day in a hospital. Helping patients requiring complex care stay in their own homes while providing the treatment they need costs a fraction as much.

"This program is the next step forward, making it easier for doctors to provide this service, and easier for seniors to stay in their own homes," said Dr. Mark Nowaczynski, leader of a not-for-profit service called House Calls.

Dalton McGuinty's Liberal government and Ontario doctors and nurses worked together to make enhanced services possible for health professionals and patients. Only Ontario Liberals have a plan for moving Ontario forward, including improved health care for everyone.

Recent Event



triOS College Opens a Campus in Scarborough!

A formal opening took place on Tuesday, August 16, 2011. Some of the pictures taken at the event can be seen here. [▼](#)

triOS Corporation is a Canadian-owned corporation that has developed into an award winning education and technology solutions organization. Founded by Frank Gerencser and Stuart Bentley, our vision is "to improve lives by sharing our knowledge of information and technology." Core to our vision is the selection and investment in our employees to ensure they are highly trained to transfer knowledge to our students and customers.

triOS College has graduated tens of thousands of students across Ontario into rewarding careers since its inception in 1992. They are proud to be opening their ninth Ontario location in the heart of Scarborough at Brimley Road and Sheppard Ave. East. A formal opening took place on Tuesday, August 16, 2011 from 11 am to 2 pm at 4438 Sheppard Ave E (Unit 3128) with Bas Balkissoon, MPP for Scarborough—Rouge River, Rathika Sitsabaiesan, MP for Scarborough - Rouge River, Corneliu Chisu, MP for Pickering - Scarborough East and Dan Harris, MP for Scarborough Southwest, in attendance.

It is only fitting that a school known for setting the pace for Canadian Education (recently awarded one of Canada's Best Managed Companies) opens its ninth location to assist the Scarborough community. At triOS they concentrate on improving curriculum, achieving sustainable growth, and finding employment for their graduates. The new campus has enabled triOS to add to their already existing 25+ diploma programs to offer Early Childhood Assistant and Intra Oral Dental Assistant.

"For over 18 years, we have changed the lives of thousands of students by giving them the knowledge and skills to start new careers. This new campus will provide staff and students with broader opportunities and benefits that exist under the triOS name. The feedback we've received so far is excellent. Not only is it a beautiful campus central to downtown, it's very convenient, it's easily accessible by public transit and there's plenty of parking. triOS is a college that offers practical programs, great instructors, and a fantastic team that care about our students and their success," explained Stuart Bentley, President of triOS College.

The new campus will house the college's four faculties of business, law, technology and healthcare. triOS' course offerings at the Scarborough campus include: Accounting and Payroll, Business Administration, Community Services Worker, Early Childhood Assistant, Intra Oral Dental Assistant, Medical Office Assistant, Network Engineer, Network Specialist and Police Foundations.

This Grand Opening was a great way to introduce the new campus to the Scarborough community. This state-of-the-art facility has spacious classrooms, a state-of-the-art 7000 sq. ft. dental clinic space with 18 dental chairs, 4 X-ray units, a fully equipped dental laboratory, sterilization room, a new testing centre, a student commons and much more.

In addition to its Scarborough campus, triOS College is located across southern Ontario with

campuses in Windsor, London, Hamilton, Kitchener, Mississauga, Brampton, Toronto and Oshawa. To learn more about triOS College, please visit www.trios.com. To learn more about triOS' new Scarborough campus located at the Scarborough Oriental Centre, please call 1- 888-825-8682. Classes start monthly. Some programs include job shadow opportunities, co-op placements, internships and on-site visits to employers to give students real-world experience prior to graduation.

About triOS

triOS College is registered as a Private Career College under the Private Career Colleges Act of Ontario and was named one of Canada's 50 Best Managed Companies. triOS has graduated thousands of students into rewarding careers since its inception in 1992.

For more information:

Brittany Tkach,
Communication Coordinator,
905.814.7212 x1037 or
brittany.tkach@trios.com



Rathika Sitsabaiesan, Member of Parliament for Scarborough - Rouge River gives a congratulatory speech at the Grand Opening of triOS College's Scarborough Campus.



Corneliu Chisu, Member of Parliament for Pickering - Scarborough East gives a congratulatory speech at the Grand Opening of triOS College's Scarborough Campus.



Ribbon cutting ceremony at the Grand Opening of triOS College's Scarborough Campus. From left to right: Stuart Bentley, President of triOS College, Rathika Sitsabaiesan, Member of Parliament for Scarborough - Rouge River, Corneliu Chisu, Member of Parliament for Pickering - Scarborough East, Dan Harris, Member of Parliament Scarborough Southwest, Frank Gerencser, CEO of triOS College, Bas Balkissoon, Member of Provincial Parliament for Scarborough - Rouge River.



Stuart Bentley (Left), President of triOS College, and Frank Gerencser (Right), CEO of triOS College, listen to congratulatory speeches at Grand Opening of triOS College's Scarborough Campus.



George Cushinan, Campus Director of triOS College's Scarborough Campus, addresses the crowd at the Grand Opening of triOS College's Scarborough Campus.



Dan Harris, Member of Parliament Scarborough Southwest, gives a congratulatory speech at the Grand Opening of triOS College's Scarborough Campus.



Frank Gerencser (Left), CEO of triOS College, accepts a certificate from Rathika Sitsabaiesan (Right), Member of Parliament for Scarborough - Rouge River.



Bas Balkissoon, Member of Provincial Parliament for Scarborough - Rouge River, gives a congratulatory speech at the Grand Opening of triOS College's Scarborough Campus.



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Recent Event



ROYAL-THOMIAN CRICKET MATCH IN CANADA

Highlights

The photos seen here are from the friendly Royal-Thomian Cricket match played by old boys in Canada on July 1st. The old boys from these colleges have been celebrating by having the cricket encounter that they have enjoyed the famous "Battle of the Blues" while studying there.

The Royal-Thomian (Royal versus S. Thomas' Cricket Match), the annual cricket match between Royal College, Colombo, Sri Lanka (a government-run non-denominational school accommodates approximately 8,000 students) and S. Thomas' College, Mt Lavinia, Sri Lanka (a private Anglican school that has about 2500 boys on roll) is the second-longest uninterrupted cricket match series in the world (the oldest being the series between St Peters College and Prince Alfred College, South Australia), even older than the Ashes, having being played for 131 years continuously. The original match was played between the Colombo Academy and S. Thomas' College in 1879, with schoolmasters participating as well as schoolboys. From 1880 onwards, only schoolboys were allowed to play in the match. It is the only school boy cricket match in Sri Lanka to be played over three days.

This match is played for the prestigious D. S. Senanayake Memorial Shield. Incidentally, Rt. Hon. D. S. Senanayake, who became independent Ceylon's (as Sri Lanka was known at the time) first Prime Minister, donned the Thomian cap in 1901 and 1902. This shield was first presented in 1928.



Ranjan Weerasinghe President, STC OBA with Rajan Tharmarajah, President ROCOBA at the Rooyal - Thomian Cricket match played at the King City Cricket grounds on Canada Day.



Ranjan Weerasinghe President, STC OBA, presenting the best fielders award from Royal College to N. Rajkumar



Section of the Royal Masters team waiting for their turn to bat



Royal Masters team players planning their strategy...



Masters Team



Royal Team



Rajan-SCC



Rajan-De Mel



Durham Tamil Association

Durham Tamil Association Seniors Medical Seminar August 3rd at Pickering Rec. Centre

DTA Seniors were treated to a very informative seminar by a Dr who travelled from NY. Dr. Ariaratnam Gobikrishna practices Cardiology in Bronx, NY

Dr. Gobikrishna is A diabetes specialist, endocrinologist, internist and family-care doctor who specializes in the care of diabetes, he described and explained the causes and prevention of type 1 diabetes, type 2 diabetes or pre-diabetes. Treatment methods varies between the types include carbohydrate monitoring, insulin injections, medication and/or lifestyle changes, like diet and exercise, he spent a considerable time discussing diet & exercise. He is also Cardiologist and answered many concerns and questions from seniors about heart condition, treatment and prevention of Cardiovascular Diseases. We truly appreciate the time and care Dr. Gobikrishna took to address each one of our seniors on a personal level. Also our thanks to Sasi Rajaratnam & Sivagini Balarajan from our Seniors Committee for arranging this seminar.

To obtain more info about our DTA's Free Medical seminars please contact by e-mail: info@durhamtamils.com or by phone: Tel 905.428.7007



UPCOMING DTA EVENTS IN SEPTEMBER & OCTOBER

Youth Activity:

August 28th, September 25th, October 30th

Basket Ball Practice: 7-9 PM East shore Community Centre. Pickering.

September: Reading Club at Ajax Library

Ladies Club:

Winery Tour and Family outing

Seniors Activity:

- Enjoy an outing: 1000 Islands, Ontario Day Trip

-Medical Seminars

WE'RE GETTING READY FOR OUR 10TH ANNUAL YOUTH FESTIVAL IN THE UPCOMING MONTHS, ALL DURHAM TAMIL KIDS & YOUTH ARE INVITED.

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Tamil Cultural & Academic Society of Durham



ANOTHER AWARD TO TAMIL CULTURAL & ACADEMIC SOCIETY OF DURHAM

The Cultural and Academic Society of Durham was honoured to receive The Cultural Diversity Award from the City of Pickering on May 30th, 2011 in Pickering front of many distinguished guests and the community.

Mayor Dave Ryan, Councillor David Pickles, Councillor Doug Dickerson and Councillor Jennifer O'Connell present the Cultural Diversity Award to Raveena Rajasingham and representatives of the Tamil Cultural and Academic Society of Durham.

This award reflects TCASD testament of the achievements and contributions to the growth of the Pickering community. It is a very proud moment for the entire Tamil community especially being nominated and successful in the special year of celebration, Pickering's 200th year. It is an important and permanent milestone in the City of Pickering's evolution of rich history.

The success of TCASD stems from its focus on its mission statement "develop a peaceful culturally oriented and educational community, who thinks globally, acts responsible and contributes to the society in which they live in."

TCASD is growing organization for the children, youth, seniors and women in Durham. TCASD has conducted many events to promote Tamil culture, academic, community events and involved in numerous environmental projects. These events were open to the public and well attended by the members and also by many of its community partners.

TCASD believes in giving back to the community to make the world a better place to live.

Please join for Believe in You 2011, celebrating Canada's Culture Days and the talents of our children and youth.

Visit us at www.tamilociety.ca for details or call 416-857-0846.



Member of Parliament Pickering-Scarborough East Corneliu Chisu with the executive members of TCASD



Celebrate Ajax by the Lake

On August 27th, 2011 Tamil Cultural and Academic Society of Durham (TCASD) was invited by the Town of Ajax to join them at Carruther's Marsh Pavilion to "Celebrate Ajax by the Lake". Youth members, Abira, Iswarya, Shayena and Indusha volunteered to take part at the TCASD booth doing artistic henna as well as to educate and inform the community about Tamil culture and traditions. Many individuals from the town visited the booth to learn and to get a flavour of henna tattoo. All

visitors to the booth really enjoy the henna tattooed on them. TCASD had made a difference by having others get involved and learn about the Tamil culture. Thanks to Town of Ajax for organizing such a great event and brining the community together.

Iswarya Thayaparan
(Youth volunteer)

"We all live with the objective of being happy; our lives are all different and yet the same."

- Anne Frank-



Canadian Seniors

I met an uncle who is ninety-five
Asked him how he is keeping.
He said, "I am fit as a fiddle, alive
by the grace of God and Canada's caring."
I spoke to a cousin, he is ninety-three;
Asked him the same question to enquire
How he is at this hour nine and three.
I was astounded to hear the same response.

I chat with a pedagogue emeritus, my fraternity:
Seventy- four, agile, vigorous and he said that,
He had had a heart problem, hindered his ability

Vanished, with the health care by the state.

At a time when old age is considered a burden,
Various handicaps hamper senior tending.
Canadian state provide opportunities golden
For seniors, happy, healthy, free living.

Persons sixty-five and above, look up with gratitude,
To you, Canadian health care, to care for them;
Sharing their heavy burdens with relief magnitude
That cannot be forgotten by all, thank Him.

- Kingsley



Business

David Joseph, M.A. (Economics)

In the investment world, the term “investment risk” relates to the fluctuations in the value of a stock, bond or a mutual fund that invests in those assets. The phrase “don’t waste your risk” refers to avoiding excessive investment risk. It stems from the rationale that investors feel a great deal more displeasure when the value of their investment declines, than the pleasure they experience when their investment increases. Therefore, it stands to reason if investors are going to invest in risky assets such as stocks and bonds they would prefer to do so in such a way that the potential rewards out-

won’t perform as expected. Both stocks and bonds carry this risk.

- **Currency Risk** - Changes in the exchange rate between currencies can affect the value of foreign investments, for better or worse. Note that this type of risk can also affect investments held by a U.S. company issuing stocks or bonds, changing the value of those investments, too.

The objective to reduce investment risk is critical, as it is far easier to lose money than it is to earn it. What is often overlooked is that it takes a greater effort to recover a loss than it did to incur that

minimize risk.

One of the most widely accepted strategies is “strategic asset allocation”.

Strategic asset allocation is a long term process used to identify the percentages of an investment portfolio that will be invested in a variety of investment securities. These percentages will vary between portfolios that have different goals and objectives.

For example, a portfolio being managed to create an education fund fifteen years from now would normally have a much larger equity allocation than one designed to produce retirement income right now. While these two objectives

anywhere from six to ten distinct asset classes ranging from fixed income securities to domestic to international equities and further diversified by growth and value management styles.

The end result is an investment strategy that is tailored to your comfort level with risk. Risk-averse investors typically invest in a portfolio that emphasizes fixed-income securities. The goal is usually related to capital preservation and income generation.

As the appetite for a potentially higher return increases, so does the corresponding investment risk. That is because obtaining a higher return usual-

Don't waste your risk

weigh the potential risks. Achieving your investment goals requires patience and a keen understanding of how you would like to achieve those goals. Designing your investment portfolio should not only consider the rate of return you wish to achieve but also the investment risk you may encounter. Generally, the desire for a specific investment return should be secondary. The primary focus should be on identifying your comfort level with risk and then, through proper analysis, determine an appropriate mix of assets that will potentially provide the highest return that corresponds to the desired amount of risk you are willing to withstand.

Various Types of Risks

- **Inflation Risk** - The possibility that the growth of an investment may not keep pace with the average rate of inflation. In this sense, seemingly “safe” investments that do not outpace inflation can be the riskiest over time. So, for example, if your investment is earning 2.5% each year, but inflation is averaging 3% annually, you’re actually losing money.

- **Market Risk** - The possibility of losing money due to the decline in the price of an investment. Stock investments are most commonly associated with market risk.

- **Interest Rate Risk** - The possibility that an investment will decline in value with a rise in interest rates. An older bond, for example, paying a lower rate of interest becomes less valuable than a newer one that pays a higher rate. Higher interest rates also tend to reduce stock prices, because they increase the cost of borrowing for companies.

- **Longevity Risk** - The possibility that investors will outlive their retirement income.

- **Business Risk** - The possibility that a particular company or industry

Look for the highest return for a given level of risk... or the lowest risk for a given level of return

loss in the first place. Consider an investment of \$10,000 that incurs a one-year loss of 15%. At year-end, the investment is now worth \$8,500. Because you are now working with less capital, in order to recover the investment loss and get back to your original investment amount, you must now achieve a return of 17.65%. Market declines have been known to be even more extreme which places an even greater emphasis on obtaining higher returns to recover investment losses. Proper care must be taken to avoid excessive market volatility

and insulate yourself as much as possible from such occurrences. The easiest way to reduce risk is by investing in assets that offer a guaranteed rate of return. The problem is that the investment return of a guaranteed investment is relatively low. This means that over time the effects of inflation will likely ravage the value of the investment. Quite often investing in risky assets such as stocks and bonds tends to be the most appropriate means for achieving an investment goal. To that end, the best way to invest in stocks and bonds without incurring an excessive amount of risk is by diversifying your assets. Proper diversification and asset allocation is essential, as it will reduce risk without sacrificing a whole lot of return. Investing always involves an element of risk, and no matter how careful an investor is, losses will occasionally occur. That is why an appropriate investment strategy must be in place to help mini-



may differ, the goal of strategic asset allocation remains the same. Namely, to develop a portfolio that potentially offers the highest return for a given level of risk, or conversely a portfolio that is expected to produce the lowest risk for a given level of return. Getting to the right asset mix can be complex. Quite often, computer models are utilized to produce a mathematical framework that effectively analyzes the investment returns and risk characteristics of a large number of asset classes such as U.S., International or Canadian equities, along with bonds and real estate. Depending on the number of asset classes included in the analysis, the computer model may literally analyze thousands of different asset combinations. In view of most investors’ busy schedules, they have neither the time, patience or skill to undertake such an analysis which is why they normally turn to an investment professional. Depending on your objectives and preferences, a portfolio may contain

ly involves a greater emphasis on equity type investments that are characteristically more volatile in terms of price fluctuation. For the more aggressive investor, a portion of their equity investments may focus on emerging markets or a particular industrial sector. Through a strategic asset allocation approach, it is possible to combine a series of fixed-income securities and equities together in a portfolio that will exhibit less volatility than most of the individual constituents — provided every security included complements the diversity of the portfolio’s content. Using this approach and resisting the temptation to “time” the market by temporarily concentrating holdings in any one area will not completely remove the risk of financial loss, but it can help you to build personal wealth without taking undue risk.

This report specifically written and published as a general source of information only, and is not intended as a solicitation to buy or sell specific investments, nor is it intended to provide investment advice.

Short Story



Death and its news are following me like a wicked shadow. The feeling of escaping from the sounds of gunfire and lamentation was shattered by the old man today. He made me to realize that my smile is only a waxed image of my distress. Always my smile's life is short lived. I thought I have escaped from the war but it is living without any shape with its full vengeance. It is existing without any form or shape, like our God in the form of a bright flame with its rays spreading far and wide. It is evident from the migration of birds, making them to fear and shiver.

War never ceases to rest. It lives in the minds of people for ever, in the stories causing loss of blood and flesh, dis-

rifice, I am deeply saddened by the blood stricken minds of my people living there. The sheer fear is leading me into a vacuum with no thoughts.

The sulfur smoke and the roar of death are incessantly chasing me in these overseas towns and cities, which have never heard them. The one I thought, I have escaped from is still chasing me. This chasing distress is imbedded in my mind with stories of deaths, departures and disappointments, even after leaving the battlefield. His gray tears are falling in front of a small boy, who came to know him only a half an hour ago.

I would not have met him if not for brother Karunakaran, who told me that

ORIGINAL IN Tamil by T. AGILAN
ENGLISH version by THURAI YOORAN

people call them "you". This word "son" reminded me of my periyamma (eldest sister of my mom). Who used to call me like that with affection. After a very long time, I heard someone call me like that. I felt that it came from the bottom of his heart. He asked me about the health of Karunakaran. How can I tell a person in the battlefield as doing well. Nevertheless I told him that he is doing well. Also I told him that he is the one who directed me to meet him. He left Kilinochchi ten years back and started

plan. Thank God he never asked me about the war.

As we were talking, his wife came out of the room. He told her that I have come from Vanni, a bit louder. When she heard the word Vanni her face turned bright. That brightness lasted till I left their house. Suddenly a good looking girl came out with tea for us. She was attractive and deserved a second look and went in quickly as she came out. He told me to have the tea and said that it is his niece and waiting for the bride to arrive from

GRAY TEARS

Short Story - 7



During days of war at the Mullivaakkal shore - April 2009: Photo-Mullivaakkal

tress and death, ownership and politics. Has the war no death? When I was born there was war in my village. One evening when the war planes were hovering in the sky, my mother was taken to the hospital to give birth to me. My mother told me so.

War is still there without losing its speed. Actually it is now with full force. As I am seated in front of the old man, there may be someone killed in my village. This makes me to shudder with fear and at the same time get agitated. Beyond the stories of braveness and sac-

he is an artist. My visit to Sri Lankan's houses is for two reasons. One is to talk about stories back home. The other is to get a tasty village meal for the tongue, which has lost some of its taste buds by eating Chennai foods, without coconut milk. Only during the times, when there is no food for the stomach, there will be food for the ear.

"How long ago you arrived here appan (son)?" This is how he started the conversation. I was pleased to hear him calling me "son". Our society is used to call even foreigners like this. Usually

inquiring about places and people who were living at that time.

I never knew most of them. Out of the people I knew only a few are living and others have moved out. He came to know their death from me and was feeling very sad. I was afraid that he may be asking about the war. I get mad about people living safely in foreign countries, trying to analyze about the victories and defeats of the war. They analyze it as though analyzing a cricket match, with comments on not batting well and not firing well and telling how to have a good

France. So I thought she is also a foreign parcel.

His wife asked me bluntly "Do you know Ruban?". I looked at her blankly wondering whom is she referring to. He said "He is our only son who is in the movement. Our daughter is in Switzerland. He was in charge of Visvamadu area. You may have known him." His wife intervened and said "He is a tall fair person". She was feeling happy to describe his son's features.

I was trying to figure him out from their description and failed. They expected me to say that I know him and were certainly waiting for that. But I was unable to recollect him. He told me that his son used to go around in a M.T. 90 motor cycle. I wanted to tell him that M.T.90 is no more and it was replaced by Hero and Honda. But refrained from telling so. Finally I was forced to tell the truth and they looked very sad.

He adjusted himself and said that his son was very close to Karunakaran. So he took solace in telling that his son was close to a person I knew. I asked whether he has no connection with Karunakaran. He let out a big sigh and said that it is a long story. I heard the sound of preparation of "puttu" (favorite daily food) and was feeling happy and got ready to hear his story.

"One day in 1996, when we were at Visvamadu, same time around 6.30 pm, two boys came home. I thought that they were coming for something and asked the reason of their visit. They looked at each other and the skinny one told me that our son attained martyrdom. I felt dizzy. She came out of the house shouting, fainted and fell down. They brought his picture and never the body. They said a monument will be erected for him on Friday. My daughter who is now in Swiss, got hold of one of those guys shirt and

Short Story



started beating him, shouting that you guys have killed my brother. They were speechless and remained silent without even guarding themselves from her strokes. I pity those boys. Our son was very good at studies and was first in rank in his class. We expected him to be an engineer. We were planning to get him married to this girl. Finally we left him as a monument and came here.”

His wife started talking after him,” I never believed them. My mind was telling me that nothing would have happened to him. They were certain that he passed away. But I had a ray of hope that he will be alive somewhere. We were maintaining a Vairavar temple at home and tell me thambi (boy) whether He will allow him to die?”. She was filled with emotions and found it difficult to speak.

He continued from where she left,” She was certain that nothing would have happened to him. We never got his body .We had a monument for him. But out of desperation we took his astrological chart to many astrologers and they said he is in great danger but still alive. We approached sorcerers and they also said he is imprisoned and alive. So we had hope that he will come out one day.”

I was in a dilemma as to what to do .I smiled and kept quiet. He continued with a big sigh,” After that we went to Skanthapuram from Visvamaru .One day he had gone to visvamaru and asked the people at our house, about our where about. They never knew it and couldn't help him. Another time her sister's grand daughter's husband had seen him at Mulliyavalai and asked him whether he is Ruban. He said no and left the place. After that we moved to India with the arrangement of our daughter's marriage. We are at peace that he is alive somewhere. He has no death in future because we had a monument erected for him when he is alive.” He tried to smile.

'Karunakaran knows this story and do you have connection with him? He asked me.

'Yes' I replied.

"Can you do me a favor"

"Definitely"

"Can you find about our son from him?"

He asked this in a very low voice as though he is begging.

I told him that I will send him a letter inquiring about your son and will come next Saturday with his reply. She was looking at me intensely .I felt that they expected me to come with a good news, as a divine messenger. Suddenly she asked me, my age. I said 24 .You are six years younger to him she commented. I felt uneasy to stay there anymore. I thought that I was rekindling the memories of their son. Even the puttlu I ate came back to the throat .I left them with their son's thoughts. Is he still living? So says sorcerers and astrologers. His monument is still there. What to believe?

Dear annai Karunakaran,



Explosive part seen after an attack from the air near hut housing Internally Displaced Persons bordering Piramanthanaaru and Uzhavanoor in Vanni - Nov 2008: Photo-Vanni

How are you?

I went and met Sambanthan annai (older brother) as directed by you. A lovely man. He was inquiring about you with intense interest. They are worried about their son .They told me that you may have contact with him and to find out his where about and to inform them. Do you have any contacts with their son? If so ask him to contact them. Please get the details as early as possible. Mine was a heart wrenching meeting with them. How war is tormenting people? I am waiting for your reply along with them.

Your loving

Thambi (younger brother).

Dear Thambi ,

Glad to hear from you. I have lots of literary friends there .Go and meet them. They will help you when you need any. Try to earn a living first and think about others later. Do not depend on your sister alone. Don't know for how long she can help you. Better to stand on your own feet.

What can I say about Sampanthan annai. He is a nice man no doubt about it. A good family and I know his son. A very intelligent boy, but it is true that he died in 1996. They are not believing it. What to do this is the attitude of parents. Tamils' fate is like this. No one can stop the cruelty of the times. It is the fate of all parents here, who have children. His body was shattered and hence it was not handed over to the parents. They are trying to build their hope on this. What to do

Be happy don't worry about any thing.

Yours Lovingly

Annai.

It happened as I expected. Their son died in the war. It is killing people .It is a corpse eating monster. His son also fell a victim to it's deadly mouth. I was wondering as to what to do. I was falling into a grief stricken deep, broad ,endless valley.

He phoned me on Saturday morning. I went to his house. Their Sri Lankan food looked like flesh and blood. I was trying to gulp it with much difficulty. They were waiting till I finished eating, trying to withhold their questions. I looked at his sick wife. Her eyes looked like that of a student eagerly waiting for her examination results.

"Did you get any details of Ruban?", they unfolded their suppressed question. That scared me like a bull, which was given liquor before a race. I got scared and started telling lies. I thought my lies will allow that sick woman to live for some more days. They may help him to retain smile in his grief stricken paintings.

"You know the war has started again and I think the internet didn't work, hence Karunakaran annai did not reply. I am sure he will reply and as soon as I get it, I will let you know." He let out a sad smile since he didn't expect this reply. His wife got up and went in without speaking a word.

I was feeling guilty. I felt like a murderer. I realized, I made a mistake in visiting their house on the direction of Karunakaran annai. I felt I have rekin-

dled their memories of their son. Since I am from Kilinochchi their hope of getting information about their son increased. He broke my silence and said, "It is our fate, what can we do, my boy." As I was getting ready to leave he said "Do visit us frequently. It is a joy to see a man from our own town." I replied 'yes' and got up.

But I decided not to meet them anymore. I am unable to bear their grief. It was like a heavy spear being driven into my body .I was feeling that I have betrayed them. He said that he has some work to do and joined me, as I was leaving.

Both of us got out of the house together. I walked quietly with him.

'Have you been to Thiruvanniyur beach?' he asked me. I said 'no'. He went on to say that we could see many Sri Lankans and continued that sea always calms one's feeling. I also agreed with his suggestion. Sea seems to absorb the miseries of people. Unable to sustain it's feelings it send out the waves and get solace. He invited me to go to the beach.

We walked slowly to the beach, chose a lonely spot and sat down. The sea was roaring and he was watching silently. I also kept quiet. Suddenly he said "I know he is dead. His fate is that. Ours is a love marriage. She is sick after his son's departure and I am also pretending that he is alive.' I was speechless. I was able to see his body shaking in the dim light of the sea. There are some sadness even the sea can't bear. It was lashing somebody's grief on to the shore.

Business



Arun Senathirajah

ACIB, MBA (Banking Mgmt)

Maastricht criteria of the Euro currency Bloc

Based on four main criteria known as euro convergence criteria the euro bloc countries have adopted euro as their currency. These are related to Inflation rates, Government finance - Annual government deficit & Government debt, Exchange rate and Long-term interest rates. The purpose of setting the criteria is to maintain the price stability within the Eurozone. Eurozone consists of 17 countries, 17 finance ministers and 17 fiscal policies with one single currency. It is an interesting product to be watched by the economists and market analysts world-wide. The countries which joined

nationalise their privately held banks in order to prevent systemic failure of the banking system. This further increased the already high levels of public debt to a level the markets began to consider unsustainable, via increasing government bond interest rates, producing the ongoing European sovereign debt crisis.

Worsening Debt Crisis

PIIGS nations' debt crisis is going to be a hazard to euro bloc members and its global economic partners and investors. Debt Crisis started in Greece and is now fuelled by fears Spain or Italy might default, potentially sparking a break-up of the 17-nation currency. There is fear that efforts by Eurozone government leaders were not enough to contain the crisis. The European Central Bank

over the Eurozone sovereign debt situation and increased fears over the health of the global economy. The stock and bond markets are still sensitive to the inherent risks associated with the Euro bloc debts and economic prospects. Bond market is reluctant to accept bonds issued by Eurozone countries. Bond markets shift sharply against weak eurozone members. Markets had moved on from an assault on Italy to attack France, a core AAA-rated euro member.

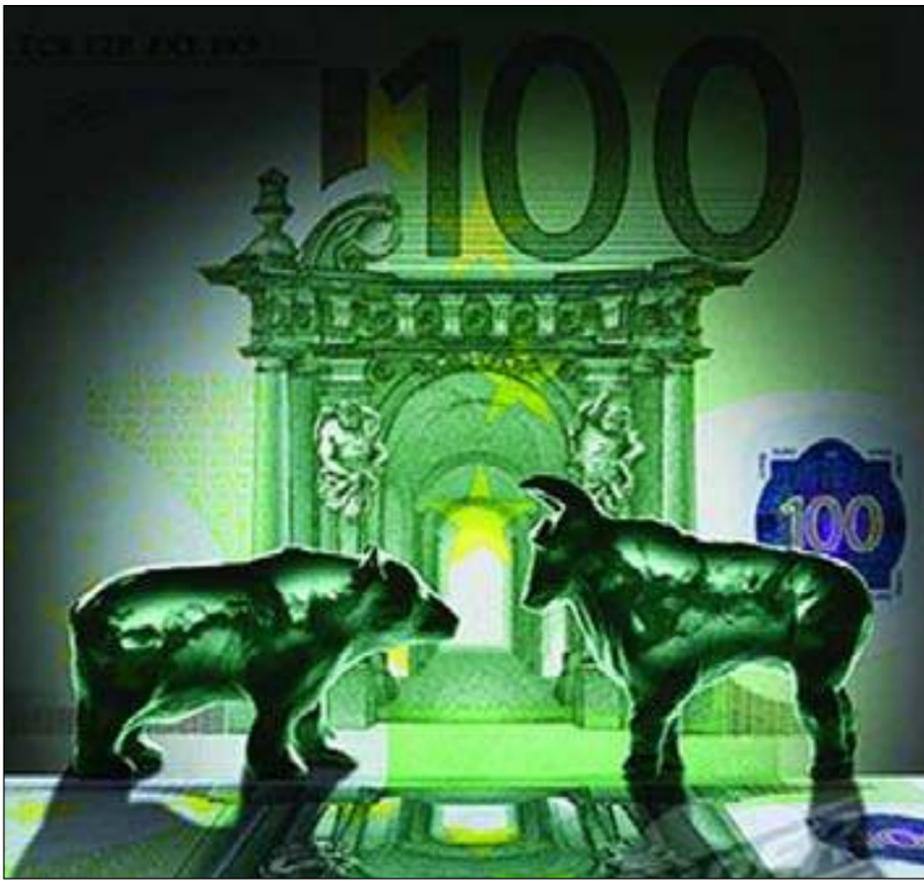
Investors expected for a deal to expand the euro zone's bail-out fund, the European Financial Stability Facility (EFSF), or to start issuing mutually guaranteed Eurobonds. Nothing has happened to encourage to these directions. They also have suggested that it will be

indices.

Eurobonds to Replace EFSF

The European Financial Stability Facility (EFSF) is a rescue fund agreed by the 27 member states of the European Union on 9 May 2010, aiming at preserving financial stability in Europe by providing financial assistance to Eurozone states in economic difficulty. Realizing the facility is hardly enough to rescue the debt crisis of the Eurozone countries, and to maintain the credit rating many are now calling for a more fundamental solution to the crisis - the issue of "Eurobonds" in order to provide a fiscal underpinning to the shaky monetary union. Eurobond would allow countries in the 17-member currency bloc to jointly issue debt with strong nations standing

Global Impact of the Eurozone Debt Crisis



Bear and bull models against Euro currency

the euro bloc have lost authority on monetary policy matters. The countries whose interest rates fell most as a result of creation of the euro are Portugal, Ireland, Italy, Greece and Spain (PIIGS nations). These are the very same countries now affected by the sovereign debt crisis. The effect of such low interest rates made it easier for banks within the countries in which interest rates fell and the countries themselves to borrow significant amounts and increase their public deficit and levels of privately held consumer debt. Following the Late-2000s financial crisis, governments in these countries found it necessary to bail out or

(ECB) President Jean- Claude Trichet is fighting the debt crisis against the backdrop of a global economic slowdown and market sell-off. ECB has fought the market turmoil for three weeks by buying Italian and Spanish government bonds to reduce financial pressure on those countries, but governments are still struggling to reduce debt and find a more permanent solution. National parliaments have not yet ratified those changes due to the pressure on austerity measures. Both businesses and consumers are very worried by the slowdown in domestic economic activity, heightened financial market turmoil, ongoing serious concerns

harder than ever for troubled economies to grow out of their debt burdens. The markets were unimpressed. In mid-August 2011 there were rumours of a French credit downgrade. Analysts and Investors are questioning whether France and Germany, the Eurozone's two largest economies, can continue to underwrite other states' debts without losing their top credit ratings and falling victim to the crisis themselves. German Chancellor Mrs Merkel faces opposition to big fiscal transfers to weaker, more profligate euro-zone countries from her coalition partners. Bundesbank also has difference in opinion. Further fears that her country's constitutional court may rule all euro zone bail-outs to be illegal. Strong Germany is now rumours of a credit downgrading. They are now in the making of Economic Integration of the Eurozone or Eurozone Economic Government. This means weaker nations would face severe pressure from stronger partners to implement austerity programmes that may be hostile to their country. A year ago it was said that the euro zone could take care of two or three small countries but that Spain was too big to fail. Today, with Italy and even France looming into the picture, the very survival of the euro is coming into question. For the 17-country Eurozone, growth rate would be a drop of 0.5% this year and 0.2% next year. Eurozone economic growth is close to a standstill, with Germany's prospects deteriorating further this month, according to a survey. "Most worrying is the near-stagnation in Germany, which suggests that the region's main engine of growth has stalled," said Chris Williamson, chief economist at Markit, which produces the

behind weaker, debt-laden nations. (These bonds are different from the 'Eurobonds' - link severed between currency and country of issuance by helping international borrowers sell dollar-denominated bonds in London). The proponents of the new version Eurobonds wish to sever the link between the creditworthiness of a country and its cost of borrowing. This would be a cover-up for credit rating deteriorating debt failing nations. This is a sort of debt pooling mechanism that could indeed put an end to the euro crisis. The 17 member states of the single-currency area would be able to borrow in bonds issued by a European debt agency. These would be jointly guaranteed by all euro-area countries and thus underwritten in particular by the most creditworthy of them—above all, Germany, because of its economic clout and top-notch credit rating. Recent moves indicate there will be no issue of the new Eurobonds in the near future.

Challenge to the Leaders

Widely expected meeting between German Chancellor Angela Merkel and French President Nicolas Sarkozy in mid-August 2011 did not bring any foresight to rescue the indebted members. It was expected Germany and France the strong nations in the euro bloc that would stand behind the new Eurobond proposal. The leaders have discussed sort of fiscal policy measures rather than support for the bond issue. It was expected the two leaders may recommend again the austerity measures and better governance to European Union President Herman Van Rompuy. Finally, German Chancellor Angela Merkel's Cabinet has ratified expanded measures of EFSF to combat the euro-area debt crisis.



Business

Ministers meeting in Berlin on August 31, 2011 backed a reworked EFSF including sovereign bond-buying powers, raising Germany's share of EFSF loan guarantees to 211 billion euros (\$305 billion) from 123 billion euros. In passing the enhanced EFSF, 'the German government has strengthened its determination to secure the stability of the euro with a powerful set of tools at the Euro zone level,' said Finance Minister Wolfgang Schäuble. But Merkel still faces widespread resistance from politicians and economists in implementing the EFSF enhancement package.

Atlantic contagion

After Moody's downgrade of Greek debt, it expressed concern that a Greek default would hit financial institutions in other peripheral countries. European banks have plenty to worry about, as things stand. European default risk is one worry, but banks are also feeling an impact from the impasse in America. The FT (Financial Times) highlights the situation as below: 'US money market funds have sharply cut their exposure to banks in the Eurozone over the past few weeks and reduced the availability of credit, even in stronger countries such as France. At the moment, this is undermining euro-zone economic activity and putting additional pressure on stress banks. Should a debt-ceiling impasse lead to real financial market difficulties and a flight to safety, peripheral banks and sovereigns will come under a great deal of pressure. A lot of people will yank their money away from anything that looks vulnerable, and there are a lot of European institutions looking vulnerable right now. America will probably avoid the catastrophe of an outright default. But it could experience an economic setback serious enough to trigger collapse in Europe.'

European Banks Stress Tests

Stress tests identify weak banks and make them strengthen their finances. In the test scenarios each bank had to report its exposure to sovereign debt, allowing economists to run separate analyses. The scenarios, tested by national banking regulators, simulated what would happen to bank finances during a recession where growth drops more than 4% below EU forecasts. European Banking Authority (EBA) which released the results of Stress Tests of 91 European banks in July 2011 has found 9 banks have failed the tests; most of them are from Spain. Another 16 would barely stay above level in another crisis. Stress tests were meant to make banks take action to stay safe from another Greek-like financial crisis how they would fare in another recession. The failing banks should promptly move to strengthen their financial cushions, the EBA said as it released the results. Bank stress tests look at systemic risks affecting the system as a whole. The tests are a crucial element in Europe's fight against the growing debt crises. The stress tests will allow the government there to say the system is generally working well, but



Economists see growing risk of global recession 40 years on from gold standard

that they need to reinforce it with austerity measures. Banks may soon face a tougher real-life test. Concerns over what debt default would do to banks around the continent has triggered panic on financial markets.

BRIC Nations (Brazil, Russia, India & China)

European debt crisis has influence on BRIC countries since the Debt obligations that BRIC countries own in European countries. In this case the fact that Russia, China, and in the least degree India and Brazil, have invested heavily in European sovereign bonds will probably have a most negative impact on BRIC countries in terms of possible restructuring of European sovereign debt. New vision is that BRIC to play locomotive role for world economy. World Bank experts have said that it will be the BRIC countries – Brazil, Russia, India and China – that will play a significant role in pulling the world economy out of crisis in this coming year. Without quantitative easing in the developed world we wouldn't have exited this global financial crisis. But, high growth in China and India was possible without pumping paper money into the economic system.

Impact on Asian Economies

The U.S. debt conundrum threatens to erode Asia's reserves and scuttle the region's exports. There are also worries that Asia's export-dependent economies may lose their competitiveness as their currencies jump against the U.S. dollar as the West reels from debt turmoil. Higher currencies make exports expensive. Any unresolved debt problems in the U.S. and Europe would increase financial market volatility and destabilize capital flows. A U.S. debt default or credit downgrade will send the Asian currencies even higher against the dollar. However, even with a downgrade, the U.S. markets will remain liquid, and eventually the U.S. government will find a way to meet all of its debt obligations, restoring confidence in U.S. Treasuries. But, worries over Eurozone still persist.

ASEAN (Association of Southeast Asian Nations)

ASEAN meeting held in Indonesia and the discussions took place against a backdrop of global market turmoil driven by fears about European indebtedness

and a US credit rating downgrade. Asian economic ministers predicted in August 2011, a slowdown in regional economic growth this year amid the European debt crises and planned spending cuts in the United States. Developing economies of the 10-state ASEAN (Members: Brunei, Cambodia, Indonesia, Laos, Malaysia, Myanmar, the Philippines, Singapore, Thailand and Vietnam) predicted their collective growth could slip to below 6% this year. The members had a collective growth of 7.5% in 2010. "The ministers noted that there are continuing challenges and downside risks including the sovereign debt crisis and fiscal problems in some developed markets, rising food and commodity prices, and continued financial market stresses," the ministers said in a statement after a meeting in Indonesia. Small countries which are heavily dependent on foreign borrowing would face problems in meeting debt service ratio and may lose their sovereignty.

Global Impact – Warning by the IMF

The debt crisis crippling the Eurozone could trigger an 'earthquake' that slashes hundreds of billions of pounds off the global economy, the world's financial watchdog the IMF has warned. The IMF urged European leaders to rescue Greece and stop the shockwaves spreading to some of the region's largest economies, including Italy and Spain, and the rest of the world. 'It would be very costly not just for the Eurozone but for the global economy to delay tackling the sovereign crisis,' said Luc Everaert, head of the IMF in the single-currency bloc. The Fund said that in its 'earthquake scenario' – where the crisis spreads through the entire Eurozone – the size of the economy in the region would fall 2.5 per cent. Global growth would fall by around 1 per cent, it said, or nearly £400 billion.

Loss of Monetary Freedom

The nations that use the euro as their currency are unable to employ independent monetary policy and foreign exchange policy in order to help battle the economic downturn. Euro as a common currency is under the control of the ECB. Because these countries are members of the Eurozone, they cannot deval-

ue a portion of its obligations by the means of introducing inflation, or otherwise stimulate its economy with monetary policy. When similar situation arisen to Argentina it devalued its currency and restructured the debt obligations with the lenders. It did not bow down to IMF's austerity measures, thereby avoided internal social commotion. Argentina experienced enviable growth for years after currency devaluation and restructured the debt in default. In exchange for cheaper funding from the EU, Greece and other countries, in addition to having already lost control over monetary policy since the euro came into being, would therefore also lose control over domestic fiscal policy. Monetary union has removed or limited the freedom to set monetary and fiscal policy, thus forcing the pressures of economic adjustment onto the labour market. This has resulted in trade imbalances with negative effects on labour. The Eurozone has become an area of entrenched current account surpluses for Germany, financed by current account deficits for peripheral countries. The suggestion has been made that long term stability in the Eurozone requires a common fiscal policy rather than controls on portfolio investment. Adopting common fiscal policy or fiscal integration to 17 nations is not an easy and practical exercise. The solution may be these countries to get out of the euro currency agreement and adopt their own policies. Strong European Commission oversight in the fields of taxation and budgetary policy and the enforcement mechanisms that go with it have been described as infringements on the sovereignty of Eurozone member states and are opposed by key EU nations such as France and Italy. Most market watchers expecting Greece, and possibly the other bailout victims Ireland and Portugal, to eventually fail to pay their massive debt piles.

Euro Break-up and Global Turmoil

In order to maintain the euro bloc, stronger countries giving more support to weaker countries. In bargain, there becomes intrusion or outside control of national fiscal policies. They call these with different labels like "Economic Government" or "Economic integration". Virtually end product has to be step towards political union. But there is no mandate to these governments to go for this. If there is a move towards this, the backlash could split the EU apart—exactly the outcome they are trying to avoid. A break-up of the euro may not be unthinkable, but it would certainly be damaging, painful and very expensive. This is most obvious for debtor countries whose banks and governments would go bust. Germany and other creditors may lose their funds already spent for bail out. And the consequences would be scarily unpredictable Europe's single market, and even the European Union itself, might be at risk. Even global wide economic turmoil would be severe than what currently forecasting.

Children's Corner



A SHORT STORY

By Chandrani Warnasuriya

The war was over. But still there was a lot of noise; talk and stories spreading around the neighborhood where Ramani and her brother lived with their parents. Stories what children in distant lands called horror stories. Their parents had an inkling of what those stories meant, for Ramani's father often talked about those stories he read in the newspaper he picked up from the kiosk nearby. Besides the family had experienced some of these when they lived on the other side of the country when some of their near relatives had died in a gun fight. They themselves escaped near death when a bomb exploded behind their house and they had to take refuge in a refugee camp and had lost most of their belongings.

"Oh.... My Bird House!" sighed Vijaya and looked away. "I am so sad when I think of my birds," said Vijaya. "I fed them for the last time and set them free," re-called Vijaya with much sadness and trepidation.

The children paid obeisance to a Buddha statue, offering flowers, and slowly trudged back home that evening.

Not long after, Mahinda came over with a big rope and fixed a swing for Ramani as part of his schedule of caring for the newly settled families. Ramani couldn't be more delighted as she ran for the swing everyday returning home from school.

Suddenly something new excited her curiosity and kindled her old desires for new friends in the neighborhood as she

Why is she behaving like that? Could she be frightened of people around?. Have the parents given her strict instructions not to talk to neighbors? Is she not of the friendly type? For days Ramani kept wondering what kept the girl from talking to her, and Vijay often teased her about it.

"Hi Ramani, I am so much better off than you, I have lots of friends. You will never make it like me...." Her brother used to say, for Vijay had made lots of friends, playing cricket with boys in the neighborhood.

May be I'll say Hello! To her one day and start a conversation, she thought. So the next time Ramani was out in the garden and she saw the girl sitting on the step at the entrance to the porch with the

friends with you. Tamil people have not been friends with the Sinhalese for a long time since the war began. Scars left behind are difficult to forget, so may be the new family may not want to have anything to do with us. Don't force yourself. Be careful," Said Ramani's mother cautioning the daughter at the thought of it.

'But she doesn't look so bad,' Ramani thought to herself. I am sure she must be longing to talk to friends like me. She looks my age. I must find out. I must talk to her.' Ramani felt a new flush of blood running in her veins. The fresh and crisp air that November morning, assuaged and instilled peaceful thoughts into her. Moreover, there were no sound of guns or missile carrying planes flying overhead any more. So why worry? Thought Ramani.

Hiding the Jambu wrapped in a shopping bag, Ramani tip-toed down the garden while her mother got in the kitchen. As usual the girl was sitting on the step of their porch, pouring over a book. Ramani went over to the short bush by the fence. Suddenly she felt bold like in one of those stories the VPM had related.

Not wishing to make a noise causing a stir around, she softly called out to the girl saying, Sssh.....sh! Placing her finger on her lips she signalled to the girl showing the package under her arm. "Come I have some nice Jambu. Would you like to have some?"

She gently asked the girl. For the first time the girl smiled and came up to the fence.

"I am Ramani. What is your name?" Asked Ramani in a quiet voice.

"My name is Lakshmi." The girl replied in a low voice.

"I guess you all are also new to the village like us," said Ramani.

"Yes," said Lakshmi. I am not supposed to talk to neighbors," said Lakshmi, trying to excuse herself of the earlier encounters.

"Don't be afraid. I mean no harm to you. My parents too wanted me to be cautious. But we can be friends." Said Ramani trying to allay her friend's fears. Then pointing to the swing hung on the Jambu tree she said, "You can come over and enjoy going on the swing with me," she said.

Lakshmi seemed delighted with the idea. Her face brightened up, and she beamed a welcome smile. Hearing some footsteps on the porch, Lakshmi rushed back to the house. Her mother came out carrying a basket of clothes and Lakshmi quickly went over to help rinse them dry and hung them on a line.

"Where have you been and what have you been eating?," inquired Lakshmi's mother concerned about her daughter.. Lakshmi was quiet and did not answer. Then briskly letting the clothes to dry, together they went back in the house.

Contd. on next page...

BRIDGING THE GAP



Children in Eachchilampattu, Trincomalee district, Sri Lanka
- pic: Drs. Sarajevo

Ramani's father had not bought a TV like what they used to have when they lived on the other side of the country where her father owned a farmland and had plenty of vegetables growing in their back yard. They were now settled in a temporary house built by a charity organization under the government's re-settlement program. Ramani now twelve years and her brother Vijaya fourteen were trying to get used to the new surroundings they had moved in. New school and new friends, and the new temple priest they were soon introduced to. The temple they visited on Poya days was full of such displaced persons like Ramani's family.

"Do you like the new house?" asked Mahinda when Vijaya and Ramani visited the temple one day. Mahinda was a volunteer at the Buddhist temple, helping the chief priest with the new settlers to the area.

"We miss a lot of things we were used to, back in Delgama," said Vijaya.

"I loved my Onchillawa, (swing) my father fixed me in the branch of our Olive tree, in our back yard." said Ramani.

had done back in Delgama. Nostalgic memories and feelings of sadness at the loss of her friends who had to flee from their beloved homes just like her still hung at the back of her mind. The times she enjoyed swinging and swinging, and sang her favorite songs as she swayed with her friends suddenly came rushing back crowding her mind. This was when she spotted the girl next door.

Ramani's next door neighbor moved in a few days ago. One sunny Saturday morning as Ramani walked out the door and went over to smell the scent of her favorite Gardenia flowers in the bush by the fence her eyes caught sight of the girl. Dark skinned, black eyes, and black hair platted and falling neatly down her shoulder.

Ramani itched to speak to her. But the girl stared back. She stood up, dodged and turned round and went in the house. Then Ramani heard the door close behind in a hurry. These rough encounters with the new neighbor Ramani was eager to meet and make friends with went on for several days.

Why doesn't she want to talk to me?

book on her lap Ramani went over to the make shift fence made out of tree stalks and bushes, Ramani boldly walked up to one of the shorter bushes and peered over and said in a low voice, "Hi, How are you? Are you also new to the place?" She felt shy at the dumb question she asked the girl, as it was obvious they were new and thought the girl will snap back. But the girl rose from the step she was seated, said nothing looked a little frightened and tucking the book under her arm, once again ran into the house.

The new girl next door to Ramani's house and her parents were also displaced settlers who had moved in newly to the village. But Ramani was yet to know her name. She and her parents were Tamil and she had been given strict orders by her parents to talk to nobody.

Ramani talked about it with her mother the only one she depended on for advice, besides the Volunteer Peace Maker from the DIRC (District Inter Religious Committee) who spoke to the children at peace building programs at the Community Center. The VPM had related many stories to the children about forgiveness, kindness, unity, Cooperation and so on and Ramani delighted to put them into practice. 'Making friends with the new girl next door is ideal for me. I want to be an example.' Thought Ramani.

One weekend Ramani's mother had picked some Jambu fruit from the garden and left some on a dish on the table. Ramani had eyed them, to take some of it possibly to share with the girl next door.

"Mother can I take some extra fruit," asked Ramani.

Suspicious. "What for?" asked her mother. Ramani hesitated, for she did not wish to tell her mother the real reason.

"I want to eat some at leisure," said Ramani sounding quite innocent.

"Make sure you leave some for Vijay. But don't try to force them on somebody who doesn't want to talk to you, or make



Children's Corner

Let There Be Peace on Earth!

1. Let us all hold hands together, and greet each other,
Peace be with you!.... Peace be with me!..... And all whom I hold dear....!
What color, creed or race it does not matter,
Let's feel we are all One, under a glowing sun,
In this our one planet EARTH, in the Universe, for all time....
2. Let us think of the beauty, of our mother earth,
Everything just right, air, water, warmth, gravity and more,
A stupendous work of art, unimaginable of life and living,
of a master builder and creator!
Need we dream of other worlds?
Where can we find better pastures?
Let's direct our thoughts and endeavors down to earth,
For the happiness and betterment of all life on earth.
Then we will truly have peace within and outside of ourselves
to celebrate peace on earth.....
3. What good has it worked? Let's ask ourselves the question.
Wars between nations, civil wars or terrorism?
Funds spent on wars ever burdening our budgets,
How can we end this nightmare, the Sword of Damocles hanging,
and threatening our very existence?
4. Let's put an end to all fighting and killing.
This game of violence, that has gone on without end;
Wrenching the bosom of mother earth to cry over her children,
As we hear her mourning and weeping and wailing,
Call it cyclone, tornado, hurricane, earthquake, tsunami
Or torrential rain and flooding all over.
5. let's not make ourselves slaves to the demon, Satan or evil spirits of the
Under-world, whatever you name it the cohorts of evil;
Violence breeds violence, we know that only too well,
Let's rationalize, the focal point of being human, open our eyes and firmly believe,
In Love and Goodness and Unity and Respect,
Then outbursts of rebellion, of oppression or frustration will be calmed down,
Without the weapons of darkness.
No guns, no bombs or bullets flying from end to end.....
Enlightened, we will overcome all evil; using weapons of Light,
Far superior to those of darkness!
6. Then working for peace, everything will be well.
We will have nothing to fear only quiet down the fears within ourselves,
We won't have enemies to fight, to kill or defend ourselves;
Our coffers will expand, no deficits for people's demands to be met.
Our farms and factories will flourish; a world transformed, will cater to our mini-
mum needs;
No hunger, no starvation, no poverty or disease to overcome,
For mother earth will then be at peace and not lament or mourn over her children
for years to come.
7. How peaceful and serene the world would be, under the glowing sun,
The world wide web would bring us good news!
Of peace emerging all around;
Hurrah! For Peace, let's turn around and give each other a great hand shake,
For you and I have done a great job,
The least....to think of PEACE to posterity and all mankind!

Make Room for Your Own Work for World Peace.....

- 1.....
- 2.....
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BRIDGING THE GAP

Contd. from previous page

It was days before Ramani was able to meet the girl next door. It couldn't have been a better place, For Lakshmi had been admitted to the same Government Elementary school close by to where they lived. The two girls began to get more and more friendly each day and enjoyed each other's company. They even shared their food at recess and played together and began to learn each other's language.

Both were in the same grade but in different classrooms. The two girls however never went to school together, though they lived next door to each other. Lakshmi's father always took her to school and picked her up and was very protective about his daughter. One day Ramani asked her friend. "Why is your father always taking you to school and picking you up. Why can't we go to school together. I can ask my father to take us to school and your father can pick us up?" Lakshmi then told her friend about her brother 15 years old who had gone on an errand by himself and was lost forever, for he never returned. Lakshmi almost choked with sadness, tears running down her face as she lamentably related the story of her missing brother. Ramani hugged and embraced her friend trying to comfort her and was sorely saddened to listen to her story.

"That is why my parents are so protective of me and told me strictly not to talk to anybody or go any where without them." Ramani then understood her friend. Though she longed to play with her at home, she couldn't do anything much about it for a long time.

Then suddenly things took a different turn. One day Lakshmi accidentally fell off the swing at school and fractured her leg. She was badly bruised and was rushed to the hospital nearby. A cast was administered on her leg and was taken home. Ramani was sad for her friend as she was missing school and her homework. Ramani tried to find an excuse to visit her friend. There was no better way

than to take her the Homework from school.

That weekend Ramani planned to take the homework assigned by the teacher for lakshmi's class. So on Friday Ramani met Lakshmi's class teacher, Mrs. Karthegeesu.

"Can I take Lakshmi's Homework teacher, she is my neighbor," asked Lakshmi, entering the classroom.

Mrs. Karthegeesu was about to leave. But then she immediately stopped. The teacher almost taken aback, at the kind gesture of the girl said, "Yes...yes... you may that is very kind of you," she said, and getting back to the table handed over some papers to be taken to Lakshmi.

It was a great surprise for Lakshmi's parents that Saturday morning, when they saw the little visitor at the door. Lakshmi's father opened the door. Recognizing the girl, lakshmi's father questioned the girl, with a stern look on his face.

"What do you want?" he asked her.

Allaying his fears, Ramani spoke softly and said, "I.... I.... came to see Lakshmi and give her the Homework from school."

Lakshmi's father couldn't be more pleased. A quiet smile broke through his anxious face.

"Come in...." he said. Then inviting her in and taking Ramani by the hand in an apologetic manner he said,

"That is very nice of you. And inviting her he took Ramani to the room see her friend. Ramani's mother brought her a tray of sweets and the friends chatted together for some time.

From that day onwards the two families got to be close friends and at school Ramani was hailed by the principal as being a good example of caring and sharing, bridging the gap between the two families and the two ethnic communities. Together Ramani and Lakshmi took part in peace building projects in the village and later round the country, and together won several awards for their efforts at peace building.

Special Feature



Tamil Canadians come together to keep the fifty year old flame alive!

Canadian Tamil Congress (CTC) has been instrumental in organizing the Annual Tamil Canadian Walkover the last few years and proceeds from the walk are donated to charitable organizations serving Canadians at large. For instance, in 2010 the beneficiary of the funds raised was Canadian Cancer Society and the event was kicked off by Late Honourable Jack Layton. At its kick off event in June 2011 CTC announced Amnesty International as the beneficiary for the 2011 Walk. Given that it is the 50th anniversary of Amnesty International and the important role this organization has played in preserving human rights across the world, including Sri Lanka, the choice could not have been better.

Amnesty International was founded in 1961 in United Kingdom by Peter Benenson, a British Lawyer who launched a worldwide campaign referred to as "Appeal for Amnesty 1961", with the publication of an article in the Observer newspaper. The article, "The Forgotten Prisoners", was written after he learned of two Portuguese students who were imprisoned for raising a toast to freedom. This article was reprinted in newspapers across the world, marking the beginning of Amnesty International.

The first international meeting was held in July 1961, with delegates from Belgium, UK, France, Germany, Ireland, Switzerland and the USA. They decide to establish "a permanent international movement in defence of freedom of opinion and religion".

Today Amnesty international is a global organization with more than 3 million members, supporters, and activists in over 150 countries. It is a worldwide movement of people who are inspired by hope for a better world and work to improve human rights through campaigning and international solidarity. The organization exerts influence on government, political bodies, companies and intergovernmental groups to protect human rights. Amnesty has had significant effect on many people lives. Amnesty's campaigning and research is fact based and its activities include sending experts to talk with victims, observe trials, interview local officials, liaise with human rights activists, monitor global and local media, publish detailed reports, inform the news media and publicize human rights concerns in documents, leaflets, posters, advertisements, newsletters and websites.

Amnesty prevents human rights abuses by mobilizing the public to put pressure on governments, armed political groups, corporations and intergovernmental bodies through public demonstra-

tions, vigils, letter-writing campaigns, human rights education, awareness concerts, direct lobbying, target appeals, email petition and other online actions. Success of the campaigns are based on the strong partnerships it creates with local campaigning groups, community activists and in collaboration with students movements.

Funding of Amnesty and its activities is solely by individuals and the organization does not accept funds from governments or any political bodies. This enables Amnesty to be non-partisan at all times. Amnesty also accepts donations from businesses only after carefully vetting them.

On Human Rights Day in December 10, 1961, the first Amnesty International candle – which later became the organization's iconic symbol, was lit in the church of St-Martin-in-the-Fields, London.

The first research trip was undertaken in 1962. On the same year the prisoner of Conscience Fund was established to provide relief to prisoners and their families. Amnesty International groups were started in Australia, Belgium, Denmark, Greece, Ireland, Norway, Sweden and USA. At the conference in Belgium, all the groups decided to set up a permanent organization that will be known as "Amnesty International".

The UN granted Amnesty International consultative status in 1964 and during the following year Amnesty International issued its first report on prison conditions in Portugal, South Africa and Romania. Amnesty International sponsored a resolution at the UN to suspend and finally abolish the death penalty for peacetime political offences. In 1971 on its 10th anniversary Amnesty received widespread publicity in international press, radio and television. Amnesty International launched its first worldwide campaign for the abolition of torture in 1972.

In 1977, Amnesty International was awarded the Nobel Peace Prize for "having contributed to securing the ground for freedom, for justice, and thereby also for peace in the world" and 1978 won the UN Human Rights prize for "outstanding contributions in the field of human rights".

In 1988 a worldwide concert tour was launched in London to commemorate the 40th anniversary of the Universal Declaration of Human Rights. As direct result, Amnesty international membership rose in many countries. On Amnesty International's 30th anniversary, the organization broadened its scope to cover work on abuses by armed groups, hostage-taking and people imprisoned

due to their sexual orientation. In 1999 the International Council Meeting agreed to expand Amnesty International's remit to include the impact of economic relations on human rights; empowering human rights defenders, campaigning against impunity, enhancing work to protect refugees and strengthening grassroots activism.

On its 40th anniversary, the organization changed its statute to incorporate into its mission, work for economic, social and cultural rights, thus committing itself to advance both the universality and indivisibility of all human rights enshrined in the Universal Declaration.

In 2003 Amnesty International's Ambassador of Conscience award was established and the first one was awarded to Vaclav Havel. In 2007 Nelson Mandela accepted the Ambassador of Conscience award and congratulated Amnesty International for making the struggle against poverty as its focus for the coming years.

In 2011 Amnesty International launched its 50th anniversary celebrations with a toast to freedom, recalling the defining moment of its inception. Global actions run throughout the year

focusing on the death penalty, freedom of expression, reproductive rights, international justice and stopping corporate abuse.

The international secretariat of Amnesty is located in London, England and responsible for majority of the organization work. Amnesty International envisions a world in which every person enjoys all human rights enshrined in the Universal Declaration of Human Rights standards and other international human rights standards. The organization is determined to continue until every person can enjoy all their rights, live in dignity, their voice is heard and no one is tortured or executed.

Given its long track record in standing of for Human Rights, the selection of Amnesty as the beneficiary of the Tamil Canadian walk is timely. Moreover, Amnesty has been instrumental in screening the Channel 4 video at the UNHRC meeting on Sri Lanka. Along with lending its strong voice to human rights abuses in all parts of the world, Amnesty International has also taken a lead in speaking up for the voiceless in Sri Lanka in the recent years. The upcoming Tamil Canadian Walk for Human Rights on September 18th will provide an opportunity to prove to the world how important the protection of human rights is for a Tamil not only in Sri Lanka but in many parts of the world.

For more details on the walk or to register, visit www.amnesty.ca/walkfor-rights.

www.cordlanka.org

**Chinmaya Organisation for
Rural Development (CORD) - Sri Lanka**

CORD Appeal for Funds for Tamil IDPs in Sri Lanka

Public Meeting

Venue: Scarborough Civic Centre, Sunday, October 2, 2011
Time: 10-12 PM (noon)

CORD is the service wing of the world renowned Chinmaya Mission.
It is an approved charity (No: 893661587 IT 0001).

Fundraising Dinner

The fundraising dinner will be held at Sorkkam located at 150 Bullock Drive,
Markham on Saturday, October 1, 2011.

The Executive Director of CORD (Sri Lanka) Mrs. Gowrie Mahenthiran will address the participants on the current situation and the needs of the Internally Displaced Persons in the North and East of Sri Lanka. We appeal to Concerned Sri Lankans of all backgrounds to attend one of the above meetings and contribute for the cause of the IDPs in Sri Lanka.

The suggested contributions levels are:

1. Donor: \$100 (one guest)
2. Sponsor: \$500 (two guests)
3. Patron: \$1000 (four guests)

All participants will receive either tax deductible receipts or in the case of the business owners, invoices for promotional expenses for their full contributions. Sponsors and Patrons will be recognized in the programme as well as on stage during the event.

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**Sunday, September 18, 2011
Thomson Memorial Park
Scarborough**

**Registration: 8:30 AM
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Amnesty's charitable registration number is 11878 5914 RR0001.
All donations of \$10 or more are issued tax receipts.

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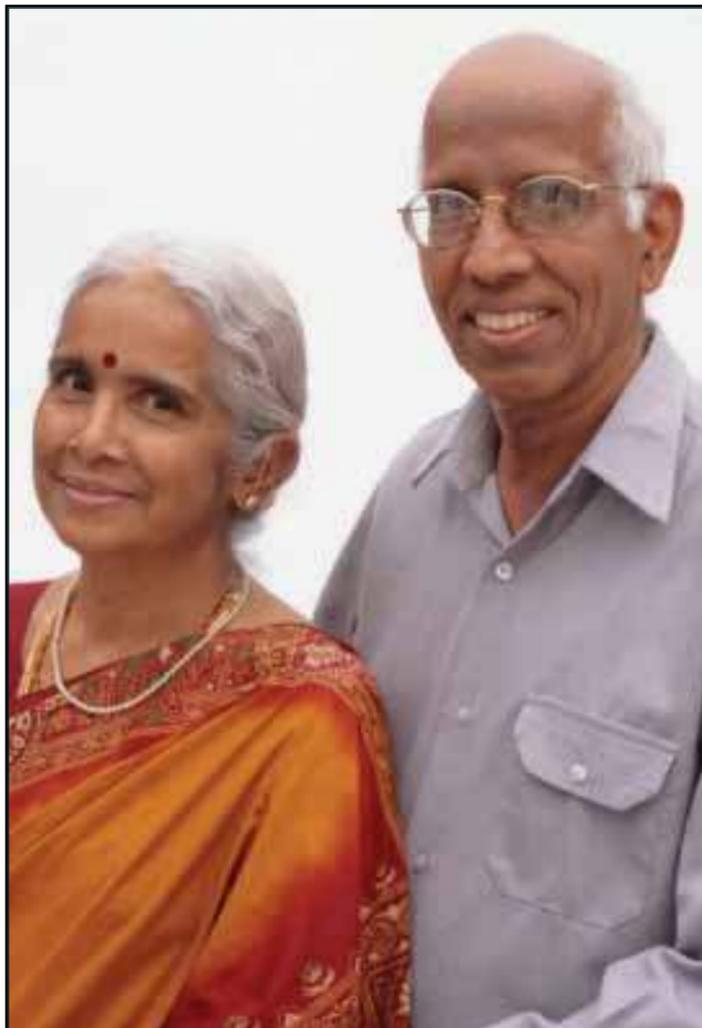
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