

Sponsored by: **Scotiabank** Organized by: **SACEM**


FREE Classes at Computek College

Word **Excel** **Powerpoint**

Markham | **Scarborough** | **Toronto**

905.471.3344 | 416.321.9911 | 416.285.9941

www.computek.edu



O, it sets my heart a – clickin’
like the tickin’ of a clock,
When the frost is on the punkin
and The fodder’s in the shock.
– **James Whitcomb Riley**
American Poet
(1849-1916)

THE LAW OFFICE OF
Gary Anandasangaree
PROFESSIONAL CORPORATION

- Real Estate (Buying, Selling & Re-Financing)
- Corporate • Commercial
- Wills & Estates • Immigration

416 321 1100
gary@galaw.ca

Canada was in Perth to encourage the Commonwealth refocus on core values of democracy and human rights – PM Harper

Prime Minister Stephen Harper made the following remarks at the close of the Commonwealth Heads of Government Meeting (CHOGM) on October 30, 2011 in Perth, Australia:

“Good afternoon. I want to begin by thanking the Government of Australia for the warm welcome they gave us and for graciously hosting this Commonwealth Heads of Government Meeting.

“Canada was here to encourage the Commonwealth to refocus on core values of democracy and human rights and to support key reforms. We are pleased that progress has been made. The Commonwealth Ministerial Action Group report was adopted. This will strengthen the Commonwealth’s ability to take early action in defence of core values such as human rights, democracy, and the rule of law.

“Canada has also rejoined the Ministerial Action Group. We intend to use our membership to be staunch defenders of democratic values. The summit also considered the report of the Eminent Persons Group. Many of their recommendations have been accepted by Leaders, and most others will be

moved forward by Ministers in the months ahead. We look forward to Commonwealth foreign ministers successfully concluding their work on the Charter in particular.

“I would like to especially recognize and thank Senator Hugh Segal for his tremendous contribution to the work of the Eminent Persons Group. Senator Segal championed the core values Canadians believe in, values that must remain at the heart of the Commonwealth if it is to remain relevant.

“A consensus based organization like the Commonwealth does not always move as quickly as we would like, but overall, progress has been made. We are particularly pleased that the Leaders agreed to recognize religious freedom as essential to the development of free and democratic societies.” [pm.gc.ca]

In related events earlier at the Commonwealth summit, Canada called out Sri Lanka’s government for failing to investigate war crimes allegedly committed during the final months of the war in that country in 2008-2009.

Also attending the CHOGM summit in Perth, the Sri Lankan government lobbied against any



PM participates in Commonwealth Heads of Government Meeting

independent investigation into the war. However they failed to convince Prime Minister Stephen Harper.


“I think it’s fair to say that the general tone of the president of Sri Lanka regarding these concerns was reassuring. However, I remain skeptical of some of the reassurances and will be working, obviously, between now and the next Commonwealth to insure that our concerns are genuinely addressed,” Prime Minister Stephen Harper said.

Canada conveys its support for political reconciliation in Sri Lanka to visiting Tamil parliamentarians



TNA MPs, Party Secretary Mavai Senathirasa, Leader R. Sampanthan and M. A. Sumanthiran with Canadian MP Rathika Sitsabaiesan, MP, Scarborough-Rouge River

Details on Pg 4



DENTAL CLINIC

Dr. Iru VIJAYANATHAN, BDS, FAGD
GENERAL DENTAL PRACTITIONER

3150 Eglinton Ave East | 3151 Markham Road #129
Scarborough | Scarborough
(Markham & Eglinton) | (Markham & Steeles)
416-264-3232 | **416-609-2022**



Alphonsus & Associates
Chartered Accountants
Accounting • Assurance • Taxation • Business Advisory

Do you have a PROFESSIONAL ACCOUNTANT who can take your business to the next level?
If not HIRE now!

HEAD OFFICE | BRANCH (By Appointment only)
305 - 29 Gervais Dr, North York, ON, M2C 1Y9 | 223 - 5215 Finch Ave East, Toronto, ON, M1S 0C2
Tel: 416-493-8220 Fax: 416-493-6760 www.alphonsusca.com

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

Welcome Centre Immigrant Services

- Settlement Services
- English Language Classes
- Employment Supports
- Accreditation Information

AND MUCH MORE!

5 LOCATIONS

Markham North • Markham South
Newmarket • Richmond Hill • Vaughan

Mobile Outreach Services Available

Visit our website, call or email us for more information

Services are provided in English • Interpretation services are available
Services provided free of charge • Les services sont disponibles aussi en français

www.welcomecentre.ca
info@welcomecentre.ca

1-877-761-1155

Funded by:  Citizenship and Immigration Canada
Financé par: Citoyenneté et Immigration Canada

Advertise in

Monsoon Journal

www.monsoonnjournal.com

416-358-3235

Authentic SRI LANKAN FOOD MADE EASY Edro™

All You Need is...

- 1kg Edro Muthu Samba Rice
- 125g Edro Yellow Rice Mix
- 400mL of Coconut milk (optional)
- 25g to 50g of Shredded Onion (optional)

EDRO™ Yellow Rice

Edro Virgin Coconut Oil. The Healthy Choice

HAPPY COW Delicious AUSTRIAN CANNED CHEESE

M&M Twin Limited
Serving the Community since 1980 Tel: (416)754-0558 <http://www.mmtwins.ca>

TOYOTA Corolla 2011

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

STAR SAFETY SYSTEM™

TOYOTA

YEAR END COUNT DOWN

Call for Appointments **Damien Nadarajah**
Product Advisor

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



Canadian Experience Class brings the world's best and brightest to Canada



Citizenship, Immigration and Multiculturalism Minister Jason Kenney welcomes the 10,000th admission under the new Canadian Experience Class, Ms. Maral Chukhalkhuu

Following a substantial increase in the number of student visas issued in recent years, Canada has welcomed its 10,000th permanent resident through the Canadian Experience Class (CEC) immigration stream, Citizenship, Immigration and Multiculturalism Minister Jason Kenney announced recently.

The CEC, created in 2008, offers a pathway to permanent residency for international students and skilled and highly skilled temporary foreign workers. Through the CEC, those eligible can apply from within Canada and expect a decision quickly, whereas in the past, they may have spent several years waiting in the immigration queue.

The CEC is one of the Government of Canada's most recent innovations aimed at ensuring Canada retains talented and motivated individuals who have demonstrated a strong work ethic, have an ability to contribute to the economy, and will easily integrate into Canadian life.

The Minister was joined at the announcement by Goomaral (Maral) Chukhalkhuu, originally from Mongolia, who was recognized as the 10,000th CEC permanent resident. Ms. Chukhalkhuu earned an Honours Bachelor's degree in International Business from Carleton University, and then put her skills to work at a bank in Ottawa.

"As a student, I fell in love with this country," said Ms. Chukhalkhuu, a Small Business Account Manager at RBC. "I knew I wanted to stay here and become a part of this wonderful country and the CEC offered me that opportunity."

"Maral is a perfect example of a bright, young newcomer who has studied and gained work experience in Canada, and is now using that experience to contribute to our country," the Minister said.

The CEC has received praise from many educational organizations across the country, such as the Association of

Canadian Community Colleges (ACCC). "International student graduates are armed with the advanced skills employers need and move directly into employment in communities across the country. This is the real value of the Canadian Experience Class," said James Knight, ACCC President and CEO.

The federal government's vision to ensure Canada benefits from the attraction and retention of international students is reflected in the \$10 million, two-year commitment made in Budget 2011 towards developing and implementing an international education strategy. This strategy will promote Canada's reputation as one of the top countries to study and conduct world-class research. Innovative colleges and universities are key partners in developing a diverse, skilled, and internationally focused workforce.

Retaining international PhD students will also be easier, thanks to a new initiative announced today by Minister of State (Science and Technology) Gary Goodyear. Minister Goodyear joined Minister Kenney to announce that foreign nationals studying at a doctoral level in Canada, as well as recent graduates of a Canadian PhD program, will soon be able to apply as Federal Skilled Workers.

"Doctoral graduates play a unique role in the economy," said Minister Goodyear, "They drive research, encourage innovation, and pass along knowledge through teaching."

Minister Kenney concluded by saying: "The CEC and the PhD initiative represent what we hope is the future of immigration to Canada: bright young people who have a Canadian education or work experience that will be recognized by Canadian employers, and who have strong English or French language skills. Such newcomers are set for success."

Government of Canada Takes Action to Protect Canadian Families



From left to right: Dr. Hartley Stern, Executive Director of the Jewish General Hospital, the Honourable Denis Lebel, Minister of Transport, Infrastructure and Communities, Dr. Samy Suissa, Director of the Centre for Clinical Epidemiology at the Lady Davis Institute and Dr. Roderick R. McInnes, Director of the Lady Davis Institute at the Jewish General Hospital

The Government of Canada announced funding for the Canadian Network for Observational Drug Effect Studies (CNODES). This national research network will ensure that prescription drugs, verified by a vigorous process at Health Canada, are safe and effective for Canadian families.

"Our Government is committed to ensuring that prescription drugs are safe for Canadians," said the Honourable Denis Lebel, Minister of Transport, who made the announcement on behalf of the Honourable Leona Aglukkaq, Minister of Health. "This network is another way we're making sure Canadians and their health care providers have the information they need to make informed decisions." In creating the network, the Government of Canada is taking a leadership role to ensure all levels of government are working together to protect citizens. CNODES will bring together more than 60 researchers from centres across Canada to conduct independent research to confirm that drugs being prescribed to the public are effective and safe.

"Thanks to this Canada-wide all-star team, CNODES will be able to rapidly uncover otherwise undetectable risks and benefits of medications and thus help to safeguard the health of millions of Canadians who use them," explained Dr. Suissa, who will lead the network out of the Montreal Jewish General Hospital. Dr. Suissa is also Professor of Epidemiology and Biostatistics and Professor of Medicine at McGill University.

Researchers in the network will use healthcare databases maintained by provincial and territorial governments to evaluate the risks and benefits of drugs on the market in Canada. By studying data from across the country on adverse drug reactions, prescribing patterns and other factors, researchers will provide a national picture of the effect of drugs on the health of Canadians. The information generated will be distributed to physicians, patients and health care decision makers. CNODES is being funded through the Government's Drug Safety and Effectiveness Network.

**ADVERTISE
YOUR
BUSINESS
HERE**

Advertise in this space to promote your business

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

"Do not forget good old traditions"

- Auvaiyar, Sangam era
Poetess- Lady legend
amongst Sidhars

Managing Editor & Publisher
Logan Velumailum

Graphics & Layout Design
Santosh Kumar K.A

Photo Journalists

Gnane B. Gnanendran
Rudy Ruthran

Contributing Columnists

Anand. J
Arun Senathirajah
J.J. Atputharajah
Ayktah Grover
Devadas Chelvam
Dr. Fonseka
Prof. Ghai, Saran
Dr. A. Gobikrishna
Jennifer Dilipkumar
K. Thirukumaran
Krishni. L
Kumar Punithavel
Mithura Anandarajah
Nate. V
Parthipan Kugadason (PK)
Raymond Rajabalan
Senthil Senthivel
Shiyam. L
Sivanesan Sinniah
Sri Krishnan. S
Tashvir Narine

Circulation Co-ordinator
S.S. Mathavan

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

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

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

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

Monsoon Journal Circulation

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

from the publisher's desk

November marks month of "Movember"

During November each year, Movember is responsible for the sprouting of moustaches on thousands of men's faces, in Canada and around the world. With their "Mo's", these men raise vital funds and awareness for men's health, specifically prostate cancer.

Beginning first in Australia, Movember has become a global movement with men taking part in bringing awareness to men's health. Participants register with the charity of their choice with a clean-shaven face, then for the rest of the month groom their moustache to perfection in support of the fight against prostate cancer. Friends and family are then encouraged to donate money to this worthy cause and watch as the moustache grows for the remainder of the month.

Movember first began in an

attempt to create the conversation on prostate cancer. Aiming to change old habits, gaining new knowledge, and acting on all of this information are what will make this month successful. Knowing early on about any condition can make all the difference in fighting these cancers and obtaining effective treatments. Early diagnosis is critical in treating any type of condition.

This year alone 1 in 7 or 25,500 men will be diagnosed with prostate cancer, the most common cancer among Canadian men.

This figure alone does not count the cases that go undiagnosed due to men's unwillingness to go for annual check-ups. What this tells us about the cancer is that it is preventable in most cases. If men were keener on having annual testing, symptoms early on could be found and



Amish Patel on Day 3 - Nov 2010

cured.

Early signs of the disease are difficult to detect, but as the cancer progresses more noticeable symptoms can be easily identified such as slow or painful urination, blood or pus in the urine, pain in the lower back or abdomen, pelvis or upper thighs. Increased chances of prostate cancer include excess belly fat.

Reducing weight, especially in the mid-section can help against prostate cancer or any



Amish Patel on Day 30 - Nov 2010

other health condition. Maintaining a healthy body weight and lifestyle is critical to fighting any disease.

Growing your "Mo" for a great cause will spark the conversation on men's health and improve the attitude of men and their wellbeing. Women's health has predominated in conversation and it is now time for men to take part.

Contributed by:

**Krishni Loganathan,
B.A. (Hons)**

Canada concerned that underlying sources of conflict are not being addressed in Sri Lanka

Guillermo E. Rishchynski, Canada's Ambassador and Permanent Representative of Canada to the United Nations, in a statement to the Third Committee on the promotion and protection of human rights at United Nations, on October 26, 2011, said, "Canada is also concerned that the underlying sources of conflict in Sri Lanka are not being addressed. As such, we encourage the Government of Sri Lanka to engage constructively on a process of political reconciliation and accountability."

"We also support calls for an independent investigation into credible allegations of violations of international humanitarian law and human rights committed by both parties to the conflict in Sri Lanka, as recommended by the UN Secretary General's Panel of Experts on Accountability in Sri Lanka." He further said.

The excerpts from the statement by Canada at the United Nations as follows,

"Thank you Mr. Chair,

The promotion and protection of human rights, a cornerstone of this organization, is a central pillar of Canada's foreign policy. Canada stands firmly on the protection of human rights and takes principled positions

on important issues to promote freedom, democracy, human rights and the rule of law.

Over the past century, the world witnessed brutal despotism, including totalitarian regimes which enslaved their own peoples. We recognize that even today, implementation of human rights remains a challenge. Yet, we are hopeful that we can find common ground in order to advance the rights and fundamental freedoms which we all hold dear. Canada is also concerned that the underlying



Ambassador Guillermo E.
Rishchynski

sources of conflict in Sri Lanka are not being addressed. As such, we encourage the Government of Sri Lanka to engage constructively on a process of political reconciliation and accountability.

We also support calls for an independent investigation into credible allegations of violations of international humanitarian law and human rights committed by both parties to the conflict in Sri Lanka, as recommended by the UN Secretary General's Panel of Experts on Accountability in Sri Lanka."

Canada conveys its support for political reconciliation in Sri Lanka to visiting Tamil parliamentarians

Contd. from page 1

Canada has emphasized its continued support for political reconciliation in Sri Lanka to members of a Tamil political party based in that country - The Tamil National Alliance (TNA), currently on an official tour of US, Canada and UK.

TNA delegation to Canada included TNA Leader R. Sampanthan MP, Secretary Mavai Senathirasa MP, and M. A. Sumanthiran MP.

According to TNA sources,

re-assurance from Ottawa is the result of discussions the visiting Tamil parliamentarians held with high ranking officials of the Canadian Foreign Ministry recently. The TNA members came to Canada during the last week of October after their visit to Washington DC, where they were engaged in similar meetings with the US State Department.

TNA delegation to USA included MPs from TNA:

Leader R. Sampanthan MP, Secretary Mavai Senathirasa MP, M. A. Sumanthiran MP and Suresh Premachandran MP.

TNA met with UN officials as well in New York to brief the present situation in North-East Sri Lanka.

Members of the TNA are proceeding to the UK during the second week of November for consultations with government officials in that country.



Dramatic increase in Organ and Tissue Donations

Heart transplant recipient Margaret Ford has a great view of The Scarborough Hospital's General campus every time she looks out her dining room window. And while her transplant operation was 10 years ago, and performed at another hospital, she is proud that her community hospital has dramatically improved its organ and tissue donor conversion rate.

"The Scarborough Hospital is my hospital, and I'm proud that my hospital is providing the much-needed service of referring organ and tissue donors to Trillium Gift of Life Network," Margaret says, as she recalls how, at age 55, she received a life-giving heart transplant. "Before then, I knew nothing about donating organs or tissue, but now, I would yell it from the top of the CN Tower how proud I am to still be here, to have seen my two grandchildren born, to have just celebrated our 49th wedding anniversary."

TSH's Organ and Tissue Donation Coordinator, Shahista Walli, is thrilled with the dramatic turnaround in our donor conversion rate, from 13 per cent a year ago to 50 per cent over the past six months.

"The first thing we did was focus on education of physicians and nurses who may be treating patients facing end-of-life," Shahista explains. "Our key metric is a 'conversion,' which equates to how many referrals of appropriate patients can be converted into donors. This means

involving me along with staff and physicians where there is any brain death potential or withdrawal of life discussions."

Less than two per cent of patients are considered potential donors, so the numbers are small. However, Shahista says that TSH has referred four donors in the past year, whose 'gifts' benefitted 10 other people.

"You need to have a good understanding of what the donor's family is going through. It's not an easy conversation, but in order to have quality end-of-life care, you must be patient and understanding, and not force them into a decision," she adds. "Lots of families hold on to their decisions because it's something good coming out of a bad situation."

The most difficult case for Shahista was a 19-year old donor who went in for routine surgery. A devastating turn of events led to his family making the choice to donate his organs and tissue.

"All deaths that occur in Critical Care and the Emergency Department are called in to Trillium. TSH has had a 100 per cent compliance rate in calling in our tissue potential," she explains, adding this is another indication of how successful TSH's organ and tissue donation culture has become.

Trillium Gift of Life's new website, <http://beadonor.ca/>, allows individuals to register their wishes and is a valuable source of information.

SRILANKAN AIRLINES & AIR CANADA COMMENCE CODE SHARE AIR SERVICES AGREEMENT

Sri Lanka, October 20th, 2011 – SriLankan Airlines & Air Canada has announced a code share agreement that will make flying between Sri Lanka and Canada more convenient.



Mr. G.T. Jeyaseelan - Chief Marketing Officer, Sri Lankan Airlines



According to Mr. G.T. Jeyaseelan, Chief Marketing officer of Sri Lankan Airlines this code share agreement between the two national carriers will open up several key points in Canada in addition to the main cities of Toronto and Montreal and will be a tremendous boost to tourism between the two countries. Additionally, Canada is home to Sri Lanka's largest expatriate community and the Airlines will greatly value this opportunity to provide a seamless service to Sri Lankans who live in Canada on Sri Lankan Airlines with their code

Canada News

Brampton Civic Hospital opens new type of care unit for surgical patients



Matt Anderson, President & CEO of William Osler Health System, Kiki are Ferrari Director of Emergency Services, Liz Buller Sr. VP Patient Services are joined by Jane deLacy, Carlo Dimitrio, Tina Parmar, Dipali Parmar, Pamela Cybulski Tony Raso, Michelle Burnett, Elizabeth Cameron, Lisa Rodger, Lesly Russell, Chanlie Shanks & Karen Portelli participate in a Cake Cutting ceremony to mark the opening of the new Surgical Unit.

October 27th was marked as the official opening of a new eight bed intermediate care unit in the Brampton Civic Hospital (BCH) to support surgical care. The new eight bed Surgical Intermediate Care Unit, fondly referred to as SIMCU, is geared to patients who need more care than is provided on a ward, but not the full scope of an Intensive Care Unit or Cardiac Care Unit. This brings to 44 the number of critical care beds at Brampton Civic Hospital.

"Positioned solidly between the care received on the wards and the most intensive care levels, gives additional support to address the needs of surgical patients. Medical care for patients in the new Surgical Intermediate Care Unit will be provided by a designated Intensivist physician, who will be available on-site around the clock at BCH," states Liz Buller, Executive Vice President and Chief Nursing Executive.

Brampton Civic Hospital is the first community hospital in Ontario to have

an Intensivist onsite 24 hours a day, seven days a week.

An Intensivist is a physician who specializes in the care of critically ill patients, typically on intensive care units. They work with a team that includes critical care nurses, a Resource Nurse/Team Leader, clerical staff, respiratory therapist, physiotherapist, pharmacist, and social worker, among others.

The SIMCU opening is timely as BCH opened its 13th operating room last week and another operating room is scheduled to open this winter. Together, the SIMCU and additional operating rooms provide much needed surgical capacity for the residents of the Central West LHIN.

The hospital has also added capacity to their Orthopaedic and General Surgery bed complement and the required staffing for them. Each unit has expanded to 36 beds. In addition, there are 20 short stay surgical beds open and staffed 6 days per week.

share partner, Air Canada.

"Air Canada is pleased to code share with SriLankan Airlines, the national carrier of Sri Lanka, as this will enhance access from Canada to Sri Lanka," says Yves Dufresne, Vice-President Alliances, International Operations and Regulatory Affairs at Air Canada. "The travel market between Canada and Sri Lanka has been growing at a double-digit rate and this agreement will allow customers to easily connect at our main European gateways of Frankfurt, London and Paris. The code share agreement gives us the ability to offer customers connections between Air Canada and SriLankan on a single ticket itinerary, checked-through baggage and other benefits that will create a seamless travel experience."

The new services will enhance SriLankan Airlines services by providing an extended service connecting gateway

points in Frankfurt, Paris, London and Hong Kong to Toronto, Vancouver, Calgary, Edmonton, Ottawa, Montreal, Halifax and St Johns in Canada.

SriLankan Airlines, the National Airline of Sri Lanka, is an award winning carrier with a firm reputation as a global leader in service, comfort, safety, reliability, and punctuality. Launched in 1979, SriLankan is currently expanding and further diversifying its wide range of products and services in order to drive the country's ongoing boom in tourism and economic development.

The Airline's hub is located at Bandaranaike International Airport in Katunayake, providing convenient connections to its current global route network of 60 destinations in 34 countries in Europe, the Middle East, South Asia, Southeast Asia, the Far East, North America, Canada and Australia.

Op-Ed



Sri Lanka citizens group expresses concern over new government policy on land matters in North - East

The "Friday Forum" group of concerned citizens has issued a statement as a discussion paper, expressing its concerns over a new government policy on land matters in the North and the East.

The document says:

"A document signed by the Land Commissioner General (Circular No. 2011/04/ of 22nd July 2011) on "Regulating the Activities Regarding Management of Lands in the Northern and Eastern Provinces" underlines once again the importance of ensuring that property claims and access to land and housing in communities are accommodated with equity and fairness when prioritizing national development and ensuring productive use of land in the public interest.

This is important when government development policies are formulated, and also purport to deal with claims of people in respect of both State land and private lands in the conflict-affected areas of the North and East.

Access to land in the North and the East has been one of the most controversial and politically sensitive issues in Sri Lanka. Yet this complex subject is now being dealt with in an ad hoc single government circular of the Land Commissioner General based on cabinet approval of a policy formulated by the Ministry of Lands and Land Development, relating to "resolving land disputes in the Northern and Eastern Provinces consequent to the conflict." The circular purports to give instructions to government officials in regard to management of State lands and obtain information on claims of private ownership where no documents are available.



This country has well-established laws on the management of State lands and clear principles on ownership and entitlement to private lands. The document does not indicate why a new policy has been developed outside of the accepted legal framework.

1. The Policy Framework of the Circular

(a) The process of alienating State lands (presumably under the existing Acts) is to be suspended temporarily except if lands are required for:

- (i) purposes of national security

(ii) for special development projects of the State

(b) Priority is to be given to returning State lands to people displaced or expelled from the conflict areas if they had been resident on their lands before displacement. Persons who had encroached on State land prior to a given date in 1995 are also to be treated in the same way if they had continued to reside in their properties.

(c) any distribution of land by "the terrorist organization" canceling earlier State land grants is to be treated as illegal.

However the circular mentions that other types of claims of ownership in respect of "land illegally occupied" will be considered by the committee established to investigate claims. It is not clear what is meant by illegal occupation in other situations and whether this covers both State lands and private lands.


These key elements of the policy raise important issues. Are "lands required for national security" areas which will continue to be designated "High Security Zones," encouraging a

permanent military presence in them? Is such a proposal consistent with commitments to normalization and establishment of civilian government in these areas?

Of particular importance is the preferential treatment of persons evicted because of the conflict situation, and the exclusion of those who received land from the LTTE, in the procedures for confirming title to lands. It is not at all clear how the latter will be treated when they are displaced from the lands they are occupying. The Circular indicates that "instructions in this regard will be issued later." Will these displaced persons be considered as a vulnerable group, to be provided for in the allocation of new lands? Or will the policy create another category of displaced persons from the conflict-affected areas reinforcing feelings of exclusion and discrimination and placing at risk other initiatives on reconciliation and peace building.

2. Damage or destruction of documents

The circular provides for the procedure to be followed by the Divisional Secretary or Assistant Government Agent — central government officials — in cases where documents have been damaged or destroyed. There is provision for accepting certain types of documents even though they are not recorded with the official land ownership documenting agencies. When no documents are available at all, the procedure regarding mak-



THE LAW OFFICE OF
T. JEGATHEESAN
BARRISTER, SOLICITOR & NOTARY PUBLIC, ON.

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

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



Op-Ed

ing applications outlined below has to be followed.

3. Protecting and clarifying rights where there are no documents

The circular establishes a public administration procedure for achieving clarity in land title, an area that has been left to the familiar dispute resolution systems – the courts or regular tribunals. Under the new Circular wide powers are to be exercised by the Divisional Secretary and Assistant Government Agent – public servants of the Central government.

The Provincial Land Commissioner and his staff become merely a conduit for receiving information/documents and following up on the action that is authorized by the Central government officials. It is not clear whether the procedures conform to the provisions of the Constitution which place land within the list of devolved subjects.

All land owners whether grantees of State land or owners of private land who do not have documents to support their claims are required to complete ownership application forms. These too must be submitted to the central government officials. The procedure is described as an aspect of the general initiative to register ownership of lands under the Title Registration Act. The circular does not indicate how claims to private lands and undisputed claims to State lands will be dealt with where there is no documentation. It appears that instructions with regard to these lands will be issued later.

4. Procedure for investigating and determining claims to State lands

Determination of claims will be the responsibility of several “Committees of Inquiry.” A “first” Committee of Inquiry will be chaired by and include central government officials. (Divisional Secretary is mentioned – is he/she a provincial authority?) This Committee will have a member of the armed forces – the area Civil Co-ordinating Officer.

The first Committee will conduct an inquiry and “prepare a preliminary selection list.” This list must be certified by an “Observation Committee” – which the Circular claims is formed to ensure that actions of the first Committee of Inquiry are taken in a transparent manner.

This Observation Committee is appointed by the Divisional Secretary and must have at least two or more members of the Civil Committee formed by the Sri Lanka Police or by the three armed forces. A Conciliator, “a person held in high esteem by the people as an impartial person” must serve on the Observation Committee. The choice of this person appears to be an official rather than a community decision.

The preliminary list of owners has to be submitted to and approved by a Divisional Co-ordination Committee and these lists will be published. (What is the Divisional Co-ordination Committee? It is not clear from the Circular.)

A second committee of inquiry will hear appeals and objections into the pre-

liminary selection made by the first committee and they will give a final decision. This committee too will consist of high level central government officials (District Secretary/Government Agent), Provincial Land Commissioner and Deputy Land Commissioner, and representatives of relevant Security Commander – Committee Member (area Civil Co-ordinating Officer). The Observation Committee will also assist this Committee. Any “knotty problems” for which the Committee has no solutions will be resolved by a process of mediation in the case of State land, (Special Mediation Boards) and a process of arbitration to be finalized later.

An “annual permit” will be issued in respect of claims to State land that are accepted and this will be made permanent after one year. Instructions in this regard are to be issued later.

This procedure is different to that adopted under present legislation regulating distribution of State lands, and also empowers bureaucratic decision making with the participation of the military. It involves the introduction of a new system of land distribution with strong military involvement. It is not clear whether the government officials concerned and army officers have the expertise and capacity to determine complex issues of land rights, ownership and access to land, and that decision making will be free of political bias of what seems a very centralized system of decision making. The involvement of the army in what is essentially an aspect of civil governance is a serious matter of concern.

5. Private Land Ownership in Conflict Affected Areas of the North and East

Transactions in regard to land, according to private law have to be executed by notarial deeds which may or may not be registered. Title is therefore dependent on deeds, and documents such as wills, and court orders on proof of wills. People in the North and East may have lost documents or have no notarial deeds. Their title and claims to private lands may be based on informal arrangements or written documents that are not legal. Title may also have passed according to complicated rules of inheritance under the local personal law, Tesawalamai (in the Northern Province), or Mukkuwa customary practices in the Eastern Province.

People may not have death certificates of deceased kin, or maybe unwilling to obtain death certificates for missing family members who, they hope will return. The Circular merely requires persons claiming private ownership to make applications, like claimants of State land, to the relevant “first Committee.” The procedures to be followed are to be clarified later. It is not clear why they have been required to make applications in respect of their lands at this time. The complex nature of private land ownership claims suggest that the bureaucratic procedures outlined in the current circular, will be more problematic if applied in these cases.

An important aspect of private land ownership is the principle of prescription. This principle enables a person who is in de facto possession of land to claim ownership after 10 years of undisturbed and uninterrupted possession held against (adverse to) the interests of the owner with paper title. The period can be postponed in the case of certain situations such as the status of childhood (minority) or absence overseas. These circumstances are considered disabilities that prevent claims for acquiring title by prescription.

The exceptions do not cover situations of internal armed conflict. Consequently there may be persons who may claim prescriptive title on the basis of possession for over 10 years.

Prescriptive title based on 10-year

ownership is not dependent on the possession of a deed, though people sometimes register a deed of declaration setting out their prescriptive claims. Fraudulent deeds may also have been registered due to corruption of lawyers as well as officials. All these issues will have to be addressed in dealing with claims to private ownership of land in the North and East.

It is not clear whether these complex issues too will be dealt with according to these new ad hoc bureaucratic procedures. Since the officials are required to await further instructions regarding these claims, there is a serious risk that these matters too will be decided through new bureaucratic procedures, rather than the usual fora – courts of law.

Agile and alert security has helped in forestalling a major RDX blast in Delhi

by Kanayalal Raina

A possible big terror strike that would have cost any number of innocent lives at any crowded place in the capital has been foiled by alert police and security personnel on duty. Preliminary investigation into explosives laden abandoned car seized near Ambala Railway Station shows that there is an international network of terrorists working in tandem to strike at crowded places in Indian cities, and take innocent lives with the motive of destabilizing India.

The Delhi High Court complex bomb blast, the trail of which has led to Kishtwar militant students, is part of this network. Undoubtedly there are more networks, most probably in J&K State, that might have lain dormant for sometime and for some reason, which seem to have been revived. This revival has come simultaneously with more attempts of infiltration across the LoC in J&K, more encounters with infiltrating terrorists, more captures of their hideouts and arms dumps and more cover fire by Pakistan troops to help terrorists sneak into Indian side of the LoC.

All these acts of covert subversion are coordinated at some focal point, and are happening in the background of Pakistani Taliban and jihadi lashkars and jama'ats poised to gain gradual control over the so-called democratic government in Islamabad. Though bitter, yet the truth is that Pakistan's civilian government is fast losing its formal and informal authority over the affairs of the State. Therefore it is futile either to accuse it of fanning the flames of subversion in India or to expect that it will be able to assert over the lawless ISI-Army-jihadi combine.

A danger looming large because of Pakistan-India stand off, is of former's nuclear arsenal likely to pass into the hands of the jihadis who will have no second thought in using the weapon against India, and perhaps also against American interests. Keeping this situation in mind, Washington has been try-

ing to open channels of communication with the Haqqani group in Afghanistan, the one that owned responsibility of bombing American Embassy in Kabul on 13 September.

The question is what should be India's response to the new and accelerated jihadi subversion? It is true that agile and alert security bandobast has helped in forestalling a major RDX blast and that shows some movement at the top level of the need of being serious about terrorist strikes. But with improved counter-terrorist strategy, India also needs substantial measure of preparedness to meet a bigger threat from ISI-jihadi combine.

While the United States is covertly engaging Pakistani and Afghan jihadi leadership in talks to come to an understanding of sorts, are we sure that opening channels of communication channels with the jihadis for a similar purpose is not an option? Has not New Delhi offered unconditional talks to Hurriyat dissidents in the past? It is because of Pakistan's stupendous mission of anti-India hatred that some extremist groups in Afghanistan and Pakistan have succumbed to their tantrum. Isn't there the need of setting the record straight?

Nevertheless, it has to be remembered that Kashmir is not the ultimate goal of Pakistan-based jihadism whose primordial is the ISI. Establishing 'Great Islamic Caliphate' is the plan they are pursuing. It will not be too long when the mask of Pakistani civilian government crumbles and ISI-jihadi conglomerate emerges as the decisive force determining the future course of that country. India shall have to be prepared to meet such an eventuality. If India wants to save the country and the society from this impending cataclysm in which Pakistan's loose and waning control over her nuclear arsenal is becoming more and more visible, then all have to support the security and intelligence establishments in a very big way.

Rouge Valley Health System



Women In Black wins the Hands Up Film Festival

Hospital's first-ever film festival gets more than 11,000 views

A film about three women with a non-sense approach to making sure people practice proper hand hygiene is the big winner at Rouge Valley Health System's (RVHS) inaugural Hands Up Film Festival (HUFF). The winning film was announced at a staff Town Hall meeting today, held at both hospital campuses, in east Toronto and in west Durham.

RVHS employees, doctors and the general public were invited to take part in deciding the festival winner. HUFF featured 10 one-minute-long films promoting hand hygiene, which were all produced by and starred Rouge Valley staff, physicians and volunteers. From Sept. 9 to 26, the films were made available for viewing and online voting on the RVHS website, its YouTube channel and on-site at both Rouge Valley hospital campuses. The film that received the most number of votes was selected as the festival winner. This film also got two thumbs up from the hospital's own infection prevention and control team for demonstrating that everyone has a role to play in practicing proper hand hygiene.

Hands Up Film Festival Best Film

The award for the HUFF 2011 Best Film goes to *Women In Black: Protecting the universe... one hand at a time*, produced by and starring: Natalie Bansavatar, surgical program assistant,

RVHS; Michelle Dakin, business continuity and emergency preparedness lead, RVHS; and Akilah Dressek, senior communications specialist, RVHS. All three of the film's stars and creators were on hand to receive the Best Film trophy.

"We had a lot of fun producing this film, and we're very excited to have won. We're especially proud to help spread the message about the importance of practicing proper hand hygiene," says Bansavatar.

HUFF goes viral

Rouge Valley's first-ever film festival was well received by staff and the public. In total, the 10 films had more than 11,000 online views. There was also more than 3,000 online votes.

One HUFF film in particular, *HUFF Has Heart* — which featured a parody of the Old Spice guy from TV commercials — truly went viral with more than 4,000 views on its own. This was spurred by local and national media coverage of the one-minute-long film by the cardiac rehab team and the film's star, Miguel Ruiz, who is an exercise therapist at RVHS.

"We are happy for the positive attention our film festival received. Staff put a lot of work and creativity into their films, so it is very rewarding that their efforts have been so widely acknowledged," says Paula Raggiunti, RVHS director of infection prevention and control, and head of the HUFF planning committee. "We thank



all of our HUFF participants and everyone who was involved in the success of the festival." "The Hands Up Film Festival has truly been a win-win situation for everyone. We have been able to demonstrate the high importance that Rouge Valley puts on hand hygiene, a practice that is everybody's responsibility — staff, doctors, patients and visitors alike. And we have been able to do all of this by building on service excellence and team engagement — two of the hospital's strategic dimensions," says RVHS President and Chief Executive Officer Rik Ganderton.

All HUFF films can be viewed online at www.rougevalley.ca/huff. Photos from the Oct. 6 HUFF award ceremony and the Sept. 8 festival kick off can be viewed at

<http://www.flickr.com/photos/rougevalley/sets/72157627499535951/>

Rouge Valley Health System

(RVHS) — The best at what we do.

RVHS is an excellent acute care community hospital with many programs, including 24/7/365 emergency, cardiac care and mental health. Rouge Valley consists of several health sites, including two community hospital campuses: Rouge Valley Centenary in east Toronto; and Rouge Valley Ajax and Pickering in west Durham. Together, a team of physicians, nurses and many other professionals care for a broad spectrum of health conditions. Working in consultation and partnership with community members, other hospitals, health care organizations, the Central East Local Health Integration Network and the Ministry of Health and Long-Term Care, Rouge Valley continues to improve its programs and cater to the needs of the growing communities of east Toronto, Ajax, Pickering and Whitby.

Rouge Valley welcomes new doctors

Meeting the needs of growing communities

As the communities surrounding Rouge Valley Health System's (RVHS) two hospital campuses in east Toronto and west Durham Region continue to grow, so do their medical needs.

"We are pleased to welcome our latest physicians to our team at RVHS. We look forward to the contributions that they will make to our already dynamic and outstanding group of physicians," says Dr. Naresh Mohan, chief of staff.

Growth in RVHS Radiology program

Radiologist Dr. Steve Gazzola's journey to Rouge Valley Health System (RVHS) initially began with a career as an emergency physician. Born and raised in Sault Ste. Marie, Ontario, Dr. Gazzola has worked as an emergency physician at various hospitals in the Greater Toronto Area, including 10 years as the deputy chief of emergency medicine, and chief of emergency medicine at Grey Bruce Health Services in Owen Sound.

Dr. Gazzola, who will see patients at both RVHS hospital campuses, earned his medical degree at the University of Toronto, and completed residencies at North York General Hospital. He decided to try something new, and made the move to retrain in radiology.

"I love images and being able to put puzzles together, based on what the patient is saying, and the evidence found in those images," Dr. Gazzola explains.

Dr. Gazzola returned to the University

of Toronto to complete training in diagnostic imaging. He has also obtained additional training in bone radiology. He has a special interest in sports medicine and looks forward to working with the RVHS orthopaedic surgeons.

"I hope that my training and experience will help to enhance the great musculoskeletal bone radiology already taking place here. We have a great team of radiologists here, and I'm especially excited about the addition of the new MRI (magnetic resonance imaging scanner) at Rouge Valley Ajax and Pickering," he adds.

Radiologist Dr. James Woo is a graduate of the Schulich School of Medicine at the University of Western Ontario. Dr. Woo, who is from Toronto, completed his post-graduate studies in diagnostic radiology at the University of British Columbia. He recently completed a cardiac and thoracic imaging fellowship at the Massachusetts General Hospital, Harvard Medical School, in Boston. In addition to his radiology expertise, Dr. Woo also brings subspecialty experience in cardiac computed axial tomography (CT) and cardiac MRI.

"I think these advanced imaging modalities will help in the diagnosis and subsequent management of many cardiac and chest diseases, especially with the addition of the new magnet at RVAP," he explains.

Dr. Woo, who joined the radiology department at Rouge Valley Health System (RVHS) in July, looks forward to working with "our fantastic team of radiologists." He adds that he'll also be working with "our great team of cardiologists" as he helps to

lead the cardiac MRI program and to develop the cardiac CT service.

New Pathologist -

For Dr. Soran Abdulkarim, the work of a pathologist is a little like being a detective.

"By looking at the tissues and cells, you're able to make a final diagnosis, and you can help to improve the patient's quality of life. The final diagnosis, especially when it comes to tumours, whether benign or malignant, is based on the pathologist's findings," explains Dr. Abdulkarim, who joined Rouge Valley Health System's (RVHS) team of pathologists in July.

Dr. Abdulkarim earned his medical degree from Al-Mustansiriya University in Iraq. After practicing there as a family physician, Dr. Abdulkarim came to Canada in 2002, settling in Newfoundland. It is here that he decided to study pathology.

During his residency at Memorial University of Newfoundland, Dr. Abdulkarim enrolled in a graduate study diploma program in clinical epidemiology. Then in 2009 he became a staff pathologist and clinical assistant professor in the discipline of anatomical pathology and laboratory medicine. He was also the director of telepathology and director of autopsy pathology at the Health Sciences Centre of St. John's, in Newfoundland.

Dr. Abdulkarim, who will be working at both RVHS hospital campuses, has a special interest in the diagnosis of gynecological malignancies. He spent extra training in gynecologic pathology at University of Toronto and the University Health

Network, specializing in anatomical pathology and laboratory medicine. He is fluent in Kurdi and Arabic.

New General Internist -

For general internist Dr. Siarhei Slizheuski, working directly with patients is an opportunity to make a real connection. "It's a wonderful and very rewarding feeling when you're able to help people with the care that you're providing. I really enjoy working with patients," he explains.

Originally from Belarus, Dr. Slizheuski worked for 10 years there as an interventional cardiologist, working with both children and adults. In Belarus, this role is focused largely on conducting tests with minimal opportunity to help guide the care of the patient. One of the aspects of internal medicine he values is that it offers the opportunity to help guide the care of the patient, allowing a physician to have a better relationship with the patient.

Fluent in Russian, Dr. Slizheuski earned his medical degree at Minsk State Medical University in Belarus. He completed a fellowship in geriatric medicine at Wayne State University, and a residency in internal medicine at St. John Hospital and Medical Center, both located in Detroit, Michigan.

Dr. Slizheuski will be primarily based at Rouge Valley Centenary but may also work at the Ajax hospital campus. While he will be focusing on general internal medicine patients, he hopes to focus more on geriatric patients in the future. "I have a unique background that combines cardiology, internal medicine and geriatrics. I hope to be able to contribute those skills to our stellar team of physicians here at RVHS," Dr. Slizheuski explains.



Health & Fitness

Health Q&A – Your one stop shop for all your health concerns!

By Ayktah Grover

Founder, Aura Wellness

Certified Nutrition, Fitness, Pre and Post Natal Specialist

“Consume fish that are high in omega-3 fats and low in mercury.” “Eat salmon three times a week to reduce cardiovascular disease.” “Avoid refined carbohydrates, salt, trans and saturated fats.” “Exercise for at least 30 minutes a day to reduce the risk of disease.” “Try to eliminate stress from your life. It may have detrimental effects on your health.” “Sleep 7-8 hours a day.” “Drink 8-10 glasses of water a day.” We’ve all heard this advice. Media such as newspapers, magazines, the internet, radio and television, drown us with data, research and studies that can often be confusing and overwhelming. This “information overload” is often the reason why many of us find it too difficult to maintain a healthy lifestyle, simply because it isn’t easy to understand what is good for you and what is not. With new studies, advancing technology and the availability of a vast amount of resources, too much information can become an obstacle to a healthy lifestyle.

To help you eliminate some of the gray in your lifestyle, here are ten of the most frequently asked questions concerning your health, fitness and nutrition. Take charge, be fit and stay healthy!

When I go to the grocery store I never know what to buy. What’s considered “healthy” food?

This is definitely a challenge since there is so much unhealthy food to choose from! The key is to always focus on the perimeters of the store – that’s where all the healthy stuff is stashed. Fruits and vegetables, whole grains, dairy and milk alternatives and meat and poultry line the walls of the store. Stick to them and avoid the aisles. They are a nutritional nightmare! They are filled with canned, packaged, sugar-rich, fatty, salted and processed foods. Stay away!

My husband says that strength training will make me big and bulky. Is that true?

Not true at all! That’s the big misconception about strength training for women. It actually helps you lose weight and get toned. Women don’t have the same level of the hormone, testosterone which is dominant in men so we physiologically can’t get that big and bulky. The most effective exercise regimen includes 2-3 sessions of strength training per week combined with your favourite form of cardio.

Is it important to take supple-

ments?

It is difficult in this day and age to maintain a nutritious diet with all the necessary vitamins and minerals. We all love our fast food and sugar-laden treats so it’s a good idea to supplement your diet with a multivitamin for optimal health. Vitamins and supplements are not a replacement for a healthy diet, but should be added to fill the nutritional deficiencies. Supplements also boost the immune system, rid the body of toxins and minimize the risk of diseases.

I’ve been told that caffeine is bad for you but I love my morning cup of Starbucks venti, two sweetener, triple espresso, non fat, no foam, extra-hot latte. Do I really need to give up my guilty pleasure?

My advice is to consume everything in moderation. It also depends on the individual. Some people are very sensitive to caffeine and may suffer from insomnia, anxiety and nervousness. For others, caffeine may have a positive effect as it increases alertness or the ability to concentrate. According to Health Canada, 400mg is considered a safe amount of caffeine to consume in a day. This amount varies for children, seniors and pregnant women.

I have trouble falling asleep at night. I never get more than 3-4 hours a night. I’m always sleep-deprived which makes me eat more and gain weight. How do I overcome this?

Lack of sleep is definitely an integral part of weight gain. It creates an imbalance between two appetite regulating hormones known as ghrelin and leptin which cause you to pack on the pounds. Here are a few ideas to help you maintain regular sleep patterns: reduce light and noise from your room; invest in a comfortable mattress; meditate or perform breathing exercises before going to bed, take a hot bath, read a good book, drink a hot cup of milk or decaffeinated herbal tea, listen to soft music or watch television.

I’m thinking of buying a treadmill for my home. Is that a good idea or should I join a gym?

If you’re disciplined and you know you will use the treadmill consistently then YES! Go buy that treadmill. On the other hand, if you lack motivation and need variety then I would suggest going to a gym. Most people buy expensive fit-



ness equipment, use it for a week and eventually turn it into a clothes rack. Don’t waste your money. Buy it only if you’re going to use it!

I’m six months pregnant. Is it safe to exercise?

Absolutely! Strength training during your pregnancy will help your muscles and joints sustain the 25-35lb weight gain, make labour easier and keep you strong and healthy. The idea is to modify the exercises. Exercises should not be performed in the supine position, or on your back. This may cut off the circulation to the baby. Do 1-2 sets of 12-15 repetitions of low impact strength training exercises and cardio. Limit your workouts to 15 to 30 minutes depending on how you feel and your previous level of fitness. Never overexert yourself and always listen to your body!

I’m a vegetarian and most of the diets I’ve come across recommend animal protein. Are there any vegetarian sources of protein?

There are many! Nowadays it is so much easier to be a vegetarian than it was even 10 years ago. Beans, legumes, lentils, tofu, soy beans, hemp, whole grains such as quinoa, barley, oats, flax, nuts and seeds are all great sources of protein. There are also a variety of low

calorie, low sugar, natural protein powders that are available – they are a great addition to smoothies and shakes!

I’ve reached a plateau in my weight loss. The scale won’t budge! What do I do?

Mix it up! Add variety to your current exercise regimen. Either change some of the exercises or add more sets and repetitions. Try a new activity. Try a spin class or a register for salsa lessons with a friend. With your diet try new foods. The same old diet can get boring and cause you to fall off the nutritional bandwagon!

I have no will power to exercise. I work late hours and am always on the go. Am I doomed?

You are not doomed! You are like the most of us who have busy schedules. The idea is to take baby steps and set realistic, short-term goals. Start with simply going for a quick walk during lunch. It will help clear your head and give you energy to make it through the rest of your day. Avoid elevators and take the stairs when you can. Try to ride your bike to work if that’s feasible. Get up 30 minutes earlier in the morning and go for a quick run to pump up those energy levels and start your day with a boom!

Ayktah Grover

BSc, BAA, PTS and NWS

Certified fitness, nutrition and wellness specialist

info@aurawellness.ca

t: 416 • 319 • 5010



Aura Wellness

www.aurawellness.ca

Get the **career** you want in less than **1 year!**



TECHNOLOGY (IT)

Network Engineering
Enterprise Network
Engineering
Inter-Network Specialist

HEALTH CARE

Medical Office Assistant
Community Service Worker

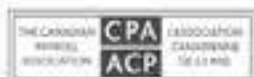
BUSINESS

Computerized Accounting
Business Administration
MS Office

You may qualify for **SECOND CAREER**

If you are laid off after January 2005 or
Working less than 20 hours per week

Call us now for details **647-476-4148**



Microsoft | IT Academy Program

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

citiCOLLEGE

647-476-4148

www.CitiCollege.ca

Financial assistance may be available to those who qualify



Canada News

Harper Government is Taking Action to Support Canadian Families

Contd. from page 3
The Harper Government announced new support to help Canadians with diabetes. The new funding, announced by the Honourable Leona Aglukkaq, Minister of Health, will address screening, early detection and management of diabetes, as well as the prevention of secondary complications from the disease, including hypertension, heart disease and stroke.
“Our Government is committed to protecting Canadian families,” said Minister Aglukkaq. “We all know someone who has diabetes in our family and this support will help those we hold dear. That is why we are working with key organizations to help prevent diabetes, and to improve the lives of those who have or who may develop diabetes.”
Under the Canadian Diabetes Strategy, the federal Government supports 37 new community-based projects. Today’s announcement includes funding for a project called Transforming materials for people with diabetes for the

Canadian Diabetes Association. The goal of this project is to develop resources for health care providers and people at high-risk of developing type 2 diabetes.
“We are very pleased to receive the support of the Public Health Agency of Canada to continue to serve the needs of the millions of Canadians living with diabetes or prediabetes,” said Michael Cloutier, President and CEO of the Canadian Diabetes Association. “By assisting high-risk populations in gaining better access to practical and current information, we can help prevent or delay the onset of type 2 diabetes.”
Diabetes is the seventh leading cause of death in Canada and affects approximately two million Canadians. Type 2 diabetes accounts for 90 to 95 per cent of diabetes cases in Canada.
It can often be prevented or delayed with regular physical activity, healthy eating and by maintaining a healthy weight. If not managed properly, diabetes can lead to serious complications like heart disease and stroke, blindness,



The Honourable Leona Aglukkaq, Minister of Health, Michael Cloutier of the Canadian Diabetes Association and Simone Thibault of the Centretown Community Health Centre announce funding under the Canadian Diabetes Strategy

chronic kidney disease, nervous system damage, and amputation.
The Public Health Agency of Canada is committed to promoting and protecting the health of Canadians. For more information on diabetes or healthy living, please visit www.publichealth.gc.ca. A backgrounder with more information on the funded projects is attached.

LONDON LIFE

With strong ratings for claims paying ability & financial strength.

YOUR MORTGAGE PROTECTION POLICY

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

Offers Insurance & Banking Solutions

To help our clients reach their goals and dreams.

Jeganathan Balasundaram (Bala) B. Eng

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

Tel: (416) 291-0451, ext. 227
Cell: (416) 518-9489
Fax: (416) 291-3779
Email: bala.balasundaram@freedom55financial.com
Toll Free: 1-877-566-5433

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

Representing London Life, Manulife & Sun life

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

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

Richmond Hill

RICHMOND HILL FOCUSED ON BEING A SUSTAINABLE COMMUNITY

Mayor Dave Barrow delivers annual “State of the Town” address to Chamber of Commerce members

Richmond Hill Mayor Dave Barrow delivered his annual “State of the Town” address at the Richmond Hill Chamber of Commerce Annual Mayor’s Luncheon & Member Showcase held on October 21 at the Richmond Hill Country Club.

Despite being amid turbulent financial news from around the world, Mayor Barrow spoke confidently to the audience of mostly small business owners about Richmond Hill’s many recent initiatives and its prosperous future ahead.

Themed around the topic of sustainability, the Mayor’s speech focused on fiscal responsibility, social and cultural enrichment, and environmental stewardship.

“To us, sustainability is more than just ‘greening’ our natural environment and buildings,” said Mayor Barrow. It’s a broader definition that’s about the capacity to endure. It means thinking about the long-term effects of our actions, and considering the environmental, economic and social implications of our choices.”

The Mayor stressed that sustainability is an evolving process about making choices that endure the test of time. He relayed how the Town’s two most important and guiding plans, the Strategic Plan and the Official Plan, speak to a sustainable future in Richmond Hill.

“Our Strategic Plan, which helps guide our decision making at the Town, identifies the importance of the principles of sustainability,” said Mayor Barrow. “In the Official Plan, sustainability reaches well beyond green building requirements or environmental considerations alone. Our Official plan aims to connect us to the landscape through shared systems and multi-purpose solutions that conserve resources and promote economic prosperity.”

Leading with a focus on fiscal responsibility, the Mayor spoke about the Town’s economy and financial situation saying that Richmond Hill has one of the lowest tax rates in the GTA and is one of very few area municipalities that remains debt-free. Mayor Barrow said that the local economy continues to expand and is largely supported by small business, with over 4,000 businesses calling Richmond Hill home, including many national and international corporate headquarters.

“The careful and prudent financial planning of Council and staff, our educated and diverse workforce, our debt-free status, attractive location, and grant sourcing have a combined impact on the Town in helping us move towards being a more sustainable community, enduring and prospering over time,” said Mayor Barrow.



Mayor Dave Barrow

Mayor Barrow discussed the recent social and cultural advancements that the Town has undertaken that focus around equity, social inclusion, security and adaptability.

“Richmond Hill is a community made up of a mosaic of cultures, languages and faiths that values its rich heritage. We are involved citizens who take pride in our record of community involvement in recreation, volunteer service and the arts,” said Mayor Barrow. “Proof of just how committed and engaged our community is was seen earlier this year when we received the most applications ever wanting to join a Town committee!”

As part of the effort to bringing together and channeling this passion for the arts and community involvement, the Mayor outlined how Richmond Hill recently embarked on its Cultural Plan this year. The Draft Cultural Plan is a direct result of hearing from many members of the community about what culture means to them and how it can be manifested. The Mayor reminded the audience that the Draft Cultural Plan is now available for public comment. The final draft will be the framework for building a more attractive, welcoming, economically prosperous community and culturally vibrant Richmond Hill over the next 10 years.

For his last topic, Mayor Barrow told the audience of the priority that the municipality places on the natural environment and the many recent Town environmental stewardship initiatives.

“While we’ve been working hard to become leaders in protecting our planet, we took it a step further by aligning all of our environmental initiatives with the creation of a new Environmental Services Division,” said Mayor Barrow.

He described how the new division is responsible for the integration of all of

the Town’s green initiatives into one focused program, specifically in coordinating the alignment of the Town’s environmental plans, including the Clean Air Local Action Plan, Energy Management Plan, Sustainable Neighbourhood Retrofit Action Plan, and Pedestrian & Cycling Master Plan.

Further building on the Town’s commitment to preserving and integrating with the natural environment, the Mayor highlighted the Town’s latest and biggest project in this regard.

“If there is one recent project that demonstrates our commitment to sustainability, it is the new Oak Ridges Community Centre,” declared Mayor Barrow. “The Centre will be a landmark facility within an integrated site that achieves the sensitive balance between much-needed recreational services and the natural environment. It will offer dramatic views of Lake Wilcox while providing ecological benefits to the lake and the Oak Ridges Moraine.”

Before wrapping up, the Mayor proudly announced some of the recent awards that Richmond Hill has garnered over the past year, such as: DiverseCity onBoard recognizing the Town for embracing diversity in board governance and making it a priority to recruit board members from diverse backgrounds; the

Strategic Plan being awarded honorable recognition by the Association for Strategic Planning; and fDi magazine declaring Richmond Hill a leading ‘City of the Future.’

With a positive outlook to the future, Mayor Barrow concluded by talking about what’s next for Richmond Hill and how the Town will continue to work with residents and businesses in building that future.

“As we move forward during the next three years of the Council’s term, we know that we need to continue our commitment to sustainability. The implementation of both our Strategic Plan and Official Plan will play a key role in making this happen and so will a number of other important Town projects and initiatives,” said Mayor Barrow. “We will work to involve you in key projects and initiatives in order to best understand the issues affecting our community and how to approach them. This collaboration is the continual and evolving process towards becoming a sustainable community and building the future we all envision for ourselves, our families and friends and neighbours.”

For a copy of the 2011 Mayor’s “State of the Town” Address and the presentation, please visit RichmondHill.ca.

Council Presents Young Entrepreneur Award

Mayor Barrow, on behalf of Council, presented Tom Gendelman, owner of The Deck Refinisher, with this year’s William F. Bell Young Entrepreneur Award. The Award, organized through the Richmond Hill Small Business Enterprise Centre’s (SBEC) Summer Company Program, recognizes Tom’s determination to start his own business and ongoing hard work, which contributes to its success. The Deck Refinisher restores decks and patios with weather proofing and repair solutions.

Richmond Hill SBEC’s Summer Company Program, in partnership with the Ministry of Economic Development and Trade, assisted Tom with the financial help, training and mentorship needed to successfully start his business.

To be eligible for the program/award, participants must be between the ages of 15 and 29, and must be a full-time returning student. The Summer Company Program provides hands-on business training and mentoring, along

with funds up to \$3,000, to assist enterprising young people start and run their own summer business. Since the Program began seven years ago, it has inspired many young, creative minds to explore entrepreneurship as a career option and to obtain hands-on skills that are necessary for lifelong success. More than 60 young entrepreneurs have graduated so far, starting various businesses from web design to deck restoration to polymer clay jewellery design. Richmond Hill is home to many small and large-scale businesses, and the local economy continues to expand, largely driven by small business. To find out more about the Summer Company Program, visit RichmondHillOnline.com or the SBEC Summer Company Facebook page for details.

For more information, contact Daniela Mazzaferro, Small Business Consultant, at 905-771-2546

For more info for The Deck Refinisher, visit www.thedeckrefinisher.ca



Tamils' Business Connections
www.tamilbizcard.com



Have Your Business Connected Globally... Join the





Promoting Prosperity and Co-operation

First to Tamils' Business Connection for Smart Business Globally...

To Subscribe Contact 416 272 8543





Home in Mississauga

3817 Brinwood Gate

Winston Churchill & Britannia Road West

- Prestigious Churchill Meadows Community
- 4 Bedrooms, 2.5 Washrooms & Double Garage,
- All Brick Home backing onto Ravine
- 2750 Sq.Ft Home with Extra Large Bedrooms
- Front Balcony, Oak stairs & Hardwood in Main Floor
- Double front doors & Direct access from Garage
- Close to all amenities, Schools, Shopping, etc
- Close to Highways 407, 403 & 401
- Property tax: \$4,360
- Lot Size: 41 x 88.5 feet
- Possession: 60 days or flexible

Extras included in price:

- Fridge, Stove, Built-in Dishwasher, Washer & Dryer,
- Central Air-conditioning, All Electrical Light Fixtures,
- California Shutters, Gas Fireplace

\$659,000





Family Room



Kitchen



Master Bedroom



Stairway



Dining Area



Contact:
Murali Sivaguru,
Sales Representative
Direct: 416-271-2579
Coldwell Banker Exceptional R.E. Services,
Brokerage
Office: 416-497-9794



Car Rental



**Under New Management
Serving at 2 locations**

**Weekend Special
from \$84**

Markham
4 Laidlaw Blvd
Markham, ON. L3P 1W5
905-294-7175

Mississauga
3670 Hurontario St
Mississauga, ON. L5B 1P3
905-279-7330
www.hertz.ca

**Attractive Weekly/
Monthly Rates**

York Region News



Annual seasonal influenza campaign begins October 29

Flu shots available to all York Region residents over six months of age

NEWMARKET –The Regional Municipality of York encourages all residents to get their influenza vaccine as early as possible to protect against the flu this season.

Seasonal flu vaccine will be available at no cost to York Region residents at public health influenza clinics in York Region from Saturday, October 29 to December 2, 2011.

Residents may also get the vaccine from their family physician, participating workplaces, pharmacies and other locations offering public flu clinics.

“The influenza vaccine provides the best protection against the flu virus every year,” said Dr. Karim Kurji, York Region’s Medical Officer of Health. “All residents, especially those at high-risk, are encouraged to get the vaccine and to take other precautionary measures to avoid getting sick.”

Flu immunization is highly recommended for people at high risk of flu-

related complications, including:

- Adults and children with chronic health conditions
- People 65 years of age or older and residents of nursing homes and other chronic care facilities
- Healthy pregnant women
- Healthy children six to 23 months of age
- Aboriginal people

Essential community service providers and others who are in regular contact with people at high risk are also strongly encouraged to get the influenza vaccine.

Seasonal influenza vaccine has been shown to prevent illness in approximately 70 to 90 per cent of healthy children and adults. The flu is much worse than a cold. Even healthy young people can become very sick.

Flu season generally runs from mid-November to April each year. Influenza-like illnesses are caused by viruses that



are easy to catch and easy to spread. Flu symptoms include headache, chills and cough followed quickly by fever, loss of appetite, muscle aches, fatigue, running nose, sneezing, water eyes and sore throat. Children may also develop nausea, vomiting and diarrhea. The flu can also lead to more serious illnesses which may result in hospitalization or even death.

A flu shot coupled with good infection

and prevention practices such as proper and frequent hand washing, cough/sneeze etiquette and staying home from work/school when you are sick, can minimize the risk of illness for residents and their families this flu season.

For more information on influenza and a complete list of community influenza clinics, please visit www.york.ca/flu or call York Region Health Connection at 1-800-361-5653 or TTY 1-866-252-9933.

New breastfeeding clinic opening in York Region

NEWMARKET- The Regional Municipality of York is pleased to announce the opening of a new breastfeeding clinic in the Town of Georgina on Wednesday, November 2, 2011. This marks the fifth location available for York Region residents.

Appointments will be available on alternating Wednesdays at the York Region Georgina office, 24262 Woodbine Avenue (Keswick) in the Town of Georgina.

York Region’s Breastfeeding Program offers individual breastfeeding support in a clinic setting by York Region Public Health Nurses, most of which are International Board Certified Lactation Consultants. Appointments are offered to York Region residents at no cost. Telephone consultations are also available by calling York Region Health Connection.

Breastfeeding is important to the health of women and children. It is convenient, economical and protective of the environment and natural resources. Research shows breastfeeding reduces the risk of breast, uterine and ovarian cancers, heart disease and osteoporosis. Breastfed children are shown to have higher IQ scores and improved school performance and have a decreased risk of



contracting the flu and gastrointestinal illnesses, asthma, allergies, type-2 diabetes, obesity and certain childhood cancers.

In 2010, public health nurses provided more than 1,200 breastfeeding clinic appointments and nearly 3,500 breastfeeding telephone consultations.

For additional breastfeeding clinic locations, to book an appointment or for more information on this or any other public health-related topic, please contact York Region Health Connection at 1-800-361-5653, TTY 1-866-252-9933 or visit www.york.ca/childandfamilyhealth

ADVERTISE YOUR BUSINESS HERE

Advertise in this space to promote your business

Why? Please read to find the reasons!

Covers many variety of articles for reading

Kept at offices and homes for longer period

Many local and corporate events are covered

Subscribe free to get notification by e-mail when issues are ready

Notification in social networks like Facebook & Twitter

Adverts are prominently placed to promote your products or services

Promote your Business

Be successful in Business

Advertise in Monsoon Journal

Call: 416-358-3235

e-mail: Toronto@monsoonjournal.com

web: www.monsoonjournal.com

Call: **416.918.9771**

Are You Getting MILLION DOLLAR ADVICE ..?

■ **But what if a Critical Illness arose?**

Critical Illness insurance will provides up to \$2 million in benefits if you diagnosed with one of the covered critical illness

OR

Stay healthy and get all your money back

■ **24 Covered critical illnesses including:**

Cancer, Heart Attack, Coma, Kidney failure, Stroke, Bypass Surgery and more

■ **We offer**

Life Insurance -

No Medical Exam

Premium and coverage that will never change, guaranteed for life

Immediate coverage no waiting period

■ Mortgage Insurance - custom built to meet your needs

■ Life Insurance - with guaranteed paid-up options

■ RESP

Registered Education Savings Plan for children

Government Grants up to \$7200 and Company Education bonus 15%



Sritharan Thurairajah



Member Of

MDRT

Million Dollar Round Table

TOPGUN AWARD WINNER 2008, 2009, 2010, MDRT QUALIFIER 2008, 2009, 2010, 2011

Life100
INSURANCE & FINANCIAL SERVICES INC.

Direct: 416.918.9771

759 Warden Ave, Toronto, ON M1L 4B5, Bus: 416-830-0386, 416-300-5496



Canada Life™



INDUSTRIAL
ALLIANCE
INSURANCE AND FINANCIAL SERVICES INC.



Assumption Life



Unity Life of Canada



www.j11.ca 1-877-721-8910

Millions of Consumers are Browsing the Internet!

Are you ONLINE to SERVE them?



Development



Graphic Design



Web Hosting



Domain Registration



Maintenance & Support

J11 IT Solutions Inc.
2100 Ellesmere Road, Suite 205
Toronto, Ontario
M1H 3B7

www.j11.ca 1-877-721-8910



Great Inventory & Great Value

NEW OFFER FOR THE NEXT GENERATION 2012 CIVIC

2012 CIVIC LX SEDAN

LEASE FOR

\$178 @ 1.99%

PER MONTH FOR 48 MONTHS*

\$0 SECURITY DEPOSIT | **\$2240 DOWN PAYMENT/OAC**

OR

PURCHASE FOR

\$154 @ 1.99%

BI-WEEKLY FINANCE FOR 60 MONTHS**

\$0 DOWN PAYMENT/OAC

Power windows & heated power side mirrors • AC with air-filtration system • Keyless entry • Bluetooth® wireless mobile phone interface • And much more!



MODEL FB2E4CEX



BEST SELLING CAR IN CANADA 13 YEARS IN A ROW
Over 1,500,000 Civics sold in Canada.¹



The Next Gen Civic has been recognized as a TOP SAFETY PICK for 2011.



MODEL RE3H3B2Y

2011 CR-V LX

\$347 @ 0.9%

PER MONTH FOR 48 MONTHS*

\$0 DOWN PAYMENT/OAC | **\$0 SECURITY DEPOSIT**

17" aluminum-alloy wheels • Power windows and power door locks • Keyless entry • AC with air-filtration system • 60/40 split sliding fold & tumble forward rear seats • And much more!

OR

FINANCE A 2011 CR-V

STARTING FROM

0.9%

FOR UP TO

60 MONTHS*

FORMULA HONDA

ATHEESAN (SHAN) SARVANANTHAN

CELL: 416.720.1184

2240 Markham Road, Scarborough ON. M1B2W4

Tel: 416.754.4555 Ext. 2705, fax: 416.754.9465



Special Feature



A Meeting with Dr. Barankin at Toronto Dermatology Centre

In Dec. 2010, Dr. Benjamin Barankin and Dr. Anatoli Freiman launched the Toronto Dermatology Centre, a 6,000 square foot premiere skin care clinic in Toronto.

Dr. Benjamin Barankin is a board-certified dermatologist specializing in medical, surgical and cosmetic care of the skin.

This new Toronto dermatology clinic is now considered one of Canada's premiere skin care clinics. In this dermatology clinic, Dr. Benjamin Barankin treats all medical conditions of the skin, hair & nails including: acne, rosacea, eczema, psoriasis, infections, warts, pigmentary problems like melasma and vitiligo, mole checks and mole removal, skin cancers, skin tag removal, excessive sweating or hyperhidrosis, rashes, and more.

As well, this dermatology centre specializes in cutting edge rejuvenating modalities. Dr. Barankin and his staff strive to provide patients a comfortable and personalized dermatology experience. The Toronto Dermatology Centre offers a variety of cosmetic dermatology treatment options such as injectable fillers (e.g. Restylane, Perlane, Juvederm, Radiesse)



Dr. Benjamin Barankin

and Botox, both of which are only injected by Dr. Barankin. As well, this dermatology centre offers lasers (e.g. laser hair removal, IPL, photorejuvenation,

fractionated laser resurfacing), chemical peels, microdermabrasion and silkpeel dermalinfusion, & sclerotherapy for leg veins.

His training and expertise are in medical, surgical and cosmetic dermatology. Dr. Barankin has a large medical practice treating acne, eczema, psoriasis, rosacea, excessive sweating, rashes, skin cancers, infections, and numerous other conditions of the skin, hair and nails. He balances his medical expertise with a cosmetic practice where he is a recognized expert in the use of BOTOX, fillers (e.g. Restylane, Perlane, Juvéderm, Radiesse), chemical peels, microdermabrasion, sclerotherapy and lasers.

He speaks about the potential issues that South Asians face especially who are newcomers from tropical countries to Canada, a cold climate country. He stressed the importance of needing to contact the dermatologist for medical advice that's needed during fall and winter months.

Dr. Barankin is a dermatologist and widely published author and researcher. He has an interest in medical dermatology, as well as in cosmetic procedures such as sclerotherapy, lasers, and fillers.

Dr. Barankin combines his interest in the humanities with his knowledge of medical & cosmetic dermatology to optimize the care of his patients with skin concerns.



A phototherapy equipment

Dr. Barankin is proud to have recently launched the Toronto Dermatology Centre, a beautiful and innovative dermatology clinic in mid-town Toronto.

(Photos were taken at Toronto Dermatology Centre during a meeting by Shiyam Loganathan, a final year medical student on behalf of Monsoon Journal with Dr. Benjamin Barankin on Oct 28th, 2011.)



Reception Area



Dr. Benjamin Barankin and Shiyam Loganathan



A banner of Toronto Dermatology Centre



Waiting Lounge



Markham Stouffville Hospital

MARKHAM STOUFFVILLE HOSPITAL CLIMBS **MOUNT KILIMANJARO** TO **COMBAT MENTAL HEALTH STIGMA**

Climb to Conquer team members speak about their experience during Mental Health awareness week



Climbers en route to the top

An interview on Friday, Oct 7th by two final year medical students Shiyam Loganathan and Venetia Wijayakumar was held to promote awareness for Mental Illness among youth. Margie Mackie, RN with Markham Stouffville Hospital and Allan Bell, Director of Corporate Sponsorship

From July 9 to July 21, a total of 18, including Markham Stouffville physicians and staff, climbed the 19,000 foot Mount Kilimanjaro in the nation of Tanzania for the Climb to Conquer Campaign to combat the Stigma of Child and Adolescent Mental Illness.

and Special Events for Markham Stouffville Hospital sat with the two students.

Both final year medical students are Canadian citizens, currently attached to a hospital in Chicago for their clinical training and were in Toronto for the holidays and volunteered to do this interview. They were representing Monsoon Journal, a South Asian monthly English newspaper, Thai Veeedu, a leading monthly Tamil newspaper, TamilOne TV, a 24 hour Rogers TV channel which can be viewed on channel 868, and Tamil Biz Connections, an online business media connecting the Tamil business community.

As you may know there are approximately 300,000 Tamil Canadians within the GTA, with a number of them living in the Markham and Stouffville area. The Markham-Stouffville hospital has been the primary hospital for the residents of the area for a number of years.

With the variety of initiatives Markham Stouffville Hospital has undertaken, the Tamil/South Asian media carried out this to bring awareness of these noble activities to the community.

From July 9 to July 21, a total of 18, including Markham Stouffville physicians and staff, climbed the 19,000 foot Mount Kilimanjaro in the nation of Tanzania for the Climb to Conquer Campaign to combat the Stigma of Child and Adolescent Mental Illness.

The team successfully completed this arduous journey with the goal of reaching more than \$500,000 in support of patients and families struggling with mental illness.

They spoke about why they chose to support Child and Adolescent Mental Health Issues and the inspiration that led to their decision to Climb Mount Kilimanjaro,

fourth largest peak in the world.

For those in the Tamil community who would like to continue to support the Markham Stouffville Hospital's endeavor to help those suffering from mental illness, can visit their website and donate.

www.climbtoconquer.mshf.on.ca



From left to right: Shiyam Loganathan, 4th year Medical Student, Margie Mackie, RN at Markham Stouffville Hospital, Allan Bell, Director, Corporate Sponsorship and Special Events for Markham Stouffville Hospital, Venetia Wijayakumar, 4th year Medical Student.



The Scarborough Hospital

Busting common flu myths

Every fall, debates rage over flu vaccinations and whether or not they are an effective way to protect oneself from the flu. And while most of us, at one time, received sound medical advice from our family physicians, the age of the Internet has given rise to both an overload of information and the potential for myths to circulate.

"The number of myths related to the flu and the flu vaccine is quite astounding," says Dr. Reena Lovinsky, an infectious disease specialist at The Scarborough Hospital. "Unfortunately, misinformation and ignorance are significant reasons why more than 50,000 Canadians will be unnecessarily hospitalized this year due to influenza complications, and why between 2,000 and 5,000 could die."

To help you understand the truth about the flu and vaccine, Dr. Lovinsky busts the following common myths:

Myth 1: *The flu is really just a bad cold. We all get colds, and we know they can cause sore throats, runny noses or congestion that lasts a few days. The flu virus can have a much more significant impact, infecting the lungs, causing joint pain, and in the most serious cases, leading to pneumonia or respiratory failure.*

Myth 2: *I got the flu shot last year, so I should still be protected. Wrong! The flu vaccine provides protection against the most prevalent strains of the virus expected to be circulating this season, and typically changes each year. Also, a person's immunity to the flu declines over time and requires annual vaccination to maintain protection. Age and health can be factors as well. As a rule, the elderly and those with chronic health conditions that weaken the body's immune system are most at risk from the flu, and are therefore most in need of annual vaccinations. But everyone, regardless of age or health, decreases their likelihood of developing serious flu complications by getting a flu shot each year.*

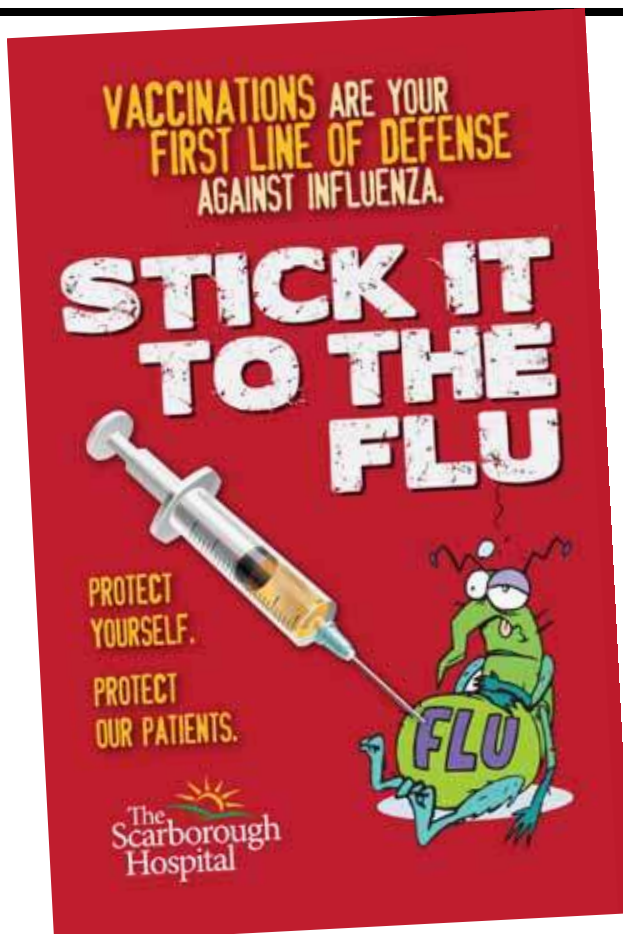
Myth 3: *I've never had the flu shot, and I never get sick. Anyone can get the flu, and just because you've never had it before does not mean you are immune. Even healthy individuals can become seriously ill, often for a week or more. Only a flu vaccination can offer true protection from serious flu complications.*

Myth 4: *The flu shot can actually give me the flu. This is probably the most common flu myth out there, and it is completely false. The flu vaccine does not contain live flu virus, and therefore cannot give you the flu. Given the time of year, many people come down with common colds, and mistake it for the flu. Sometimes people can get a fever after the flu vaccine. This is not the flu, but a sign that your body is mounting antibodies to protect you against the flu in the future.*

Myth 5: *Vaccinations don't really offer protection from the flu. Data shows that the flu shot is close to 90 per cent effective at preventing the flu in healthy adults and children, when the vaccine is a good match to the circulating flu types.*

Myth 6: *Pregnant women should avoid the flu shot. The flu vaccine is safe, and is recommended during pregnancy and while breast-feeding as pregnant women and newborns are at high risk for complications from influenza. During pregnancy, their immune systems are suppressed, and pregnant women—especially those in their second and third trimesters—are at a higher risk for developing complications such as pneumonia.*

Myth 7: *The flu vaccine has bad side effects. Other than occasional reports of mild soreness or redness at the injection site, there are typically no negative side effects from the flu vaccination. However, some people with known allergies should avoid the flu shot altogether. If you have had a bad allergic reaction*



to a previous dose of the vaccine, or if you have an egg allergy that is manifested by hives, swelling of the mouth and throat, difficulty breathing, hypotension or shock, the vaccination should be avoided.

Additional information about the flu, along with flu-related resources, are available on our website at www.tsh.to

General campus Family Maternity Centre launches new education program

On the morning of October 13, 41-year-old Samantha Marier had a caesarean section to deliver her second child at the General campus. And while C-sections happen nearly every day in the Family Maternity Centre (FMC), it was the nurses who were present in the operating room that made this delivery such an important event.

Thanks to a new FMC education project instituted this fall, for the first time two FMC Registered Nurses (RNs) assisted in the C-section instead of the care being transferred to the perioperative nurses from the Surgical program.

"We're thrilled to be able to implement the full 'Perinatal Nurse Model of Care,'" said Barbara Scott, Patient Care Director of the Maternal Newborn and Child Care Program.

"This Model allows us to improve upon our family centred approach and provide care that spans the perinatal continuum."

The FMC education project is a partnership between the Maternal Newborn and Child Care program and the Surgery, Orthopaedics and Rehab programs. The training includes two days of instructional and clinical skills labs. The nurse then spends the remainder of the month-long training focusing on the



Surgical Clinical Resource Leader Chris Mulford, Perinatal Clinical Resource Leader Janine Jackson (left to right back row), and RNs Paula Justin and Dong Mei Lu stand with new mom Samantha Marier, her husband, and Barbara Scott, Patient Care Director of the Maternal Newborn and Child Care Program.

'scrub and circulate' roles where they learn the detailed skills required to assist in the surgery.

For Paula Justin and Dong Mei Lu, the first two FMC RNs trained to perform the scrub and circulate roles that assisted in

"Amazing" and "awesome" were the words Samantha used to describe the nursing care she received.

"They moved like a well-oiled machine and they ensured I was not frightened, which was the most important thing to me."

Samantha's C-section, there was a clear difference in the patient experience. "It's great to just be able to step in and continue the care of our labour patients. It allows for smoother, more efficient care," said Dong Mei.

"Amazing" and "awesome" were the words Samantha used to describe the nursing care she received. "They moved like a well-oiled machine and they ensured I was not frightened, which was the most important thing to me."

The FMC education project training is based on the periOperative Registered Nurse Association of Canada (ORNAC) standards. These standards have been in place for over 20 years and are peer reviewed and evidence based.

This perinatal model of care has been used at the Birchmount campus for many years and Barbara points out that implementing it at the General campus was "a true example of support for a project that ranged from the Senior Team to the surgery PSG, anaesthesia, paediatrics, obstetrics and nursing staff."

"I would also like to highlight the exceptional leadership of Perinatal Clinical Resource Leader Janine Jackson and Surgical Clinical Resource Leader Chris Mulford in developing the education program in consultation with our physician partners," said Barbara.

"Janine and Chris will continue to mentor, coach and support the FMC nurses as they move through their journey of learning."

NEWCOMERS HEALTH FAIR



The Scarborough Hospital's Department of Diversity, Equity & Stakeholder Outreach teamed up with several community partners to host a Newcomers Health Fair on October 20 at the HUB in mid-Scarborough. Displays featured information on various TSH programs, including oncology, maternal newborn, diabetes and the GAIN Clinic.

Speakers focused on available hospital services, early cancer detection and services for pregnant women and new mothers.

Left to right: Amra Acimovic, Community Nutrition Assistant, Toronto Public Health; Waheeda Rahman, Director, Diversity, Equity & Stakeholder Outreach, TSH; and Dr. Sheila-Mae Young, Regional Primary Care Lead, CELHIN Cancer Program.



The Scarborough Hospital

CONGEE RECEIVES POSITIVE REVIEWS AT SPECIAL TASTING EVENT

*"Very soothing."
"A delicious alternative."
"A real home cooked feel."*

This was just some of the feedback from a group of staff, physicians and community members who gathered on October 5 to sample a new congee that will soon be served to patients at The Scarborough Hospital's General campus as part of their patient food improvement project ReFRESHing our Menu.

Over a dozen individuals were invited to the hospital's General campus cafeteria for a lunch that included a chicken and vegetable congee, as well as a new biscuit, salad greens and fresh Ontario fruit for dessert.

"It was a privilege to be invited to this event," said Dr. Robert Ting, a Nephrologist at The Scarborough Hospital and one of the invitees. "As someone who has grown up eating congee as a comfort food, I know what a difference having these sorts of familiar dishes on the menu will mean to our patient population."

"We're really excited to be at the point where we can start to introduce our new recipes," said Vice President of Patient

Experience Anne Marie Males. "Soup is one of our first dishes because it's something many people eat when they are sick and offering a delicious homemade congee is an important way we can cater to the dietary preferences of our diverse community."

For Chef Debbie Lennox, who has worked in the hospital's kitchen for over 25 years, the day was especially meaningful. "Back when I joined the hospital, our patient meals included meats that were roasted and carved onsite and desserts made fresh in the kitchen's own bakeshop, so it feels wonderful to be getting back to that sort of home cooking," she said.

Debbie is one of several staff who have been working closely with consultant Chef Joshna Maharaj to develop more than 20 new recipes for the patient menu. The congee and other new dishes will begin being served to patients in the new year.



Medical Director and Chief of Emergency and Urgent Care Dr. Tom Chan enjoys a lunch of the new congee at the special sampling event on October 5.

GRATEFUL PATIENT DONATES AFTER DR. TATHAM'S TREATMENT

When patient Toni Skrzypek finally made her way to Dr. Brian Tatham's practice, she had been suffering for years from a rare disorder in which her saliva glands became blocked, causing much pain and swelling on her face.

"I first ended up in the Emergency Department at Brantford General Hospital where they took x-rays and prescribed

antibiotics," Toni recalls. "It slowly cleared up, but when it happened again, I was finally referred to Dr. Tatham at The Scarborough Hospital where a CT scan showed I had stones blocking my gland."

By then, Toni's neck was bulging from infection, and antibiotics were no longer working. Surgery was her best option.

An Ears, Nose and Throat (ENT) specialist, Dr. Tatham has performed many delicate surgeries in a part of the human anatomy that is packed with nerves and small vessels – intricate connections that embody facial features, hearing and even the ability to swallow.

"Toni was in a lot of misery; she saw people who couldn't help her," Dr. Tatham explains. "I performed three surgeries on her, and each time, it worked well for her. I didn't do anything extraordinary – just did my job. But she's happy because everything went the way it was supposed to go."

First licensed as a General Practitioner in 1980, Dr. Tatham decided to specialize.

"I looked at anaesthesia, urology and ENT, applied to all of them and got into all of them," he recalls. "But I randomly picked ENT, and it's worked well for me for the past 26 years."

He has been with TSH all that time, starting with a strong interest in surgery, and specializing in head and neck cancer.

"If anything, I'm seeing less cancer nowadays. Maybe it's because people aren't smoking as much," he explains. "I guess my niche now is salivary glands. I do at least one a month."

After suffering for eight years, Toni is now recovering after her last surgery in August. She was so impressed with Dr.



Toni Skrzypek was so thankful for the care she received by TSH Ears, Nose and Throat specialist Dr. Brian Tatham that she made a donation to the TSH Foundation.

Tatham's care that she donated \$500 to The Scarborough Hospital Foundation to show her gratitude.

"I would like to show (Dr. Tatham) how much it meant to me to be able to have these complicated surgeries that only very skilled surgeons can perform without damaging any facial nerves," Toni says. "I'm feeling okay now. Hopefully, my problems won't come back, because I wouldn't wish this on my worst enemy."

For the father of four daughters, the oldest of whom just entered medical school, it's all in a day's work.

"There's great comfort in seeing a patient, fixing them and sending them on their way without any chronic issues," Dr. Tatham adds. "It makes me feel great when a patient like Toni takes the time to write a nice letter thanking me. There's nothing better than making someone happy."

BREAST RECONSTRUCTION AWARENESS DAY AT TSH



The Scarborough Hospital's Plastic Surgeons Breast Reconstruction Group held a 'Drop-In Information Session' on October 19 to coincide with the first annual Breast Reconstruction Awareness Day. On hand to discuss various surgical techniques with patients were (l-r): Drs. Sarah Wong, Tim Sproule and Sandra Voice. TSH is one of the busiest breast reconstruction centres in Canada, routinely performing all types of restorative breast surgery including the most sophisticated microsurgical techniques.

Annual Donor Reception at TSH's Birchmount Campus

Charge Technologist Ken Pui demonstrates the features of the new MRI at The Scarborough Hospital's Birchmount campus to donors at the Foundation's October 13 Donor Reception. The annual event celebrates the many individuals and organizations whose contributions assist the hospital in providing better service, faster diagnosis and treatment closer to home.

Photo by William Meijer.





The Scarborough Hospital

TSH's IV nurses demonstrate the PICC system in Mexico

The international spotlight shone on The Scarborough Hospital's IV Team when it played host to clinicians from Mexico City on September 28. The delegation, which included an oncologist, a specialist in infectious diseases, a general surgeon and the Chief of Cardiac Anaesthesiology, were here to learn how TSH successfully implemented a bedside nurse-inserted PICC program.

Peripherally inserted central catheters (PICCs) are long, thin, flexible catheters inserted into one of the large veins in the upper arm, then threaded into a central vein to deliver intravenous therapy for a prolonged period or for patients with limited venous access. An ultrasound sensor which sits on a patient's chest picks up the specialized magnetic stylet as the PICC moves through the vein.

Mamta Bhakta, representing the manufacturer of the PICC, Bard Canada Incorporated, says the idea of bringing the Mexican clinicians to TSH "was so that they can see how successful and strong a nursing-based vascular access service can be, and how beneficial it is to patients."

"TSH has probably one of the strongest PICC programs out there; it's well organized, highly skilled and very graceful," Mamta explains. "We like to show models of PICC teams all around the world, and TSH has a great program that is well structured and very talented."

It was a "fantastic opportunity to host and showcase the TSH PICC program to an international group of clinicians," says Sadie Fairhead, Patient Care Manager for TSH's IV Team. "The visit demonstrates that TSH is recognized by Bard Canada Inc. as a 'centre of excellence' for vascular access. It's a tremendous accomplishment for a community hospital to be recognized as a leader in the use of advanced technology;

it also communicates our commitment to patient safety and best practice in vascular access."

So far, TSH has inserted close to 300 PICC lines. And judging from the questions and interest level of the Mexican physicians, they were impressed.

"We are beginning an IV team in our hospital, and we received good information and responses to our questions," says Dr. Ignacio Hurtado, of the American British Cowdroy Medical Center in Mexico City. "Complications with central routes for IVs are a problem all over the world, and the PICC is a good alternative as a treatment that can help minimize morbidity and mortality."

The manufacturer is also pleased with the information shared by TSH's IV Team.

"It was an absolute privilege that the IV Team shared their stories," says Mamta. "They opened the eyes of the Mexican clinicians, demonstrating that PICC is not only a good choice

for patients, but how the PICC program empowered the IV nurses. This information-sharing not only benefits patients in Scarborough, but hopefully will benefit patients around the world."



Two members of a delegation representing clinicians from the American British Cowdroy Medical Centre in Mexico City get a hands-on demonstration of the PICC system from two TSH IV nurses. Left to right: Dr. Ignacio Hurtado; Audrey Oudkerk, PICC nurse; Dr. Angel Martinez; and Shaowei Zhang, PICC nurse.

Video on Dialysis



TSH dialysis patient Wayne Tam is interviewed for an upcoming 15-minute video designed to help new dialysis patients cope with the physical and emotional impact of their treatment.

Lights! Camera! Action! It's not exactly the phrase you'd expect to hear in The Scarborough Hospital's Chronic Kidney Disease Program. Yet last month, a film crew taped a 15-minute video designed to help new dialysis patients cope with emotional and physical challenges of living

with kidney failure. "The idea came up three years ago: a video focusing on the stories of our dialysis patients," explains Elizabeth Anderson, Clinical Resource Leader for Chronic Disease Management at TSH. "By having actual dialysis patients tell their stories, we're hoping it will impact

new patients in the program, and help them make an earlier decision to start dialysis in a timely manner."

For Paulette Lewis, a Nurse Practitioner in the kidney clinic for the past eleven years, the video will be a valuable educational tool.

"Many patients who come to us are reluctant to start dialysis. After all, it's not like something you do for a few weeks and be done with it: dialysis is for the rest of your life," Paulette explains. "The symptoms of kidney failure are very insidious; many patients don't feel a thing and then, all of a sudden, it's like they drop off a cliff. This video will help new patients understand that, once they start on dialysis, it can make a positive difference in their lives."

The video focuses on eight patients, one Nephrologist and one Nurse Practitioner. The original intent was to be clinically focused – touching on the modalities, vascular access and training – but after three focus groups of dialysis patients provided their input, the project took a 180 degree turn and will now focus on the emotional and psychological impact dialysis has on a patient's life.

"Patients in the focus groups talked openly about the need for emotional support, and the emotional rollercoaster they went through when they learned they required dialysis," explains Pat Taylor, Patient Care Manager for Chronic Disease Management. "The younger patients wanted to be connected with people their own age,

with jobs and young families, homes and marriages, to understand that dialysis can happen and you can still maintain a great quality of life."

That's exactly why dialysis patient Wayne Tam was keen to participate in the video.

"I learned ten years ago that I had kidney problems, but it's only been in the last year when my kidney function fell below 15 per cent, and it was recommended I start dialysis," explains Wayne, a young professional. "When I started, there was a lot of support on the physical challenges, but the emotional support was more difficult. I used to be very active, spontaneous, and with dialysis, I had to readjust my lifestyle."

Wayne fell into an eight-month depression and spent most of his time in bed, until he forced himself to do something. He discovered photography, and that gave him the mental focus he needed to get back to living a normal life.

"I think if this video was available to me when I first started dialysis, it would have helped me avoid the emotional pitfalls," Wayne adds. "I will share how I went through the emotional part of it, how I worked my way out of it. I hope what I have to share will give someone else a way to understand what's happening to them."

The video is expected to be complete in mid-December, and a video launch is planned for sometime in January. It will also be offered to other renal programs in the province.

Win a Car Charity Raffle

Once again, The Scarborough Hospital Foundation is holding its Win a Car Charity Raffle, featuring a 2011 Toyota Matrix generously provided by Scarborough Toyota.

Tickets for the raffle will be on sale from Nov. 1 until Jan. 31, at a cost of just \$20 each.



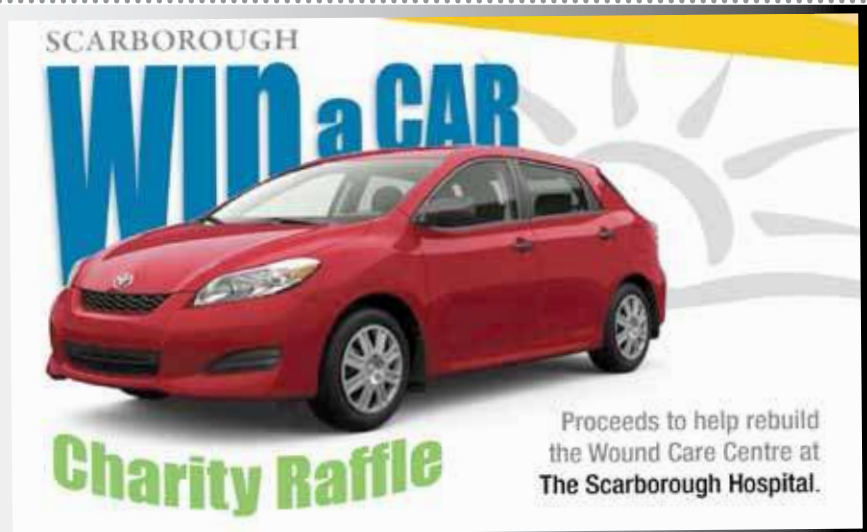
You can purchase your tickets at:

Proceeds from this year's raffle will help rebuild the Wound Care Centre at The Scarborough Hospital

Only 6,250 tickets will be sold, so purchase yours early! The prize draw will take place on Feb. 7. Details and Rules and Regulations can be found on our web site at www.tsh.to.

Lottery License No. M683430
Charitable Registration No. 11914 2263 RR0001

- The Foundation office, located in the Medical Mall of the General campus
- The Volunteer Gift Shop at either hospital campus
- At Scarborough Toyota, 1897 Eglinton Ave. E., between Warden Ave. and Pharmacy Ave.)
- At the TSH Volunteer booth, Lower Level of Scarborough Town Centre (between January 1-31st only)





ORBIS Brings World's First Flying Eye Hospital to Toronto



Daniella Bianchi, Director of Development at ORBIS Canada



Eye surgery in progress



ORBIS Flying Eye Hospital aircraft

On behalf of the Tamil & South Asian English Media based in Toronto, we bring an exclusive interview with Daniella Bianchi, Director of Development at ORBIS Canada.

Daniella highlights us about Orbis and the opportunity for Canadians to witness this Flying Eye Hospital.

This is your chance to get an exclusive on-board tour of the world's first hospital with wings! The ORBIS Flying Eye Hospital is a converted DC-10 aircraft that contains a state-of-the-art surgical and teaching facility. Come meet ORBIS volunteer eye care professionals and pilots who are dedicated to giving the gift of sight to people in developing countries around the world.

ORBIS Canada is part of a non-aligned, non-profit global development organization whose mission is to prevent and treat blindness by providing quality eye care to transform lives. ORBIS draws upon an international faculty of more than 500 volunteer ophthalmologists, nurses, and biomedical engineers, approximately 45 of them Canadian, to deliver eye care training and treatment in the most underserved regions of the world. Since its programs were first launched 29 years ago, ORBIS has benefited people in 89 countries, enhancing the skills of 88,000 doctors and over 200,000 nurses and other medical professionals. Medical and eye treatments have been provided to 15 million patients, of which 4.7 million are children. The support from Canadian donors is instrumental in the implementation of its global sight-saving programs.



The ORBIS Flying Eye Hospital will be open for Public Tours from Nov 17-19.



There is also a Grand Reception on Nov 18 from 6-9 pm.



All events will be at Toronto Pearson International Airport.

Readers can pre-register for the Public Tours and Grand Reception at www.orbiscanada.ca/FEHToronto

or by calling toll-free at

1-877-672-4722 by November 15, 2011.

Please click this link for the interview with our correspondent.

<http://www.youtube.com/watch?v=JckkOT2Y3qU>

Tribute



A TRIBUTE TO LATE MR. N. SIVAGNANALINGAM

When one is reminded of Nagalingam Sivagnanalingam, the first thing that strikes is Bagavan Sri Sathya Sai Baba. He was such a staunch devotee that after retirement from service he spent the rest of his life in the Sai Organisation, having contributed immensely towards its progress.

It was Sivagnanalingam uncle who guided me into the Sai Organisation in 1974. The first Bhajan I attended was at Varuthalaivilan, Tellipalai, held to mark the house warming ceremony of his new built mansion. A bus load of devotees attached to the main Sai Centre at Thinnaveli arrived and conducted the Bhajans which were inspiring and rapturous.

Since then, I was a regular visitor at his residence, during week ends. We sat in the living room and discussed about Swami, he did most of the talking. He gave me past issues of 'Sanatana Sarathi', a monthly publication from Prashanthi Nilayam, which presents to the readers updated informations, Swamy's discourses and feature articles. Once, as he led me into his shrine room I was amazed to see 'Viputhi' sprinkled on all the pictures of Swamy and other Deities. All these enhanced my desire to go on a pilgrimage to India and to Puttaparthi in particular. My brother-in-law Ganeshalingham too had a similar intention and so both of us made preparations for the trip. It was a time when there was exchange

restrictions for foreign travel. Even though we got foreign remittance for our travelling expenses from our next of kin living abroad, we had to get clearance to take the money out of the country. Sivagnanalingam uncle took us to the Central Bank, cleared all formalities and enabled us to proceed with our plan.

Siva, as he was affectionately called by his closed associates had made several visits to Prashanthi Nilayam and was fortunate to have personal interviews with Swami on two such occasions. During the interview sessions Swamy had given him the privilege of performing 'Patha Namaskaram', showered His blessings on him and spoke to him.

Siva uncle was a good orator. I was fortunate to listen to his speeches on two occasions. The first was at Veerasingam Hall, Jaffna, where the Sai Organisation had organized a film show on Swamy. It was a time when awareness of Swamy and His teachings were taking roots in Jaffna. As Siva uncle began his inaugural address in English a member from the audience interrupted and requested him to speak in Tamil. Siva uncle seemed unruffled, delightfully obliged, spoke in fluent Tamil and held the audience spellbound. The second was at the Kathiresan temple, Bambalapitiya where Swamy's Birthday celebrations were held. As Siva uncle arrived at the venue, the organisers approached and requested

him to deliver a speech on Swamy and His teachings. He made such an impressive and impromptu speech in English that sent the entire assembly of devotees in the hall into raptures.

A versatile personality Siva uncle had also conducted classes on meditation at Barns place, Colombo. I was among one of those who attended the weekly classes in 'Jothi Meditation' as advocated by Swamy. Siva uncle took us through the various stages one by one carefully, clearly and slowly. At the end of each session we felt as though we were in a different world of tranquility and bliss.

In spite of his ageing he continued to attend all activities in the Sai Organization at Barns place, at Ladies College, Wellawatte and at Sindhi Hall, Colpetty. He was a regular participant in Bhajans and in particular the 'Nagarasankirtan' early in the morning on Poya days and on special occasions. He arrived on time to participate in the event which commences at 5.00 A.M. Earlier he came on his push bike and later when his ageing process advanced he trudged all the way from his residence with the support of his walking stick. As the Nagarasankirtan proceeded along a pre-planned route, he kept pace at the rear end of the assemblage, all the while singing joyfully and maintaining the rhythm of the chorus.

Earlier Siva uncle, a BSc degree holder in Agriculture was a strict administrator, as a planter in the plantation sector. After becoming an active member in the Sai Organisation he underwent tremendous transformation by the grace of Swamy and became an unassuming, egoless devotee with full of love and compassion.

On a number of occasions I had seen many devotees visiting his house for counselling and blessing. He received them warmly, provided 'Viputhi' prasadam, instilled faith in them by referring to Swamy's teachings and assured them of Swamy's protection and blessings.

He had been of great help to me and my family in so many ways and on so many occasions. When my wife and I visited him in hospital last year, his face brightened with his usual pleasant smile, as he spoke with us slowly and softly. That was the occasion we saw him last. He remained in hospital for almost a year, to complete his karmic cycle and left his mortal frame as an enlightened soul.

I am sure our beloved Swamy would have taken him into his fold of eternal peace and bliss.

SAIRAM

By: C. Kamalaharan

Recent Event



INAUGURAL MEETING OF CORD FUND RAISER IN CANADA

The inaugural meeting of CORD (Chinmaya Organization for Rural Development) was held on October 1, 2011 at Sorkkam- Members only Club in Markham, Ontario with the lighting of the traditional oil lamp by Ms. Rathika Sitsabaiesan, Member of Parliament, Gowrie Mahenthiran, Executive Director, CORD Sri Lanka, Sri Joti Chakraborty, President, Chinmaya Mission and Mrs. Meena Bhaga, Executive Director, Chinmaya Mission, Halton, Ontario. The Master of Ceremony for the meeting was Vijitha Mailvaganam.

Yogi Tambiraja, the Co-ordinator of CORD in Canada who had been to Sri Lanka and visited CORD offices in Kokuil spoke of the invaluable services rendered by CORD under very difficult and trying conditions and emphasised why the Sri Lankan Tamil community in Toronto should lend their support to such a self-less and charitable service towards humanity. Sri Joti Chakraborty spoke of the valuable rural development projects CORD

has been partnering with the Canadian International Development Agency in India. At the initiation of Guru Tejamayananda, CORD, Halton Region has embraced the cause of the CORD activities in Sri Lanka spear-headed by Gowrie Mahenthiran. Bahi Kandavel, a young and energetic entrepreneur spoke of CORD activities in the United States of America and his visit to Jaffna, Sri Lanka where he had a first-hand experience of the good works of CORD. Bahi emphasised that the young generation could easily make small amounts of recurrent donations on line through Canada Helps Website and receive instant tax-deductible donation receipts. Gowrie Mahenthiran who is directly involved with the Internally Displaced People in Jaffna, Vanni and Batticaloa spoke of the hard-ships and the insurmountable problems faced by them that touched the hearts of the participants. Ten of the participants signed commitment to sponsor children in the affected areas. The sponsorship of Dollars 30 per

month is to provide food, clothing and education. One Chinmaya devotee of Indian origin living in Canada offered to sponsor ten children in Sri Lanka.

Mile Ahilan of the Co-ordinating Committee thanked all the participants and sponsors who attended the fund raiser. He committed to continue the efforts to keep the participants informed of future efforts of the CORD in its commitment to render their services to the Internally Displaced Tamils in Sri Lanka.

Yogi Tambiraja, the Co-ordinator of CORD told Monsoon Journal that the event raised a total of \$10,600 net and that this amount will be remitted to Cord Sri Lanka in early November.

The hall was packed to capacity and the meeting ended with Dinner and Musical Entertainment by Dave Chakaraborty, a popular play-back singer from Bollywood.



Rathika Sitsabaiesan, Member of Parliament, Scarborough-Rouge River



Sri Joti Chakraborty, President, Chinmaya Mission



Yogi Tambiraja, the Co-ordinator of CORD in Canada



Meena Bhaga Executive Director, Chinmaya Mission, Halton, Ontario



Gowrie Mahenthiran, Executive Director, CORD Sri Lanka



Emsee Vijitha Mailvaganam on left & **Shobitha Ramathas** singing Tamil Thai Song



Emsee Vijitha Mailvaganam on left & **Vino Balakrishnan** singing Canadian National Anthem



Raj Rajezwaran, **Sathis Sri Kugan**, **Praba Sri Kugan**, **Rathika Sitsabaiesan**, MP, **Gowrie Mahenthiran**, **Yogi Tambiraja**



Yogi Tambiraja presenting a bouquet to **Meena Bhaga** and **Meleni David** on left



Mike Ahilan, Co-ordinating Committee member



Meleni David presenting a bouquet to **Gowrie Mahenthiran** (Left), **Vijitha Mailvaganam** (Right)



Guests at event



Bahi Kandavel, Co-ordinating Committee member

Some of the photos taken at the event can be seen here. Photo Courtesy: Ninaivukal.com

Recent Event



Organization of Canadian Tamils with Disabilities

These pictures are from the Organization of the Tamils with Disabilities, during the summer 2011 reunion. This took place on September 10, 2011 at Nelson Park, Scarborough.



Recent Event



PHOTOS FROM EVENT BY CANADIAN SOUTH ASIAN SPORTS & RECREATIONAL ORGANIZATION OF THE DEAF



Recent Event



Toronto Business College celebrates Anniversary & Open House

● The Anniversary and Open House was held on Wednesday, September 21st, 2011.

Toronto Business College would like to thank:
Chief Guest M.P.P. Bas Balkissoon,
Bridgette Dalima, representative of M.P. Rathika
Sitsabaiesan, representatives from
VPI-Inc. Scarborough North Branch,
Media Representatives, students, and
well-wishers who attended the event.

TORONTO BUSINESS COLLEGE
4465 Sheppard Avenue East, Suite 208
Toronto, Ontario M1S 5H9
T: 416-291-5155 F: 416-291-5199
www.tbcollege.com / info@tbcollege.com



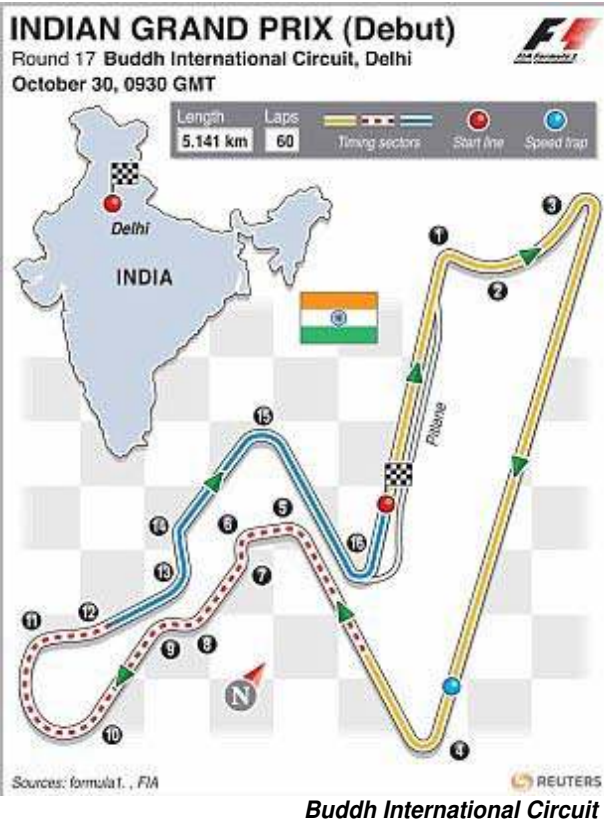
Sports



The Score on Sports



By Tashvir Narine



Indian Grand Prix

When you think of sports and India, cricket quickly comes to mind at first. But the nation is beginning to make inroads in many other sporting worlds as well. October 30th will mark a first in motorsports as the first ever Formula One race will take place on the Indian subcontinent. Dubbed as the 2011 Indian Grand Prix, this is the seventeenth race of the F-1 Championship this year, and it will take place at the new Buddh International Circuit in Greater Noida, India. The name 'Buddh' comes from the word Buddha as in the spiritual teacher, and it also refers to the district where the circuit is located.

The circuit is rumoured to have cost \$215 million to complete and was recently inaugurated on the 18th of October. The track will hold about 150 thousand spectators and is part of the Jaypee Greens Sports City which also holds a cricket stadium and golf course. The race itself will correspond with the recent festival of Diwali, giving fans an even more of a festive sports mood.

Among the drivers present, the fans will also be happy to see one of their own as Narain Karthikeyan is expected to be in one of the HRT F1 vehicles on the track that day. Hailing from Tamil Nadu, Karthikeyan is the first driver on the F-1 series from India. Also to receive home crowd support will be the drivers from

the Force India Formula One team, co-owned by Vijay Mallya of Kingfisher Airlines. Although based in UK, Force India represents a more diversified Indian motoring sports horizon, increasing popularity among fans who associate with the sport through kinship to their nation.

India vs England

Elsewhere in India, the cricket gods have continued to watch over the Indian team in the England series



last month. MS Dhoni's team dismissed the one-day international series five-nil and in the process, moved up to third in the world rankings. Dhoni was in superb form for the matches, coming out to rescue the batting lineup two different times with knocks of 75 and 87 not out. On the other hand England moved to fifth place ahead of Pakistan as a result of the India series. Following the series, England will go on winter break, while India prepares for other competition.

Sebastian Vettel aims for another win in India

NBA Lockout

In other news closer to home, the National Basketball Association chose to continue with the lockout of its players after recent meetings with the National Basketball Players Association, the players' union. November 1st should have been the start of this year's basketball season here in North America, but NBA have cancelled all preseason games and the first two weeks of regular play. The last meeting took place October 18th over the span of three days, and no

India celebrates series win over England

decision was reached. The two issues that construct this lockout still remain upfront, namely the revenue sharing proposal, as well as the structure of the salary cap. The NBA owners propose a 50% split of revenue towards the players, while the player's union is proposing a gap concept of 50-53% revenue sharing, depending on the success of operations. As a result of the lockout, some players have already signed in other countries to play so expect to see familiar basket faces in European and Asian basketball uniforms.

JOHN BODDY HOMES PRESENTS 'EAGLE GLEN'

John Boddy Homes has been voted 'Best Builder' in Ajax/Pickering for the fourteenth year in a row for this year's Readers' Choice Awards and has released its next phase at their 'Eagle Glen' community in Ajax. Located just minutes east of Toronto 'Eagle Glen' combines the closeness and convenience of city living with a suburban feel, and its prime location makes it a great place to call home. Classic two-storey homes are available, as well as side and back splits. Homes start at 2,553 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 and walk out basements. With such a broad range of house sizes and styles 'Eagle Glen' has the ideal home to suit every preference. From the unique exteriors and charming streetscapes to the elegant interiors, various John Boddy Homes include such impressive standard features as vaulted ceilings, double door entries, décor columns, mirrored sliding closet doors, ceramic kitchen backsplashes, double basin bathroom vanities with make-up counters and so much more. Their gourmet kitchens, welcoming great rooms with cozy gas fireplaces and elegant dining rooms with coffered ceilings are all spacious and comfortable, making them the perfect location to enjoy time together with family or entertaining friends. In addition, some models include such impressive extras as classic French doors, transom windows and custom octagonal skylights allowing light to travel throughout the home for a bright and spacious feel.

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

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



The Stonegate - Model to View



Eagle Glen - Model to View



The Parklane - Model to View

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 accom-

plished 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 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 6:00 p.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.

**3
FURNISHED
MODELS TO
VIEW**



JOHN BODDY
H O M E S

Eagle
Glen

**\$3,000
IN FREE
UPGRADES**

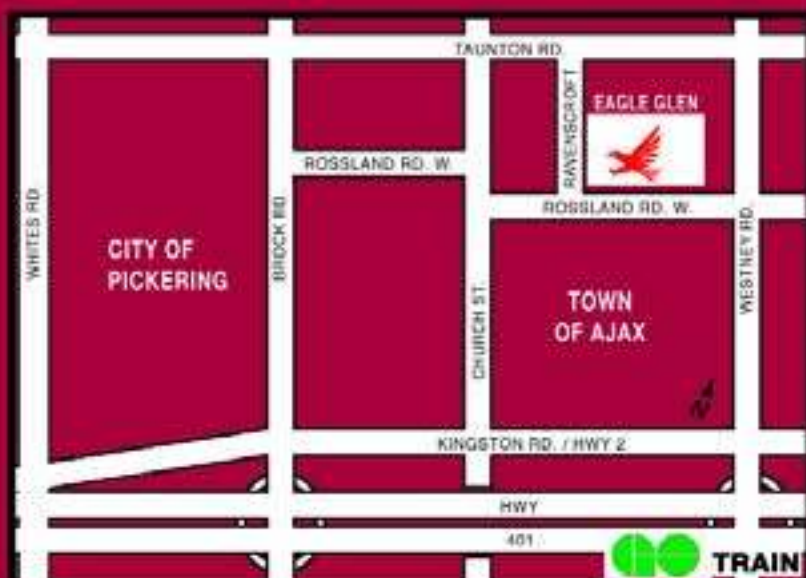
LOCATED JUST MINUTES EAST OF TORONTO



THE TUDOR GATE 2,553 SQ. FT.

**WINNER
BEST BUILDER
14 YEARS IN A ROW**

JOHN BODDY HOMES GIVES YOU MORE!



- FULL DEPTH LOTS
- 2 STOREY, BACKSPLIT, SEMI'S AND TOWNHOMES
- \$2,000 IN FREE ROGERS SERVICES INCLUDING HOME PHONE, PERSONAL TV AND HI-SPEED INTERNET FOR 1 YEAR
- CLOSE TO GO STATION, HWY 401 & HWY 407
- NO HIDDEN CLOSING COSTS
- NO CITY OF TORONTO LAND TRANSFER TAX

ALSO AVAILABLE:

- CORNER HOUSES
- EXTRA DEEP LOTS
- PIE SHAPED LOTS
- WALK OUT BASEMENTS
- WOOD LOT

PHONE: 905-619-1777

Sales office on Rossland Road, 1/2 km west of Westney Road

Office hours: Mon. to Thurs.: 1pm to 8pm

Sat., Sun. and Holidays: 11am to 6pm

Closed Fridays

Rendering is artist concept only. Prices and specifications subject to change without notice. E. & O. E.

TOWNHOME MODEL TO VIEW!

www.johnboddyhomes.com

Arts and Forms



Menaka Thakkar's Nrtyakala Dance Academy Recital at Sorkkam

By Siva Sivapragasam

"The exodus of the Bharathanatyam Dance form from the Temple to the Theatre and then to Home is in harmony with the spirit of contemporary Times"

India has bestowed to the world several Gifts - traditionally rare and culturally rich.

One of such distinctive gifts is the world renowned classical and stylish dance form known as Bharathanatyam. It was originally practiced and performed in temples and the royal courts in the Southern state of Tamilnadu which was the founding and fertile ground for this art. Since then Bharathanatyam has crossed the shores of India and is now performed all over the world including Canada.

A selective audience was recently treated to an evening of fine entertainment of Bharathanatyam accompanied by the melodious tunes of classical music. The recital was performed by a bevy of beautiful girls from Nrtyakala, the Academy of Classical Indian Dance run by Menaka Thakkar. The performance took place at the new Sorkkam recreational facility situated in Markham. Nrtyakala is the Academy of Classical Indian Dance and the Founder Director is Menaka Thakkar who is an interna-

tionally renowned and multi-honored dancer, choreographer and teacher who has been a leader in Indian dance in Canada for the past 39 years. She has created a whole generation of Indian Dancers across Canada in the classical systems of Bharathanatyam and Odissi.

The Academy gives a full training in Bharathanatyam and Odissi for those who join with a view to perfect the art of Bharathanatyam. At Nrtyakala students are offered professional training and certification. New curriculum and new professional courses are taught while giving them new performance opportunities. The primary mandate of the dancing school is to nurture the authentic traditions of classical Bharathanatyam and Odissi and produce talented performers, choreographers and teachers.

Those who performed at the Dance Recital were Shanthini Kangesan, Neena Jayarajan, Parinita Rajagopalan, Raveena Ravishankar, Meghana Ravishankar, Kiruthika Ratnasingam, Arrthami Siva and Abirami Balu. (See inset picture of the Dancers). Four selective dances were choreographed creating a memorable and wonderful experience for the audience. These were Pushpanjali, Thillana, Shiva Keerthana & Shapes and Rhythms. Pushpanjali depicts the offering of flowers to the God



(Top left to right) Shanthini Kangesan, Neena Jayarajan, Menaka Thakkar (Founder/Director of Nrtyakala), Parinita Rajagopalan, Raveena Ravishankar

(Bottom left to Right) Abirami Balu, Arrthami Siva, Kiruthika Ratnasingam, Meghana Ravishankar

in all directions while Thillana is the grand finale in a Bharatha Natya Recital depicting joy and happiness. The third was Shiva Keerthana which is the famous cosmic dance of Lord Shiva performed in the golden hall of Chidambaram. The fourth dance was termed as Shapes & Rhythm which was a fusion of Indian and Western dancing using Bharathanatya basic positions and movements. The dancers mesmerized the audience with their colorful costumes and perfectly synchronized movements of

the bodies and facial expressions while depicting the lines in the lyrics.

Menaka Thakkar's Nrtyakala Dance Academy has already begun Dance classes at Sorkkam. Those who would like to enroll could contact the Academy at 905 764 3646 ext. 30 for Registration and further information.

Seen here are some pictures of the Dance Recital at Sorkkam

(Picture Courtesy: Gana Arumugam, www.ninaivukal.com)



Menaka Thakkar
DANCE COMPANY
CLASSICAL AND CONTEMPORARY INDIAN DANCE

*Celebrating 70 years of Menaka
and 40 years of Nrtyakala
(The Academy of Classical Indian Dance)*

Transplantation of a Tradition:
In the Further Soil
the Making of an Indian Dancer in Canada

& Tribute to Tagore
Performed by Menaka Thakkar

Three Shows Only!
Friday, November 11 @ 8 p.m.
Saturday, November 12 @ 2 p.m. & 8 p.m.

Fleck Dance Theatre
Harbourfront Centre – Toronto

To study a Banyan Tree you not only must know its main stem in its own soil, but also must trace the growth of its greatness in the further soil. For then alone you can know the true nature of its vitality.

— Rabindranath Tagore

Ticket prices:
Adults \$30–\$35
Seniors \$25–\$28
Students \$15
FMTDC Members \$20–\$25

Harbourfront centre
NextSteps 11/12
Adults \$22.50–\$27.50
Seniors \$20–\$23

To purchase tickets:
416-973-4000 or
harbourfrontcentre.com

For information:
905-763-6083 ext. 22
www.menakathakkardance.org
www.nrtyakala.org

Generously supported by:












Arts and Forms

SORKKAM - A Private Member Club For Excellent Athletic, Leisure, Social & Family Activities

The new recreational facility of Sorkkam with a natural setting coupled with a pleasant and picturesque surrounding is ideally suited for leisure, cultural events and functions along with other social and family activities. It also has excellent athletic facilities. Spread over 45,000 square feet in area, Sorkkam offers services ranging from Halls, lounges, squash courts, board rooms, banquet hall facilities and other diverse services. It is suitably and centrally situated in the city of Markham and easily accessible both by public and private transport with a large parking area too. The exclusive and exceptional Sorkkam is a gateway to a glorious lifestyle.

Those who wish to avail Sorkkam for any function or event should call 416 767 5526 or 905 472 1915.

Seen here are some photos taken during events at Sorkkam.



BECOME A MEMBER

SORKKAM

416.767.5526
905.472.1915
905.472.2205

facebook.com/sorkkam

SORKKAM.COM

Sorkkam is an exclusive private member club which provides excellent athletic, leisure, social, and family activities. A vibrant place that provides prospects for new communal and corporate connections, and fosters a healthy lifestyle in a culturally rich environment.



Be a part of the fastest growing Century 21 Brokerage...



Sameem Mohamed & Century 21 Innovative Realty Inc.'s Staff

Cordially invite
fellow Realtors, friends, clients & well wishers and their families to
the Grand Opening of their branch in Mississauga



Innovative Realty Inc., Brokerage

Saturday, November 5th, 2011 - from 10:00 a.m. to 3:00 p.m.

1001 Meyerside Dr., Unit 3, Mississauga (Meyerside & Tomken)

MORTGAGE SPECIALISTS

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

MIKE AHILAN

SENIOR ACCOUNTS MANAGER
RESIDENTIAL MORTGAGES

416-220-1184



**Royal Bank of Canada
Kennedy & Ellesmere Branch**

1421 Kennedy Road, Scarborough, ON M1P 2L6



Merlyn's



Restaurant • Banquet Halls LLBO licensed

A taste for everyone

All Day Breakfast • Lunch • Dinner
WESTERN, EASTERN & FUSION CUISINE
INCLUDING MALAYSIAN, HAKKA CHINESE & THAI

Catering & Take-out Indian, Sri Lankan, Chinese & Western

Merlyn's cater to any location in Mississauga, Brampton, Vaughan and Markham. Please contact us for more information.

We can arrange a venue that will be convenient for you, and cater from 10 to 1000 people.

Merlyn's banquet hall has seating for up to 200 people. It is a unique setting for corporate events, weddings, birthday parties, anniversaries, Christmas parties and other social gatherings.

5284 Highway 7 East Markham
416 918 6453 / 905 479 4337

sales@merlynstasteofworld.com
www.merlynstasteofworld.com

Holiday Specials

Whatever the occasion, Merlyn's makes it one to remember!

PARTY MENUS FOR 7 to 10

PARTY MENU 1 - \$99.99

- 3 Spring Mix Salad
- 5 Spring Rolls
- 5 Samosas
- 5 Dinner Rolls
- 2 Vegetable Fried Rice
- 2 Hakka Noodles (chicken)
- 4 Steamed Rice
- 3 Chilli Chicken
- 3 Sambal Shrimp

PARTY MENU 2 - \$119.99

- 3 Caesar Salad
- 5 Spring Rolls
- 5 Chicken Wings
- 5 Dinner Rolls
- 2 Vegetable Fried Rice
- 2 Hakka Noodles (chicken)
- 4 Steamed Rice
- 3 Szechuan Chicken
- 3 Red Curry Beef
- 3 Stir Fry Vegetables

PARTY MENU 3 - \$149.99

- 3 Caesar Salad
- 5 Samosas
- 5 Chicken Wings
- 5 Dinner Rolls
- 2 Vegetable Fried Rice
- 3 Pad Thai
- 3 Steamed Rice
- 3 Szechuan Chicken
- 3 Red Curry Beef
- 3 Belacan Shrimp
- 3 Malay Vegetable Curry

North Indian Style Biripani (\$10 to \$20)
(veal, chicken, shrimp or lamb)

For the festive season
November 1st - December 31st
one week notice required

TURKEY - Minimum order for 10

Oven Roasted Ontario Turkey
with Old Fashion Savoury Stuffing, Creamy Mashed Potato,
Diced Squash, Merlyn's Unique Gravy & Cranberry Sauce with Rolls & Butter

HAM - Minimum order for 10

Honey Pineapple Glazed Ham
Old Fashion Savoury Stuffing, Merlyn's Homemade Corn Bread,
Roasted Red Skin Potatoes, Mixed Vegetables with Rolls & Butter

CHICKEN - Minimum order for 6

Boneless Skinless Chicken Breast - Free Range Ontario with Rosemary Herb Glaze
Old Fashion Savoury Stuffing, Cranberry Sauce, Merlyn's Homemade Corn Bread,
Roasted Red Skin Potatoes, Mixed Vegetables with Rolls & Butter

BEEF - Minimum order for 6

Fresh Inside Round Beef Served with
Yorkshire Pudding, Garlic Herb Mashed Potato, Honey Glazed Carrots &
Green Beans, Gravy & Horseradish with Rolls & Butter

SALMON - Minimum order for 6

Grilled Salmon & Shrimp in Lemon Dill Sauce,
Basmati Rice Pilaf, Roasted Potato with Rolls & Butter

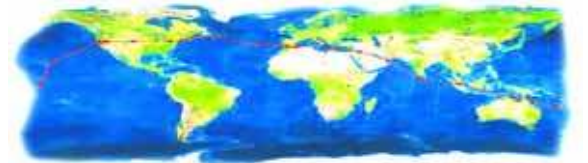
VEGETARIAN TORTELLINI - Minimum order for 6

Tri Coloured Tortellini Bake, Blended in a Creamy Rose Sauce with Grilled Vegetables
All above are accompanied with Salad (please select one)

- Garden Salad
- Classic Caesar Salad
- Spring Mix Salad
- Greek Salad

Menu and prices are subject to change

Around the world



India's IT Hub Launches Metro Rail Service

A new passenger rail service has been launched in India's information technology hub, Bangalore, a city famed as much for its technology skills as for its huge traffic snarls.

Still, hopes are high that the mass transit system will ease some of the city's chronic transport woes.

Mohandas Pai, a former senior official with Indian information technology giant Infosys, said it was "exhilarating" to ride on Bangalore's metro and hopes it will improve the quality of life in the city.

"We have traveled on metros around the world, but to have the metro in your own city after waiting for so long is wonderful," Pai said. "This metro will mark the transformation of Bangalore."

This sentiment was echoed by senior Indian ministers and business leaders who also traveled on the first section of the rail transit system recently.

The 6.7 kilometers of elevated track connects an eastern suburb with Bangalore's central business district. The entire 42-kilometer network is set to be completed by 2014.

Millions of residents in the city known as India's Silicon Valley will soon benefit, said Indian Urban Development Minister Kamal Nath.

"It will give a lot of relief to the people of Bangalore," Nath said.

Bangalore is the third Indian city to get a metro network after Kolkata and the Indian capital, New Delhi.

The city emerged as a software hub in the 1990s when Indian and information technology companies began tapping into the country's huge pool of low wage software programmers. Several international companies have since followed suit, running their back office operations from Bangalore.

But like many other Indian cities, Bangalore's infrastructure has failed to



keep pace with its runaway growth.

Today the city is home to about eight million people and four million vehicles. They jostle for space on a crowded, pot-holed, inadequate road network. At peak hours, speeds can drop to 15 kilometers per hour. IBM recently ranked Bangalore as the world's sixth most painful city for commuters.

This traffic congestion has dealt a blow to Bangalore's reputation as a high-tech, business friendly center. IT giants have expressed worries about investment fleeing to other cities.

"Everybody talks about Bangalore, even President [Barack] Obama spoke about Bangalore," said Sumitra Iyengar, director of infrastructure at the Bangalore Chamber of Industry and Commerce. "And having said that, this traffic situation was creating a negative image about us and we are pleased to see that now there is a certain change happening."

The real impact of the new metro system remains to be seen, as many suburbs where major companies are based have not yet been connected to Bangalore via the rail system.

With three more years until the network's completion, many of Bangalore's information technology companies will likely continue to spend millions of dollars to help transport their employees to and from work via buses and taxis.

[VOANews]

Mother of Late Pakistani PM Bhutto Dies

Begum Nusrat Bhutto, the wife of one Pakistani prime minister and the mother of another, has died at the age of 82 after a long illness.

Begum Nusrat Bhutto was born in Isfahan, Iran on 23 March, 1929. She married to founder of the Pakistan People's Party (PPP) and former Prime Minister Zulfikar Ali Bhutto in 1951. After the death of her husband in 1979, she remained the chairperson of the PPP from 1979 to 1983.

Nusrat Bhutto's life mirrored much of the turmoil in Pakistan's politics. Her husband, Zulfikar Ali Bhutto, was the founder of the Pakistan People's Party and served as Pakistani prime minister



Begum Nusrat Bhutto
(March 23, 1929 – October 23, 2011)

India Launches 'World's Cheapest' Tablet



A DataWind representative displays the supercheap 'Aakash' Tablet computers during its launch in New Delhi, India. The \$35 basic touchscreen tablet aimed at students can be used for functions like word processing, web browsing and video conferencing. 'Aakash', manufactured by DataWind has a 7"Android 2.2 touch screen and a HD video co-processor, October 5, 2011

By Anjana Pasricha

India hopes that the launch of what is being called "the world's cheapest tablet computer" will help tens of thousands of low-income students connect to the digital world.

The \$45 device with a seven-inch color touchscreen, Wi-Fi connectivity, and two USB ports is meant to bridge the digital divide in a country where only three percent of the population has computers.

The world's cheapest computer is called "Aakash," the Hindi word for sky. It was the brainchild of the Indian government, which put out an offer for it to be developed. While made by a British-based company, the tablets are being assembled in India.

Under a pilot project, the government distributed 500 free computers to students this week. They will travel to villages to demonstrate the device, which will be sold to students for a subsidized price of \$35.

Rajat Agarwal, executive editor of gadget reviewers BGR India, says the low-cost tablet computer has the potential to bring education to vast numbers of people.

"I see this as an exercise wherein the government actually puts all the textbooks, all the course material in an e-book format which is accessible across devices. This would also ensure that there does not have to be a library in every village, every town of the country.

You can get whatever books you want, everywhere," said Agarwal.

Indian officials have called the development of the world's cheapest computer "the beginning of a journey." They have called for competition to drive prices down even further.

Technology experts however caution that the government must monitor the performance of the device closely.

Agarwal says the tablet is a "very good start" in making affordable computers. But he says it must be user-friendly, otherwise customers may turn away from it. "You can't expect an iPad kind of hardware out there or usability. For \$35 it is pretty decent hardware, but in terms of usability what we found was the screen was not very touch sensitive," he noted. "You have to poke it really hard to make it work, the processor was slightly slow. But what else would you expect for a tablet at that price?"

Experts also warn that the limited Internet connectivity in the country will hamper the objective of spreading digital learning.

India is a technology leader and Indian I.T. experts are renowned for their skills. But despite a 15-fold rise in the number of Internet users over the last decade, access to the Web is limited to a fraction of the Indian population, and is the lowest among emerging markets.

– VOANews

from 1973 until 1977.

The first lady took over as head of the party after Bhutto was executed in 1979, and also served in parliament.

Later, Nusrat Bhutto's daughter, Benazir, took over as head of the party and served two separate terms as Pakistan's prime minister.

Benazir Bhutto was assassinated in

2007 addressing a campaign rally. Her husband, Asif Ali Zardari, is now Pakistan's president.

Nusrat Bhutto spent her final years in Dubai, where she died Sunday, October 23, 2011. Her body was returned to Pakistan to be buried in a family graveyard.



NEW LIFE FRESH START

உங்கள் கடன் அட்டை, வங்கிக் கடன்களில் 80% வரையிலான கழிவு

We will reduce your debts up to 80%

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

கடன் அட்டை, வங்கிக் கடன்களுக்கு விதிக்கப்பட்ட சகல வட்டிகளும் நிறுத்தப்படும்

We will stop all interest on your debts immediately

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

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

உங்கள் சொத்துகள், முதலீடுகள் பாதுகாக்கப்படும்

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

மாதாந்த ரீதியில் ஒரே கட்டுப் பணத்தில் எல்லாக் கடனையும் தீர்க்க வசதி செய்தல்

We will make one monthly payment to all your creditors

வங்குரோத்துக்கு செல்லாமல் தீர்வுகாண ஏற்பாடு செய்யப்படும்

No need to file for Bankruptcy

பலவருடகால அனுபவமுள்ள

Suren Sornalingam BBA

Post Graduate Diploma in Business Management

Federal Government Registered & Certified (BIA) Insolvency Counsellor

Member of Canadian Insolvency Foundation

CREDIT RECOVERY CANADA

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

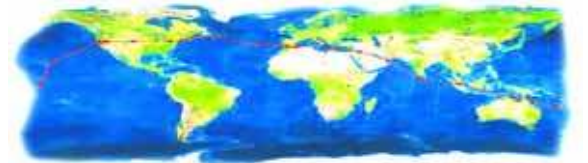
Tel: 416-264-1272

Fax: 416-332-0914

Web: www.creditrecoverycanada.com



Around the world



The forgotten returnees in Northern Sri Lanka

A day in a village on the beautiful coast of northern Sri Lanka: a lady combing the hair of a small girl crouching at her feet. She leans over and whispers something to her husband who is sitting beside her holding on to two other children. The scene could easily be captured on a picture postcard but if one looks closer the reality is grimmer. Many of the surrounding houses have been reduced to rubble or are heavily damaged: a reminder of Sri Lanka's bloody decade long civil war.

Tractors loaded high with bags of clothes, household goods and bits of furniture indicate that people are returning and the hundreds of people lined up near the trucks filled with humanitarian aid show their desperate need for help.

Mariananthini, is the name of the woman, described in a report. She is among hundreds of thousands of people who were displaced internally during the final stages of Sri Lanka's conflict. "My parents, my 11 siblings and their families all lived here. So when the sound of shelling drew closer in July 2008 we decided to leave together and find a safer place," she said.

Five of Mariananthini's siblings were killed, as they were trying to keep safe. Among those killed was Mariananthini's 25 year old sister and husband, parents of 3 children. Now she and her husband have adopted the 3 orphaned children.

Mariananthini is among more than 220,000 persons who have left displacement camps in Sri Lanka's north, to return to their places of origin under the Government-facilitated return process.

Although more than two thirds of the nearly 300,000 internally displaced people (IDPs) interned in the north at the end of the war have been sent home, most return to areas devoid of the most basic amenities, according to a 2011 report from the International Crisis Group (ICG).

Realities on the ground in the north and east which had been in rebel hands until the government forces' final offensive are "ominous", according to the ICG report which states that much of the aid promised has not arrived, and all is strictly controlled by the military. "Northern areas once ruled by the LTTE are now dominated by the military, which has taken over civil administration and controls all aspects of daily life. Killings, disappearances and violence against women continue to plague the north and east." The UN Refugee Agency (UNHCR) and its partners are supporting the return process, by providing the returnee families with basic household items like plastic mats, mosquito nets and jungle clearing tools as well as items of clothing and slippers to help them get back on their feet.

Thousands of Sir Lankans sought refugee in other countries. UNHCR's



Tens of thousands lost their lives in the war-pic: Amantha Perera/ IRIN

most recent statistics show that at the end of 2010 there are some 141,000 Sri Lankan refugees in 65 countries, with the majority of close to 100,000 in Tamil Nadu, India.

As of end-September 2011, UNHCR has helped 1,500 refugees return home to the north and east this year. "The refugees, like the tens of thousands of internally displaced people who have returned home recently, face challenges in re-establishing themselves. Earning a living and getting decent shelter are two of the things returned refugees tell us are their greatest concerns," says UNHCR's representative in Sri Lanka, Michael Zwack.

Like Mariananthini, many are unable to return directly to their homes which are either heavily damaged or destroyed. Some are actually not allowed to return home since the government has reportedly kept some IDPs' areas of origin closed for return for reasons of national security, in other areas demining has not started. The UN Resident and Humanitarian Coordinator Subinay Nandy visited the northern provinces in October: "So far, I have been struck, particularly in the recently resettled areas, by the great desire and determination of people to restart their lives and get back to some kind of normality. But, there remain gaps and a lack of facilities, livelihood opportunities and adequate capacities for a well-functioning civilian administration," says Mr. Subinay.

Despite signs of progress, much remains to be done. In the village of Allankulam in the former rebel held territories in the north of the island, 62-year-old grandmother Selvanayagi Chellathurai now toils with five other women on a small vegetable plot to ease the financial burden of her extended family. She told IRIN that big development work had not directly benefited them. "We still spend hours just to get to the main town. There are electricity power lines, but we can't afford connections," she said. "At least before the war erupted, we had some kind of habitable house and a well for water. Now all that is gone." – UNHCR.org

India Primed to Invest Abroad



This picture shows the Tata Steel France Rail plant in the French northeastern town of Hayange, during the inauguration day of this rail facility on September 29, 2011

By Anjana Pasricha

Investments by Indian companies in foreign countries have risen sharply as they look for newer markets and resources to fuel a growing economy.

For nearly 150 years, Harrisons Malayalam has grown rubber and tea on massive plantations in the southern Indian states of Tamil Nadu and Kerala. But Managing Director Pankaj Kapoor says that despite the growing demand for both commodities, the company cannot develop new land in India.

"To get land, say 10,000 hectares of land at one place, whichever be the state, is next to impossible, it's not available," noted Kapoor.

The company now plans to invest millions of dollars to develop rubber plantations in Africa.

Kapoor says they have scouted for land in countries like Ethiopia and Ghana.

"It's good to get the land in African countries, because the governments are very keen to get the investors overseas, they have large land, unutilized," Kapoor added. "We can bring in the technology and we can bring in the money."

Harrisons Malayalam is just one of scores of Indian companies which are pushing overseas in search of resources such as land and coal, newer markets, or technology.

Between April 2010 and March 2011 Indian companies invested nearly \$44 billion overseas, more than double the previous year.

They have gone to Africa, Asia, Europe and Australia in sectors ranging from farming, pharmaceuticals and energy, to telecommunications and infrastructure. D.K. Joshi, chief economist at the Crisil consulting firm in Mumbai, says the growing investments are driven by several factors.

"Indian corporates have been cash rich and on top of that the foreign exchange regulations were liberalized so that allowed Indians to go out," Joshi noted. "The valuations of foreign companies after the global financial crisis, they were pretty good, so it made sense to go out and acquire companies to expand the

global footprint."

The overseas investors include some of India's biggest groups, including: Reliance Industries, the Tata conglomerate, the Essar Group and Bharti Airtel. The Tata conglomerate now earns more than half its revenues overseas.

Chandrajit Banerjee, who heads the Confederation of Indian Industry, says Indian companies have become increasingly confident as they have grown in scale and size since India liberalized its economy two decades ago.

"They became ambitious, their aspiration levels went up, and therefore they started looking offshore," said Banerjee. "Indian industry has today become much more competitive and therefore they are being able to acquire, they are able to match technology, they are able to export, they are able to invest."

Economists also say that as decision-making slows down in India in the wake of high profile corruption scandals, many businesses prefer to invest in what they call more "predictable" markets. A survey by the Federation of Indian Chambers of Commerce and Industry suggests that business confidence in India has plunged due to high interest rates, frustration with governance and problems with issues such as land acquisition.

However, economist Joshi warns that the pace of overseas investments may slow down in the coming months due to concerns of another recession in Western countries.

"I think the companies will try to preserve cash, because their margins are already coming under pressure, and I think there is also a fear that if the global economy crashes again, then I think there will be a credit freeze and you will require money," Joshi added. "So everybody is in a cautious mode right now, so they are likely to go a bit slow in their global acquisitions unless the dust settles on the global environment once again."

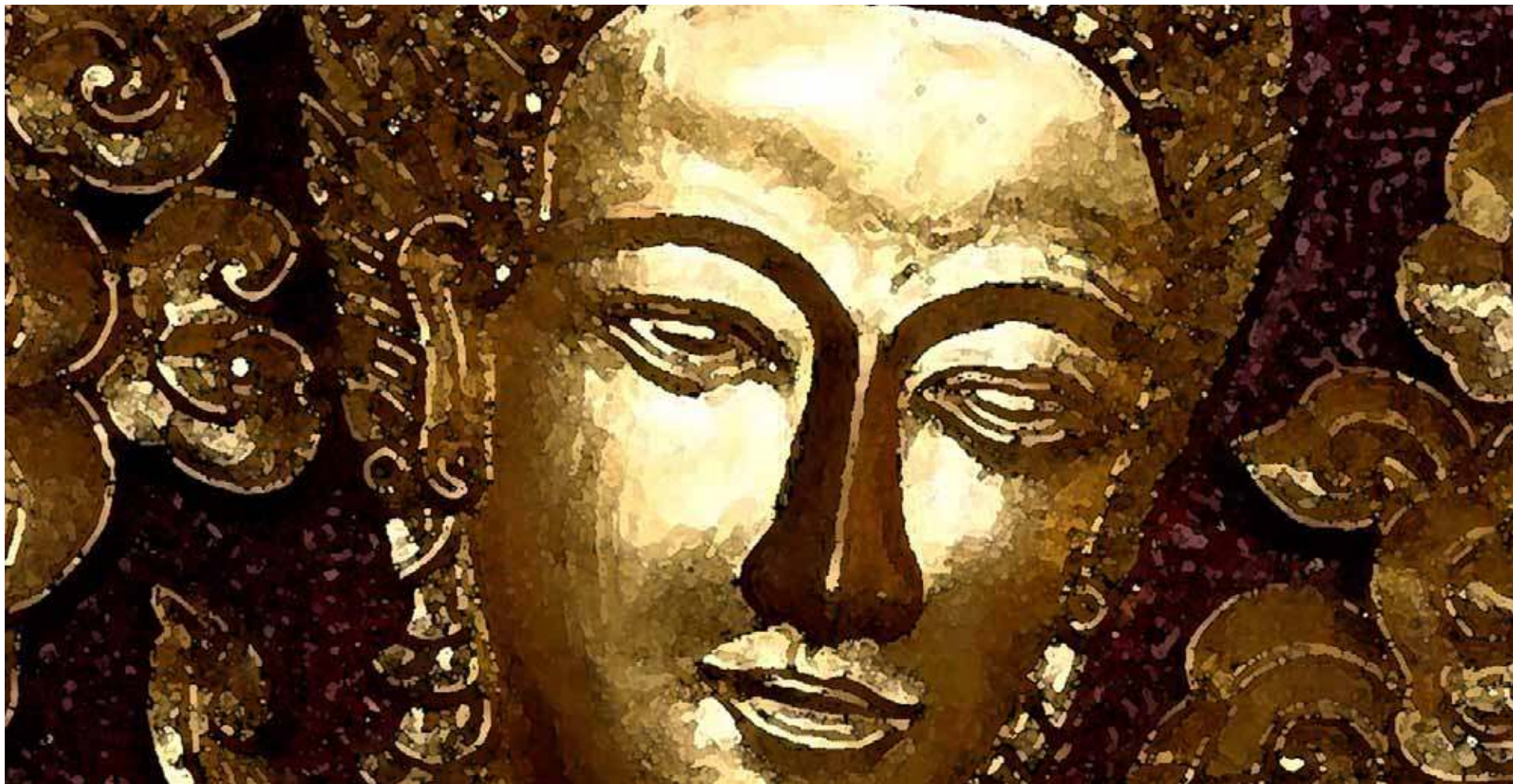
Meanwhile, the government says it wants to speed up the pace of economic reforms in such areas as labor laws and land acquisition to encourage Indian companies to invest more money at home

- VOA News



Spirituality

WORDS OF PEACE



Words of Wisdom

Over the centuries, people have left behind records of their experiences for the benefit of future generations—but we can only benefit if those words of wisdom are heeded, says Maharaji, who talks about a real possibility of fulfillment for every human being.

For example, he says, the tsunami following Japan's earthquake devastated coastal communities.

"The intensity and destruction it brought were obviously a big surprise," Maharaji says, "but the fact that there was an earthquake wasn't a surprise to the Japanese, because they have a lot of them."

"It was a terrible, destructive force—but here's the real tragedy. A long, long time ago, some people, out of the goodness of their hearts, inscribed in stone on the side of a hill: 'Do not build below this point.' They had experienced a tsunami and knew that everything below that point would be destroyed."

"I think that it is marvelous that there, sitting in stone, that incredible act of humanity was left behind. Somebody took the time to do it, thinking that people would one day benefit from it."

"Did anybody heed it? Of course not. Everybody wants to have an ocean view and be on the beach. Prime property. Obviously they knew about that stone, but people believed everything would be okay."

In the same spirit, Maharaji says, many wise people have left behind a simple message for those who are driven to search for personal fulfillment: "What



you are looking for is inside of you."

For many years, Maharaji has been reiterating this timeless message to contemporary audiences. "That's the reason why I go and travel," he says. "I tell people, 'What you are looking for is inside.' That's what touches people's hearts around the world. That's what is real."

It's hard for people to believe this message, Maharaji says, because there are so many different concepts about what might fulfill their lives.

"You're looking for something," he says, "except you have no idea what it is. Then here come the beliefs: 'Oh, you're looking for God.' 'You're looking for peace.' 'You're looking for love.'"

"There are so many things in this world that seem to produce satisfaction, and somehow we latch onto those things and think, 'Wow, that would be great!'"

"Then once we get it, it's done. It doesn't mean anything. The gratification it gives vanishes instantly."

There's nothing wrong with short-term gratification, Maharaji says, but there's one kind of gratification that evolves and grows.

"For every smallest understanding that you gain about the priority of looking inside for that which you are looking for," he says, "the results are tenfold. It's not about the world passing by, the world going around; it's about the coming and going of this breath. That's your universe."

"Everything else will come and go. So will your struggle to be alive—it, too, will come and go. So when somebody comes along and says, 'What you are looking for is inside of you,' it is with the same generosity as was behind that warning carved out on a rock: 'Don't build below this point.'"

Understanding that what we are looking for is inside of us is rare,

Maharaji says, but even more rare is being able to get in touch with that feeling inside. This, he says, is something he can help with.

"I'm not here to sell you anything," he says. "Wherever you find it, perfect. Be happy. Enjoy it. Flourish. If you do not know how to look within, this I am good at. This is what I talk about, and more importantly, this is what I make possible for those who want to know. I have a way that can take your attention from outside and turn it inside."

"It is my honor and my privilege to give you this message: that you are missing nothing, that you have everything."

For a free DVD that explains the process:

1 877 707 3221 Eng

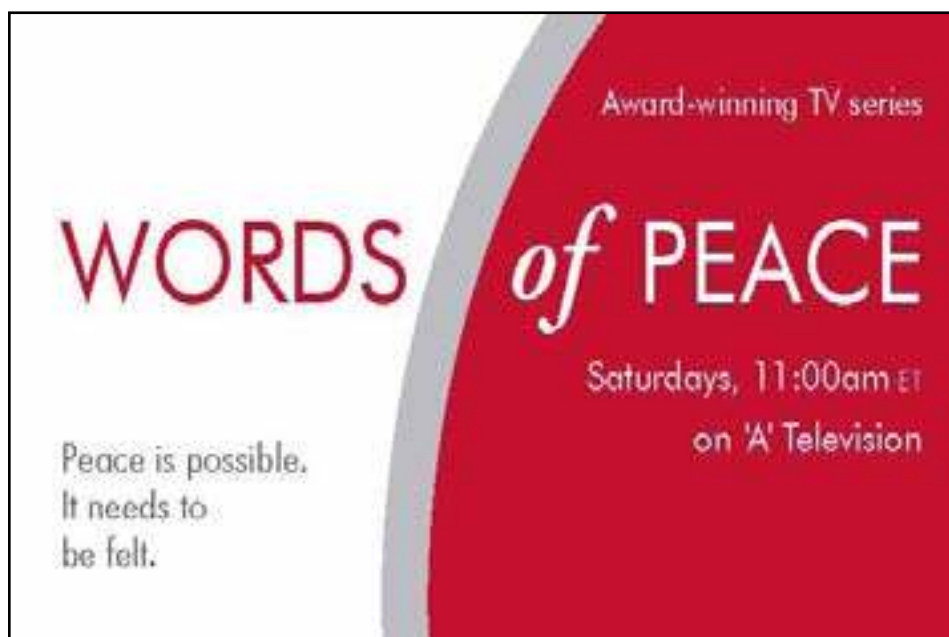
416 431 5000 Tamil

416 264 7700 Hindi

To learn more about Maharaji, visit:

www.wopg.org

www.tprf.org



Special Feature



Proposed Marriages - Problems of Expatriate Tamils

J. J. Atputharajah

Tamils in their homelands found it easier to contract arranged marriages. Since most relatives lived together in compact communities they knew each other well enough to find suitable partners for their children. In those days they mostly arranged marriages among relatives or in well-known families. There were also marriage- brokers who were able to help those in need. Parish priests also played a significant role. The wishes and expectations of the allying families were well realised through such arranged alliances.

A. The Effects of Immigration on Proposed Marriages:

With the influx of Tamils to various parts of the world especially to the west and exposure to alien life-styles changed the patterns of marriage. It became difficult to conform to traditional values and patterns. Children who were brought up in the Canadian environment were able to find their own partners following the life style of their peers. Some of them picked up their college mates or partners for other ethnic groups. They found it easy to adopt to the new environment much to the dislike of their parents or elderly relatives. However the parents had initial difficulties in bringing up their children especially in the context of the reality that both parents have to work without any help at home. In Jaffna, the extended family system and the feeling of added security of living with kith and kin that enabled people to gather strength from family and brotherhood support but these were lacking in Canadian life. However, it is after realising these problems that the Canadian government made it possible for parental and spousal sponsorship. However, it does not mean that the problems were solved immediately. There were several cases where the children were subjected to lot of abuses when the parents were at work. There was an incident when a teenage girl had gone to the park to spend her time till the parents returned from work. The child became a victim of gang raping and it left a permanent effect on the child. When the child grew up to be a young woman, the parents found it difficult to get her into a frame of mind to convince her to get married. All their efforts failed. Similar miseries are common in the lives of immigrants.

B. The Problems and their causes:



Conflicting age gap expectations are also a major problem in arranging proposed marriages. There are conflicts between parents and children as well as conflicts between partners. Most of our parents still cling to their old formula. They feel that their educated sons should get a better dowry or sons should fetch a better dowry and provide funds for their daughters. These kinds of expectations will not easily work out in alien lands. On the other hand modern girls are more independent in their thinking. They have their own formulas. They do not want a partner more than four years older to them. They are also looking for the status and quality of employment of their partners. Once a father told, "My daughter told me that she is earning 100 grand and will drive out any one who earns less than me." The girl still remains a spinster. Some girls have become career minded and would rather prefer to live independently than get entangled into a cumbersome marriage. The Canadian norms are influencing our women and they are conscious of their rights denied in their mother country due to cultural and traditions taboos. Cross-cultural marriages do take place but suf-

fer the similar fate. Electronic methods of finding partners may help to some extent but cannot guarantee full success. Couple unknown to each other manage to find partners through the internet advertisements- but goes luck by chance.

Sometimes one may get into tremendous hazards. They are plunged into a series of marriages resulting in perpetual unhappiness to themselves and to the partners concerned. Hence there is greater incidence of divorces among the members of our community.

C. The Panacea:

The cultural gap as well as the religious difference too causes lot of problems in arranged marriages. Some of the young men and parents prefer to bring down partners for their sons from the homeland. Marriages are arranged over the phone. The girls when they come over here are find it difficult to adjust to the environment and have to face many problems before getting used to their partner; often ending in break-ups. There were several incidents of suicides among the frustrated and disappointed young women. Besides these people who arrange marriages often overlook the

religious feelings of the couple ending in divorces after the wedding had taken place. Hence arranged marriages are becoming out dated or near impossible. Some of our young men wait as long as possible and then find partners in other communities or continue to remain single. Unless the partners meet, chat and come to know each other, arranged marriage is like climbing a greasy pole.

It is but right to quote the conditions for good life as spelled out by Avvaiyar, the ancient Tamil poetess who said,

*Eethal aram, theevinay vidu,
Eeddal porul-engnanrum kaathal
iruvar karuth oru mitthu aa tharau,
Paddathe perina vee du, paranai
ninainthu im moonaraiyum,
Viddathe periba vee du.!*

She said that true happiness comes through adjustment and understanding. To meet, to know, to love, to understand and then marry is the marriage that will last. In other words true marriage is the marriage of minds. It becomes a rather difficult task in this world of variety and global living.



Spirituality

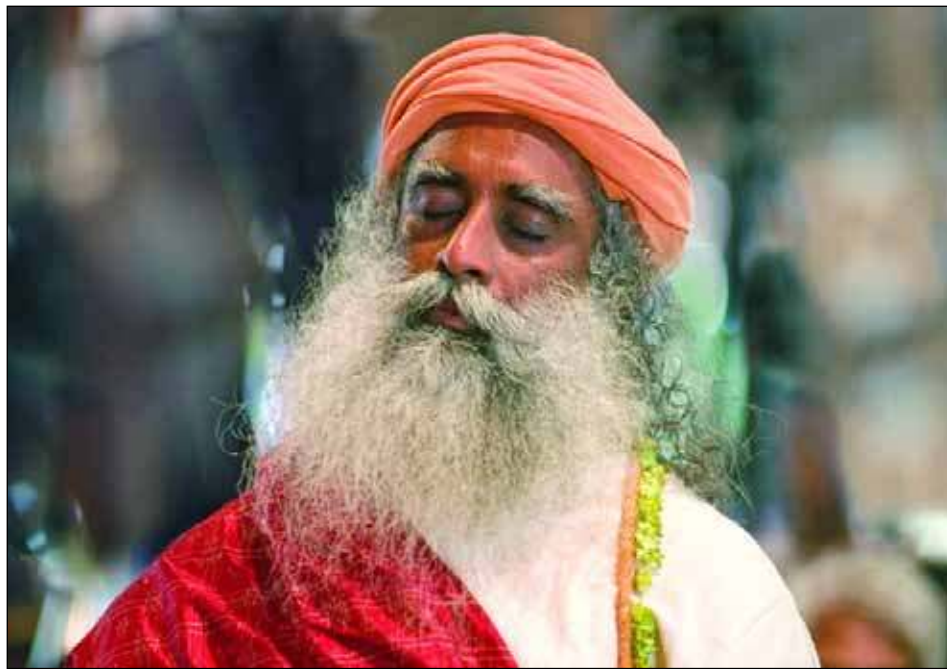
A World Of Worldly Affairs

People ask me, "To seek the Divine, should one withdraw from worldly affairs?" See, how can you withdraw from worldly affairs anyway? What are you calling as worldly affairs? Let us say, I am tending to this coconut tree; it is very much a worldly affair, isn't it? I am cooking my own food; is it not a worldly affair? So you have worldly affairs, otherwise how can you live?

The kind of worldly affairs you want to do is your individual choice. For example, everyone doesn't have to join politics. In society, someone is into politics, someone else is just a clerk in an office, somebody else is running a whole industry, and someone is just sweeping floors. All of them are doing worldly affairs. So you cannot really withdraw from worldly affairs.

It is just a choice of what kind of worldly affairs you want to do in your life and how much. And why shouldn't any person have this choice? Every person definitely has the choice. It is only those people who do not know what they are doing with themselves and are just doing what everybody else is doing that complain in this manner. They don't know what to do by themselves. They neither have the intelligence nor the awareness to live their life by choice.

Such people are always complaining about spiritual people, "Oh, these people are not being responsible. They are not into worldly affairs, they are just doing their own affairs." The man who is in his own house or in his office is also there just to take care of his own affairs. He is not interested in the well-being of the world. He actually doesn't know what his real affair is and has gotten himself into such a mess that he doesn't even know how to get out of it. Because he is unable to get out, he thinks that somebody who



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

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

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

is able to manage his own affairs the way he wants to in his life, to the extent that he wants to, is on the wrong bus.

It happened like this. One day, a drunk somehow pulled himself onto a bus, stumbled around over the passengers, knocked over suitcases and briefcases, came and landed on a seat next to a prim and proper old lady – and fell over on her. The lady pushed him and said, "I hate to say this, but you are going straight to hell." The drunk suddenly sprang up and said, "I am on the wrong bus then," and ran to get off.

So, drunken people do not know who is on the wrong bus. If others manage their lives to the extent they want to, these people who have made their lives unmanageable, enslaved and entangled in situations around them, become very jealous. They will always complain. They

It takes tremendous maturity to simply sit quietly, only doing things to the extent that it is needed

will say that these people are just running away from the world. Right now, the way the world is going, if a lot of people become over industrious and continue to do too many things on this planet, it will not even last another ten years. Fortunately, fifty percent of the people are lazy. The other fifty percent who are too industrious, are busy destroying the world. Probably only one percent is real-

ly spiritual. Now, we want to make at least fifty percent of them spiritual in order to save the world.

People who are withdrawing from excessive activity are not causing any damage either to themselves, the society, the world, the environment, or the planet. It is only people who are engaged in activity in absolute unawareness who are truly destroying this world, isn't it? In total unawareness, not knowing what they are doing, simply imitating someone, they are doing more damaging activity than anyone else. They are the people who are causing tremendous damage to the planet and really threatening life on it. They are the people who are taking the whole of humanity toward global suicide. So right now, the most responsible thing you can do in the world is to withdraw from unconscious activity, but withdrawing from activity is not so simple. It takes tremendous maturity to simply sit quietly, only doing things to the extent that it is needed. This doesn't come because you are lazy or irresponsible; it comes because you are aware and conscious.

Sadhguru J. Vasudev is a contemporary mystic rooted as strongly in worldly and pragmatic matters as he is in inner experience and wisdom. Named one of India's 50 most influential people, he has addressed prominent global forums on issues as diverse as socio-economic development, leadership and spirituality. He has served as delegate to the United Nations Millennium Peace Summit and the World Peace Congress and has been a special invitee to the World Economic Forum (2006-2009), the Australian Leadership Retreat (2006) and TED (2009).

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

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



Special Feature



SCARBOROUGH TOWN CENTRE WINS THREE MARKETING AWARDS IN CANADIAN SHOPPING CENTRE COMPETITION

Reporting from NEW YORK on October 21, 2011, The International Council of Shopping Centers (ICSC) in keeping with its long standing tradition of recognizing and honoring the shopping centre industry's most cutting-edge, innovative solutions, and creative responses to market trends, as well as outstanding examples of retail store design has announced its winners for the 2011 Canadian Shopping Centre Global Awards program. As part of this exclusive shopping centre awards competition, ICSC is pleased to announce that Scarborough Town Centre, Scarborough, Ontario, awarded three 2011 Canadian Shopping Centre Global Awards, on Maple Leaf Gold Award and two Maple Leaf Silver Awards in this annual awards competition.

Scarborough Town Centre won its gold award in the in the Design and Development category of Renovation or Expansion of an existing project, which recognizes how new design and development standards have been established within an existing shopping centre such as enclosure or an addition. After 37 years, Scarborough Town Centre started a \$62 million renovation to modernize the centre and enhance the shopping experience. Consistent with its commitment to environmental conservation and sustainability, Scarborough Town Centre used this opportunity to implement new green policies including replacing aging and inefficient infrastructure, reducing water consumption via water saving washroom fixtures and an irrigation management system, expanding its recycling program, retro fitting its lighting and introducing an energy management system.

Scarborough Town Centre won its first silver award in the Advertising category, which recognizes strategic communications that advertise a shopping centre or company to its target market(s) and may include efforts in a single medium or those in a multimedia series or campaign, for its "DRESS IT UP! COME TRY US ON" campaign. With 11 months to go until Scarborough Town Centre's renovation was complete, the centre created a fashion-forward, multi-channel advertising campaign to keep the momentum and buzz up prior to the unveiling of the new centre. Evolving from an already established platform, the "Dress It Up" online video contest was established to engage customer and generate buzz, with more than 54 million impressions.



In addition, the centre won its second silver award in the Grand Opening, Expansion & Renovation category, which recognizes a comprehensive marketing campaign intended to introduce or reposition a new, expanded, or renovated shopping centre, for its "STC Grand Reveal" celebration. Scarborough Town Centre commemorated the completion of its \$62 million renovation with a multi-faceted grand-reveal campaign that solidified its position as eastern Toronto's most dominant fashion centre. The official ceremony, attended by more than 52,000 people, was themed "Celebrate Everything Scarborough" and featured the revealing of the new Scarborough Walk of Fame Court, homegrown celebrities, entertainment, the "Live it Up" online video contest winner announcement and the debut of the centre's new Planet Santa Christmas decor.

Professional recognition for both these campaigns were given to Jai Lee, marketing director, Scarborough Town Centre; Kathy Meyers, general manager, Scarborough Town Centre; Roshan Ganie, property manager, Scarborough Town Centre; Bonnie Taylor, marketing coordinator, Scarborough Town Centre; as well as Liz Padilla, Duncan Aitken & Andrea Lane, Creative Agency, BLU.

Scarborough Town Centre is owned by Aimco & Omers Realty and is managed by Oxford Properties Group.

ICSC announced the winners of the 2011 Canadian Shopping Centre Awards during a ceremony at ICSC's Canadian Convention in Toronto, Ontario. In addition, Scarborough Town Centre is now automatically entered to win ICSC's Best-of-the-Best VIVA Award. The ICSC Best-of-the-Best VIVA Awards, which recognize the shopping centre industry's most cutting-edge properties, innovative solutions and creative responses to market trends, throughout the world, will be presented during ICSC's annual convention, RECon, May 20-23, 2012 in Las Vegas, Nev.

Rabindranath Maharaj named recipient of the 2011 Toronto Book Award



Rabindranath Maharaj (left) accepts the 2011 Toronto Book Award from Councillor Gary Crawford

Rabindranath Maharaj was named the recipient of the 2011 Toronto Book Award for his novel *The Amazing Absorbing Boy* tonight at a reception at Toronto Reference Library's Appel Salon.

"I want to congratulate Rabindranath Maharaj for his wonderful novel *The Amazing Absorbing Boy*," said Councillor Gary Crawford, representing Mayor Rob Ford and Toronto City Council. "His book gives a unique perspective about our diverse city, and was selected from 78 book submissions. All of these authors tell great stories about Toronto and can be very proud of their work."

Toronto Public Library's City Librarian Jane Pyper commented, "In this clear-eyed look at Toronto as it appears to a young Trinidadian immigrant, Rabindranath Maharaj has given all of us a new way of seeing our city. I congratulate him on this fine novel."

The 2011 Toronto Book Awards Committee, made up of members Michael Booth, Tina Edan, Angela Rebeiro, Kristine Thornley and Karen Tisch, volunteered their time to read all of the books and select the shortlist and winner. They commented on how Maharaj creates a complex, witty and hopeful portrait of an imaginative youth determined to forge

his own path in multi-cultural Toronto.

Rabindranath Maharaj is the author of five novels and three short story collections. His books have been nominated for the Commonwealth Writers' Prize, the Rogers Fiction Prize, the Chapters/Books in Canada First Novel Award, and the Bocas Literature Award. His most recent novel also won the 2011 Trillium English Language Fiction Prize. Maharaj's *The Amazing Absorbing Boy* (Knopf Canada) was chosen from a list of finalists that included James FitzGerald for *What Disturbs Our Blood* (Random House Canada); James King for *Étienne's Alphabet* (Cormorant Books Inc.); Nicholas Ruddock for *The Parabolist* (Doubleday Canada); and Alissa York for *Fauna* (Random House Canada).

This year marks the 37th anniversary of the Toronto Book Awards. Established by Toronto City Council in 1974, the Toronto Book Awards honour authors of books of literary or artistic merit that are evocative of Toronto. The annual awards offer \$15,000 in prize money. Each finalist receives \$1,000, and the winning author receives \$11,000. For more information about the awards and what the jury members said about all of the books, visit www.toronto.ca/book_awards.

The 2011 Canadian Shopping Centre Awards are designed to recognize outstanding achievement in marketing, design and development of retail properties and retail store design and was open to shopping centre owners, developers, management companies, architects and designers, and retailers. Awards were given to shopping centres that are less than 150,000 square feet of total retail space; between 150,001 and 400,000 sq. ft. of total retail space; between 400,001 and 750,000 sq. ft. of total retail space; between 750,001 and 1,000,000 sq. ft. of total retail space; more than 1,000,000 sq. ft. of total retail space; a company/corporate initiative, joint centre effort; and

mixed use project. For complete details on this and the other winners, visit ICSC's global awards web gallery at www.icsc.org/canadianawards.

Founded in 1957, ICSC is the premier global trade association of the shopping center industry. Its more than 55,000 members in over 90 countries include shopping center owners, developers, managers, marketing specialists, investors, retailers and brokers, as well as academics and public officials. As the global industry trade association, ICSC links with more than 25 national and regional shopping center councils throughout the world. For more information, visit www.icsc.org.



Tridel Holds Open Door Event to Give Public a Look at Reve's ecosuite; Reve Penthouse Offers Latest Green Technologies in Condo Living

Tridel, Canada's largest condominium developer and LEED high rise residential builder is pleased to announce that together with leading technology companies Cisco and Control4, has developed one of North America's most innovative new condo suites. Known as the 'NEXT Living Eco Suite', this one-of-a-kind penthouse suite is located in Toronto's King West neighbourhood, at Tridel's successful Reve Condominium development.

"The Eco Suite is the future of green condo living," says Tridel's Senior Vice President of Sales and Marketing, Jim Ritchie. "An innovative penthouse unit that combines environmentally preferable features and finishes with cutting-edge technologies, the suite was recently introduced to international delegates at the 2011 GreenBuild Conference and Expo. Now, members of the public interested in the absolute latest in condominium innovation had an opportunity to experience the Eco Suite at our upcoming Open Door Tour event, October 15th and 16th."

Intent on demonstrating a new way of condominium living and showcasing the infinite possibilities that exist for today's condo buyer, the Eco Suite, boasts numerous technological advancements, created by Cisco and its Smart+Connected Communities partner Control4, for this Tridel penthouse.

Among its features, the Eco Suite's state of the Art example of condo design utilizes Cisco Smart Home products powered by Control4; Cisco's Smart

Connected Home Controller; and the Smart Home remote and in-wall touch screen.

The suite also offers Control4 lighting solutions (including keypads and dimmers), as well as audio and video lifestyle products such as the Control4 iPod Dock. The suite also utilizes a highly secure, business-class internet connection, that supports advanced security management capabilities and business-class data, voice, security and wireless throughout the suite.

"The advanced green features are equally amazing," says Tridel's Sustainability Advisor, Jamie James. "In a condo industry first, the Eco Suite uses a renewable energy technology that provides solar heated hot water and photovoltaic power directly to the suite. Among other features, Tridel is utilizing advanced energy efficient systems and water-saving fixtures in the suite, VOC-free water based finishes on all cabinetry and high performance spray foam insulation."

The Eco Suite's products are sustainably manufactured and locally sourced lowering carbon emissions. Using recycled materials, the Eco Suite reduces greenhouse gas emissions and minimizes pollutants. Innovative water saving technologies contributes to water conservation and the indoor air ventilation system improves the air quality. The Eco Suite uses state of the art renewable energy sources, such as solar panels, to lower energy consumption and negative impacts on the environment.

The suite's design and furnishings



follow the newest Eco Friendly trends. The wood floors are made of recycled furniture, kitchen's ECO Countertops made from 75 per cent recycled content, and laundry room's PaperStone countertops are made from 100 per cent recycled paper. Also, the suite's Active Clean Air porcelain floors act as an antibacterial agent and the EcoEssence Fireplace uses bioethanol, releasing only clean emissions.

This one-of-a-kind suite is located in one of Toronto's most distinctive new condominium communities. Tridel's Reve Condominium, located at 560 Front Street West, has achieved a reputation

for its distinctive architecture, fashionable interior design, sought-after amenity program and livable suite layouts. With several prime suites still available, Reve boasts a good selection of 2 bedroom units and 2 bedroom plus dens, with terraces. "With the addition of the NEXT Living Eco Suite to our penthouse designs, and the innovative approach of CISCO and Control4," says Jim Ritchie, "Tridel is once again demonstrating that the possibilities for condo living are truly infinite."

For a complete list of the cutting-edge technologies and green features at Reve's Eco Suite, please visit www.ecosuite.ca



Coldwell Banker Exceptional Real Estate Services celebrates Halloween on Oct 31st



Coldwell Banker Exceptional Real Estate Services, Brokerage
Tel: 416-497-9794

Special Feature



A Review on Restaurant in Markham: Merlyn's Taste of World



By Tasvir Narine

Just steps from Markville Town Centre, one can find a local gem in the expansive Markham community. Located on Highway 7, Merlyn's Taste of World is providing a collectible array of worldwide dishes, highlighting local favorites of the Indian and Asian Markham residents. Some may know of the location as a banquet hall while others may have visited for breakfast, but Merlyn's practice of doing many things well shows versatility in not only menu, but also in service.

One such visit to the establishment occurred recently during a Saturday evening family dinner. Upon arrival, we were delighted and also awed to know that our dining location that night also included a birthday event in the accompanying banquet hall, as there are not many instances where this is a possibility. Our table was equally pleased to have been greeted by the hostess as well the head chef, who shared a few words about ordering from his kitchen.

Merlyn's offer a unique menu, serving and specializing in western and

eastern dishes, an ideal haven for those 'fusion' menu hunters. Our order on this night took advantage of this feature, including Thai-inspired Pad Thai to Hakka-style Chili Chicken and also the Indian favourite, Butter Chicken. Each item was equally as tasty as the other, especially the Chili Chicken, which rivals the best of its competitors in the surrounding area. Presentation of the dishes also show that Merlyn's is committed to fine dining, and they have been doing this for a long time.

Merlyn's layout is very eloquent and they have done a fine job of keeping the banquet facilities separate from the restaurant. A sneak peek of the banquet setup that night showed a nicely designed hall that could hold up to 200 guests. Such a venue is perfect for many occasions, and given the time of year, an ideal spot for the company Christmas and holiday celebrations.

**You may visit for further info at
www.merlynstasteofworld.com**

**ADVERTISE
YOUR
BUSINESS
HERE**

Advertise in this space to promote your business



Prime Minister Harper praises Deepak Obhrai's vision that established the National Diwali Celebration

(Ottawa) Deepak Obhrai, M.P. and Parliamentary Secretary to the Minister of Foreign Affairs, hosted the 11th National Diwali Celebration on Thursday, October 20th at the Canadian Museum of Civilization across from Parliament Hill. Prime Minister Stephen Harper joined Deepak and an overflowing crowd of more than 600 people at a glittering ceremony that included Cabinet Ministers, Members of Parliament, Senators, diplomats and Indo Canadians from Ottawa, Toronto and Montreal. More than 20 Hindu temples and community organizations sent representatives to the event, underlying the significance that the South Asian and Indo-Canadian community places on this important event.

Deepak also presented to the Prime Minister a set of stamps specially published by Canada Post to commemorate Diwali. He acknowledged the presence of Canada Post President Deepak Chopra, who was in the audience. These stamps can be ordered through www.canada-post.ca/diwali

Prime Minister Stephen Harper, attending the celebration for the 5th time as Prime Minister, praised Deepak's vision and effort that has seen the event grow into a truly national event.

"First off, I'd like to thank the man who had the vision for the first ever Parliament Hill Diwali celebration. And now, after a lot of hard work, 11 years

later, it's bigger and better than ever, thanks to Deepak Obhrai," the Prime Minister said.

Deepak, in his speech, recalled the challenges of the past that made him even more determined to establish Diwali as a national celebration in Canada, from attempts to hijack this event by hosting rival Diwali celebrations to offering financial incentives by the then government in power to remove his participation.

"I am happy to state that the community was steadfast in their support of my dream to make this a national celebration for all," Deepak said.

He also thanked the Prime Minister's support over the years. "I am most thankful to Prime Minister Harper for his unwavering support of this national celebration. His support has kept this dream alive."

Among the dignitaries present were Foreign Minister John Baird; Defence Minister Peter MacKay; Multiculturalism Minister Jason Kenney; Ministers of State Tim Uppal, Ted Menzies and Bal Gosal; Leader of the Opposition Nycole Turmel and Leader of the Liberal Party Bob Rae.

This year's National Diwali Celebration was organized jointly with the High Commission of India to mark the Year of India in Canada 2011, the India Canada Association of the National Capital Region and the Indo Canada Ottawa Business Chamber.

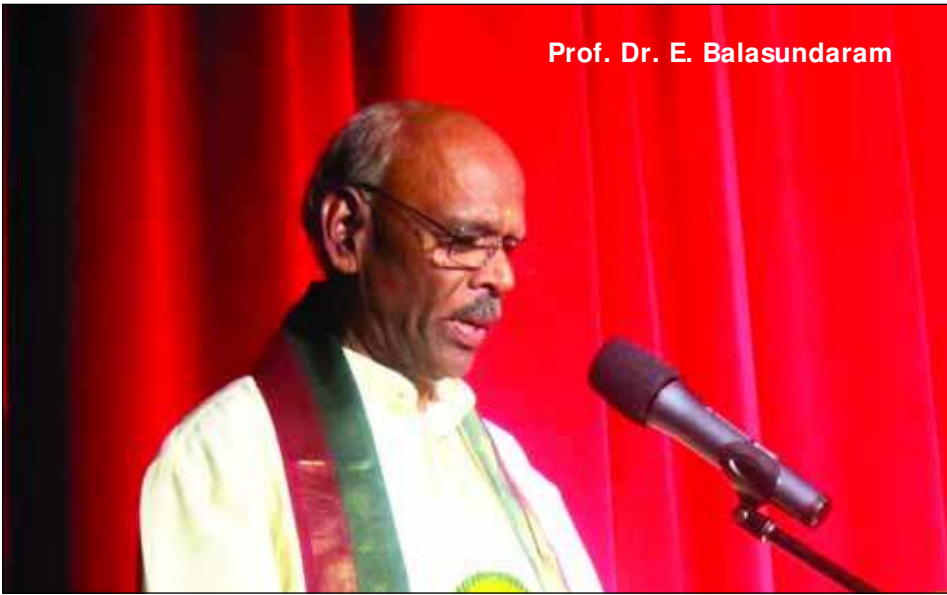
Photos below here were taken during Diwali celebrations in Greater Toronto Area at the end of October at the residence of Gossai family



Recent Event

Grand Tamil Cultural show held in Scarborough

Tamil Cultural Progressive Council of Canada celebrated their first cultural show successfully at Armenian Youth Centre, Victoria Park on Oct.29th. The President of the Council Dr. E. Balasundaram commented that they are willing to improve the Tamil arts and support to the artists by starting a special funding scheme. Vocal, Veena, Dance, Drama and many other performances entertained the audience.



Conservative Party M.P.s meet Ethnic media

Don Valley West M.P. John Carmichael, Don Valley East M.P. Joe Daniel & Willowdale M.P. Chungsen Leung met ethnic media in the afternoon of October 22nd at Japanese Canadian Cultural Centre.

As residents in their respective electoral districts come from many heritages around the globe, the newly elected parliamentarians wanted to thank their voters through ethnic media organizations.

All three parliamentarians represent the Conservative Party of Canada. Joe Daniel, an Engineer by profession, is an immigrant from Kerala, India and this is

the first Keralite to be elected as a Federal M.P.

They mentioned that ethnic media is playing an important role in the betterment of Canada by reporting the government plans and information to their respective communities.

We are very glad to provide necessary assistance and guidance to immigrant people in finding employment opportunities, the parliamentarians said. Media persons who have been previously residents of Sri Lanka, India, Pakistan, China and Spain attended the event.



Recent Event



23RD ANNUAL CIBC CELEBRATION OF HOPE BENEFITING MARKHAM STOUFFVILLE HOSPITAL

The CIBC Celebration of Hope benefiting Markham Stouffville Hospital was once again a huge success this past Sunday, October 30, 2011. Currently in its 23rd year, the luncheon raises money in support of the Markham Stouffville Hospital's Breast Health Centre and Cancer Clinic. Tears and laughter intertwined as community and high-profile celebrities gathered to support those affected by cancer and to spread the mes-

sage of hope.

Trailblazers in the fight against cancer were honoured with a Hope Award at the event.

The 2011 Hope Award recipients included Sharon Hampson, Founding President, Willow Breast Cancer Support Canada and Virginia Yule, Executive Director; MJ DeCoteau, Executive Director & Founder, Rethink Breast Cancer; Deborah Dubenofsky, Chair,

Canadian Breast Cancer Foundation and Mike Lang, Documentary Film Producer.

The day was full of exciting entertainment, boutique shopping and a show-stopping fashion show featuring Franco Mirabelli with shoes provided by Town Shoes and accessories from Rita Tesolin and Danier.

To view photos or to learn more about CIBC Celebration of Hope, please visit www.hope.mshf.on.ca.



Allan Bell, MJ DeCoteau, Erin Davis



Allan Bell, Deborah Dubenofsky, Erin Davis



Allan Bell, Sharon Hampson, Virginia Yule, Erin Davis



Grand Prize Raffle 2012 BMW 128i Coupe donated by Town+ Country BMW



Surprise performer "Michael Jackson" impersonator

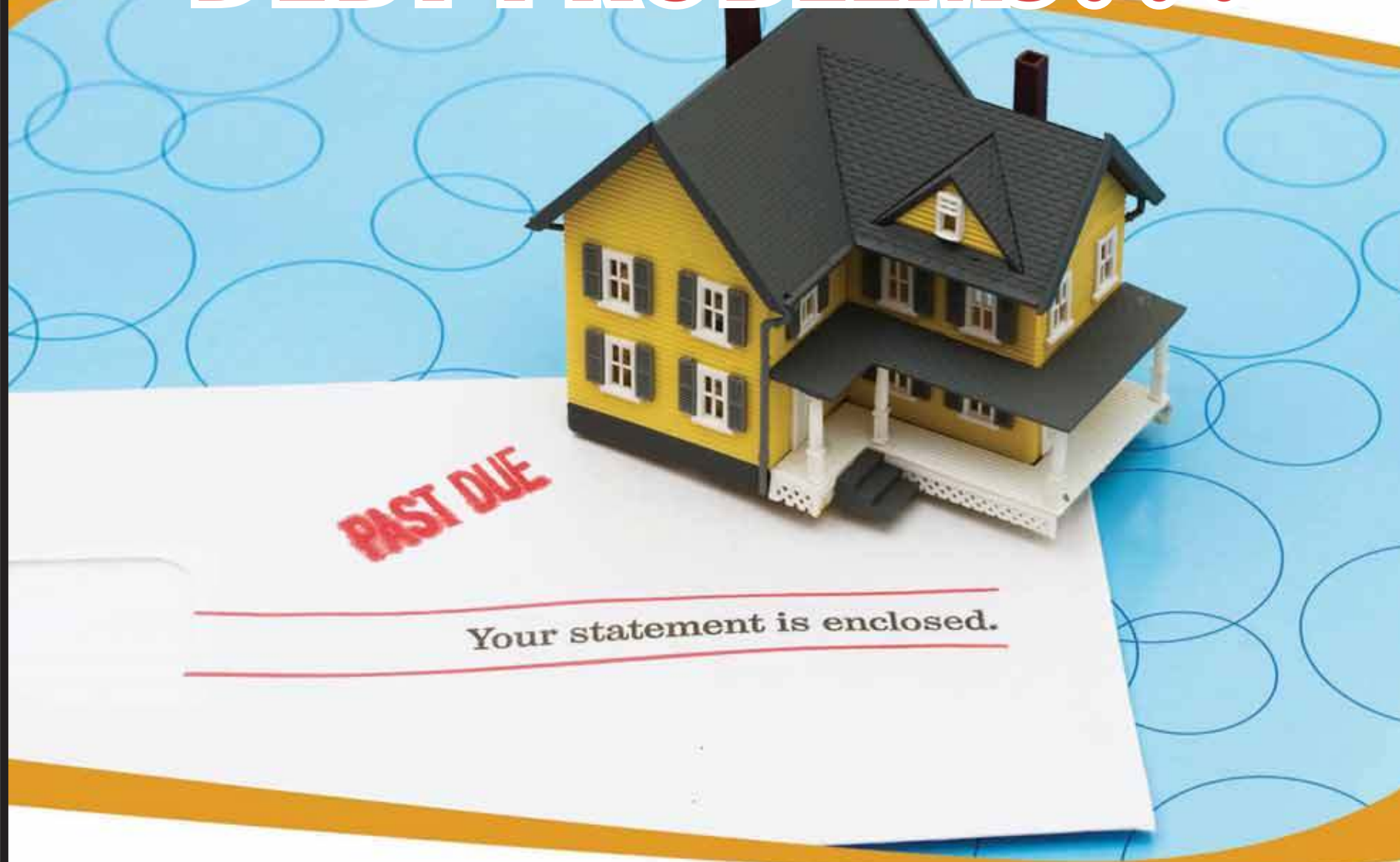


Allan Bell, Mike Lang, Erin Davis



Franco Mirabelli fashion show

DEBT PROBLEMS???



JOINTLY SERVING ALL COMMUNITIES UNDER ONE ROOF

Unsettled Life due to Credit Problems!

Is Your Daily Life affected?

Worried that you will lose your House or Car!

Phone harassment from Collection Agencies !

Concern that your wages will be garnished by your creditors!

www.creditsolutioncanada.com

For All Your Problems, call for a free consultation

SRI

CREDIT SOLUTION CENTRE

Services of Trustee is available

80 Corporate Drive, Suite 309

Scarborough, ON M1H 3G5

Tel: **416.439.0224**

Fax: 416.439.0226

creditsolutioncentre@gmail.com





A1 STUDIO

For all occasions and instant
passport or visa photos



GTA Square
5215 Finch Ave East
Middlefield & Finch
416-587-5583



ROYALTY
CARPET AND UPHOLSTERY CLEANING

Richard Balkissoon
Tel: 289-624-6790

'We will give you the Royal Treatment!'

- Area Rug Specialist
- Auto Detailing
- Tile and Grout Steam Cleaning
- Duct Cleaning

- Flood Restoration
- Eavestrough Cleaning
- Pressure Washing
- Home Renovation

Help Wanted for Flower Shop

A flower shop is looking for a manager.
He must be able to speak and write in English and Tamil.
Must be able to take orders over the phone.
Driver's license is desirable but not necessary.
Suitable for retired person.

Please contact:

Shandhi at 416-288-1419

or

FAX the resume to (416) 288-9311

Chandam
Institute of Percussive Studies

Percussive Classes

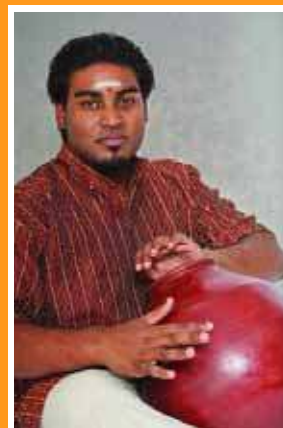
Miridangam, Ghatam, Khanjira, Morsing, Tabla and more

Locations: Toronto, Mississauga, Brampton, Markham, Ajax & Waterloo

'Miridanga Jyothi' **Shri Ramana Indrakumar**

647-295-9942

info@chandam.com www.chandam.com



MILLIKEN AUTO CENTRE

One Stop Service Centre

All Kinds of Mechanical & Body Works
UNDER ONE ROOF

- Oil Changes
- Tune Ups
- Tire / Balancing
- Wheel Alignments
- Shocks / Mufflers
- Brake Jobs
- Paint Jobs
- Rust Proofing
- Insurance Claims



96 State Crown Blvd
Scarborough, ON

416.888.5557 / 647.435.8561

The Scarborough
Hospital
FOUNDATION

Scarborough
TOYOTA

TOYOTA
On the Park

LEXUS
On the Park

SCARBOROUGH

WIN a CAR



Charity Raffle

Proceeds to help rebuild
the Wound Care Centre at
The Scarborough Hospital.

Tickets
\$20
each

There are only 6,250 tickets being sold, available for purchase in person at:
The Scarborough Hospital, General campus (3050 Lawrence Ave. E.)
and Birchmount campus (3030 Birchmount Rd.). Call 416.431.8130 for details.

Draw Date: Tuesday, February 7, 2012 at 7 pm at The Scarborough Hospital Auditorium, General campus

PRIZE	VALUE	DETAILS
Car	\$25,193.58	2011 Toyota Matrix

Rules and Regulations can be found at www.tsh.to • Lottery License No. M683430 • Charitable Registration No. 11914 2263 RR0001

Arts and Forms



DANCEMAKERS 11-12

Performance Season

WINTER HOME SEASON
– Jacob & Nova

Two new works by
choreographers Jacob Zimmer
and Nova Bhattacharya.

December 7 - December 18
2011

Preview December 7,
Opening night December 8

A mixed evening of 2 short works.
Each creator will make a 25-35
minute dance work for all 5 resident
company artists.

● Nova Bhattacharya's Work

Imagined stories, private legends
and shared mythologies. How do
they distinguish us, connect us and
help us make sense of the world?
Through working with identical
gestures, Bhattacharya exposes
her questions in conversation with
those of the dancers and reveals
their differences and similarities.
Embarking on a journey filled
with mystery, she invites us into
a new world of abstracted stories
made readable through our own
imaginative lenses.

● Jacob Zimmers's Work

Can you look good and still mean
it? What can we know about another
person or another time through
the images and songs left behind,
teetering on cliché? Zimmer is
making a simple story of innocence
to death - a movement from youth
to experience to collapse. Working
with an era that formed him, though
he doesn't remember it - Zimmer
is playing with the 70's; rebellion,
liberation and looks that might, now,
undermine all the seriousness.

In a mixed evening of two new
works, creators Jacob Zimmer



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

and Nova Bhattacharya
take us on a journey
of personal histories -
both real and imagined.
Zimmer - working with
the era that formed
him - is playing with the
70s; rebellion, liberation
and the style, sound and
movement that defined
the period. Bhattacharya
layers gestures, movement
and visual impressions
to reveals the differences
and similarities of the
individual stories and
shared mythologies of
dancer and choreographer.

December 8 – 18, 2011

Dancemakers' Winter
Home Season
– Jacob and Nova

Preview December 7
Dancemakers Centre for
Creation

Wednesday – Saturday at
8pm, Sunday at 4pm

Tickets \$25 -\$20,

available online or in person at
Dancemakers

Call/ Click: 416.367.1800 or
info@dancemakers.org; www.dancemakers.org

IPSI TA NOVA DANCE PROJECTS presents

Date with Dance

Join dancer & choreographer
Nova Bhattacharya for an
intimate 60 minute in-studio
performance, as she invites you
into her world of contemporary
South-Asian dance. Be enraptured
by the beautiful tabla music of
composer Ed Hanley (a member of
Toronto's world music super-group,
autorickshaw) and discover the
roots of the bharatanatyam style in
Nova's work.

Contact: Malar Janagan
malar@ipsitanovadance.com

generously supported by:



Le Conseil des Arts du Canada
The Canada Council for the Arts

Dancer: Nova Bhattacharya. Photo: John Lauener

Recent Event



Canadian Tamils' Chamber of Commerce Hosts Annual General Meeting and Elects New President & Board

The Canadian Tamils' Chamber of Commerce held their Annual General Meeting on October 22nd, 2011 at the Embassy Banquet Hall & Suites in Scarborough, Ontario. New and long-standing members attended the meeting and the outgoing President Mike Ahilan thanked his Board of Directors for their hard work and dedication to the CTCC over the past year.

Mike Ahilan led many events throughout his term including the Holiday Business Mixer, the 20th CTCC Anniversary Chamber Nite held at the Hilton Hotel, Annual Walkathon, Business Expo and Golf Classic.

The Financial Report for the year was then given by Treasurer Kalyani Nathan followed by the announcement of the 2011-2012 Board of Directors. Mike Ahilan

was re-elected uncontested for another term as President of the CTCC. He spoke on the importance of growing the Chamber through its membership and hoped to continue working towards increasing it. New innovative ideas would be encouraged and with the help of the Board of Directors he will be looking forward to another successful year as President of the CTCC, Mike Ahilan said after being re-elected.

The 2011-2012 Board of Directors:

President -	Mike Ahilan
Vice President -	Sinnadurai Jeyakumar
Secretary -	Santha Panchalingam
Treasurer -	Kalyani Nathan
Director -	Navajeevan Anantharaj

Director -	Gajan Mahakanapathy
Director -	Dilani Gunarajah
Director -	Ajith Sabaratnam
Past President -	Ken Kirupa
Internal Auditor -	Ravi Kanagasabey
Internal Auditor -	Jude Francis

Established in 1991, the Canadian Tamils' Chamber of Commerce is a pioneer business organization in the Tamil community. The CTCC has held many events that have promoted Tamil businesses and entrepreneurial education in the community and have also raised money to support charitable organizations including The Scarborough Hospital Foundation and the Providence Healthcare Foundation.



Mike Ahilan, President of CTCC



Mohan Sundaramohan, Branch Manager, RBC



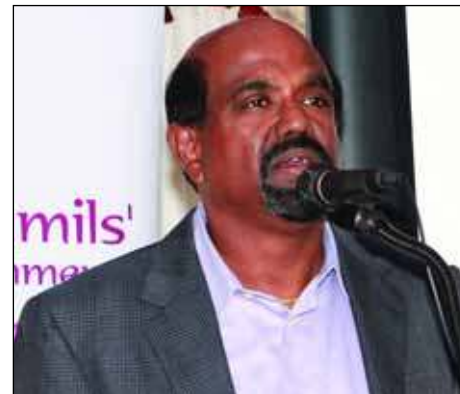
Yaso Sinnadurai, Lawyer



Kalyani Nathan, Treasurer for CTCC



Gary Anandasangaree, Lawyer



Ravi Kanagasabey, Internal Auditor for CTCC



Kula Sellathurai, Inter-Citi Couriers



Imtiaz Seyid, Advisory Council Member for CTCC & Vice President -South Asian Market, RBC



New Board of CTCC



Raj Rajasri & Sugunan Vallipuram, Nomination Committee members



Imtiaz Seyid, Kana Gnanachandran & S. Sri Krishnan



Members at AGM



Gary Anandasangaree, Lawyer & Julian Emmanuel, Kanish & Partners, External Auditors for CTCC



Lawyer Dilani Gunarajah, Director for New Board of CTCC, Yaso Sinnadurai, Lawyer & Kalyani Nathan, Treasurer for CTCC



Recent Event

Tamil National Alliance

Parliamentarians visit Canada and USA

Tamil National Alliance Leader Mr. R. Sampanthan, Secretary Mr. Maval Senathirasa, other M.P.s Mr.M.A. Sumanthiran and Suresh Premachandran visiting North America during the final week of October and early November have held talks with US State Department, Canadian and UN officials.

In Toronto Mr. R. Sampanthan, Mr. Mavai Senathirasa and Mr.M.A. Sumanthiran attended a public meeting at Scarborough Sri Iyappan temple hall on Sunday, Oct 30th. A large gathering came to hear the Tamil parliamentarians from Sri Lanka.

Member of Parliament for Scarborough Rouge River Miss. Rathika Sitsabaiesan also joined them at the meeting in Toronto.

It was followed with grand dinner at Peter and Paul Banquet Hall, Milner Ave, Markham arranged by Tamil National Alliance of Canada.



TNA Secretary Mavai Senathirasa



Dinner meeting at Peter & Paul Banquet, Toronto



**TNA MPs with Canadian MP Rathika Sitsabaiesan, MP,
Scarborough-Rouge River**



TNA Leader R Sampanthan speaking at dinner meeting



TNA MP M A Sumanthiran

**ADVERTISE IN THIS SPACE TO
PROMOTE YOUR BUSINESS**



WHY? PLEASE READ TO FIND THE REASONS!

- COVERS MANY VARIETY OF ARTICLES FOR READING
- KEPT AT OFFICES AND HOMES FOR LONGER PERIOD
- MANY LOCAL AND CORPORATE EVENTS ARE COVERED
- SUBSCRIBE FREE TO GET NOTIFICATION BY E-MAIL
WHEN ISSUES ARE READY

Notification in social networks like
Facebook & Twitter

**ADVTs ARE
PROMINENTLY
PLACED TO
PROMOTE
YOUR
PRODUCTS
OR SERVICES**

CALL: 416-358-3235

E-MAIL: TORONTO@MONSOONJOURNAL.COM

WEB: WWW.MONSOONJOURNAL.COM

Short Story



Kumar brother (anna) and his chilly Plants

ORIGINAL IN TAMIL by T AGILAN
ENGLISH VERSION BY THURAIYO ORAN

When they are beaten, we could hear their wailing sound, four houses away from our house, my older sister started walking towards it. She is always like that, she can't bear the wailing of small children being beaten. In our lane she is to go to the rescue of small children, console them and save them from being beaten by their parents. She regarded that as a sacred act. Now we are not sure why Kumar anna is beating Ajanthan and others. But I am sure that getting beaten is not a thing to be proud of.

When she came back from their house and told me the cause of their punishment, I felt as though a worm swirling in my stomach. She asked me secretly, whether I had gone to their house to play. If my mother came to know this I will be beaten. My mother is a teacher. She is strict not only at school but also at home. I think she must have been a teacher when she was born. She doesn't like her children playing around without studying. Further more leaving home and playing at someone's home made her furious.

All the ladles at home may need a new stick immediately. Or all the Portia trees may lose their branches, which are usually planted during rainy season along the fences. My going to play at Ajanthan's house is an out of territory terrorism and that is the reason for akka asking me that question secretly. I answered "yes" very quietly. "What did you do there?" she asked the next question. I kept quiet like a good boy. She continued "I am told you are the one who broke some of their chilly plants". My faced changed involuntarily.

We played teacher and students. Since I am a son of a teacher my friends thought that I have the qualification to be a teacher and made me one. It is very easy to be a teacher. Hold a stick in hand and tell the students not to shout and to listen and to scold them as buffaloes and find fault with them. A teacher is the one who asks the students to fetch a stick and use it on them. It is easy to be a teacher than a student. A student will be having his or her both palms facing up and held together like a book. Since I was the teacher I asked them to stretch out their palms and beat them. I scolded them for being very naughty. Since I did not have many students during that time, I included Kumar anna's chilly

plants as students and beat them too. My teacher mother image got into me and beat all the students that time.

So now it is confirmed that the cause of Ajanthan's beating was the chilly plants beaten by me. My sister scolded me for playing with the chilly plants. If I tell her that the chilly plants wanted to play with us, she will laugh, so I kept quiet. My sister is good, she saved me

After that I felt scared to go to Kumar anna's house. I had a fear that he may beat me. But I was itching to go there. I missed so many things. I can't eat Jam fruit and guava fruit from his garden. There was a jam tree in my aunty's house but it was very old and had a big hole on its trunk. That too was cut down for akka's puberty ceremony, since there was not enough room to erect a tent. The one at Ajanthan's house was a small one and we could jump up and hold the branches to get the fruits. We never

the incident except me. That worm was still sleeping within me.

Suddenly one day my mother kindled the worm sleeping in me. She told me to go to Kumar anna's house to get the bark of horse radish for cooking crab curry. I was forced to go since the ladle stick never gave me the freedom to refuse my mother's order. I walked as slowly as I could to their house which was four houses from ours. I stood at their gate till my mother shouted at me. I felt that the chilly plants turned their heads away



Uprooted civilians in Vanni Northern Sri Lanka are denied proper shelter and livelihood

from my mother by not telling her this. But I feared that Ajanthan's mother may come home to ask for justice from my mother. Every time I hear the sound of our gate being opened, my blood pressure went up and looked at my sister innocently. I knew my sister is there to my rescue but with in a short time the ladle stick will be broken.

I felt irritated. Only four chilly plants. Not even the whole plants only a few branches with some leaves. For such a small thing Kumar anna is making a mountain out of a mole hill. He has plenty of chilly plants in his garden. What is the harm in just losing four branches. My sister told me that the chilly plants also have life and that Kumar anna is looking after them like his children and that I was wrong in breaking them. I could not understand her logic. But I kept quiet. Luckily Ajanthan's mom did not come home and as a result there was no danger from my mom.

allowed the fruits to mature. When they are slightly reddish like the eyes of a cat, we plucked them and ate. The fruits are very tasty. The very thought of missing them brought me sadness. Furthermore I felt guilty for being the cause of Ajanthan getting beaten. I thought he may not speak to me in future. He is one grade above me and we meet during the break time. But he took me to his side when we played soccer the next day. But I was not comfortable facing him and so stopped going out during break time. Because of those four chilly plants, I missed the delicious jam fruits of Kumar anna's garden.

More than the fear of going to Kumar anna's house, I went into hiding when I saw his wife coming to our house to chat with my mother. I was frightened that she may tell my mother and put me into difficulty. When Kumar came to our house, I ran to my aunt's house. So I avoided both of them as far as possible. It looked that all the others have forgotten

when I looked at them. I felt that all the chilly plants turned into a teacher and came towards me to beat me with a cane. So I was afraid and stayed at the gate thinking. My mother shouted at me so to avoid being beaten by her, summoned courage and went in. Kumar anna was repairing a chair under the jam tree. Inside my chest the doves were flying and settling down here and there. He raised his asked me the reason for my visit. I told him in a faint voice that I came for the horse radish bark. He called Ajanthan to cut a piece from the tree and continued to say to cut it from the bottom. While returning after getting the bark, I saw a few jam fruits on the tree but suppressed my urge and walked silently since he was there. That time I felt as though the chilly plants were smiling at me friendly.

After that whenever I see Kumar anna I was reminded of that incident and they may have forgotten it. But the worm



Short Story

inside me is still living. I have visited him many a time and saw him attending to his chilly plants watering, weeding and transplanting etc. Also I have gone to his house during the rainy season to cut branches from his croton trees, to be planted in our house. He looked a strange man during those visits. One day I saw him talking to his chilly plants and this was confirmed by my sister.

At Skanthapuram we never had gardens. When we did not have a house of our own, how do you expect to have a garden. We were living in the property of some one's and had bath after them and returned home as to their wish. Suddenly our life changed in a day. We left our own land, where we were happily living with unrestricted freedom. Guns and bombs chased us from our moorings. Our lives changed upside down. I could not feel it at that time. Kumar annai was always wailing. He could not live without his garden. It was the feeling of everyone. They were like the kings who lost their comforts and powers and were wandering from place to place. Kumar felt that his plants were withering away and crying for him. He was uneasy living as a guest in some other's land. But life got used to such inconveniences.

One day Kumar's wife went to my aunt and was crying that her husband who went to see his garden at Kilinochchi did not come back. Many dissuaded him from going but he never listened to anyone. Aunt was trying to console her. There was a talk at the intersection that the army shot one person at Kilinochchi. So Kumar's wife got upset on hearing this and shouted. "He felt that the garden was more important than me and our children" she wailed. Aunt was telling her that nothing will happen to him and not to give up hope of his return.

She submitted many complaints to all the foreign organizations in the area. As days passed by people thought he was killed by the army. But it was very difficult to believe it. It is the usual nature of the mind to hang on to a thread of hope until it is broken by a hard evidence. The time with it's sharp edges continue to slowly cut the ray of hope. One day Kumar anna suddenly came home. We saw him as a resurrected Jesus, who came after three days. His hair and beard was over grown and gave him the appearance of a madman.

His sarong and shirt with marks and stains showed him his pathetic situation. He was wearing the same clothes, he went out with two weeks back. It looked like that If you soak them in water it might take four days to get wet. His wife held him and cried and sobbed in front of the house. That was because she was overjoyed. All looked at him as a mysterious being. He was like a boy who came out of a crocodile mouth. He related his story of his disappearance.

His Story...

When I went to Kilinochchi it was a different place. There was not even a



crow or any bird. It was like a big cremation ground. Lots of houses were destroyed and were without doors and windows. Robbers must have removed them. When I looked at my land, my heart was broken. Some chilly plants were all withered and some dead. I cried aloud. How much I toiled with them and finally gave it to the sun to scorch them. Scoundrels, Scoundrels. All the plants looked at me and cried. They scolded me for leaving them orphans. I was staring at them. Suddenly from the portia fence guns appeared. The very same guns which drove me from my garden and house. Before I could withdraw and was about to run they circled me. They came towards me with their boots on through my Garden, where we feared even to go with our slippers.

I stood still speechless. I smelt death. Yaman the demigod of death was whispering in my ears. They removed my sarong and tied my hands behind. Removed the shirt and blindfolded me. Held the eye of the gun at my back and started giving instructions to move. I was certain of death and started crying "Sir I am a familed man with children" through the blindfolded eyes. He hit me on the face and it started bleeding. I tasted my blood which was sour. They put me on a vehicle. It may have been a tractor. It was a long death journey. They imprisoned me in a room without any window. There was an opening on the door. They opened the door and gave food. The next day they took me to an inquiry. I was not blindfolded. But out of the inquirers, one of them had his faced covered with cloth. One bearded fellow inquired me. May be he is the head of

believe them and looked at them. All looked ready to shoot. I remembered that they shot one of our person after telling him to go. "Don't you like to go?" he asked authoritatively. I looked at him and pleaded "Sir I have four children and hope you will have children too. Please don't shoot me." He smiled and said not to fear. When I took the bicycle my back was tingling. I was expecting the gun to go off any time and began to pedal as fast as possible. A shot was heard and I fell into the fence shouting "Aiyo". They shot at the sky and started laughing loudly. My back was tingling till I reached here.

Kumar annai was repeating this story many times like a tape recorder, to all who came to inquire about his ordeal.

A sick man

After that Kumar anna had many dreadful dreams and shouted in the middle of the night. Sometimes he started sleep walking. His eyes were always filled with fear and grief. He became very ill and found it difficult to walk. Doctors gave up on him. They were unable to treat his interior injuries and pains. The medications were eating him and he was eating them. Finally he went to a native physician by the name of Jeeva. The person who attended to 300 plants on a half day with his strong hands, now found it difficult to eat. Jeeva gave him many types of oil to apply. Not much improvement and finally the family decided to move to Vavuniya for better treatment. Once in a while we received news that he is still suffering.

One day I received a call from my sister. She asked me whether I heard any news about Kumar anna. She told me Kumar anna passed away. I heard her sobbing on the other side. I was immediately reminded about his chilly plants. He was actually part and parcel of his chilly plants. He should not have had such an affection on his plants and garden. Which brought him this misfortune of sickness and death. I could not speak to my sister. She was still crying so I kept the receiver on the hook.

ADVERTISE YOUR BUSINESS HERE

Advertise in this space to promote your business

Short Story



By: SIVAGAMI

"I assume you don't speak Sinhala" the taxi driver's broken Tamil threw me off and I cursed myself for not arranging an English or a Tamil speaking guide. "Do I need a guide to go to Jaffna, my birth place?" I remembered raising my voice and the travel agent in Canada became silent.

"You come once a year to Sri Lanka from Canada?"

"No, I'm coming here after fifty years, how did you guess that I'm from Canada?"

"Wow, fifty years ah,---- a lot of Canadians come here, I think, to get away from the cold weather"

"I go to Florida, that's in USA, and by the way how did you learn to speak

the temple of Nallura in the North, was made possible after the take over of both temples by the government. At this point I couldn't take it any more and I excused myself from the group. I couldn't help wondering what the Sinhalese speaking groups were talking about. Every time I heard our guide saying Nallura, I wanted to scream at her for mispronouncing; but I couldn't because I was too old and a foreigner.

Chandran and Ravi couldn't wait for the 3:45 bell at school. They were excited about the maiden flight of their kite that evening. They had worked so hard to make it big and fancy and had fixed a slender long reed at the top for the continuous drone. The people with small kites quietly made room when they showed up

temple during Dutch period and the lineage seemed still unbroken for more than three centuries, because the current trustee, the Mudaliyar, was living two houses away from them. At times Ravi's grandmother had revealed details more than necessary, one time she told him that her grandmother had told her about a scandal in her family; that the then reigning Mudaliyar would have been poisoned by a woman, if not for his wife's timely intervention. But she never explained what the other woman's vendetta was about. Ravi always related this story to one of the Hindu mythologies, when Parvathy held tight Shiva's throat in desperation, when he willingly swallowed poison and consequently his throat stayed blue for ever. Another story depicted a great tragedy incurred by an inferno

She promptly called me on the following day and profusely apologized for not being able to arrange a meeting with the trustee as he usually didn't meet with the laity; more over he didn't even live in Jaffna. Out of curiosity I asked who that person was; and she said it was a Buddhist monk, venerable Ananda Thero. When I inquired about Maapaana Mudaliyar, she was clueless. Further inquiries led to a dead end.

Like a flash flood, Nallur got inundated by pilgrims from all over the island, all Buddhists, in a few days. One of the holy festivals, commemorating the visit by Buddha to Nagadeepa and subsequently to Nallura, was taking place. The culmination was the arrival of the holy relic from Nagadeepa in a procession of elephants. I watched the pageantry from

CANADIAN BY CHOICE

Tamil?; I've never met a Sinhalese who could speak Tamil before"

"When I came thirty years ago I knew nothing, but slowly I picked up little by little; we needed Tamil to survive then, no; the current generation don't care and nowadays most Tamils speak Sinhala anyway, are you from Nallura?"

"Yes, I was born and raised there, next to the Hindu temple"

"I go there with my family all the time, and the kapurala is a good friend of mine"

"Kapurala?; who is that?"

"Why? the priest, no"

I remembered seeing them at Kathirkamam Murugan temple during my school trip to the South; people with their mouth covered by a tied cloth, serving as priests and we were told that they couldn't chant mantras in Sanskrit. I remembered wondering why and received a confusing answer from our teacher that it was not a Hindu temple but a Buddhist-Hindu temple complex.

When I finally decided to visit Jaffna I certainly expected surprises; after all I was going after five decades; but I wasn't prepared for the ones I received in a salvo.

Naga Vihara, the white stupendous Buddhist temple, stood right in front of the Hindu temple, where the main entrance used to be; and I was told that one needed to go through it in order to get to the Hindu deities. The hotel offered a guided tour and I decided to take. I joined the English speaking group and our guide was a Sinhalese lady who seemed well versed with the local history. She took us five hundred years back to the golden period of Parakramapaku VI who unified the whole island under one rule and apparently under whose aegis the Hindu temple was built. She went on to explain how the Buddhism and Hinduism coexisted in Jaffna and the restoration of the pilgrimage, between Kathragama in the South and



Vesak in Jaffna May 2010

right in front of the temple. Three people had to run at break neck speed in tandem at different intervals to fly the monster. All had severe cuts with bleeding from the thick nylon thread, but didn't mind at all; after all they were the star attraction. This went on for the whole month and ultimately they paid a heavy price before the August school recess, they flunked the exam.

Both grandmothers of Chandran and Ravi were sisters and also the de facto historians. The vital history had been passed on by oral tradition, because most of the ancestors were illiterate. They proudly claimed that they were the descendants of the Ragunatha Maapaana Mudaliyar, the founder of the current

that had destroyed the whole temple roof.

"Mr. Ravi, Mr. Ravi; are you ok?" the tour guide shook my shoulder, before I came out of the reverie. "Is everything ok?; I was worried when you walked out on me"

"Yes, I wasn't feeling well, now I'm ok", I lied.

"Can I help you with something, Mr. Ravi?"

"Yes, I'm wondering if I could meet the trustee of the Hindu temple"

"I'm not sure, but I'll definitely try; give me your hotel information; I'll call you with an answer tomorrow"

"Thank you"

"You are welcome, Mr. Ravi"

the hotel balcony; it reminded me of Kandy Perahera.

The sight of truck loads of white sand moving at snail pace had already buoyed the spirits of the inhabitants around Nallur, heralding the upcoming Hindu festival for twenty five days in August. Shops and houses in the vicinity also would get a facelift, commensurate with the temple. Undoubtedly the happiest time of the year for Chandran and Ravi: twenty five days of fun and frolic; nonstop processions of dancers and musicians, Swamis and ascetics, acrobats and people suspended on hooks, hawkers and shopkeepers---- a sheer vaudeville at it's best. Different deities on different days would



Short Story

go around on different modes of display and at late nights the epics and mythology would be analyzed and appreciated by the learned Brahmins. The chariot festival at the tail end would draw tens of thousands of people from all over the island, all Hindus, and the only time Chandran and Ravi got to meet their cousins from Colombo.

At the day break of the chariot festival all hell broke loose at Chandran's house; people ran helter-skelter towards the well despite admonition to avoid chaos. Everyone tried to take the ablution at once and at the same time refused to shed clothes around the common well; those who insisted on privacy had to be dragged to Ravi's house--- the only available enclosed bathroom with running water. City dwellers and local alike struggled to keep their slippery silk sarees and the silk vastis on their bodies and feared that they might end up being naked in the vast crowd if they didn't tie them real tight. But tying tight was an illusion; men thought they had the advantage of using a belt, but it looked awkward without the shirt to cover, and when they finally appeared rustling on the crowded promenade, they all looked like the Christian bride at the end of her wedding ceremony, dragging herself in her flowing dress from one table to another. Chandran and Ravi soon parted from their cousins from Colombo, they couldn't wait to rough it as the event demanded; they threw themselves on to the rapidly approaching rope and held on to it while being carried by the throng; cuts and bruises and trampled feet got mixed with sweat and dirt and cacophony of sounds emanating from disparate sources; a communal ecstasy it was. The birds took flight from the neighboring trees when the masses wailed in unison to the movement of the chariot. The sun shone on the bare bodies, glistening with pouring sweat, packed like sardines on either side of the rope, making the chariot waddling along with the deity Murugan. Later both boys showed up sweaty and dirty just on time for the feast, carrying their bunched up vastis; luckily they had their shorts underneath.

I was startled by the presence of the hotel staff in my room. Apparently my daughter from Canada had left several messages and they claimed I didn't answer their calls either. They left my room only after I allayed their concerns and promised to call my daughter. When my daughter asked why I wasn't answering my cell phone, I blamed my hearing aid, honestly I didn't hear the rings at all. She was surprised to hear that I was not thrilled about the trip so far, but didn't press for details. She reminded me about my planned visit to my childhood home and assured that it would be the highlight of my trip. In that few days I had developed a liking to the tour guide who came to my hotel almost daily to pick up the tourists; when I asked her if she could be my guide and interpreter, she readily agreed. While she took me to



Scene in Nallur

the main tourist attractions around, she also managed to arrange a meeting with the current owners of my childhood home. I learned from her a Sinhalese couple occupied the house and kind enough to accommodate my wishes.

Llike my daughter anticipated, I could feel the excitement: my pulse got quickened and made a fluttering sensation on my chest and I needed to wipe my hands as my palms became sweaty when we approached the house; but things were different and my excitement quickly fizzled out: if not for the tall coconut trees and gnarled mango trunks, there were no remnants of the old house; a sad but true nature of life itself, and a rude reminder of time clearing the old to make room for the new. I wasn't sure if it was my stories or the fact that they needed translation that brought strain on the faces, but I must say my hosts were very patient. The only time the man of the house even vaguely disagreed with me was when I told him how far back my ancestors lived in that land. He gave me a strange answer that it may not be as far back as Bhuvanakabaku's time. I didn't even know what the hell he was talking about.

The wailing horns punctuated the rhythmic jingles from the anklets worn by the saber carrying marching warriors of lord Murugan for the re-enactment of good versus evil. People came out of the houses to cheer for them and Chandran and Ravi watched with awe the painted faces of men with stiff bodies, said to be from a community whose members had unusual European features. After multiple attempts the good triumphed over the evil and the release of a rooster and a peacock symbolized the finale.

When the guide nudged me I got snatched back to the reality; I thanked the couple for their time and hoped that I had not spooked them much. I later found out that Bhuvanakabahu was the adopted son of Parakramabaku who apparently oversaw the building of the Hindu temple; I still didn't understand what relevance it had to my ancestral

property. I also found the comment made by the guide funny; she claimed that most of the Tamil Canadians were clueless about the Sri Lankan history.

My daughter was a little upset and perturbed on learning about my cutting short of the stay in Jaffna and she made me sleep on it and promised to call the following day. The next day I was moving about in my hotel room, waiting for her call like a cat with kittens, as I had by then made up my mind to leave and didn't want to do so until I spoke to her. Finally the long-awaited call came through.

"Dad, I hope you changed your mind"

"Not really, I really have to leave"

"May I ask you why? I couldn't understand why you're doing this"

"It's hard to explain, it's so different here and doesn't feel right"

"What do you expect?; it's been fifty years, dad"

"That's true, still something is not right here"

"Dad, you are not someone fumbling for words usually, what is it exactly not right"

"It's not what I expected, I don't know anyone here, the names of the places are different, the attitudes are different, it's like visiting a strange land, it feels really weird"

"Dad, do you remember, when you first went to Florida, you didn't know anyone there, but slowly you made friends, it's not even two weeks now"

"That's true"

"Remember you always told us when you came to Markham in Toronto you were the only Tamil family; now look around and see what has transpired"

"That's true"

"Do you remember the day you took us for naming of our town New Jaffna and how proud you were that day; things change, places take new names, people move in and out; I don't have to tell you, you know these things"

"That's true"

"Dad, listen, you always told us you wanted to live your retirement years in

Jaffna, and we know how much you hate Toronto winters; think again you have already paid for three months, it's non-refundable and we are in the middle of a terrible winter"

"I can't disagree with anything you say"

"Then you're staying, right"

"Well, I can't guarantee but I promise I'll give it another thought and call you sometime"

I was talking to this Canadian couple seated next to me on the direct flight from Colombo to Toronto; during the conversation I had my eureka moment: the ease with which we conversed with each other made me realize that I would have been unhappy and out of place even if Jaffna hadn't changed at all; we had so much in common; the travels, the music, the books, the Canadian politics, and we both were fans of Phillip Gretzky---you know the son of legendary Wayne Gretzky. Talking about books, the title of the book I was reading on the flight amused my travel companions--- The devious sex life of Obama. It's I who have changed and don't belong in Jaffna any more and much more so than the other way around. I've travelled extensively and loved many destinations, but never had the urge to live in any one of those places for an extended period of time except in Florida; and Jaffna was no different from these places and two weeks was more than I could handle. Moreover I couldn't live in the past; and as far as my present was concerned it existed only in one place for me; and that was New Jaffna, Toronto.

I didn't want to bother my daughter, I hailed a taxi as soon as I arrived at Pearson international airport. This time I wasn't surprised to hear broken English; the driver was from Saudi Arabia; I knew how much they hated the Canadian invention of hydrogen vehicles but they all wanted to come here anyway---Canada, the land where you don't have to be fast asleep to realize your dreams.

Tamil Cultural & Academic Society of Durham



By: Gayathri

Navaratri is a nine day festival, Nava meaning "nine" and Ratri meaning "night(s), which in whole means "nine nights"; this begins on the first bright two weeks of the lunar month "Ashwin" which is celebrated throughout these nine days. This festival is celebrated every single year and close by the end. It is made to remind you of the victory of good overpowering evil and of the well known three controlling goddesses who are Saraswathy, Luxmi, and Durga sharing three nights each in the nine days of Navaratri. It is definitely an important time for Saraswathy the goddess of wisdom, Luxmi the goddess of wealth and

of living and appreciate to figure this goddess out.

Luxmi is said to be gold handed or wealth handed referring to the coins pouring from her palms.

Wealth includes lessons and noble behavior. Such wealth must have a seeker and acceptance to continue to the devotional accomplishments.

Luxmi is the maintainer of attractiveness and is always seen in a bright pink lotus and holds on to the same flower of the same colour. She has eight forms in which are named, Aadi Luxmi, Santhana Luxmi, Gaja Luxmi, Dhana Luxmi, Dhaanya Luxmi, Vijaya Luxmi, Veera Luxmi, and Aishwariya Luxmi.

the eight or ten portions of the lasting religion Hinduism. The reasons for this mysterious amount of arms are to protect good from all directions.

The next topic on Navaratri pooja will be of my comfortable experience at the annual pooja of Tamil Cultural Academic Society of Durham, easily said, TCASD, which was ceremonialized on Saturday, October 8, 2011 at the Ajax Village Community Centre. It was thoroughly a great day that was a perfect idea to teach the children and youth of the importance of the pooja. It was devotional yet modern and improved in every way that I could have thought up. Now let's begin this paragraph.

their spots as the youth and adults paced forward. Mrs. Thysian sat in front of the microphone and called for silence, the electronics were tested and the children began their songs proudly as Mrs. Thysian guided them. Once their chance was complete, it continued on to the different age levels.

The dance was next, as it was said very formally through the echoing microphone. We sat silently, legs crossed, we saw Ishwariya step up on to the stage and prepare for her dance, a minute later the music set off. I was paralyzed by the cultural dancing called, "Bharathanaty". Her dance finished and the parents spread across the room

Navaratri pooja



Durga the warrior goddess who together destroy the evil of the demons. I will now discuss the proud history of Saraswathy.

Saraswathy, with her grace, it is believed by many that she determines the ability to communicate, write, compose etc. Apart from art and culture that she is well known for she also spreads education and cheerful blessings for children. Musicians, composers and instrumentalists expose their thoughts and love to Saraswathy as a thanks. Supplies needed for education such as, Notebooks, pencils, pens, books etc. are kept at goddess Saraswathy's feet and then used for many purposes. Boards of such are asked of users to write their name, address and roll number and place it in a basket or container with the hope of success.

The reason for this routine is for positive results that are believed to be given.

Saraswathy is so peaceful and calm even though she is quite grand. She sits on a white lotus and holds a veena which she plays. She wears a silky white sari that beautifies her compelling appearance. Holding many objects such as a book or an Aksharamala or a chinmudra even so she keeps balance and remains compassionate.

Luxmi represents the beautiful and generous quality of nature itself. She protects life and presents power, pleasure and successful conditions to those who deserve well. You must realize the laws



Durga, also known as the mother of the universe, the one who carefully holds the astonishing power of energy, protection, and destruction. For an everlasting time period she has and is being worshipped as the supreme goddess and has been a topic in many sacred writings. Has a lion as her "vahana" (the definition to this Sanskrit word is, "that which carries or pulls") and removes miseries and evil from devotees and good minded men and women.

Durga's carrier, the lion represents, power, will and strong determination. Durga rides this lion which also symbolizes her characteristics; this tells you that such qualities will protect you from the ego of the horrible demons.

Durga is definitely all around, using the best of her abilities to save the people who deserve such help. The one of various different examples are that she has about eight or ten hands that express

It was certainly a devotional experience, many holy songs and dances were presented at this cultural event or occasion. The dancers of this event were, Ishwariya Thayaparan and Abarna Thuraisingam. The vocal Bhajan was lead by Thamani Thysian and followed by children, youth and adults and coordinated by Jeya Karalasingam. Before I commence on to my experience I will first tell you who I am. I am Gayathri Karalasingam, currently in grade 5, age 10, progressing in gifted school and a participant in TCASD.

The moment I entered in to the hall, the executives were setting up the organization inside; I patiently waited for the others to come. The aroma of the newly cooked meals was in the air and mixed with the burnt smell of fire set on the lamp and fresh flowers. The colourful mattresses were spread on to the cold ground, the children scurried to take

and congratulated her. Soon after we were permitted to round the "Aarathy" holding the lamp of fire, flowers and "Pirashatham", once every one finished rounding the Aarathy that circle the gods and goddesses, the children such as me and my friends handed out the Pirashatham for the people surrounding the hall to brush off on to their foreheads as a symbolization as the "third eye".

After the devotional ritual was done, we shared the food made by the members of TCASD happily, encouraged for a happy future and peaceful world. The food tasted amazing as it crumbled apart inside my mouth, once the food was finished off and the people started to leave my mother and the other executives cleaned up and placed their belongings in their trunks and in boxes with the help of the youth, me, and the remaining children. It was certainly the best Navaratri pooja I have ever.



Durham Tamil Association

DTA's Spookfest 2011

DTA's annual Spookfest was held on October 28, 2011 at the Ontario Power Generation Information Centre Complex. The event was organized and conducted by DTA youth. Little kids dressed up in their favourite costumes had a blast at the fun filled event. Fright tunnel filled with monsters, coffins, corpses and other scary creatures was the highlight of the night. In addition, the Youth organized numerous activity stations such as coloring, baking, craft making, story telling and mummify the President. Overall, about 100 kids of all ages participated in the event. Durham Tamil Association thanks all volunteers for the help and support.



Business



Managing Your Money

CPP changes are coming



David Joseph, M.A. (Economics)

The Canada Pension Plan (CPP) is changing in gradual phases between 2011 and 2016 with the first big change beginning in 2011. Does that mean you need to rethink when to begin receiving your CPP pension? Maybe – here's why:

- These days, 'retirement' means many things – from ceasing employment to working part-time or even starting your own business -- and the CPP changes are intended to provide more financial flexibility depending on the retirement 'path' you choose. They are also meant to encourage Canadians to work longer before starting to draw a government pension.

- Your monthly CPP pension amount will increase (gradually from 2011 to 2013) by a larger percentage if you take it after age 65 but you'll see a bigger decrease if you opt to take it between age 60 and 64. If you are age 65 in 2011, the maximum CPP benefit is \$960 per month. If you wait until 2013 (and are

age 70), your CPP cheque will be 42 per cent more than that.

Taking your CPP pension before age 65 makes sense when:

Your life expectancy is below the average of age 80 - 85.

You have an illness that does not qualify for CPP disability.

You have little or no other income.

You are permanently unemployed.

Delaying your CPP pension beyond age 65 makes sense when:

You health is good.

Your life expectancy is above average.

You have a reasonable income and/or intend to continue working after 65.

- The work cessation rule has been eliminated. Before the changes you had to be at least 60 years of age and not working for at least two months in order to collect CPP. Now, starting at age 60, you can continue working and still receive CPP benefits. Under the old rules, once you began collecting CPP you never again had to contribute to the plan. Now, however, if you are under 65 and

David Joseph, M.A. (Economics)
Consultant

Investors Group Financial Services

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

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

david.joseph@investorsgroup.com

Ph. (416) 491-7400 Ext. 674

working while receiving a CPP pension, you (and your employer) will have to continue making CPP contributions (that will increase your CPP benefits beginning in 2013). If you are 65 - 70 and work while receiving CPP benefits, you have the choice of continuing to make CPP contributions (that will increase your CPP benefits beginning in 2013) or not.

- The earnings drop-out provision, which allows you to exclude a portion of your pensionable earnings that can reduce your CPP benefit, has been changed. Previously, if you retired at 65, you could 'drop-out' seven of your lowest

earning years from age 18

to 65 when you were eligible to contribute to CPP. Under the revised rules, that 'drop-out' period increases to 7.5 years in 2012 and 8 years in 2014.

Talk to your professional advisor about getting the most out of the new CPP changes – and every other aspect of your financial and retirement life.

Disclaimer:

This column is written and published to provide general information only and is not a solicitation to buy or sell any investments. Contact your own advisor for specific advice about your circumstances. For more information on this topic please contact your Investors Group Consultant.



News from Waterloo

by Evan Gravely, Reporter

Canada is privileged to benefit from a mosaic of cultures that form strong foundations in many communities. In many ways, the country's rich ethnic diversity presents opportunities for citizens to experience the customs of different cultures that introduce them to new sights, sounds, and extremely talented groups of individuals.

The Region of Waterloo is home to a diverse range of ethnic groups, and from time to time they come to campus to put on spectacular performances. On Saturday, Oct. 15, from 5:30 to 10:00

ty," said Sivakumar.

Community building is one of the main goals for the TCAWR, which helps to promote the talent of local art groups in the Waterloo area. "Building a community is very important to a diverse culture. The Tamil Cultural Night has two goals in mind: one is to build a link within the Tamil community, and the other is to build a broader connection with the mainstream arts community," said Sivakumar.

The TCAWR helps to promote and support local art groups by providing them the opportunity to participate in



Celebrating Tamil culture and tradition in Kitchener-Waterloo

p.m., Hagey Hall Theatre staged the Tamil Cultural Night, a production showcasing the rich artistic heritage of Southern India and Sri Lanka, as well as the Tamil ethnic groups here in the Waterloo region.

The auditorium was a sea of colour as many individuals came vibrantly dressed in traditional Indian attire to experience a program jam-packed with classical Tamil music and dance performances reminiscent of ancient times. The show began with a traditional South Indian music group, "Mannarkudi" M.K.S. Shankaranarayanan and "Mannarkudi" M.R. Vasudevan, that featured a compelling call-and-response sequence played by two musicians on the thavil (a drum-like instrument).

This was followed with a number of conventional Tamil dance movements from the Laya Lasya Dance Academy of Cambridge and Sri Abiramy dance Academy of Waterloo. Toronto super-singers Nirjany Karunakaran and Vijitha Mylvaganam performed an event too. Also in the program were speeches from prominent members of the region's Tamil community, a fashion show, a modern Tamil dance performance, and an awards ceremony. Performers wore lavish costumes tailor-made in Toronto or specially ordered from India.

The Tamil Cultural Association of Waterloo Region (TCAWR), a non-profit organization that seeks to preserve Tamil arts and culture in the Kitchener-Waterloo region, was the host of the 11th annual event. Dharini Sivakumar, the secretary for the TCAWR, was also a large contributor in planning the show.

"The TCAWR was formed in 1989 with the goal to encourage children to learn the [Tamil] language, arts and culture. Tamil Cultural Night is part of our strategy to showcase the end results to the community. We have a strong [relationship] with the university communi-

their events.

"We have a mixture of performers in our events. We have local artists, artists from Toronto, artists from India, and artists from other [ethnic] communities like Irish, Chinese, and Hindi," said Sivakumar.

The Tamil Cultural Night has gradually been increasing in popularity as an event that reflects the elegance and extravagance of Indian and Sri Lankan performing arts.

The event was free despite the extensive amount of work that went into its production.

Imprint asked if this year's organizers were pleased with the audience turnout. Sivakumar responded, "We could have attracted a [bigger] audience; however, we have limitations. Providing a large event free of charge to the community needs funding, and marketing an event needs connections and resources. It is [challenging] for a small organization like ours."

In the end, it was clear that the Tamil Cultural Night had been a success in staging a series of stunning artistic performances. To the outside observer, it provided an intimate view of the Tamil culture. For the many members of the Indian community that were in attendance, it was more of a ceremony to celebrate the preservation of a heritage deeply rooted in the hearts of organizations like the TCAWR.

The TCAWR hosts a number of events throughout the year with the ambition of nurturing a climate in the Region of Waterloo in which the arts and culture of many different ethnic groups can thrive. This year, they have in collaboration with the Waterloo District Public School board and commenced a Tamil language class in Cambridge. They can be reached at mail@tamilculturewaterloo.org or visit their website www.tamilculturewaterloo.org.



Cinema World



7 Aum Arivu: 'Plaudits to Director Murugadoss for a sincere attempt to steer clear of the usual'

'Plaudits to Director Murugadoss for a sincere attempt to steer clear of the usual', writes Malathi Ranagarajan in *The Hindu* in reviewing Suriya's much-awaited film - *Ezham Arivu* (7 Aum Arivu) which just made a thunderous opening:

The magnificent opening module of 7aum Arivu (U) has Suriya striding like a colossus. As Bodhidharman, the warrior, spiritual leader, savant and medical practitioner, his bright eyes, telling silences, robust physique and expressive body language will remain with you for long! And later, be it portraying the part of a circus artist, or performing stunts, Suriya's tremendous hard work permeates every scene. The actor has literally sweated it out for 7aum Arivu — a thumbs-up show!

But is the hero's toil, albeit bolstered with remarkable support from experts in the various departments (viz., camera person Ravi K. Chandran, art director Rajeevan) enough to make the necessary impact? Director A. R. Murugadoss, the man who made heads turn with *Ramana*, and won wide acclaim with the two Ghajnis, returns amidst tremendous hype, with this Suriya-starrer spread out on a mammoth canvas, and partially succeeds. Initially, the director mesmerises, till of course, the product plateaus out into predictability.

It's a catch-22 for Murugadoss, who wants to explore hitherto untouched areas of our history and also not give up the safe route of duets in exotic locales and jigs on crowded streets! Apparently confused, he has a screenplay that



throws up quite a few loopholes. Listing them is redundant but when you have a Chinese casually roaming around town wreaking havoc at will, a Law and Order wing in deep slumber, a handful of young researchers taking on an entire enemy nation and making huge decisions that the Government seems unaware of ... you begin to wonder whether such greenness is really from Murugadoss!

Rarely is a heroine given near-equal footing in our films. Luck has favoured Shruti Haasan this time — the ravishing heroine plays a solid role of a scientist and also speaks the Tamil tongue! What more can you ask for? True that she ought to work harder on spontaneity, and fine-tune her Tamil accent. But honing can be done in due course — the point is the actor shows promise.

Johnny Tri Nguyen, who plays Dong

Lee, the one-man army from China and a harbinger of death, is an excellent choice. Martial arts expert, stunt-double of the Spiderman franchise and action performer of *X Men: First Class* and *Mortal Kombat: Conquest* and many more — the Vietnamese actor's credentials are imposing indeed! And a villain shown to be on a par with a Tamil hero in agility and physical strength is refreshing, though it tires you to watch him on a hi-speed hypnotism drive most of the time.

Why is the Bharatanatyam exponent Sudharani Raghupathy made to play a mere supernumerary? Abhinaya is another talent in a blink-and-miss appearance! Unfair, Mr. Murugadoss!

If Peter Hein's awesome action choreography in the climax is reduced to a state of mild humour, blame Harris Jeyaraj's re-recording for it. The hero

and villain are engaged in a bloody combat, but the sounds in the background are akin to mewing of cats and trumpeting of elephants! The melody of 'Mun Andhi' appeals. But why the sad refrain of unrequited love, when the viewer is waiting for the story to move on? For all that this romance doesn't seem hopelessly profound! Songs are speed-breakers of 7, which may have otherwise been racier.

Transcending the mundane, the first 20 minutes scale the subliminal! But sustaining the impact poses problems. The promising take-off to seventh heaven is beautiful, but the quick and sudden descent to a plane of predictability disappoints. And the voice-overs lend a strong docu-feel to 7.

Science and religion, reality and fiction, heroism and high education are juxtaposed in a story that tries to familiarise the viewer with jargon such as bio war, genetic memory and disorders, DNA and viruses. And these culminate in the scientific significance of our ancestors' practices of using turmeric, and our traditional kolam! Phew! Has Murugadoss tried to cram too many things into a single film?

As long as 7aum Arivu sticks to the authentic history of Bodhidharman attaining immortality, the line is pellucid. The viewer's restlessness starts only after the story travels 1600 years to the present. And that's when you begin to feel the lengthiness of 7!

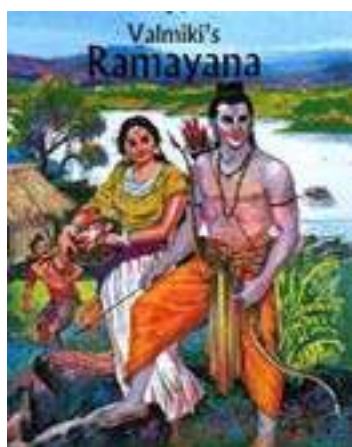
Probably, Murugadoss could have started off with a credible line at a lesser level, before trying the seventh. All the same, plaudits to him for a sincere attempt to steer clear of the usual!

French edition of Ramayana launched

Considered a sacred text of universal appeal and a masterpiece of Indian literature, the epic *Ramayana* has now been launched in French with illustrations of Indian miniatures from 16th to 19th century. Author, editor and publisher Diane de Selliers took more than ten years to produce "*Ramayana by Valmiki*" a dazzling edition that contains the integral text of the epic — 48,000 verses divided into seven books — illustrated with over 660 miniature paintings.

The art work in the book has been sourced from various private and museum collections in India, Europe, United States, Qatar, Pakistan, Australia and Canada. "For me the *Ramayana* is a very complete literary text because it presents the philosophical point of view along with religious one. Also the human emotions are well described, the poetry is exquisite," Selliers told PTI.

During her first India trip in 1997 to Tamil Nadu and Kerala Selliers says she fell in love with the diversity of culture and rituals and the relevance of the epics to the people.



"I wanted to delve into the root of the culture and Valmiki's *Ramayana* was among the oldest available literature," says Selliers. Several versions of the *Ramayana* that have been written over the centuries. Orally transmitted, the most famous one has been attributed to Valmiki and was written in Sanskrit.

At the end of the 16th century Mughal Emperor Akbar decided to have the epic translated into Persian and in 1588 had it illustrated with 166 miniatures creating the first Mughal manuscript. - PTI

'Velayutham' is a realistic film: Vijay

Popular Tamil actor Vijay today said his film 'Velayutham', hitting theatres across the country on October 26 is a realistic film and not a super hero movie as described in a section of the press.

"The film, which revolves around an ordinary milkman trying to eradicate corruption, is not a super hero film as described in a section of the media, but a realistic movie," Vijay told reporters here. The actor was in Kochi for the trailer release of the film in which Genelia D'Souza and Hansika Motwani are doing lead roles along with him.

Asked if he was interested in doing Malayalam films, the actor quipped he was prepared to do so, but was yet to get any invitation from the superstars. "Realistic Malayalam films have good acceptance in Tamil Nadu," he said.



Directors Fazil and Siddiq had given him good roles in Tamil films, which had boosted his career, Vijay said. PTI



A.R. Rahman wins Public Choice Award for '127 Hours'

Indian music maestro A.R. Rahman has received the Public Choice Award for his score in 127 Hours at the World Soundtrack Academy Awards.

The 45-year-old composer, who has already won two Oscars for his music in Slumdog Millionaire and two Grammy for the same movie, has won the laurel for the Danny Boyle directed film, reported Ace Showbiz.

"Thanks to my fans and the World Soundtrack Academy for the Public Choice award for the score of 127 Hours," Rahman posted on Facebook.

Alexandre Desplat, who scored music for films The King's Speech and Harry Potter and the Deathly Hallows, bagged the film composer of the year award at the ceremony.

Oscar-winning German composer Hans Zimmer beat out Desplat for the Best Original Film Score honour, taking the prize for his work on Christopher Nolan's Inception.

Veteran songsmith Randy Newman nabbed the Academy's Best Original Song prize for his tune We Belong Together, written for Toy Story 3.

Other winners at the 2011 World Soundtrack Awards, which closed the Ghent International Film Festival this



Composer and musician A.R. Rahman

weekend, included Alex Heffes, who won Discovery of the Year for his scores to The First Grader and The Rite. The Best Young European Composer honour went to Gabriel Heinrich.

This year's lifetime achievement award was presented to three-time Oscar winning Italian composer Giorgio Moroder, whose credits include songs for Scarface, Flashdance and Top Gun.

- PTI

Bollywood mourns Steve Jobs' demise

Several Bollywood personalities took to twitter to mourn the death of visionary Apple co-founder Steve Jobs.

"RIP Steve Jobs. The Man, the visionary, the creator and the genius that gave the world the Apple technology. May God be with your family, for my family and I have enjoyed your work for many years now. You opened so many doors and gave the world so much with your expertise. Thank you Steve," actor Akshay Kumar wrote on Twitter.

"Steve Job made a person like me too, feel a complete tech savvy. That was the ease of his brilliant mind. Will miss his persona. RIP," veteran actor Anupam Kher said. "Thank you Steve Jobs for making our lives so much easier. Your vision and aesthetic will live on forever. RIP," actor-director-producer Farhan Akhtar said.

Filmmaker Ram Gopal Varma, tweeted, "Mr. Steve Jobs please don't RIP and work towards inventing something where there can be life beyond death so that we all can be spared from the deathly RIP tweets." "RIP Steve Jobs, you are immortal now. As an Apple-ite from earliest days, your passing feels like a death in the family," veteran actor Kabir Bedi said. Actress Sonam Kapoor, says, "No one comes close to your brilliance and creativity." "Innovation & technology

have lost their greatest champion yet," actor Ranvir Shorey tweeted.

Riteish Deshmukh tweets, An APPLE with one 'BYTE' eaten out of it - will always be in front on me for the rest of my life. Thank you STEVE JOBS- RIP- your FAN.

"I feel like I lost someone I knew today. I guess whenever we lose a genius a great talent/visionary, the world feels like a lesser place," singer Sophie Choudry said.

Actor Dino Morea, says, "watched most of his key note speeches, brilliance personified. Thank you Mr Jobs for the i pod, i phone, i mac, and i pad. Now I am sad. "The only thing I insisted on buying knowing I didn't 'need it' was a Macbook. They don't make Macbook anymore n nor do they make steve jobs!," actress Shahana Goswami said.

Music Director Vishal Dadlani said, "There is a lesson in the grace with which Steve Jobs prepared for today. Death comes to everyone, but it is how we meet it that defines us." "Steve Jobs ... Reincarnate soon!", actress Neha Dhupia tweeted. Even other celebrities like Karan Johar, Abhishek Bachchan, Shahid Kapoor, Minissha Lamba, Dia Mirza, Shirish Kunder, Anubhav Sinha and others prayed for the departed soul.

- PTI

I have been through several heartbreaks: Ranbir

Actor Ranbir Kapoor, who has been in the news for his alleged link-ups with several Bollywood actresses, has revealed that he has gone through several heartbreaks so far.

Ranbir was linked with several actresses of the industry including Katrina Kaif, Sonam Kapoor, Priyanka Chopra and Anushka Sharma in the past. His name is now linked with Nargis Fakhri, who will be seen with him making her debut in the upcoming film Rockstar.

The 29-year-old actor was said to be in a committed relationship with actress Deepika Padukone. However, they had reportedly split in 2009.

When asked about this, the actor just said, "Mera dil bahut baar tuta hai (I have been through several heartbreaks)."

Ranbir essays the role of a musician, in the film Rockstar that will release on November 11.

On his role in the film, Ranbir said, "I



Imtiaz Ali's Rockstar is creating a lot of buzz. Be it Ranbir-Nargis's sizzling chemistry, AR Rahman's music or late Shammi Kapoor's guest appearance, there are many reasons to await the film's release

play a jat boy from Delhi. He comes from a different strata of society. He wants to become a rockstar."

However, the actor thinks that he is not a rockstar in real life.

"I don't think I am a rockstar. I feel a true rockstar is not aware that he is a rockstar," he said. The film is directed by Imtiaz Ali. - PTI

SRK woos London with his 'Ra.One'



RA.One's London premiere was full of glitterati and glamour. The star studded event saw Shah Rukh Khan with wifey Gauri, Kareena Kapoor, Arjun Rampal and many more

Bollywood superstar Shah Rukh Khan's latest superhero film Ra.One had its London premiere at the famous O2 arena recently and judging from the viewers reaction the Indian science fiction seemed to be a "hit".

Shah Rukh's stellar performance is a major attraction of the film but co-star Kareena Kapoor and Armaan Varma have also acted brilliantly.

Thousands of fans, after hours of waiting, went wild as Shah Rukh, wife and the film producer Gauri Khan, Kareena and actor Arjun Rampal walked the red carpet.

They cheered the stars repeatedly and sought their autographs and posed for photographs.

Replying to queries, SRK said though the film has been made at international standards, "it's soul is pure desi. It has singing and dancing."

Shekhar (Shahrukh Khan) is a graphics designer, who believes in simple living and high thinking.

But his son (Armaan Varma) mistakes him to be a coward. Shahrukh tries every trick to win his love. In a bid to prove himself, Shekhar designs a game.

However, all hell breaks loose when

the game starts playing them.

What happens next is quite mind boggling which keeps the viewers glued to the seats.

Shahrukh has delivered superb performance in both roles like Shekhar and G.One and he emerges as the showman.

Kareena also impressed the audience with her witty dialogue and fine acting. Arjun and Armaan have also done excellent acting.

The works of technical department are absolutely superb. Vishal-Shekhar's music is superb. Their background score is equally electrifying and their composition of songs like 'Chammak Chhallo', 'Dildaara' and 'Raftarein' are winners.

The visual effects of Ra.One are another highlight of the film and the stunning chase, action scenes and train sequence hold the audience spell-bound.

The film is being released today in about 5,000 screens worldwide.

After the late night premiere at the O2 arena, SRK, Gauri, Kareena, Arjun and others associated with the film moved to Court House hotel in central London owned by leading NRI hotelier Joginder Sangar and partied till around 3 am. - PTI

Recent Event



Canada Sri Lanka Golf Association Celebrates 10th Annual Championship Tournament

Canada Sri Lanka Golf Association's 10th anniversary championship tournament took place at Richmond Hill Golf Club on Sept 3, 2011. Players from St. Benedict's College, Royal College, St. Joseph's, St. Patrick's Jaffna and S. Thomas College and others totalling 56 participated in the tournament.



Canada Sri Lanka Golf Association President and chief organizer Anil Perera cutting the 10th Anniversary cake while vice president Tissa de Silva and treasurer and secretary Lucky Lankage look on. Photo by: Mahesh Abeyewardene.



Winners of 10th anniversary cup - St. Benedict's College Colombo. Photo by: Mahesh Abeyewardene.

Miss Sri Lanka Canada USA Beauty Pageant 2011



Miss Sri Lanka Canada USA beauty pageant 2011 presented by The Sri Lanka Reporter monthly newspaper and sponsored by Law Offices of Melani David, Melani Homes and Sorkkum was held on Oct. 22, 2011 at Meridien Hilton. Above, the title winner Andrea Michaely Srisikandarajah (centre) posing with 1st Runner-Up Bianca Rasathurai (left) and 2nd Runner-up Noeline Pereira (right). Photo by: Gnanendran.

For Sale Brampton Property

Brand New Brampton Property for Sale **(Exclusive)**

Gore Road / Castlemore Newington Crescent



- 4 Bedrooms, Detached all brick home by builder HR
- Backing onto School Playground
- Hardwood Floors at main level and landings/Hallways
- Upgraded Kitchen cabinets and Stairs/Hardrails
- Double garage and double door entry
- Gas Fireplace

\$525,000

For All your Real Estate Needs

&

For Quality Service from Team of Realtors



Trust
Reliable
Understanding
Support
Team for Service & Experience

Logan Velumailum Broker

416-410-1620

vlogan599@yahoo.com

Rudy Ruthran Sales Representative

416-587-5583

rudy@ruthran.com

Murali Sivaguru Sales Representative

416-271-2579

info@sivaguru.com

**COLDWELL
BANKER**


Coldwell Banker Exceptional
Real Estate Services, Brokerage
416-497-9794


THE CHANNELS YOU MUST HAVE. THE DEAL YOU CAN'T MISS.





Enjoy savings of \$455² over two years on your Digital Basic TV subscription.

TAMIL



\$15.17/mo.*


\$19.74/mo.*



\$10.10/mo.*



\$15.17/mo.*

Or \$30.45/mo. for Tamil Package*


\$15.17/mo.*

CRICKET


\$15.17/mo. each*† or \$20.25/mo. for combo*


\$15.17/mo. each*† or \$20.25/mo. for combo*

*Includes all monthly fees †Or \$5.08/mo. each when ordered with ATN

As a Rogers Digital Basic TV customer you will enjoy:

- Over 170 digital channels covering news, sports, music and more
- Access to Rogers On Demand (Channel 100) and Rogers On Demand Online (RogersOnDemand.com)³
- Free multicultural channel previews throughout the year

SWITCH TO ROGERS TODAY AND SAVE.
CALL 1 855 622-6098



Offers available to new TV customers for a limited time and subject to change without notice. Basic Cable and Digital/HD Box required to receive Digital/HD programming. Channel availability may vary by region. ¹ Includes monthly Digital Service Fee of \$2.99 and, where applicable, CRTC Local Programming Improvement Fund Fee of 1.5% of the recurring TV monthly service fee. Taxes extra. Regular monthly rates apply after promotional period. 2-year term required for Digital TV. Early Cancellation Fee applies. Monthly service fee varies by channel subscription. ² Savings based on \$18.99 per month off Digital Basic regular monthly service fee of \$32.49 for two years. ³ Rogers On Demand Online only available in Canada with an Internet connection. Charges apply to some On Demand programming content. © 2011

Monsoon Journal



twitter.com/monsoonjournal



facebook.com/monsoonjournal



monsoonjournal.com



Ceycan Transcontinental Shipping Inc.

Sole agents for Ceylon Shipping Lines in Canada

INTERNATIONAL FORWARDING & LOGISTICS

SRI LANKA'S BEST CLEARING FACILITIES IN COLOMBO & KANDY

For further information contact

Kumar @ 905 673 9873



Vancouver : Randy - 604 273 4911 / Edmonton : Desmond - 780 918 2501
 Calgary : Felix - 403 616 7527 / Montreal/Ottawa : Ranga - 514 571 0588
 Windsor/Michigan : Paradise Foods 734 657 5484 / 734 961 7518

INTERNATIONAL OFFICES :

United Kingdom
Transcontinental Shipping
 Ashley House, 235 High Road
 Suite 412, Woodgreen, London
 0208 889 8486

Sri Lanka, Colombo
Ceylon Shipping Lines
 294/10 D. R. Wijewardena Mawatha,
 Colombo 10
 94 11 2459234

Sri Lanka, Kandy
Ceylon Shipping Lines
 175 Paranagantota Road,
 Mawilmada, Kandy
 94 08 2234356

1981 Boylen Road, Unit #9, Mississauga, Ontario L5S 1R9

Email : ceycantrans@gmail.com
 web: ceycantranship.com



**More options. More choice. More control.
 The choice is yours.**

Permanent life insurance is available for anyone who is 85 years old or younger.

Are you looking for simple answers to your questions about life insurance? When it comes to insurance, it's nice to know you have clear options. You can tailor your policy to your needs, and the needs of your family. Call me and I'll show you why permanent life insurance may be the right choice to protect your family.



Ajith Sabaratnam
 Bus 416-439-2800
 Cell 647-401-5800
ajith.sabaratnam@sunlife.com
www.sunlife.ca/ajith.sabaratnam

Sun 
Life Financial