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Monsoon Journal

A parfait media publication

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Martin Luther King Jr Commemorative Exhibition, Sri Lanka

By Dushiyanthini Kanagasabapathipillai

"It is no longer a choice between violence and nonviolence... It's nonviolence or nonexistence." - Martin Luther King, Jr. (January 15, 1929-April 4, 1968). American clergyman, Human Rights Activist, the leader of the African-American Civil Rights Movement and Nobel Peace Prize Winner

Martin Luther King Jr Commemorative Exhibition was declared opened at the National Art Gallery in Colombo, on Feb 6th. Martin Luther King III, the eldest son and the oldest living child of American civil rights leader Martin Luther King Jr. and American Human Rights Advocate and Community Activist was the Chief Guest at the Commemorative Exhibition. He was welcomed by the U.S Ambassador to Sri

Lanka and Maldives Ms. Patricia Butenis.

He looked very emotional and moved while viewing the exhibition in Colombo. His eyes were filled with tears, and he tried hard to control them from rolling down on his cheek while Soul Sounds Choir beautifully presented "Freedom Medley".

The Commemorative Exhibition includes Photos, Films, Audio Clips, Panel Discussions and Workshops.

The Exhibition and Events will continue in Colombo till February 9th 2010, in Ampara from February 17th to February 19th 2010, in Batticaloa from February 22nd to February 24th 2010 and in Jaffna from March 7th to 9th 2010. It's sponsored by the American Center in Colombo and the Foundation for Co-Existence.

[humanityAshore.org]



Martin Luther King III conversing with U.S Ambassador to Sri Lanka and Maldives Ms. Patricia Butenis during the tour of the exhibits



Venerable Professor Bellanwila Wimalaratana-Chief Incumbent of Bellanwila Temple, Br. Darshan Chaitanya-Resident Acharya of Chinmaya Mission Sri Lanka, Fr. Mervyn Fernando-Founder Director of Subodhi Institute for Integral Education and Hafiz Abdul Rahuman gave the religious blessings at the opening of the exhibition.

Celebrating Black History Month: "A genuine spirit of fraternity"

By Krishni Loganathan, BA (Hons)

February is Black History Month in Canada and America, and a time to reflect, learn, and educate one another of the importance of the events and history of people of the African diaspora; what they have gone through and overcome throughout the years.

Many influential figures are especially recognized during this time including Martin Luther King Jr. who led the African-American civil rights movement. In 1964, he became the

youngest person to receive the Nobel Peace Prize for his work to end racial segregation and racial discrimination through civil disobedience and other non-violent means. Malcolm X a human rights activist advocating the rights of African-Americans and is credited with raising the self-esteem of Black Americans and reconnecting them with their African heritage. He is largely responsible for the spread of Islam in the Black community in the United States.

Contd. in Page 41



On display: Former Prime Minister of India Late Indira Gandhi with Coretta Scott King in Washington D.C on November 5th 1971 three years after Martin Luther King Jr's death

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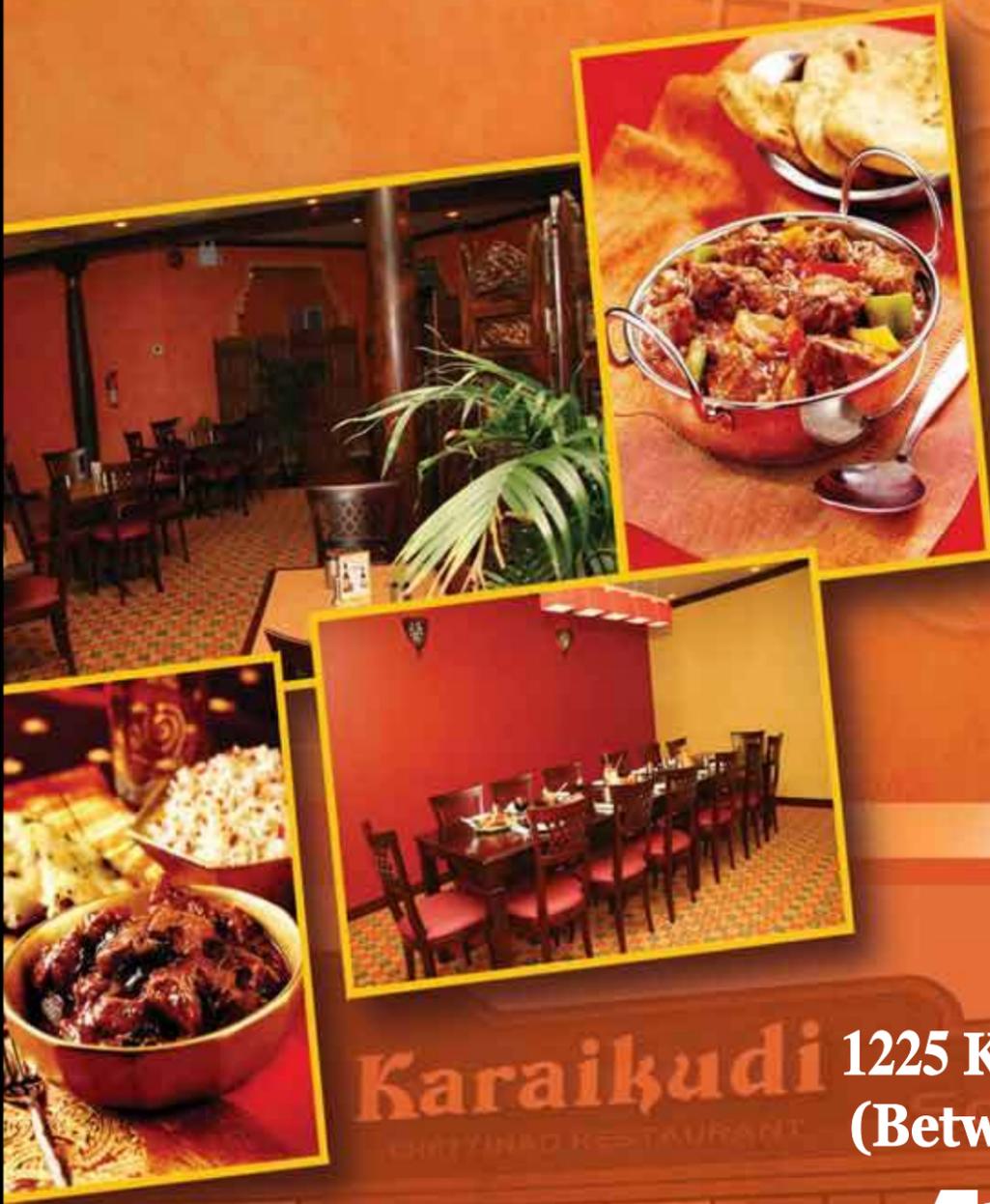
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From the Publisher's Desk ... Celebration of the hearts

St. Valentines Day shortened to Valentines Day is commonly celebrated on February 14 and has been a tradition, particularly in North America for countless years.

Many people criticize Valentines Day as a commercial holiday where couples artificially materialize their love for one another spending too much money on one another.

Chocolate, flowers, jewellery and greeting cards are the most common gifts given on Valentines Day. But is it just a gimmick? Are we really supposed to empty our wallets for this Hallmark Holiday in order to show and prove to our partner how much we really care about them?

Although Valentines Day is a commercialized holiday, maybe it's an excuse to give and receive presents and be showered with love for one extra day out of the year. Maybe there are some positive actions taken during this day that would not normally be taken out during the year.

For instance it may be a chance for husbands and boyfriends to be extra romantic to their wife or girlfriend. And an opportunity to spend some quality time with another that may not be possible in some busy relationships with clashing schedules. But then you get the critics that say everyday should be Valentines Day and you should shower your partner with love and affection

throughout the year.

Of course husbands and wives, and girlfriends and boyfriends show their partner how much they care for them throughout the year, but is one extra day out of the year really a day to argue over?

Maybe the \$1000 necklace is overdoing the occasion, and instead an evening out would be sufficient. Yes, this is a greeting card holiday but do we truly understand the value that Valentines Day is trying to show us, that loving our partner everyday and showing that you do is the key behind the holiday.

Maybe the overpriced gifts are pushing it, but an intimate day spent with a loved one is nothing

to argue over.

Not only does February hold Valentines Day but it is also Heart Month with the Heart and Stroke Foundation. Heart Month is a wide campaign that raises awareness and funds to Heart and Stroke patients and all Canadians.

Heart and Stroke Foundation with their volunteers apply life-saving knowledge, education and advocacy that generate real results. Keeping the heart healthy and cared for are both important and help to live a long healthy life.

I wish you all a Happy Valentines Day and Happy Heart Month!

- Krishni Loganathan, BA (Hons)

Tamil American Peace Initiative Urges the New Government to Represent All Citizens of Sri Lanka

Full Text of Press Release

The Tamil American Peace Initiative (TAPI), a group of Tamil Americans dedicated to peaceful change in Sri Lanka, called on Sri Lanka's newly reelected President Mahinda Rajapaksa to a forge a new path and create the conditions to repair the deep divide between the people of the island.

TAPI deplored the conditions that led to a disappointing turnout among Tamil voters - reportedly as low as 20 percent - in the January 26 presidential election. It noted that election monitors criticized abuses of state power and resources to help the incumbent in the run up to the vote. Concerns about security, the continued illegal internment of Tamils, restrictions on freedom of movement, problems with identity cards, denial of transport to polling stations set up in remote locations, decades of displacement, and other factors also contributed to low Tamil turnout, the group said.

These conditions create skepticism among Tamils in Sri Lanka that Rajapaksa's new government will sincerely pursue policies that will lead to lasting peace and reconciliation, TAPI said.

The group urged the government -- and the international community -- to reach out to the

Tamil population and help its communities, which have been devastated by decades of warfare and oppression. The list of needs is long: resettling displaced Tamils and rebuilding their homes, schools and hospitals; demining and demilitarizing in the North-East; establishing a general amnesty for suspected former rebels; restoring fishing rights and land ownership; investing in infrastructure projects; mandating fair compensation for war victims and survivors; authorizing justice to the perpetrators of war crimes; ending programs to change the demographics of the North-East; and developing economic and jobs programs.

TAPI called on the government to rededicate itself to democracy and the rule of law, and to respect the human and civil rights of all its citizens. It called for the government to allow international observers to monitor the return of Tamils to their homes, and for the press, political parties, and NGOs to be able to operate without fear of intimidation in all parts of the island.

"Only by working to restore Tamil rights can the President expect the Tamils to accept that he is in fact a democratic leader and that his government legitimately represents them," Dr.

Event at Scarborough Civic Centre marks Tamil Heritage Month

More than 100 front line workers from the social sector gathered at the Scarborough Civic Centre on Jan 28th for a unique day-long conference aimed at better understanding and helping Tamil families across the Greater Toronto Area. The workshop was among the first of its kind in helping everyone from psychologists to social workers to counsellors better target the diverse needs of the 300,000-strong Tamil Canadian community.

"As the Tamil population increases, there is a greater need to provide cultural sensitive services that help our community members with the challenges they face in Canada," said Piragal Thiru, a speaker at the event and the Regional Chapters Coordinator for the Canadian Tamil Congress. "In order to do that, such workshops are critical in educating the mainstream front line workers about Tamil history and culture and give them a background understanding of the community so they could serve them better."

Karunyan Arulanatham, a TAPI spokesman, said. "He must begin this work now. The international community is watching."

About TAPI

The Tamil American Peace Initiative (TAPI) was formed by a group of Tamil Americans to help bring lasting peace, justice,

"Furthermore, this workshop will help more and more mainstream people have an appreciation for Tamil Canadians in terms of our history and society."

Mr. Thiru spoke in detail about the history and culture of Tamils from Eelam and the impact of the civil war on the Tamil Canadian community.

The day-long event was held to also mark Tamil Heritage month, which strives to celebrate the history of Tamil Canadians and our contribution to the social, cultural, political and economic strength of Canada. The month is also meant to educate Canadians of all backgrounds about the language, traditions and history of the Tamils and to highlight the achievements of Tamils in various fields both in the past and the present.

The event was co-sponsored by the Canadian Tamil Congress, Scarborough Addiction Services Partnership, YouthLink and CanTYD.

democracy, and economic development to Sri Lanka; to focus attention on the destruction of Tamil communities and culture caused by 30 years of war; and to demand an end to the continuing oppression of Tamils on the island.

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A Scottish journalist's experience of voting in Scottish and Tamil referendums



MONSOON NEWSLINE

Stuart Cosgrove, a Scottish journalist, broadcaster and television executive voted in a "Tamil referendum", held across the United Kingdom during the weekend of Jan 30th. He writes that he was able to vote in the 'Tamil referendum' for being a 'qualifying spouse', as he is 'married to a native Tamil speaker from Jaffna.'

As a journalist Cosgrove served on the NME (Media Editor) and The Face during the 1980s, before joining Channel 4 in April 1994, serving for eight years as Controller of Arts and Entertainment and currently as Head of Programmes (Nations and Regions). In Scotland, Cosgrove is probably best known as the co-host of BBC Radio Scotland's popular comedy football phone-in Off The Ball which he presents twice a week with Tam Cowan, and as the co-host of BBC Scotland's Saturday football results show Sport scene Results.

In The Times UK of Jan 31st, Stuart Cosgrove writes about his experiences of voting in the Scottish referendum of 1997 and now in the 'Tamil referendum':

Tamils come out in rain to have their say

By Stuart Cosgrove

Maryhill has a special place in urban folklore. It's the spiritual home of Partick Thistle, a gangland where the Maryhill Fleet once roamed, and for the fearful bourgeoisie of Glasgow's west

end it's "bandit country", just beyond the Byres Road.

Yesterday, Maryhill defied the new world order to play a minor role on the epic stage of global politics. At 8.30am, shops lifted their shutters and the rattling noise of corrugated metal woke the dead. A queue of voters huddled together in the damp cold, waiting outside Woodside Hall in Glenfarg Street to cast a precious vote for Eelam, which means homeland in Tamil. Maryhill was chosen as a polling station in a global referendum organized by expatriate Tamils in their tense stand-off with Sri Lanka, a country that has resisted their independence.

Woodside Hall has the air of dank municipality - it's more accustomed to jumble sales and ska discos than making history - but the Maryhill referendum is a fascinating story of democracy withheld, with more plotlines than a political thriller and enough constitutional twists to send Scotland's political intelligentsia into paroxysms of near-erotic delight.

My interest went beyond the observational. I was there to cast my vote. My wife, Shirani Sabaratnam, is a native Tamil speaker from Jaffna, on the northern peninsula of Sri Lanka. She still holds Sri Lankan citizenship and, as a "qualifying spouse", I am allowed to partici-



Stuart Cosgrove

pate in the poll. So, strange as it seems, the stubby pencil of democracy was rightfully mine.

As I handed over my identity papers, I was acutely aware of the paradox. Voting Yes/Yes in the 1997 Scottish referendum on devolution seemed natural; voting in a referendum on Tamil independence was an unexpected experience. Unless there is a sea change in the factional Scottish parliament in the months ahead, it is a vote I will not be able to cast in a Scottish constitutional context, no matter how mundane the backdrop.

The voters spoke of home, and traded memories. Some wore the red and yellow colours of Tamil nationalism. Coincidentally, in Maryhill, they're the colours of the local football team, Partick Thistle, who were playing away in Inverness to avoid misunderstanding.

Tamils have for decades fought a relentless battle with successive Sri Lankan govern-

ments, demanding greater civil rights. With well-organized communities in Toronto, London and Paris, the Tamils are the undisputed world champions of diaspora politics.

Many thousands flocked to Westminster to disrupt the business of Parliament at the emotive heights of the civil war last year. Glasgow's Tamil community is smaller but no less committed, with enclaves in Sighthill, Dumbarton Road and the east end. Some are students, some are professionals forced into economic migration, and many are political exiles or asylum-seekers displaced from the war-torn north of Sri Lanka.

My wife's journey is part of the ragged jigsaw of the Tamil experience. She was born in Jaffna, raised in the nearby village of Vaddukoddai, and moved via Colombo to England. Her home village is now a Bannockburn of sorts, and a landmark in her people's history. In 1976, Tamils triumphantly secured their biggest victory in modern electoral history. Every political party and all registered voters supported the so-called Vaddukoddai Resolution, a mandate for Tamil independence.

Almost teasingly, it is a wordier variation of the statement Alex Salmond would dearly love to make for Scots. "I aspire for the formation of the independent

and sovereign state of Tamil Eelam ... on the basis that the Tamils in the island of Sri Lanka make a distinct nation, have a traditional homeland and have the right to self-determination."

Comparisons end there. The Maryhill referendum is more pressing than kilted teachers at the Wallace Monument. The war in Sri Lanka has killed more than 90,000 people. More than 27,000 were Tamil fighters, many from the notorious Liberation Tigers of Tamil Eelam, aka the Tamil Tigers. In January 2009, as the bitter war reached its cruel end-game, Sri Lankan troops captured Kilinochchi, which was the de facto administrative capital of resistance. It was, in almost every sense, the Tamil Culloden, and a dark cloud still hangs over the outcome, with accusations rife of genocide, war crimes and black propaganda.

By tea-time, the hall was all but empty. Glasgow's Tamil communities had been and gone, some scattered to low-paid jobs and high-rise flats, others back to professional lives as doctors, computer analysts and entrepreneurs.

For the handful of indigenous Scots who had a reason to be there, it was a timely reminder that democracy is a precious gem that neither war nor national circumstances should tarnish.

Bishop gets glimpse of Tamils' final battlefield

By Union of Catholic Asian (UCA) news

Tamil Bishop Thomas Savundaranayagam has visited the civil war's final battlefield for the first time since the fighting ended, and said rebuilding lives and churches in the area was an "unbearable burden" on the people there.

The bishop is the first to be allowed to visit the war zone after fighting ended last May. The government still prohibits civilians, UN agencies, NGOs and the media from visiting the area.

At this week's feast of the Presentation of Our Lord in Jaffna, he appealed to Tamils not to spend lavishly during church festivals but help displaced people instead.

Bishop Savundaranayagam, visibly shaken by his unpublicized visit to the war zone on Jan. 29, described the chaos he found there, particularly in the Catholic fishing village of Mathalan on the east coast. "Devastation is everywhere" and threatens our people's future, he said.

Thousands of people were

killed, injured or disabled in the final battle near Mathalan and some 300,000 were forced to flee the area.

In Jaffna diocese alone, 110 churches belonging to 17 parishes and 15 Religious houses have been abandoned.

The bishop said many had already been reclaimed by the jungle.

"Villages and rice fields are covered with jungle and undergrowth," the bishop said.

"People have lost their life savings. It is going to be an unbearable burden to our people to rebuild," the bishop told UCA News.

He said he saw the final battlefield where Tamil Tiger rebels had been cornered by government forces and also visited devastated villages nearby.

He described a barren landscape:

- o Church buildings are demolished.
- o Religious statues are all damaged.
- o Rice fields are overgrown

with shrubs.

o Herds of cattle and goats have disappeared.

o Homes have been reduced to rubble.

o Heaps of burned vans, buses, cars and motor cycles clog the roads

An emotional Bishop Savundaranayagam wondered whether civil life could be restored.

The Tamil prelate also traveled with the army to the farming villages of Mankulam, Oddusuddan and Puthukudiyiruppu.

The government announced recently that people would be resettled and places of worship reconstructed, work which had already begun, according to Pandu Bandaranayaka, the Deputy Minister of Religious Affairs and Moral Upliftment.

But the scale of the task is enormous. Apart from Jaffna diocese, there are 148 abandoned churches in nearby Mannar diocese. Apart from those hit by the fighting, some churches inundated by the 2004 tsunami have not yet been renovated.

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The first ever 24 hour African Canadian television channel licensed in Canada, Afroglobal Television Network, is gearing up to entertain Canadians and to project the best of Africa and the Diaspora. The Canadian Radio Television and Telecommunications Commission approved the Afroglobal channel on Friday, September 19th, 2008, before any similar station, making Afroglobal a pioneer in Canada.

Developed by Afroglobal Network Inc., the station aims at being the premier cable and satellite network that caters to the fast growing population of peoples of African descent in Canada. Since its approval, Afroglobal has been developing top quality entertainment and information programs to meet the aspirations of people of African origin, who came to

AFROGLOBAL TELEVISION PREPARES TO LAUNCH 24 HOUR AFRICAN CANADIAN NETWORK

Canada from Africa, the Caribbean and other parts of the world.

"A total of 85% of programming will be in English, 5% in French, and 10% in various African languages, including Swahili, Hausa, Amharic, Ibo, Shona, Creole, Yoruba and others," says Dr. Adebunola Onayemi, Chairman of Afroglobal Television Network. A highly accomplished medical professional and heritage advocate, Dr. Onayemi's enthusiasm is echoed by that of many members of the community.

Dr. Rosemary Sadlier, President of the Ontario Black History Society says, "Our organization is one hundred percent behind Afroglobal Television as a dynamic platform to educate, inform and inspire Canadians about our past, present and future contributions to society." The organization worked with the

Honourable Dr. Jean Augustine, to establish February as Black History Month in Canada in 1995.

Ms. Joy Nneji, Executive Director of Toronto African Dance Festival, says "This is exciting as I am hoping to have a program, where I can teach Canadians how to shake their bodies to African rhythms. This station sounds like a must, not only for African Canadians, but for all others. I plan to subscribe, even if it is just to teach my children the rich and magnificent heritage of Africa and the Diaspora."

According to Mr. Michael Daramola, a financial specialist and a member of the Afroglobal Network corporate board, the company will make a series of announcements, including when the station plans to get started. "For now, our focus is on establishing a solid business and broadcasting infrastructure, to

ensure that our subscribers, advertisers and investors are not disappointed by the quality and performance of our government mandated Category 2 specialty channel," says Mr. Daramola.

"With a management team of media, business, legal and other professionals, Afroglobal draws from diverse stakeholders," says Mr. Moses A. Mawa, one of the shareholders, and CEO of Silvertrust Communications Inc., a Canadian production company that has been in business since 1996. Also Executive Producer of Planet Africa Television, a popular show broadcast on OMNI TV across Canada, Europe and Africa, Mr. Mawa says, "Plans are under way for Afroglobal Television to carry Planet Africa, Destiny, Chosen and Arise!, which are shows we currently air on various networks."

In its programming pipeline,



Afroglobal Television has the best of Nollywood films, the increasingly popular African movies made in Nigeria; as well as other films and music videos from Ghana, Tanzania, Uganda, South Africa and other parts of the world. Captivating soaps, drama, documentary, biography, music, dance, spiritual and other programs will also be featured. A taste of Afroglobal programming can be seen on the Planet Africa Television program on OMNI Television, as well as online.

Building A Stronger Ontario

McGuinty Government Investing In Jobs Today And More Doctors Tomorrow

Ontario is creating 54 new medical school spaces at the Mississauga Academy of Medicine as part of our plan to strengthen the economy and improve health care.

A crew of about 50 workers is building the new facility at the University of Toronto's Mississauga campus. The four-storey Health Sciences Complex will house the Mississauga Academy of Medicine, research laboratories and the graduate biomedical communications program.

The medical school is scheduled to open in the summer of 2011. This is part of Ontario's plan to expand medical school spaces by 38 per cent.

Ontario is investing in new undergraduate medical schools spaces at medical campuses in Waterloo Region, Niagara Region and Windsor. In addition, the Northern Ontario School of Medicine was completed in 2005, and a new medical school facility is now under construction at Queen's University in Kingston.

QUOTES

"We will strengthen Ontario by investing in our workforce, health care and infrastructure. With the Mississauga Academy of Medicine we're doing all three."

- Dalton McGuinty
Premier of Ontario

"This new facility will provide our future physicians with high quality education that will improve access to health services in Mississauga and beyond. The Mississauga Academy of Medicine

will help with the recruitment and retention of physicians along with the health needs of the province."

- Harinder Takhar

MPP for Mississauga-Erindale

QUICK FACTS

By 2014, 216 undergraduate medical students will be enrolled in the four-year program.

In addition to the 100 new first year spaces in 2009, there has been a 23 per cent (160 students) increase in first year undergraduate medical school enrolment from 2005-06 to 2008-09 across Ontario.

800,000 more Ontarians now have access to a family doctor than in 2003.

Ontario is planning to invest \$17 billion in infrastructure in 2010/11.

Dalton McGuinty Must Put the Brakes on Reckless Spending and Record Tax Increases

Dalton McGuinty's reckless spending, runaway deficits and record tax increases remain the largest obstacles to Ontario recovering from recession. Today Ontario PC Leader Tim Hudak and Ontario PC Finance Critic Norm Miller shared the clear conclusions that emerged from their provincewide pre-budget consultations.

Over the past week alone, Hudak has met with small business leaders in Ottawa, Cornwall, Lindsay, Peterborough, Guelph, Kincardine and Brampton. Over the same span Miller joined fellow MPPs Peter Shurman and Toby Barrett in travelling to Niagara Falls, London, North Bay, Kingston and Toronto for pre-budget consultations through the Standing Committee on Finance and Economic Affairs.

Based on the feedback received from these and other consultations, the Ontario PC Caucus is demanding that Dalton McGuinty put the brakes on his seven year reign of higher taxes and out-of-control spending and instead commit to tax relief targeted to job creation, a cap on government spending and reduction on job-killing red tape in the 2010 budget.

QUOTES:

"Dalton McGuinty's high taxes, reckless deficits and runaway spending are crippling Ontario's economic recovery. Ontario deserves a new approach that respects how hard Ontario families work and how much they

already pay."

-- Ontario PC Leader, Tim Hudak

"Every hour the McGuinty Liberals spend \$2.8 million more than they take in. If this undisciplined and reckless management of Ontario's finances is allowed to continue, Dalton McGuinty will soon double the provincial debt."

-- Ontario PC Finance Critic, Norm Miller

QUICK FACTS:

Ontario PC Caucus would like to see addressed in the budget to slow the rise of Dalton's debt and address the jobs crisis:

Tax relief targeted at job creation and helping Ontario families and seniors who stand to get hit the hardest by the HST;

Capping spending this year to the levels targeted in the most recent budget;

And reduction of red tape through the re-instatement of the Red Tape Commission.

The McGuinty Government is currently spending \$2.8 million more per hour than they are receiving in revenue.

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Since coming to office, Dalton McGuinty has increased government spending by 65%. Over that same time period, Ontario's economy has only grown by 5.7%.



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Coping with Pain and Negative Thinking

By: Dr. J. Douglas Salmon, Jr.

* Adapted with permission from Multi-Health Systems & Dr. J. Douglas Salmon, Jr. from Rehabilitation Education and Coping Pamphlet Series

Pain is one of the most difficult symptoms with which to cope when one has experienced injury or illness. While the origin of pain is usually very real and results from a specific physical problem, one's thoughts and feelings (such as anger, irritation, depression, and nervousness) tend to feed off of one another to complicate and prolong the recovery process.

There are two main reasons that thoughts and feelings play such an important role in the recovery process. First, feelings such as anger, fear, frustration, irritability, anxiety, and depression often bring about changes in the body such as increased muscle tension and poor posture, which can increase the pain experienced. These feelings are often brought on by negative thoughts about the overall situation. For instance, a person who believes that his or her condition or pain is "impossible to overcome," and that it prevents him or her from doing "all that is meaningful in life" is likely to become anxious and depressed and may experience worse pain and physical symptoms. By contrast, a person is likely to move forward more quickly and to better endure his or her symptoms when he or she accepts the situation and takes on a more positive attitude by thinking, "I can overcome this," "there are still many things I can do, despite my pain," or "this is an important learning experience."

Positive Coping Strategies

* Educate yourself. It is critical that you understand your symptoms best as you possibly can so that you may have your fears addressed and have a more realistic understanding of your pain and other symptoms.

* For chronic "soft tissue" pain, use appropriate muscle strengthening, muscle stretching and general conditioning techniques as prescribed by your doctor or therapist.

* Identify emotional roadblocks such as family problems, financial difficulties, workplace concerns, medication overuse, alcohol/substance use, anger control difficulties, loneliness, anxiety, and depression.

* Deal with emotional problems as well as the physical ones.



Seek professional help when necessary and talk to people who will listen and be helpful whenever possible.

* Maintain and gradually increase your general activity level. Talk with your doctor or therapist about the safety of any activity that you are concerned could aggravate your injury.

* Prevent muscle tension build-up. Muscular relaxation techniques, gentle muscle stretching (as indicated by physiotherapist), and other tension control strategies (e.g., change in posture, rubbing, self-massage) are critical in helping prevent muscle tension build-up during the day. Do these exercises once every 30 to 60 minutes each day.

* Keep your mind and body active. Distracting yourself from pain and other symptoms by keeping involved in things that you enjoy helps lessen the impact of pain and ward off anxiety, depression, and irritability.

Increasing Your Activity Level

Before you reject an activity because of pain or other symptoms, carefully evaluate the activities that interest you most. Use a goal-setting table and start by filling in the "Can't Do" column with any activities that you feel you are unable to do. Next, carefully think about whether or not it is really true that you cannot do this activity. Perhaps you could do it by performing it a different way, by allowing yourself more time to do it, by accepting a less "perfect" performance from yourself, by permitting others to help you, or by determining if you would enjoy doing only a specific part of the activity. You may want to ask for

someone else's opinion, or a doctor's or therapist's advice about other ways that you can continue to get enjoyment out of an activity on your "Can't Do" list. Careful examination and evaluation of these activities may allow you to move an activity from the "Can't Do" category into the "Maybe Do" or "Can Do" category.

Next, think of some other activities that you think you may be able to do, and place them in the "Maybe Do" category. Go through the same exercise of trying to figure out a way that you can do each of these activities by changing the way you used to do it, using special devices or aids, or perhaps revising high expectations and doing the activity for enjoyment rather than to win. Again, ask for the help of family, friends, and professionals to identify ways that you can continue to enjoy this activity while ensuring your safety.

Finally, develop your "Can Do" list. This list should be a combination of things that you have now moved from other lists as well as other activities. You can begin this list by identifying activities that perhaps you used to do but stopped doing because you became too busy with other things. The list should include things that you've always wanted to try doing, and things that you already enjoy doing. You should also consider activities related to your "Maybe Do" or "Can't Do" lists. For example, if you can no longer play baseball you might want to begin coaching a little league team, or go and watch some games.

Selecting Goals, Pacing Activities, and Rewarding Your Efforts

It is important that you select realistic, attainable goals that you can maintain and that will help

motivate you to increase your activity level. You may begin by focusing on gradually doing more of the activities on your "Can Do" list. If your goals are set too high and you don't achieve them, you may become both frustrated and disappointed, which may discourage you from engaging in that activity in the future. It is best to choose a goal that you know you can reach even on your worst day, and then stick to that goal for a good week or two (at least 6 times) before you increase the goal. For example, you may start to walk once around the block at first, because, although you can walk further on most days, you probably couldn't do so on your worst day. This keeps you active even on your worst day and ensures that you'll reach your goal, feel good about it, and keep up the good work the next day. Then, when you're ready to increase your goal, make it a relatively small increase again one that you know you'll be able to accomplish even on your worst day. Never increase your goal by more than about 10-15% of your previous target. And always make certain that you have achieved your goal several times in a row (and during several bad days) before setting the target higher. Finally, reward yourself well for your efforts on a daily or weekly basis, or based upon reaching various goals. A daily reward might include some small food treat or leisure activity. Treating yourself to a movie, a favourite magazine, some new clothes, or calling a friend long distance are examples of ways in which you might reward yourself once you've reached each new goal.

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Heart Healthy

By Mithura Anandarajah, PT
Registered Physiotherapist

As New Year Resolutions are starting to wane, February comes right around the corner. Certainly one thinks of red hearts, valentine chocolates and roses. On a serious and less sentimental note however, it is a great time to ponder healthy heart awareness. February has been designated as the Heart Health Month and it is a perfect time to educate oneself and each other on the primary organ that really makes us tick.

A muscular pump that beats more than 100,000 time a day, the heart along with a whole network of blood vessels, supply blood and nutrients throughout the body. In addition, this system is responsible for removing wastes that are accumulated. With the narrowing of these vessels or the dysfunction of the heart, what results is cardiovascular disease. Heart disease accounts for the most deaths in Canada and so it is an issue that has an impact on every person. Most importantly, it can be managed appropriately. The best way of managing this disease is by controlling the risk factors. They include high blood pressure, high cholesterol, diabetes, smoking,

stress, excessive alcohol consumption, physical inactivity and being overweight. It is important to assess your blood pressure/cholesterol levels regularly.

High blood cholesterol will

lead to a buildup of plaque in the artery walls, which will make it harder for blood to flow throughout the body. This buildup of plaque is called atherosclerosis. If blood supply is slow or stopped in the heart muscle, what occurs



is a heart attack. Depending on the amount of damage, this affects the hearts ability to effectively pump blood throughout the body.

If blood flow is interrupted in the brain, what results is the death of the brain cells in that area, commonly known as a stroke. Depending on the extent of the damage, this can affect a person's ability to walk, talk, eat, see etc.

Living a health lifestyle is the best way to prevent the impact of heart disease. Making physical activity part of your daily routine for 30 to 60 minutes can lower your blood pressure and cholesterol levels. Find an activity that you enjoy, be it walking, biking or even rock climbing. Moreover, when you feel energized and active, you are more likely to watch your eating habits or avoid smoking. Healthy eating will involve eating foods and snacks



with lower salt intake and higher nutritional value. Meet with a dietician or a Naturopath to further educate yourself on the necessary principles.

To get more information about being heart healthy, discuss with your physician your risk factors and prevention methods. Talk to your physiotherapist/kinesiologist about how you can improve your activity level, safely and effectively. A Naturapath or dietician in your community could further facilitate healthy eating. Ultimately, educate yourself and those you care about this Heart Healthy Month. For more information please check the website www.heartandstroke.ca.



Mithura Anandarajah, PT, CAFCI
Clinical Director / Physiotherapist

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Plan 1: Platinum Plan for Re/Max/Royal LePage Agents

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Plan 2: Gold Plan for Coldwell Banker/Sutton Group Agents

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Plan 3: Silver Plan for Homelife/Mincon Agents

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Plan 4: Bronze Plan for Right At Home/No Name Agents

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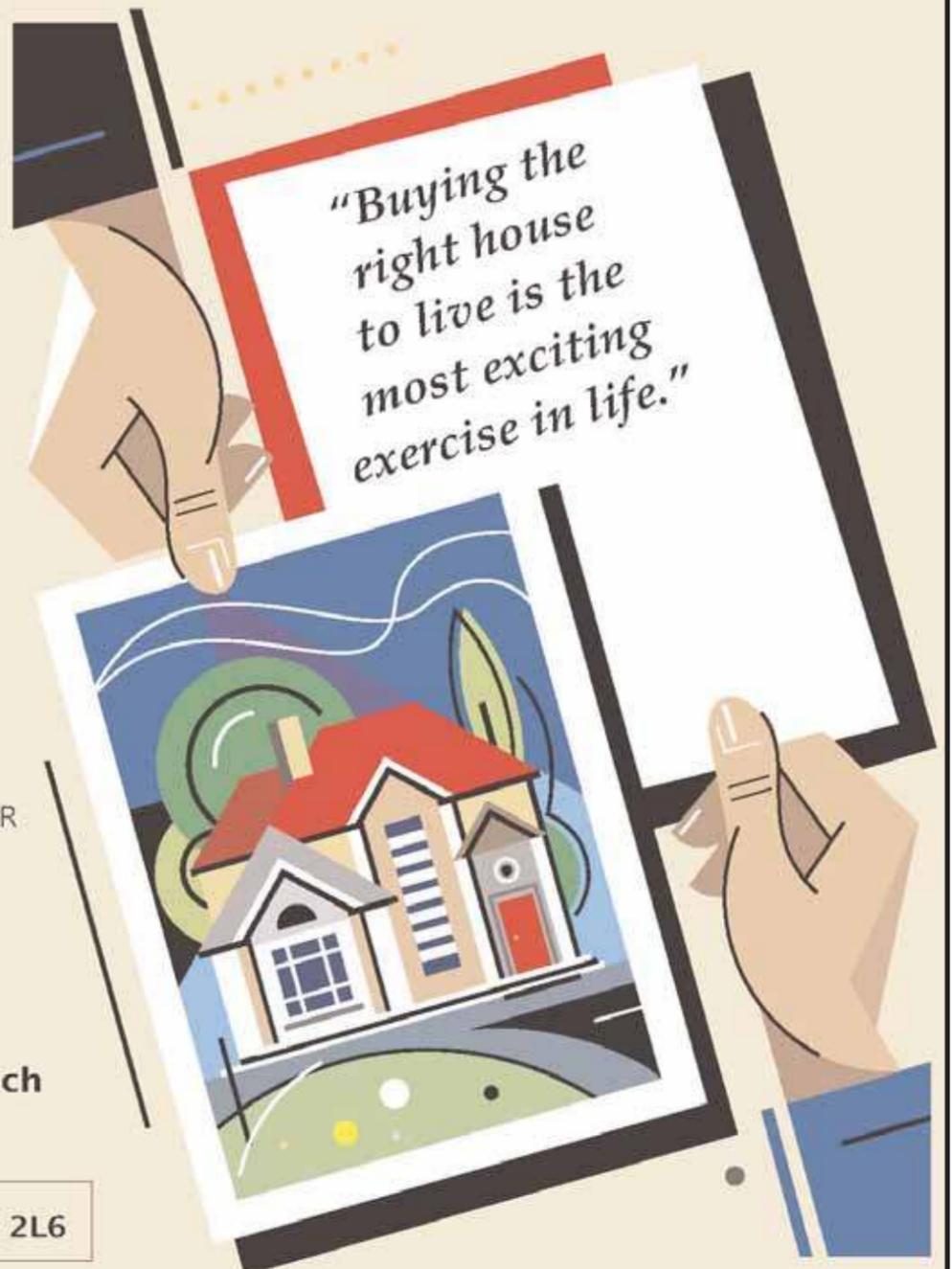
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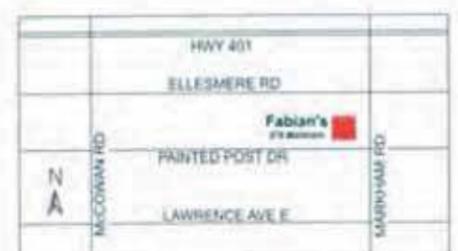
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RBC Royal Bank™

Kingston / Lawrence Branch - New Location Ribbon-cutting Event

By Siva Sivapragasam

Guests gathered recently at the new location of RBC Royal Bank's Kingston/Lawrence Branch to witness the colorful ribbon-cutting ceremony. RBC's Regional Vice-President Lisa Gallacher and Branch Manager Stella Medina were present to welcome the guests as they came in. The event began with the cutting of the ribbon followed by the cutting of a colorful cake.

Stella Medina, Branch Manager welcomed the guests and thanked them for their presence at the event. After her address, she introduced Lisa Gallacher (Regional Vice-President RBC) to the guests. Ms. Gallacher in her speech stated that Royal Bank was proud to serve the community for the past sixty years. She made special mention of the Branch Manager Stella Medina for her capability in leading the Branch team towards achieving success. She praised Stella and her team for giving back to the community through several events including fund raising for worthy causes. She recognized the valuable work that Stella and her team had done over the past few months and before. She stressed that building strong communities was at the heart of everything that they do at RBC.

Scarborough-Guildwood Federal M.P. John McKay sent a message of greetings to the Branch through his representative. At the provincial level Ms. Margret Best, Ontario's Minister of Health Promotion was present at the function and offered her greetings to the Branch. Scarborough East Ward 43 city Councillor Paul Ainslie presented an appreciation of Best wishes to Stella Medina, Branch Manager. Guests included customers of the Branch, members of the Business community, Real Estate Agents and Mobile Mortgage specialists from RBC Royal Bank. Guests were also entertained to sumptuous refreshments

Seen here are pictures taken at the function.



Ribbon cutting ceremony in progress and seen in the picture are Lisa Gallacher (RBC Regional Vice President), Stella Medina (Branch Manager), Scarborough East Ward 43 Councillor Paul Ainslie and other distinguished guests.



RBC Regional Vice President Lisa Gallacher and Branch Manager Stella Medina are in conversation at the event.



Scarborough East Ward 43 Councillor Paul Ainslie making a presentation of "Best Wishes" to Branch Manager Stella Medina.



Seen in the picture is RBC Kingston/Lawrence Branch staff team

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Fear and anxiety in battered Tamil city

By Anbarasan Ethirajan

Beneath the surface in Jaffna - the cultural capital of Sri Lanka's Tamils - there is underlying concern and anxiety following the Jan 26th presidential election.

President Mahinda Rajapaksa won the election by a huge margin.

But he got fewer votes than his rival, retired General Sarath Fonseka, in Tamil-dominated northern and eastern regions, particularly in Jaffna.

"We are disappointed with the election result. We wanted Gen Fonseka to win. Now we are not sure how this government will react towards the Tamils," says a Jaffna university student who did not want to be identified.

Gen Fonseka was supported by the main Tamil political group, the Tamil National Alliance, which had earlier backed Tamil Tiger rebels.

The voting pattern in the north and the east is seen as a reflection of Tamil anger and disappointment over the government's failure to reach out to them for reconciliation, following the defeat of Tamil Tiger rebels by the Sri Lankan military in May last year.

Jaffna feels like a different city compared with a year ago, when residents faced extended curfews and intrusive checks because of the war.

Shops are open for long hours, cultural programmes have started once again and tourists from the ethnic majority Sinhalese in the south are coming in numbers to the region.

But many here say they are disappointed with the present government for a variety of reasons - the main one being the delay in resettling hundreds of thousands of Tamils displaced in the final stages of the war.

Although a majority of the war displaced have been released from the camps, there are still close to 80,000 people in the camps near the northern town of Vavuniya.

Even those who have been released say that they are struggling to survive as they have no means to support themselves.

Some 60,000 refugees who came to Jaffna are either living with their relatives or in rented houses and many have no jobs.

"Displaced people are not happy that there are no livelihood programmes. They lost everything, particularly in the mainland Wannu region," says Prof Ponnudurai Balasundarampillai of Jaffna University.

There have been reports that a displaced couple, who were sent to Jaffna, committed suicide a few months ago due to extreme poverty.

There is also an undercurrent



Armoured cars on the streets of Jaffna are a common sight

of disappointment and sadness among many here that the Tamil Tigers had been wiped out.

The armed struggle for a separate state for Tamils started in Jaffna peninsula in the 1970s.

However, very few residents are willing to talk openly about what happened to the rebels because of the fear of reprisal from pro-government paramilitaries or intelligence agencies.

There are about 40,000 troops in Jaffna peninsula and it's common to see soldiers patrolling the streets searching for roadside claymore mines.

Armoured cars with heavily armed troops often whizz past in the city.

Although disappearances and extra-judicial killings have reduced significantly since the defeat of the rebels last May,

there are concerns over people who have disappeared in the past few years.

"We have had more than 1,000 reported incidents of disappearances since December 2005. Until now we have no information about them," says M Remadius, a human rights lawyer in Jaffna.

While many residents welcome the government's decision to open the main A-9 highway linking the peninsula with the mainland and to ease security restrictions, they feel that the government hasn't done enough to address their main concerns.

They want the government to tackle the root cause of discontent with Colombo by devolving more powers to Tamil-dominated areas.

Tamils say a lasting peace can be achieved only when the gov-



ernment gives a political solution. "Tamils feel marginalised and there's anxiety about their future. They expect President Rajapaksa to resolve the Tamil political problem. Now after obtaining a second term, he cannot postpone it," says Prof Balasundarampillai.

On the contrary, pro-government Tamil minister Douglas Devananda says Tamils have committed a historical mistake once again by not supporting President Rajapaksa in the elections.

He points out that Tamils missed opportunities - like the India-Sri Lanka accord of 1987 and subsequent peace talks - with successive Sri Lankan governments to find a peaceful solution.

Those missed opportunities, he says, only increased the sufferings of the Tamils.

"The vote against the government in Tamil areas in the elections will only prolong the problem. It will not help in finding a solution," Mr Devananda says.

However, he admits that there have been shortcomings in the resettlement of war displaced but insists that the government is trying to address the issue.

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Safety Blitz Focuses On Forklifts

McGuinty Government Committed To Eliminating Workplace Injuries

Ontario is making workplaces safer by focusing on hazards involving forklifts and lifting devices.

Ministry of Labour inspectors will visit industrial workplaces during increased enforcement in February 2010. They will ensure lifting equipment is being:

Inspected and maintained in good condition
Operated by well trained employees; and
Used in a safe work environment.

The blitz will be conducted in addition to the ministry's recently announced fall hazards blitz dur-

ing which inspectors will continue to visit construction sites to check for hazards involving suspended platforms.

The blitzes are being conducted as part of the government's Safe At Work Ontario strategy. Keeping more workers safe means increased productivity for Ontario's economy and less strain on the health care system.

QUOTES

"The Government of Ontario and its workplace partners remain committed to eliminating all workplace injuries. Workers deserve to come home to their families each day, safe and sound."

- Peter Fonseca,

Minister of Labour

QUICK FACTS

At least 18 workers have died since 2003 as a result of incidents involving lift trucks, reach trucks, forklifts and tow motors.

In total, there were 9,455 forklift-related incidents involving a lost time injury between 1996 and 2008, an average of 727 incidents a year, according to the data compiled by the Occupational Health and Safety Council of Ontario.

Ontario employs 430 full-time occupational health and safety inspectors.

Ontario Launches Summer Jobs Programs

McGuinty Government Helps Young People Succeed



More than 100,000 students will find jobs and gain important work experience this summer with assistance from the Ontario government.

Through Employment Ontario's Summer Jobs website, students can:

Find job listings

Get help to improve their marketing skills and resumé writing

Learn how to start their own Summer Company

Apply for summer jobs with the Ontario Government.

Employers are also being encouraged to hire students through a \$2-per-hour hiring incentive. Ontario's summer jobs programs and services are open to students aged 15 to 30 years who are planning to return to school this fall.

QUOTES

"Summer jobs help students

explore the workplace and their talents. Jobs help young people earn money to continue their studies, and contribute to Ontario's future."

- John Milloy

Minister of Training, Colleges and Universities

QUICK FACTS

Last summer, the government helped 110,521 Ontario students find jobs, a significant increase from 86,000 in 2008.

LEARN MORE

Find out about all summer jobs programs offered by the Ontario government by visiting our website at <http://www.ontario.ca/summerjobs>, or call Employment Ontario at 1-800-387-5656 to discuss job opportunities.

Summer Jobs At Ontario Ministries

PUTTING STUDENTS FIRST!

Elect Juanita Nathan

School Board Trustee

Trustee Candidate - Ward 7 & 8 York Region District School Board

Juanita Nathan, a long time resident of Markham, is hitting the streets today to meet students and parents in a campaign declaring to "put students first". Juanita has worn many hats in the past as a community youth outreach worker, a seniors support worker, a counselor for abused women. Juanita Nathan currently works at YOUTHLINK, Social Services Network of York Region, and Family Services of York Region. She believes that student achievement can be enhanced in schools in Wards 7 and 8 by a trustee whose emphasis is on student and parent engagement. This is engagement that will bridge the gap between families and schools.



"This campaign will be won at the doors," stated Nathan who will begin the day on Roxbury Street meeting students and parents in the neighbourhood. "It's one in many ways the people of Ward 7 and 8 can see for themselves my level of commitment, one that will continue after the election," she added.

Commenting on how she perceives the role of the school trustee, Juanita said "I'm entering to ensure that the job of the trustee is not merely a symbolic one that stops at attending board meetings. I'm entering to ensure that the voices of our students and the voices of our parents are heard". Juanita is running on a campaign to increase engagement between families and the school board. She however strongly believes that it is the responsibility of the trustee to take this to the next level.

Reiterating her commitment to engaging students and their parents, Juanita concluded "We can strengthen public education, we can make it work better, but we need to all be in this together."

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February is heart month

At Rouge Valley, helping people with heart problems is a very important priority. Our donors provide essential equipment to ensure we avoid as many heart-related deaths as possible. Equipment like a portable ultrasound machine helps our medical teams assess the condition of the heart muscle or determine if there is fluid around the heart. And machines like an ECG can save lives on the spot by detecting arrhythmias and other serious conditions. Our hos-

pital truly relies on donations from our community members to replenish aging equipment as well as adding special and new modern technology so necessary to saving lives and providing daily patient care. How will your individual gift make a difference in 2010? It will save lives.

From our heart to yours, thanks for your support.

Kerry McLeish,
RVHSF Communications Officer

CE LHIN approves life-saving cardiac program Code STEMI at Rouge Valley provides "gold-standard" care within 90 minutes

By David Brazeau

Rouge Valley Health System (RVHS) has received approval to continue implementation of its "gold standard" pilot program in life-saving cardiac care intervention.

"We thank the Central East Local Health Integration Network (CE LHIN) Board of Directors for making this decision, which means the hospital will now continue and expand a program we piloted during the last year to bring unstable cardiac patients the specialized care they need within a crucial 90-minute window," says Natalie Bubela, vice-president of programs, RVHS.

The program required CE LHIN approval late last year in order to continue beyond its pilot stage. "The Central East LHIN board decision represents a great start toward implementing this program."

RVHS' Code STEMI program, as it's called, provides for percutaneous coronary intervention (PCI) within 90 minutes of a patient presenting with symptoms allowing more lives to be saved.

"Simply put, the sooner a PCI treatment is provided by one of our cardiologists and the specialized team, the better a patient's chance of surviving a heart attack," says Bubela.

Deborah Hammons, CEO of the CE LHIN, says, "Rouge Valley's performance data in the pilot provided the reassurance our board of directors needed to approve making this pilot a funded program. The hospital achieved the 90-minute gold standard timeframe for most of the patients, who came from the east Toronto area of the Central East LHIN."

Hammons adds, "Equally impressive to having such a high-caliber PCI team in place is the fact that patients get to go home much sooner. Their average length of stay in hospital was reduced by two days in the RVHS pilot. With the Code STEMI program in place, the length of stay in an emergency department was also reduced by an average of seven hours. The CE LHIN board's approval also reaffirms the Hospital Clinical Services Plan, which identified Rouge Valley

as a regional centre for cardiac care earlier this year."

This program also supports the aims in the CE LHIN's 2010-2013 Integrated Health Service Plan of reducing the amount of time patients spend in the emergency department and decreasing the impact of vascular disease.

The pilot program at RVHS had been focused on the east Toronto area utilizing the centralized cardiac catheterization laboratories at Rouge Valley Centenary hospital campus. Rouge Valley is now beginning to expand the program to Durham Region sometime in the new year.

Rouge Valley's Code STEMI program is being provided in collaboration with The Scarborough Hospital and Lakeridge Health Corporation in an effort to serve residents in the east Toronto and Durham communities. The program is being funded through the CE LHIN for \$589,000 in 2009-10 and \$500,000-a-year thereafter.

What is a percutaneous coronary intervention (PCI)?

Percutaneous coronary intervention is a treatment procedure that unblocks narrowed coronary arteries of the heart without surgery. PCI, commonly known as angioplasty, is a therapeutic procedure used to treat the stenotic (narrowed) coronary arteries, associated with coronary heart disease. It can involve several treatment strategies. As part of the PCI procedure, a tiny balloon is inflated within the coronary artery to crush the plaque into the walls of the artery allowing for a more normal blood flow in the heart.

What is STEMI?

Segment (ST) elevation myocardial infarction (STEMI). Myocardial infarctions (heart attacks) occur when a coronary artery suddenly becomes blocked, or at least partially blocked. This causes some of the heart muscle to become infarcted - meaning it dies or is dying.

David Brazeau is the Director of Public Affairs & Community Relations at Rouge Valley Health System.



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Healthcare

Personal Support Worker (PSW)

Graduates of this program may find jobs as :

- Personal Support Worker
- Home Support Worker
- Personal Care Attendant
- Residence Care Aid
- Nursing Assistant



Medical Office Admin (MOA)

Graduates of this program may find jobs as :

- Medical Office Assistant
- Medical Admin. Asst.
- Medical Receptionist
- Medical Secretary
- Medical Records Clerk
- Hospital Ward/Unit clerk



Early Childcare Asst.(ECA)

Graduates of this program may find jobs as :

- Childcare Assistant
- Childcare Worker
- Early Childhood Educator Assistant
- Daycare / Preschool Worker
- Infant Daycare Worker



Business

Computerized Accounting

Graduates of this program may find jobs as :

- Accounting Assistant
- Accounts Administrator
- Accounts Manager
- Accounts Payable Clerk
- Accounts Receivable clerk
- Payroll clerk



Business Administrator

Graduates of this program may find jobs as :

- Administrative Assistant
- Office Administrator
- Office Support Personal
- Management Trainee
- Executive Assistant



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Canadian Tamils'
Chamber of Commerce®

NOMINATION PACKAGE

12th ANNUAL ENTREPRENEUR AWARDS

INFORMATION

Purpose

To provide public recognition and education about outstanding business carried on by Tamil Canadians and their achievements in commerce and community development.

Preamble

Enclosed is a nomination package for The Entrepreneur Awards in Business. These awards were created to recognize the outstanding efforts by Tamil Canadians in the business community. The Chamber Award Selection Committee asks that the information be provided as it pertains to your Canadian operations only. The Chamber has made best efforts to design this nomination form so that nominated businesses can provide the Selection Committee with appropriate facts without divulging any information that the company deems confidential. All nominees are permitted to provide additional attachments wherever necessary. It is the sole responsibility of the nominee to make sure that all information submitted is correct to the best of its ability and provided to the Chamber on or before the specified deadline for receipt of nominations. The Selection Committee will only see your form. All information listed in your nomination form will be held in the strictest of confidence.

Method of Selection

A selection committee, approved by the Board, will be responsible for the selection of the winners for these awards. The committee will consist of 5 persons, two from within the board and three from within the members or the public. The selection committee will study suggestions and nominations made, independently review the nominations and supporting documentation, visit the businesses, and ultimately select the winners. The selection committee reserves the right to request additional information, relating to the nominated business, if necessary. The Selection Committee, if it deems appropriate, may recommend that an award may not be presented when there are no qualified candidates.

Time Deadlines to Remember

All nominations should be mailed to the CTCC office, or submitted through the CTCC website. Letters sent to the CTCC office should be marked "private & confidential" and should be put in a mailbox before February 25th, 2010, giving enough time for it to be received before March 1st 2010. When submitting through our website, nominations can be made up until 5:00 pm on March 1st, 2010.

Exclusions

Members of the Board of Directors, Advisory Council Members and Entrepreneur Awards 2010 Selection Committee Members are not eligible to be nominated for these awards.

Contact

For further inquiries, contact CTCC office at 416-335-9791 or Ken Kirupa at 416-294-9322 or by e-mail to kenkirupa@gmail.com or through CTCC e-mail: webmaster@ctcc.ca

BUSINESSES MAY ONLY BE HONORED ONE TIME IN ANY ONE OF THE CATEGORIES



AWARD CATEGORY AND ELIGIBILITY CRITERIA

Best Entrepreneur Award

- In business for minimum of 4 years.
- # of Employees.
- Business should demonstrate overall stability and growth, employment increases and increase in customer radius.
- When compared to others in the industry or field of competition, business nominated should have a leadership position.
- Business should enjoy good visibility and image in the community.
- Company employees should enjoy good "quality of life" in the work environment.
- Civic and/or volunteer work by the owner or employees will be considered as well.
- Business nominated is not required to be a past or present member of The Chamber.
- Evidence of innovation in product development or marketing
- Community orientation

Best Woman Entrepreneur Award

- In business for minimum of 4 years.
- Business should demonstrate overall stability and growth, employment increases and increase in customer radius.
- When compared to others in the industry or field of competition, business nominated should have a leadership position.
- Business should enjoy good visibility and image in the community.
- Company employees should enjoy good "quality of life" in the work environment.
- Civic and/or volunteer work will be considered as well.
- Business nominated is not required to be a past or present member of The Chamber.
- Evidence of innovation in product development or marketing
- Community orientation

Best Young Entrepreneur Award

- In business for at least 2 years
- Wide market for product or service
- # of Employees
- Evidence of innovation in product development or marketing
- Good reputation
- Community orientation
- Should be less than 30 years of age

Marketing Award

- Individual business or service
- In business for at least 2 years
- Unique methods to target audiences
- Utilizes innovative and traditional methods of marketing creatively
- Use of website, stationary, TV/radio, print ads – 3 out 5
- Corporation – 50 people or more are not eligible

Most Outstanding Professional Award

- Nominated by the Board of Directors
- Displays evidence of individuality

Most Outstanding Community Service Person Award

- Nominated by the Board of Directors
- Acts as a community leader and offers support to various organizations*

NOMINATION FORM (2010) FOR THE 12TH ANNUAL ENTREPRENEUR AWARDS

Award being nominated for (please choose one):

- Best Entrepreneur Award
 Best Woman Entrepreneur Award
 Most Outstanding Professional Award
(Please fill 1-6 only & if applicable)
- Best Young Entrepreneur Award
 Best Marketing Award
 Most Outstanding Community Service Person Award
(Please fill 1-6 only & if applicable)

1) Name of Nominee: _____

2) Age (Only if applying for the Best Young Entrepreneur Award): _____

3) Name of Business: _____

4) Type of Business: _____

5) Address: _____

6) Tel: (Business) _____ (Home/Cell) _____

7) Start Date of Business: _____ Number of Employees: _____

8) Net Asset Value of Business: \$ _____ Annual Sales: \$ _____

9) Reasons for Recommendation:

* _____

* _____

* _____

* _____

* _____

10) Additional Comments:

* _____

* _____

* _____

* _____

* _____

11) I hereby consent to my nomination for the award category listed above: _____

(Signature of Nominee)

ACKNOWLEDGEMENT & AUTHORIZATION

I certify that the information contained herein is true and correct to the best of my knowledge. I agree to allow the Chamber Selection Committee to contact appropriate agencies or individuals only to verify any statements made on my nomination form. I consent to provide additional information and/or documentation as required, plus an on-site review by the Selection Committee if requested. By signing this form, I allow the Chamber to use my name and/or my business's name in promoting this program. In consideration for my nomination and possible selection as The Canadian Tamils' Chamber of Commerce Entrepreneur Award winner, I agree to hold harmless The Canadian Tamils' Chamber of Commerce, its officers and employees, and the Selection Committee of the Chamber along with all of its subcommittees.

Signature of Nominee _____

Date _____

Conditions of Entry

1. The closing date for receipt of completed entry forms is Monday March 1st 2010 at 5pm.
2. Entries may be made in more than one category (for multiple entries please submit each entry on a separate form).
3. The Awards are only open to organizations and individuals operating within Canada
4. Entries must address the criteria established for each category and against which the Selection Committee must make their decision.
5. Short listed organizations in each category may be visited by representatives of the Selection Committee to validate their entry and assist with their final decision.
6. In certain cases, short listed organizations may be invited to give a short presentation on their entries.
7. Finalists will be invited to the Entrepreneur Awards Gala Night to be held on Saturday April 10th 2010 when the winner in each category will be announced.
8. The Selection Committee's decision is final and no correspondence will be entered into.
9. All information will be treated as confidential. It will not be used for any purpose other than judging the competition.

To be filled by Nominator:

Name: _____ Designation: _____

Signature: _____ Date: _____

Mailing Address for the Completed Nomination Forms:

Selection Committee

Entrepreneur Awards Gala-2010

CTCC

209-5200 Finch Ave East, Scarborough, Ontario. M1S 4Z4

Home Renovation Tax Credit - Traps & Tricks

Harmonized Tax (HST) - The Benefits to individuals & Small Business Owners

By Emil Alphonsus

Chartered Accountant
CA, CGA, CPA(MI)

We would like to discuss certain tax topics which are relevant on everyone's life but please note that all issues relate to these headings cannot be discussed in detail. If you have any specific questions or concerns, please give us a call or email with your questions.

Home Renovation Tax Credit (HRTC) - traps and tricks

By the time when you read this article, you have already passed the deadline of January 31, 2010. Even if you incur any eligible expenses after this deadline, you won't be able to claim in your personal tax return of 2009 unless the government changes the rule. Further, it is not necessary to complete all the work by January 31, 2010 to claim this credit. If you had purchased the materials before the deadline but not installed by the deadline, you still will be able to claim for the portion of the cost incurred before the deadline. Also, they are very specific that the cost should have been incurred before the deadline not on or before. Therefore, any cost incurred on February 1, 2010 or after is not eligible to claim in your tax return. Also, it is not necessary to pay cash to your contractor by the deadline to claim the credit but the percentage of completed work by the deadline.

Maximum non-refundable credit is only \$1,350 and if you don't have income you won't be able to claim this credit. Also, you should have incurred eligible expenses for more than \$1,000 and the maximum is \$10,000. The credit is calculated as $(\$10,000 - \$1,000) \times 15\% = \$1,350$.

Most importantly, it should be an eligible dwelling. Therefore, if you did some renovation work in the basement and it was rented during the eligible (January 27, 2009 to January 31, 2010) period, you won't be able to claim the credit. It should be incurred for personal-use of your dwelling.

What are the eligible expenses? Most of the renovation cost incurred inside or outside of your home is eligible but the following are not eligible: furniture, household appliances, and electronic home-entertainment devices, purchasing of tools, carpet cleaning, house cleaning, maintenance contracts (e.g., furnace cleaning, snow removal, lawn care, and pool cleaning), and financing costs. For complete list of eligible and non eligible expenses, please visit to <http://www.cra-arc.gc.ca/tx/ndvds/sgmnts/hmwnr/hrtc/ig>

bl-xpns-eng.html

What is Harmonized Sales tax or HST in Ontario

Effective July 1, 2010, there won't be two taxes namely Goods and Services Tax or GST and Provincial Sales Tax or PST or RST (Retail Sales Tax). GST and PST would be combined into HST. Currently, GST is 5% and PST is 8% and HST would be 13%. Therefore, no different in terms percentages but there are far more implications due to HST. Please remember, whether you like it or not, the legislation has been enacted by both Ontario and Federal Governments.

This is very complicated topic and we won't be able to discuss in a comprehensive manner in this short article. Therefore, we will select a certain number of important aspects of the legislation which are going to affect you, as a consumer or as a small business owner.

HST would not be charged on basic groceries, prescription drugs, child care, residential rents, most health and educational services, legal aid, most financial services, tutoring, and music lessons. Also, consumers won't pay provincial component of HST for prepared food and beverages sold for \$4 or less, print newspapers, children clothing and footwear, children car seats and car booster seats, diapers, books, and feminine hygiene products. Ontario Govt. is claiming that 83% of the consumer purchases will not see a new tax but most importantly, the following items will see additional 8% or Ontario component of HST. They are: Electricity, Gasoline, Heating fuels, personal and professional services, tobacco and new homes. We believe that you, as a consumer will spend more money on the above items than the other consumer purchases as claimed by the government. Further, gov't. promises that buyers of new home will receive a rebate of up to \$24,000 regardless of the purchase price of the house.

The Govt. logical explanation is that HST will help Ontarians by eliminating hidden sales tax and will reduce prices of many products but this depends on sellers and manufacturers who are willing to pass the benefits to ultimate consumers. Hidden taxes are explained as RST is charged on many layers of manufactured products such as transportation cost, raw materials cost, etc but some of the items are already exempted through purchase exempt certificate. For example, suppliers of raw materials could obtain purchase exemption cer-

tificate and would not charge RST when they sell to manufacturers.

In addition, Ontario Gov't. promises that it will provide \$10.6 billion over three years in the form of tax relief which includes permanent personal tax cuts and direct payments but it is believed to have negative impact over long term.

As a small business owner, you will definitely have benefits accrued with HST. Currently, you cannot claim PST paid on purchases of assets or supplies or expenses in your PST return. From July 1, 2010 onwards, you could claim this amount in HST return as an input tax credits. The mechanics of HST is similar to GST concept.

Indirect Income Calculation or "Net worth method" and Canada Revenue Agency

In my practice, I came across certain reviews of individual tax returns by Canada Revenue Agency (CRA) based on Net Worth Method ("NWM"). Therefore, I have decided to write this article on the above topic to educate individual tax payers. From June 1, 2009 to December 31, 2009, there were 57 cases involved with NWM. Please note that these cases were decided at tax court but we don't know how many other cases involved with NWM and resolved outside Tax Court. Therefore, we can safely conclude that this is a very popular concept with CRA in recent times.

Many people have probably heard of NWM used in the context of financial health and planning but not aware that NWM are also used by CRA to determine what they consider to be unreported or underreported income. So what exactly are NWM and how do they work?

Bowman, T.C.J., as he was then, offers the following insight



of the NWM in Bigayan V. The Queen, [2000] 1 C.T.C. 2229:

The NWM, as observed in Ramey V. The Queen, 93 DTC 791, is a last resort to be used when all else fails. Frequently it is used when a taxpayer has failed to file income tax returns or has kept no records. It is a blunt instrument, accurate within a range of indeterminate magnitude. It is based on an assumption that if one subtracts a taxpayer's net worth at the beginning of a year from that at the end, adds the taxpayer's expenditures in the year, deletes non-taxable receipts and accretions to value of existing assets, the net result, less any amount declared by the taxpayer, must be attributable to unreported income earned in the year, unless the taxpayer can demonstrate otherwise. It is at best an unsatisfactory method, arbitrary and inaccurate but sometimes it is the only means of approximating the income of a taxpayer.

Fortunately, Bowman, T.C.J., in Bigayan, also offers two possible methods of disputing the NWM. The first and best method is to put forth evidence of what the taxpayer's income actually is. The second and less desirable method is to prove the net worth statement to be wrong. The problem with arguing the accuracy of separate components or assumptions of the net worth statement is that the statement itself is inherently flawed and any

changes to it will also be flawed.

Generally, the two aspects of the NWM that can be adjusted are the calculations for revenue and for expenditure. Since the NWM generally does not account for non-taxable income such as gifts and lottery winnings, one can present evidence of these revenues to diminish the taxable increase attributable to unreported (taxable) income. For daily expenditures, one can use as guideline the statistics put out by Statistics Canada on the standards of living.

Although this article presented the NWM as a tool used by the CRA in arbitrary assessments, it is worth mentioning that the NWM can also be used by the taxpayer to refute unreported or underreported income claimed by the CRA. Recently, most cases at Tax Court went against CRA but please note that it all depend on individual's circumstances. The preparation of net worth statements, however, is expensive and as was discussed above it is not a method to which the tax court is receptive and should be used as a method of last resort.

(The Writer is a Chartered Accountant with more than 15 years of experience and can be reached at Alphonsus & Associates (Tel: 416-493-8220 or email: email@alphonsusca.com). You could view his other articles at www.alphonsusca.com, under newsletters.- Editor)



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Valentine's Day

S. Raymond Rajabalan

Millions of people around the globe send Valentine's Day cards to express their affection for someone special. But how did this holiday originate?

When we think of Valentine's Day, we call to mind hearts, chocolates, flowers and expressions of love. Yet before joining in the fun, wouldn't it be interesting to know where this tradition comes from.

Origins of Valentine's Day

Saint Valentine's Day or Valentine's Day falls on February 14. It is the traditional day on which lovers express their love for each other; sending Valentine's cards, candy, or donations to charities. It is very common to present flowers on Valentine's Day. The holiday is named after three men, all Christian martyrs named Valentine. The day became associated with romantic love in the High Middle Ages, when the tradition of courtly love flourished.

Roman Roots

The history of valentine's day is obscure, and further clouded by various fanciful legends.

Valentine's Day began when the early Roman Catholic Church tried to Christianize an ancient pagan Roman holiday called Lupercalia, celebrated by shep-



herds on February 15. The word Lupercalia comes from lupus or wolf. That celebration was a licentious festival that honored Lupercus, the hero-hunter of wolves. This festival was so immensely popular among the Roman people that Pope Gelasius I (492-496) recast this pagan festival as a Christian feast day circa 496, abolishing Lupercalia and replacing it by St. Valentine's day to be celebrated on February 14.

Valentines Galore

Which St. Valentine this early

pope intended to honor remains a mystery: according to the Catholic Encyclopedia, there were at least three early Christian saints by that name. One was a priest in Rome, another a bishop in Terni, and of a third St. Valentine almost nothing is known except that he met his end in Africa. Rather astonishingly, all three Valentines were said to have been martyred on Feb. 14.

Most scholars believe that the St. Valentine of the holiday was a priest who attracted the disfavour

of Roman emperor Claudius II around 270. At this stage, the factual ends and the mythic begins. According to one legend, Claudius II had prohibited marriage for young men, claiming that bachelors made better soldiers. Valentine continued to secretly perform marriage ceremonies but was eventually apprehended by the Romans and put to death. Another legend has it that Valentine, imprisoned by Claudius, fell in love with the daughter of his jailer. Before he

was executed, he allegedly sent her a letter signed "from your Valentine."

Although all historical sources contain some of the same notions about how Valentine's Day developed, each one highlights another facet of the story.

According to one of the sources, part of the ancient ceremony entailed putting girls' names in a box and letting the boys draw them out. Couples would thus be paired off until the following year. The Church substituted saints' names for girls' names, in the hope that the participant would model his life after the saint whose name he drew. But by the 16th century, it was once again girls' names that ended up in the box. Eventually the custom of sending anonymous cards or messages to those one admired became the accepted way of celebrating St. Valentine's Day.

Over the centuries, the holiday evolved, and by the 18th century, gift-giving and exchanging hand-made cards on Valentine's Day had become common in England. Hand-made valentine cards made of lace, ribbons, and featuring cupids and hearts eventually spread to the American colonies. The tradition of Valentine's cards did not become widespread in the United States, however, until the 1850s, when Esther A. Howland, a Mount Holyoke graduate and native of Worcester, Mass., began mass-producing them. Today, of course, the holiday has become a booming commercial success.



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February is **Membership Month**

Activities are,

Members recommend New Members

Each members are requested to recommend a new member with their permission to the board by e-mail. Board will contact them directly.

Chamber
Open House

Wednesday Feb 17, 2010 6:00 P.M. To 8:00 P.M.
Friday Feb 19, 2010 6:00 P.M. To 8:00 P.M.

@ Chamber Office, 5200 Finch Ave.E, Suite 209

An opportunity for new and existing members to join the chamber and learn more about.

Business owners and Professionals are Welcome!!

Membership Blitz Feb 22nd to 28th

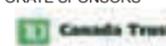
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One More Star in the Galaxy of women Tamil writers, Saro Varnam



Pudhuvai N. Raman

Once women were considered to be within four walls without any rights to expose her skills, talents and knowledge except to remain as a house keeper in the family. We have read innumerable women's contribution to build up the communities and societies of that age to give importance for humanity and welfare of all from the ancient literatures.

Subsequently women felt to raise their voice for equal rights to that of men which gained a good moral support and now women in general have proved equal to men in all aspects though their knowledge, education, skill and talents. They play important roles in all fields from professional point of view to politics and made record of history throughout the world. Particularly in Arts like music, Dance and literary works, their contributions are abundant and proved great success without any limit of their intellectuality in Tamil Community. As such women writers short stories, novels, poems etc have become very popular and won many awards in the literary field in all countries. Their contribution in local weekly news paper, participation in variety of social, cultural and literary events have made to identify their intellectual personality. But in Canada among these migrated South Asian and Sri Lankan Tamils like Kuramagal Vallinayagi, Lalitha Broodie, Vasantha Natarajan, Vijaya Raman, Rajmeera Rasaya, Siva Vadhani Prapakaran and Sivanayani, very few women only are identified as famous writers we know. Now one more star has risen to glitter among them through air that is Saro Varnam, a famous artist of CTBC 24 hrs radio in Toronto. Though she has been identified as a good writer through her short stores and other features, she achieved a good recognition through her association with the team as one of the artists of CTBC's 15 year growth. She has given innumerable variety of programs through

this media and got a good credit of respect and recognition among the listeners. It was her long ambition to bring out a book about CTBC instead of compiling her short stories and other write ups. Born in Andhra Pradesh (India), with Telegu as her mother language, she learned Tamil after migrated to Sri Lanka through the broadcasting of radio programs, which in turn made her to become one of the artists in Ceylon Radio thereby her experience and talents rewarded a great name in air. Similarly when migrated to Canada, her interest was with the same spirit to unite in CTBC and now she is considered one of the gem stars and fulfilled her desire to write a book on CTBC 'Olialaigalin Sangamam' which was launched successfully on 19th December in a grand function held at Scarborough Civic centre in presence of large gathering of her well wishers, particularly from stage artists to other radio stations also.

P. Kanagasapathy, former president of Mahajana College, presided over the function and famous poet and eminent writer Navam released the book in a fitting manner.

As usual with the convention of prayer, Canadian National Anthem and mark of silence to the bereaved souls in Sri Lanka the program started with the welcome address by Thenpuloliyur Krishnalingam who gave an introductory remarks about the author and her role with CTBC Radio for the past 12 years with dedication and unity.

Behind the stage, in silver screen, the team artists and writers of the book was shown so as to project the team spirit of the author's gratitude to them.

Navam launched the book 'Olialaigalin Sangamam' after addressing its main features with various illustrations. In his speech he pointed out that an attempt to write a book on transmitting radio really would be very useful to not only to the listeners and fans, but



it is a credit to the artists also and extended his good wishes to the author. The books were distributed by the author to the important guests and speakers.

P. Kanagasapathy, in his presidential address, highly appreciated author's efforts in beautiful Tamil language into two categories. The first part compris-

es author's contribution in CTBC and the second part with articles of the artists, who are in CTBC as pillars in various fields. He also reviewed her past experience in Sri Lanka Radio. As an artist poet and short story writer she has achieved now as one of the prominent women writer and author of a book. With the bless-

ings he congratulated her aspirations to grow further in the literary world.

The book was reviewed by the Advocate and Notary Public Manual Jesudasan, who quoted some illustrations which are really very impressive and educative to the artists to understand the broadcasting services utility. He also pointed out few mistakes with his comments and praised her successful effort to bring out this book for Tamils.

Ilayabharathi, the Director of CTBC, R.N. Logendralingam, the Chief Editor of Uthayan Weekly Tamil News Paper and Jothi Prapakaran felicitated the author in various angles. In their speech, they expressed that women should come forward as good writers to use their skills and talents not only in music and fine arts, but in literary works also they mentioned. They also appreciated her inter personal contact with all leading artists in GTA so as to gather them in this event, which deserves a new trend for strengthening our unity and integrity.

As an entertainment Viroshi Shriganesh from Ragasittu Light Music group rendered songs about CTBC.

Saro Varnam, in her vote of thanks she expressed that this is her first attempt to write a book, that too with team spirit of CTBC staff and artists, with the blessings of her Guru Sarsorupavathy Nathan. The first prize for her short story in 1981 'Athmavin Olangal' gave an impetus to shine her further, but her inner recess encouraged to join her in Radio services. She recollected her past and present in this media and expressed her gratitude to all. Being born in India, graduated in Sri Lanka and presently migrated to Canada, has changed her whole life with the inspiration of radio services to mark her achievements.

Thus she has set an example to the artistic talents and proved with great success. Monsoon Journal feels highly pleasure to extend its greetings and congratulates Saro Varnam.



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MONSOON FEATURE

Mantras are sound vibrations that permeate every cell of our being; they let the mind dissolve. Mantras are impulses or rhythms of consciousness. They create spiritual vibrations. Mantra is that which saves you from repetitiveness. A repetitive thought is a worry. Mantras help to free us from worries.

Often we wonder why we chant some sounds without understanding their meanings. Can something that we do not understand, help us? A mantra is like a seed. Every seed has the potential to become a tree. Similarly, these sound vibrations contain all the possibilities of creation. Some mantras are in seed form, called the bija mantras. Others are fully expressed, that is the fruit of the mantra is also expressed, like the Gayatri mantra.

It is wrong to conceive of the notion that the Gayatri Mantra is solely meant for the chosen orthodox Brahmin class. It is universally applicable, for it is nothing but an earnest prayer for light, addressed to the Almighty supreme spirit. It is verily the sole transcendental guide-light to humanity. Of all Mantras the supreme and the most

GAYATRI Mantra: THE POWER OF CHANTING

potent power of powers is "The Gayatri Mantra". The nature of Gayatri is such that you can adore worshipping it in any form or name you like.

The Gayatri is the support of every seeker after Truth who believes in its efficacy, power and glory, be he of any caste, creed, clime, or sect. It is only one's faith and purity of heart that really count. Indeed Gayatri is impregnable spiritual armour, veritable fortress that guards and protects the votary that transforms him into the divine and blesses him with the brilliant light of the highest spiritual illumination.

One must start regular daily Gayatri Mantra/Japa and you will feel for yourself the wondrous power that you derive there from. It is always advisable to fix a particular time for the Japa and stick to it permanently. At least one mala of Japa should be done daily without a break. It will guard you from all dangers, give you infinite strength to overcome all obstacles and give you power, peace and bliss.

THE GAYATRI MANTRA WHICH WE HAVE TO PRACTICE DAILY AND REGULARLY IS: -

"Om Bhur Bhuvah Svah"

Tat Savitur Varenyam

Bhargo Devasya Dhimahi

Dhiyo Yo Nah Prachodayat".

"Let us meditate on Ishvara and

His Glory, who has created the universe, who is fit to be worshipped, who is the remover of all sins and ignorance. May he enlighten our intellect."

You pray to Gayatri as the Divine Mother: "O Beloved Mother! At present I have taken my body as the Self owing to ignorance, through my impure intellect. Give me a pure intellect which will enable me to know my real nature. Give me light and knowledge"

Gayatri is the 'Blessed Mother' of Vedas. There is no milk superior to cow's milk. There is no Mantra superior to Gayatri. As Omkara is for Sanyasins so is Gayatri for brahmacharins and householders. The fruits that are attained by meditation on Omkara can be attained by meditation on Gayatri.

For meditation of Gayatri we would have to get up at early in dawn and start Japa and meditation on Gayatri, five faced Devi seated in a lotus flower, sitting on Padmasana, or siddhasana facing north or east.

You must constantly feel that you are receiving light, purity and wisdom from Gayatri. One should concentrate on the meaning of Gayatri which is very important and keep the image of the Gayatri at the Trikuti, the space between the eyebrows by closing the eyes and con-

centrate there, or keep the image in the lotus of the heart and concentrate there. You will have Darsana of Gayatri.

It is advisable to have Japa of Gayatri 3000 to 4000 times daily. Your heart will be purified rapidly. If you are not able to do this number, you can do 1008 times daily. If you find it difficult to do this number, do at least 108 times daily, 36 times at sunrise, 36 times at noon, 36 times at sunset.

In the Gayatri Mantra there are nine names and herein there are five halts or stops,

1. Om - 'Om' is the first stop
2. Bhur
3. Bhuvah
4. Svah - 'Bhur Bhuvah Svah' the second
5. Tat
6. Savitur
7. Varenyam, '-Tat Savitur Varenyam' the third;
8. Bhargo
9. Devasya. Through these nine names the Lord is praised. "Dhimahi" is worship of the Lord. 'Bhargo Devasya Dhimahi' the fourth;

'Dhiyo Yo Nah Prachodayat' is prayer. "Dhiyo Yo Nah Prachodayat" the fifth

While chanting or doing Japa of the Mantra, we should stop a little at every stop or halt.



Kanyalal Raina

When we chant the mantras, or listen to them, we get purity of mind and word. This prepares us for meditation. As a result of the sound vibrations, different patterns of the mind rearrange themselves to become tranquil. Agitation is reduced, helping us to turn inward. For instance, when we laugh, our happiness increases. When we cry, the heaviness of sorrow is released. Just as sounds of laughter and crying help, mantras act similarly. Repetition of mantras creates a psychological or mental response that is deep, beyond the realm of words or expression. It can only be experienced. Speech falls short as it cannot go beyond expression into the experiential level.

Kanyalal Raina

Exhibit: Unpacking the complexities and liminality of the Tamil Community

Imag(in)ing 'Home' at The Museum of Anthropology (Vancouver):

An unconventional artwork of diaspora heritage, Imag(in)ing 'Home' presented by Thamotheerampillai Shanaathanan, Lecturer in Art History of the Fine Arts Department of the University of Jaffna, with the participation of Tamil community in Vancouver, Canada, is now in display in an Art Exhibition of the Museum of Anthropology, University of British Columbia.

This installation tries to unpack the complexities and liminality of the Tamil Community by weaving together 300 individual stories about the idea of "home."

Shanaathanan Thamotheerampillai, a Tamil artist from Sri Lanka who is currently completing his PhD in art history at Jawaharlal Nerhu University, New Delhi.

When asked by the curator of Museum of Anthropology, how he would describe "Imaging home" in terms of a question it asks, Shanaathanan answered, "How do the emotional and material boundaries of a Diasporic home exist? And how do they interact and transform each other?"

This installation tries to unpack the complexities and liminality of the Tamil Community by weaving together 300 individual stories about the idea of "home."

Each personal story or memory is represented by a mundane or everyday object. The resulting



Visitors to the exhibition in Vancouver



A Tamil primary school text book, published in Chunnakam, Jaffna, reminds someone of 'home'

installation is a collage of diverse and contested identities, of memories and histories of a lost homeland, and of different mechanisms of home making.



An iron-handled curved knife called 'Kaampuch-chatththakam' used in peeling palmyrah leaf to make baskets, mats etc.

The exhibition opened at the Museum of Anthropology (Vancouver) on January 23, 2010, and runs for about 8 months.

Good Steth Medical Clinic Opened at Markham



Residents in and around Markham will be encouraged with the opening up of a new Medical clinic equipped with the state of the art facilities.

The new clinic which was opened last month is run by Dr. Nageswary Muraleetharan, a Family Physician with over 15 years of medical experience. Her commitment and service in the medical profession started with the Jaffna Teaching Hospital and then at the Puthukkuyiruppu & Mallavi Civil Hospitals in Northern Sri Lanka and later at the Anaipanthi Private Clinic.

After her arrival in Canada, Dr. Muralitharan has been working as a Medical practitioner in the Rural & Emergency sections in Nova Scotia and later in Toronto.

Her new clinic in Markham is situated at 6055, Steeles Avenue E, Unit 112 and is fully equipped with all Lab facilities so that



patients can have tests done in the same location and be treated on the Lab results accordingly. Dr. Muralitharan will take special care and attention in treating women and children.

The clinic is open all seven days of the week and is now accepting new patients. Apart from prior appointments, the clinic also welcomes walk-in patients. The clinic can be reached at 416 626 6161.

War on Wall Street:

Banking From Deregulation to Reregulation

Arun Senathirajah,
ACIB, MBA (Banking Mgmt)



Keep trying hard, after failing in hitting the Great Chinese Walls, US President Barack Obama administration to get the Chinese Yuan floated for the market forces, President Barack Obama now plans to erect "Chinese Walls" between investment banking and commercial banking by reregulating the financial services industry ending the practices of deregulations emerged in the 1980s. For about two decades those trading activities were wildly profitable. Even the US government was proud of its financial system. Former Federal Reserve President Alan Greenspan's era of the 1990s fully supported the development and trading practices of the risky financial derivative products and even Federal agencies Fannie Mae and Freddie Mac were responsible for the developing risky mortgage backed securities. But now Obama administration tries to reregulate the banking by reinforcing Glass-Steagall Act of 1933. He has assigned the task to former Federal Reserve President Paul Volcker. Originating from sub-prime mortgage crisis, adverse impact on housing market and banks were forced in to credit crunch, and then emerged as a western banking and financial crisis. Since tax payers had to bail them out when hundreds of billions of dollars worth of bets on risky financial instruments went bad in 2007 and in 2008, and pushed the banking system into crisis and even made some of them into liquidation. Under the US Treasury's TARP (Troubled Asset Relief Program) the US government has used about \$700 billion tax payers' money to bail out the failing banks.

Glass-Steagall Act

In essence after embracing the recommendations of Carter Glass and Henry Steagall a former

Treasury Secretary the Banking Act of 1933 brought legal separation of most aspects of commercial and investment banking. Fundamental to an understanding of the passage of the Glass-Steagall Act is the fact that by 1933 the U.S. was in one of the worst depressions of its history. A quarter of the formerly working population was unemployed. The nation's banking system was chaotic. Over 11,000 banks had failed or had to merge, reducing the number by 40 per cent, from 25,000 to 14,000. The governors of several states had closed their states' banks and in March President Roosevelt closed all the banks in the country. Congressional hearings conducted in early 1933 seemed to show that the presumed leaders of American enterprise -- the bankers and brokers -- were guilty of disreputable and seemingly dishonest dealings and gross misuses of the public's trust.

Abuses by the Banks that led to the Banking Act 1933

" Banks were investing their own assets in securities with consequent risk to commercial and savings deposits.

" Unsound loans were made in order to shore up the price of securities or the financial position of companies in which a bank had invested its own assets.

" A commercial bank's financial interest in the ownership, price, or distribution of securities inevitably tempted bank officials to press their banking customers

into investing in securities which the bank itself was under pressure to sell because of its own pecuniary stake in the transaction.

President Obama's Proposal

President Obama has proposed reining in the potential size, imposing new tax on their profits and limiting the complexity and risk-taking capacity of the big U.S. banks through the Glass-Steagall legislation, which separated commercial and investment banking from the depths of the Great Depression until the 1990s. The proposed regulation would bar commercial banks from: trading in securities for their own profit, operating, sponsoring or investing in hedge funds or private equity vehicles; and trading complex financial derivatives without oversight. They would still be able to trade securities on behalf of clients. A cap on the market share of deposits and other liabilities held by any single bank would also be enforced. President Obama's stand is that 'never again will the American tax payer be held hostage by a bank that is too big to fail.'

Professor Simon Johnson at MIT's Sloan School of Management states 'Including JPMorgan Chase & Co. Citigroup, Bank of America, Goldman Sachs and Morgan Stanley major six banks have total assets more than 60% of the US GDP. This is an unprecedented degree of financial concentration...concentrated economic power tends to take over political power, which runs counter to democratic tradition .. also have learned that it runs counter to sound economic policy.' Professor Simon further suggests in addition to prohibition of proprietary trading, capital requirements should be tripled not just in the US, but across the Group of 20- so that banks hold at least 20% to 25% of assets in core capital. That would pave way for shareholders to play leading role rather than regulators. Another important thing is to shrink the banks size which are prone 'too big to fail'. So that tax payers do not need to bail them out every

time a crisis erupts. The Riegle-Neal Interstate Banking Act of 1994 which set a size cap, that any bank cannot hold more than 10% of the retail deposits, should be revised to enforce a set limit relative to the its impact on overall economy.

Investors Working Group consisting created by two major industry groups - The CFA Institute Centre for Financial Market Integrity and the Council of Institutional Investors has warned that, 'proprietary trading creates potentially hazardous exposures and conflicts of interest, especially at institutions that operate with explicit or implicit government guarantees and new rules are needed to prevent the sector from becoming dominated by a few giant and unwieldy institutions.'

Affected Financial Giants

The regulations are aimed at the surviving investment banking giants, including JPMorgan Chase & Co. Citigroup, Bank of America, Goldman Sachs and Morgan Stanley. Goldman Sachs and Morgan Stanley became commercial banking companies at the height of the crisis to obtain access to cheap loans from the Federal Reserve and would be affected only if they retained that status and took consumer deposits. The targeted banks are chief among the culprits blamed by the government for the financial collapse through their aggressive pursuit of short-term profits at the expense of the long-term health of the financial system. The dilution of Glass-Steagall legislation and its ultimate repeal in 1999, allowed the banks to engage in so-called proprietary trading. Under this trading it allowed banks to use depositors' savings to trade for their own account, mainly in risky mortgage-backed securities.

Bankers Side View

The plan requires congressional approval, a key stumbling block to other efforts at financial, fiscal and health-care reforms. But the banks fear less regulated global competitors will steal market share and will mount a strong counter offensive. They have already argued that the proposal



will boost risk and limit lending. From the bank side Steve Bartlett, president and chief executive of the Financial Services Roundtable which speaks for the big banks has said, 'the proposal will restrict lending, increase risks, decrease stability in the system and limit our ability to help create jobs'. Some analysts say the US rapidly becoming an unpredictable place for banks to do business and Canada stands to benefit. Uncertain operating environment is making it difficult for banks to formulate future business strategies. Chief Executive Officer of the Royal Bank of Canada Gordon Nixon has stated 'the heightened uncertainty around regulatory rules, tax rules and structural rules make it difficult for any financial institution to plan its business.'

Chief Financial Officer David Vilnar of Goldman Sachs one of the 'big six' called the ideas 'impractical' because they run counter to global deregulation. You have global institutions around the world who are set up in a certain way and to put rules in place that roll back the financial system by 10 years is going to be very hard things to do.'

Future Impact

The US 'big bankers' may move the business to other world financial centres where healthy climate prevails for their advantage. The new financial centre like Dubai might welcome the global players in the banking industry. As it happened with the hedge funds operation made many banks to operate from offshore banking centres like Bermuda, Cayman Islands, and Guernsey etc. The capitalism has now emerged to control economic and political structures. The capitalism had pet these giant bankers over about 20 years, now time has come beat your own pet. In Tamil there is a proverb 'The goat you fed jumped on your chest.' ("Valarththa Kada Marbil Painthathada").

A DATE TO REMEMBER
MAY 1ST 2010
7th Year Celebration

'A HOME-AWAY-FROM-HOME'
Gala Dinner Dance (Fundraiser)
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MONSOON
FEATURE

JOHN BODDY HOMES

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John Boddy Homes has been voted 'Best Builder' in Ajax/Pickering for the thirteenth year in a row for this year's Readers' Choice Awards and will be releasing its next phase later this month at their 'Eagle Glen' community in Ajax. Located just minutes east of Toronto 'Eagle Glen' combines the closeness and convenience of city living with a suburban feel, and its prime location makes it a great place to call home. Classic two-storey homes are available, as well as side and back splits, semi-detached and townhomes. Homes start at 1,701 square feet and range up to a spacious 3,858 square feet, some with three car garages. 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 floor plan 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' 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.

For a limited time only John Boddy Homes is offering an incentive package including \$5,000 in free upgrades and one year of Rogers services for free! Included in this package are home phone with 150 long distance minutes and 2 calling features, personal TV with free rental of a standard definition box, a HD digital box, VIP package, free on demand programming, Canadian timeshifting channels as well as Rogers Hi-Speed internet service and all are installed for free.

The 'Eagle Glen' community offers many important neighbourhood amenities such as a brand new on-site public elementary school,



places of worship, fully equipped parks and easy access to both Ajax and Go-Transit Services. Toronto is easily accessible from nearby Highways 401 and 407. Located just north of a host of shopping and recreation centres, 'Eagle Glen' allows residents all the amenities of the urban lifestyle while providing the beauty and tranquility of the neighbouring countryside.

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

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

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

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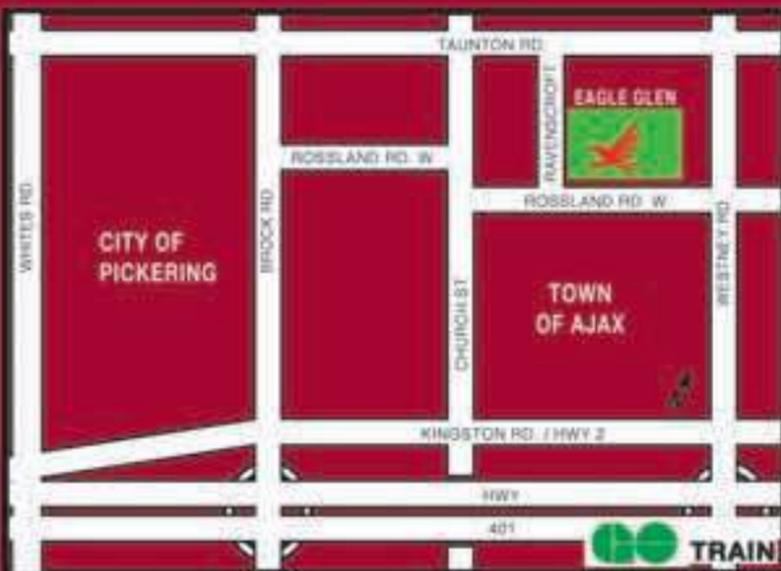
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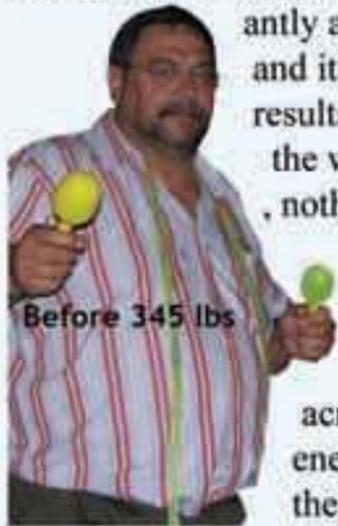
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This Toronto Man Got Serious About His Weight and Lost 85 lbs and 14 inches!

Andres Dienesch was feeling down and out. "At 345lbs, who wouldn't be?" he remarks. "I felt like I didn't have any energy anymore, I was tired and overwhelmed." Andres was carrying 85lbs of excess weight. The hotel maintenance manager and father of three had been overweight for more than 20 years. "I was eating all the time because I was depressed and bored...I was in a vicious circle!" confesses Dienesch.

He claims he did everything in the book to lose the weight but eventually was left feeling disappointed. "I was constantly aware of my weight and how I looked and it wasn't good!" Dienesch recalls. "The results were always the same. I would lose the weight and gain it back all over again, nothing worked permanently," he reveals.



Before 345 lbs

One evening, while sitting at home and browsing on the web for a more natural way to lose weight, "I came across the HypnosisWorks website," Dienesch remembers. "When I looked at the testimonials and saw the results I thought I'd give it a try."

Curious, Dienesch booked a consultation. "I was nervous at first because I didn't know what to expect from hypnosis and to be honest I was sceptical," he says. "But by the end of the first session, I wasn't nervous anymore and it just got better. In a year, I lost a whopping 85lbs!"

Dienesch says his outlook on eating changed instantly. "My first session was excellent. Hypnosis got rid of my cravings and I started seeing results on my first day. A week later, I went out to dinner and requested some salad and baked salmon instead of the usual junk and I ended up leaving most of it on my plate," reflects Dienesch.

According to Dienesch, the program has also benefited him in ways he hadn't expected. "I'm more relaxed now and I sleep soundly at night," he continues. "I exercise every day and I have more energy at work. Even my doctor is proud of me," he exclaims. "When I saw him last, he was astonished by how I'd changed. My blood pressure had lowered and my cholesterol levels were down!"

For Dienesch, hypnosis was the answer to a 20 year old, painstaking problem. "Hypnosis put me back in control of my life. I have more energy and I can do things I couldn't before. My mindset is different. Now when I eat, I eat because I'm hungry not because I'm bored or depressed, and I feel so much better about myself," Dienesch says. "My family and friends are impressed with how I look I'm even giving away my 'big clothes' because I don't need them anymore."



After 260 lbs

"The difference between HypnosisWorks and other programs is that I don't have to count calories or look at the back of boxes in the grocery store," mentions Dienesch. "I eat nutritious foods, because it's what I want now. The weight comes off naturally. At HypnosisWorks they cared about me. They understood and listened to what my goals were and they were always positive about my progress."

Dienesch says hypnosis turned out to be one of the best choices he ever made. "I use the tools I learned at HypnosisWorks in every area of my life. It's been amazing. If anything is bothering me, I use hypnosis to get through it," he expands. "HypnosisWorks was a great investment. I'm ecstatic about the results and I feel like a whole new person! I'm proud of what I've achieved thanks to my program at HypnosisWorks."

According to him, the change is permanent. "There's no going back this time, I feel different from the inside, like I'm supposed to be slim," says Dienesch. "HypnosisWorks gave me the real tools I needed to succeed. I give my full support to HypnosisWorks and their programs."



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Thai poosam



Thaipoo-sam, a Hindu festival, is held in the Tamil month of Thai which celebrates the birth of Murugan, the youngest son of Shiva and his wife Parvati. The festival at Batu Caves, Kuala Lumpur culminates in a 272 step climb into the cave. (Jan/Feb) at Batu Caves, Kuala Lumpur, Malaysia.

Thaipoo-sam is a significant day for ethnic Tamils living in Malaysia, Mauritius, Reunion and Singapore. This year, it was observed on on Saturday, January 30, 2010. The holiday denotes the full moon of the month of Thai and is dedicated to the God Murukan or Skanda, also known as Seyon in the Sangam-era of Tamil literature.

(pic by: Nomad YC)



Karunanidhi against bringing politics into film world

Actor Rajinikanth having a lighter moment with Chief Minister M. Karunanidhi at the felicitation function at Jawaharlal Indoor Stadium on Feb 6th. Actors Amitabh Bachchan, Kamal Haasan are in the picture. Photo: V. Ganesan.

Reacting to actor Ajith Kumar's complaint that actors were forced to participate in political and social events, Chief Minister M. Karunanidhi on Saturday, Feb 6th spoke out against forcefully bringing politics into the film world and forcing anyone to take part in such events, according to a report on The Hindu. (www.thehindu.com)

The report further says:

At a function organised to felicitate the Chief Minister for granting land for housing scheme for the film industry workers, Ajith wanted the Chief Minister to issue a direction that film personalities should not be arm-twisted to attend social and political events.

While the entire gathering in the

Jawaharlal Nehru Stadium seemed taken by surprise, actor Rajinikanth, who was sitting beside Mr. Karunanidhi, gave a standing ovation to Ajith.

"If we don't attend the protest, we are portrayed as anti-Tamils. On the one hand, they want us to participate in political events and on the other hand they threaten us not to enter politics. What is wrong in our entering politics if we are expected to participate in political and social events?" Ajith asked.

Though he did not mention Ajith's name, the Chief Minister said everyone had gathered in the auditorium not because of politics, but as part of the art world.

He said he was against mixing politics with film world, but he could not be held responsible if politics entered on its own.

The Chief Minister said it would be nice if politics brought benefits to the film industry. "But I don't want to create trouble by bringing it to the film world," he said.

Earlier joining issue with Ajith, the guest of the evening Amitabh Bachchan, directors Bharathiraja and V.C. Guhanathan and actor Sarath Kumar clarified that no one was forced to attend Saturday's function.

Bachchan said he was not arm-twisted by any politician to attend the function. "I have come here because of my love for the Tamil film world," he added.

Stating that Tamil cinema remained an example for skill and discipline, he said Mumbai needed to learn a lot from the Tamil film world.

Actor Rajinikanth stressed the need to ensure that the poor among the film industrial workers were benefited from the housing scheme.

Actor Kamal Haasan, music director Ilayaraja, lyricist Vairamuthu and many others spoke. The event was marked by various cultural programmes by film and TV artists.

Name the five best films in your career?

Devar Magan, Kuruthipunal, Nee Pathi Nan Pathi, Sukrutham (Malayalam) and Aboorva Sagodarargal.

What is it like working on the small screen?

It is a very good experience and the reception I got this week was tremendous, considering that our serial ("Abirami") went on air on Kalaigarnar TV just last Monday. People from all quarters are appreciating the serial as well as my role in it. Even when I was doing films, I used to get offers from the small screen. A combination of various things like the producer, Abirami Ramanathan, and the channel made a big difference. So, saying yes to the serial was easy.

It's not like being in the film industry. Isn't it?

Whether it's the big or the small screen, the script and the character should be exciting enough for me to agree to the project, and I should find the crew

comfortable to work with. At my age, I feel my talent should come to the fore.

How do you manage to stay in shape despite being away from films?

I have gone through ups and downs in life. You are not the same person you were. It took a little while for me to know what it's like to maintain physical fitness. However, I'm not for any drastic reduction. I work out regularly and eat sensibly.

You produced a talk show earlier. Do you intend to produce a film or a TV serial now?

As of now, there are no concrete plans. Small screen or big screen, the challenges are different, so also their logistics. I am just learning the ropes and preparing myself for the production work; it will take some time.

by S.R. Ashok Kumar (courtesy: The Hindu)



Speaking to Gouthami

Relocating away from their villages



Tamil internally displaced persons (IDPs) continue to be relocated to villages away from their original homes in Eastern Sri Lanka, due to establishment of high security zones by Sri Lanka armed forces. Here is a groups of IDPs close to the village Veeramanagar, who were originally from another village called Illankanthai.

(pic: drs. Sarajevo)

Palmyrah Tree with branches



Near Point Pedro, Jaffna, Sri Lanka

pic: Jeyakumaran Mayooreesan

Bangladesh Executes Killers of Independence Leader

By Anjana Pasricha

Five former army officers convicted of killing Bangladesh's founder, Sheikh Mujibur Rahman, have been hanged. They were executed nearly 35 years after he was assassinated, in an army coup.

The five men were executed in the early hours of Jan 28th in Dhaka Central jail, as hundreds of police and security forces stood guard outside.

Roads outside the prison were closed to traffic. The executions took place the night after the Supreme Court dismissed their appeals for a review of the death sentence.

Sheikh Mujibur Rahman was gunned down, along with several members of his family, in an army coup in 1975 - four years after Bangladesh won independence from Pakistan. Mr. Rahman, who led the country's freedom struggle, was its first president.

The five men executed did not deny their role in his death, but were given immunity for two decades by subsequent governments which benefited from the coup.

Their trial only began in 1996, after their immunity was revoked by a government led by the assassinated leader's daughter, Sheikh Hasina.

The chief state attorney, Mahbubey Alam, says

the executions have finally pulled the curtains down on one of history's most gruesome killings.

Dozens of supporters of the ruling Awami League party - which Sheikh Mujibur Rahman helped found - held placards in Dhaka saying "Justice at Last."

A top leader of the Awami league party, Abdul Jalil, says the executions show that nobody can escape the law.

"Maybe it is delayed, but any person committing crime in the society of Bangladesh will be found out and will be brought to justice," he said.

The five men were sentenced to death in 1998. But various appeals delayed the death sentence. However, Sheikh Hasina vowed to complete the trial when she returned as the country's prime minister, last year.

Bangladesh's short history has been marred with political violence, deep political rivalry between its main parties and spells of rule by army generals during which democracy has been suspended. The present government, led by Sheikh Hasina, came to power after the country was under an emergency administration for almost two years.

[VOA]



Cheering supporters carry a portrait of the country's independence leader Sheikh Mujibur Rahman outside the Dhaka central jail in Dhaka, Bangladesh, early 28 Jan 2010

Harper for stronger Canada-India ties

Canada and India must forge stronger trade, investment and educational ties to build a more productive friendship, Prime Minister Stephen Harper has said.

"Canada stands besides India as a steadfast and faithful friend," Mr. Harper said in a message to a function organised by Panorama India to commemorate India's 61st Republic Day celebration recently.

Outlining the many historical, cultural, social and economic ties between the two countries, Mr. Harper said: "These bonds are a solid foundation upon which we can build an even stronger, more productive friendship".

The Prime Minister's message that was read by lawmaker Bob Dechert said the

two countries must forge stronger ties in the field of trade, investment and education, pointing out that Canada and India have a strong shared belief in the values of liberty, pluralism and religious tolerance.

He said his country would not be the same without its strong bond with India and outstanding contributions made by the Indo-Canadian community in the economic development.

With two-way trade approaching USD 5 billion, Indo-Canada relations have strengthened over the past few years, Preeti Saran, India's Consul General in Toronto, said and added that both countries were committed to fight against terrorism. "Both countries are united,

as free and democratic nations, in an effort to defeat those who pursue political violence against innocent people," Ms. Saran said. Ms. Saran said Prime Minister Manmohan Singh was expected to visit Toronto to attend the G-20 summit in June this year, the dates however were yet to be finalised. Several Members of Parliament including Gurbux Singh Malhi, Ruby Dhalla and Bonnie Crombie; Harinder Takhar, Ontario Minister for Small Scale Industries and government services Vim Kochhar, newly appointed Indo-Canadian senator to Canada's Upper House; Opposition leader Michael Ignatieff and Ontario Premier Dalton McGuinty and Hazel McCallion, Mayor

of Mississauga also paid tributes on the occasion. Calling India "a modern global success story," Vim Kochhar, the first ever Indo-Canadian to become a member of Senate, said that "astounding" pace of change, dynamism and excitement India was generating was a tribute to all Indians. As part of the event, Ferzana Bohra was crowned Panorama India's first 'Indian Idol'. Panorama India which organised the event strives to showcase Indian culture and strengthen ties between the various cultural organisations of India in Canada as well as strengthens ties between the two countries.

[PTI]



Conservation Group Warns Wild Tiger Population Facing Extinction, Urges Better Protections

By Daniel Schearf

The wildlife conservation group WWF says wild tiger populations have dropped sharply across Asia and may soon be wiped out. The group is urging governments in the region to better enforce laws against poaching and trafficking in wildlife.

The WWF says Asia's wild tiger population numbered around 100,000 a century ago but, due to poaching and human activity, only an estimated 3,200 remain today, about half of them in India.

The WWF recently said that the biggest threat to tigers is what it calls a poaching epidemic. Tigers are killed so their parts can be sold as traditional Chinese medicine.

Intensive hunting of tiger prey, such

as wild deer, also has depleted their food supply.

Michael Baltzer is in charge of the WWF's global tiger initiative. He says human encroachment, such as large commercial farms, has forced tigers into ever smaller territories. They now live in only seven percent of the land they historically covered.

"It's probably likely that if the trend continues, if this line continues to go down, we're probably going to see tigers to the point where they just cannot survive in the wild any more and cannot breed any further in the wild - probably by the next year of the tiger," he said.

The Chinese year of the tiger begins on February 14 and the next year of the

tiger will be in 12 years.

To prevent a rapid decline of tiger populations, the WWF is urging Asian countries to commit resources to doubling wild tiger populations by 2022.

Tigers are found wild in 13 countries, including China, Russia and most of South and Southeast Asia.

Ministers from those countries will meet in Thailand, next week to discuss better protections for wild tigers.

Baltzer says Malaysia and Nepal have already agreed to work toward doubling their wild tiger populations.

The WWF hopes to get a similar commitment from other ministers at the meeting, including China.

China has a number of tiger farms for producing parts for folk medicine and argues the farms prevent poaching.

But the WWF says farming tigers for medicine simply increases demand.



Koshka, a 3-year-old female Siberian tiger, rests in her enclosure at the Denver Zoo in Denver, Colorado June 12, 2009. Koshka was brought to Denver in hopes she would mate with a tiger already at the zoo. Siberian tigers are classified as critically endangered, with an estimated population of less than 400 individuals remaining in the wild.

Reuters pic.

[VOA]

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India nervously watches post-election Sri Lanka

Since Mahinda Rajapakse won a second presidential term in Sri Lanka on Jan 26th, India's dilemma over how to pursue its interests in the island has only intensified, says an OPED in the website of International Committee of the Fourth International, WSWWS.org.

The article written by
By Deepal Jayasekera as follows:

New Delhi wants close ties with Colombo to counter the growing influence of rival China and open up opportunities for Indian businesses. At the same time, it is concerned that political unrest in Sri Lanka, particularly communal tensions involving the Tamil minority, will reverberate inside India, especially in the southern state of Tamil Nadu.

The Indian government formally congratulated Rajapakse on his victory, but reiterated New Delhi's long-standing call for a "political solution" to the 26-year civil war in Sri Lanka that ended with the defeat of the separatist Liberation Tigers of Tamil Eelam (LTTE). New Delhi cautiously backed Rajapakse's war and provided some military assistance, but confronted growing political opposition in Tamil Nadu.

The call for "a political solution" is for

Tamils in southern India and also provide a potential mechanism for India to exert influence in Sri Lanka by developing its relations with the Tamil bourgeoisie.

While speaking in the most general terms about being "the president for all," Rajapakse has no concrete plans for any "political solution". Having waged a vicious war of attrition that cost the lives of thousands of civilians, the government is determined to maintain the untrammelled domination of the Sinhalese elite. As Rajapakse knows, any significant concession to the Tamil bourgeoisie would provoke howls of denunciation from the Sinhala extremists that backed his war.

The political establishment in India is well aware of this situation, which limits its ability to push Rajapakse for a change in approach. As the Indian Express editorial on January 28 advised: "India cannot dictate Rajapakse's agenda, but it can nudge Sri Lanka along a positive agenda." The overriding concern is that if New Delhi tries to pressure Rajapakse, he will turn to India's regional rivals—Pakistan and above all China.

In comments cited in the Times of India, Indian strategic analyst Kasun Ubayasiri remarked: "While it is unlikely Sri Lanka will actively alienate its northern neighbour, it

is equally unlikely that the Rajapakse government will continue to woo India in the future, particularly if its alliance with China bears fruit." Writing before the election, Ubayasiri stated that Rajapakse's "return to power will benefit China's strategic interests in the region". He argued that Fonseka was more sympathetic to Indian interests, concluding the former general would be "on the Indian side of the future battle line".

New Delhi views China's growing clout in Sri Lanka as a threat to its interests in what it regards as part of its sphere of influence. China, along with Pakistan, was a major supplier of arms, ammunition and other military equipment for Rajapakse's war, without any strings attached. In return, Beijing obtained economic and strategic concessions, including an exclusive special economic zone and the contracts to build a large port at Hambantota in southern Sri Lanka.

China has developed similar port facilities in Burma, Bangladesh and Pakistan as part of a "string of pearls" strategy to develop its naval reach and protect crucial oil and other supplies shipped via sea lanes in Indian Ocean. As well as being concerned about the "intrusion" of China into the Indian Ocean, India faces



President Mahinda Rajapaksa

growing tensions on its northern land border with China.

The US, which has forged a strategic partnership with India, shares its concerns about Beijing's increasing influence in the region. A report published by the US Senate Committee on Foreign Relations on December 7, called for Washington to counter Beijing's influence in Colombo through "a broader and more robust approach to Sri Lanka that appreciates new political and economic realities in Sri Lanka and US geostrategic interests".

India is no doubt counting on Washington's assistance. At the same time, however, it is wary about the US achieving too much sway in its strategic backyard and is pursuing its own plans in Sri Lanka. As a Hindu editorial explained, the Indian ruling elites have high hopes for cashing in on the "revitalisation and development of the war-ravaged areas of the North" of Sri Lanka.

On January 11, India signed an agreement with Sri Lanka for the construction of the railway line between Omathai and Pallai in the island's war-torn Northern Province. It is about to open a consulate in the northern town of Jaffna so as to further its involvement in "reconstruction and rehabilitation," for which it has offered a \$5 billion rupee (\$US108 million) aid package.

India is also involved in rehabilitation of the southern coastal railway line from Colombo to Matara by providing credit worth \$US167.4 million. It has considerable investments in Sri Lanka, including in the retail fuel, telecommunication, hotel, cement, banking, tyre, rubber and information technology sectors.

In the wake of the Sri Lankan election, the Indian media has cautiously accepted Rajapakse's victory, with little or no criticism of the government's heavy-handed measures against the opposition or allegations of electoral fraud. The headlines of the Hindu, Hindustan Times and Statesman announced the

result thus: "Rajapakse re-elected, trounces Fonseka by huge margin", "Rajapakse wins Lanka, Fonseka fears for life" and "Landslide victory for Rajapakse".

The Hindu editorial of January 28 was even blunter in its support for Rajapakse against General Fonseka. "The last thing Sri Lanka needed at this juncture was yet another South Asian variant of Bonapartism, or any more politicisation of the military that we have witnessed in recent months."

Amid the deepening economic and political crisis in Sri Lanka, the candidacy of Fonseka, who was the country's top general until last December, certainly raised the possibility of autocratic military-police rule. The editorial, however, remained silent on Rajapakse's own moves in the same direction—including the extraordinary dispatch of hundreds of heavily-armed troops to surround Fonseka's hotel on the evening of election day.

The editorial is somewhat surprising given Fonseka's indications that he would be more sympathetic to India and the West, and less accommodating to China. The comment, however, does highlight concerns in New Delhi that the political establishment in Colombo and the whole state apparatus including the military is sharply divided, with the potential for a political explosion that would inevitably impact on neighbouring India. That is why, on balance, the Hindu favoured Rajapakse, "an experienced political leader", against Fonseka, "an unpredictable adventurer".

As bitter political infighting continues in Colombo, the ability of India along with the other major powers, particularly the US and China, to play a cautious "wait and see" game and to cultivate relations with the Rajapakse regime will be undermined. But a more direct intrusion into the island's volatile politics will only magnify tensions and exacerbate what is already a deep-going political crisis.



SRI LANKA, Kilinochchi, January 26, 2010 - An official crosses the name of a voter in Kilinochchi. (Photo Courtesy of Anupama / Perambara)

a power-sharing arrangement between the Sinhalese and Tamil elites in Sri Lanka through a limited devolution of powers to the North and East of the island. Such an arrangement would contain opposition from

protect crucial oil and other supplies shipped via sea lanes in Indian Ocean. As well as being concerned about the "intrusion" of China into the Indian Ocean, India faces

Asylum Hearing for Obama Aunt Ends With No Ruling

An immigration hearing has taken place for U.S. President Barack Obama's Kenyan aunt, who is seeking asylum in the United States.

Zeituni Onyango testified for two and-a-half hours on Feb 4th at an immigration court in Boston, Massachusetts, asking that she be allowed to remain in the country.

Two doctors also testified in support of her case, which includes an appeal for asylum based on medical reasons.

No immediate decision was made in the case. Lawyers say a follow-up hearing has been scheduled for May 25, but say there may be a decision before then.

Onyango moved to the United States in 2000. A judge rejected her first request for political asylum and ordered her deportation in 2004. But Onyango never left.

Her immigration status became widely publicized just days before the 2008 presidential election.

Mr. Obama has said he did not know his aunt was living in the country illegally and that all appropriate laws should be followed.

Both the White House and Onyango's lawyer (Margaret Wong) say the president has not been involved in the case.

Onyango is the half-sister of Mr. Obama's late father. The president referred to her as "Auntie Zeituni" in his memoir. [FOIA]

President Obama's aunt, Zeituni Onyango (file pic)



'Canada appreciates the extra-ordinary contribution of the Tamil community in this country and Tamils have won the hearts and sympathy of Canadians for their cause...'

Jack Layton, (Leader NDP) at International Tamil Conference for Democracy and Peace in Sri Lanka

By Siva Sivapragasam

In an emotionally inspired speech, Jack Layton, President of the National Democratic Party had nothing but full of praise to the Canadian Tamils and feelings for the Tamil cause when he addressed the International Conference for the Tamil Quest for Democracy & Peace in Sri Lanka: Problems & Prospects.

The well attended seminar was organized by the Canadian Tamils Forum at the Radisson Hotel, Scarborough yesterday and speakers included academics of repute and recognition.

Referring to the recent Haiti

disaster, Mr. Layton remarked that the response was due to a natural disaster and the disaster enacted in Sri Lanka was man-made but unfortunately there was no similar response. Mr. Layton also referred to the unfortunate temporary closure of the Canadian Parliament and stated that it was a denial of democratic rights for elected representatives.

Among those who participated at the Conference were, Prof. Peter Schalk, from the University of Sweden, Mr. John Legge, CEO-Legge & Leggeee, Barristers and Solicitors, Toronto, Prof. Robert Oberst from the Nebraska

Wesleyan University, Prof. Cheran from the University of Windsor, Prof. Jon P. Neelsen, from the Tuebingen University, Germany, Prof. Chandrakanthan from U of T, Mr. Jayaprakash Jeyalingam-Attorney at Law, USA, Hon. Paul Calendra, MP-Oak Ridges, Markham, Mr. Chuck Konkel, PC Candidate Scarborough-Guildwood.

Among the topics discussed by the above Speakers can be categorized as follows:

" The Tamil struggle for survival, safety & struggle (Prof. Chandrakanthan)

" Women & Children under the

military might of the Sri Lankan Armed Forces (Prof. Peter Schalk)

" The gradual collapse of the Rule of Law in Sri Lanka (Mr. Chuck Konkel)

" Canada, the Rule of Law, and fixing Imperial Failure, Can Canada help the Tamils (Mr. John Legge)

" The failure of Democratic Governance in Sri Lanka and the political future of the Tamil Nationality.(Prof. Robert Oberst)

" The responsibilities of Distance-Possibilities for a Transnational Government,(Prof. Cheran)

" Transnational Governance: A

Democratic Response to State-aided Repression of the Fundamental Rights of the Tamil Nation

" Transnational Government of Tamil Eelam: Formative Processes and Functional Structures (Prof. Jayaprakash Jeyalingam)

The Chairpersons for the full-day seminar were Ms. Suhanya Ketheeswaran, Ms. Dhimo Sornalingam and Ms. Manjula Selvarajah.

The sessions included a question and answer time and concluding remarks.



(L to R) Prof Robert Oberst, Prof Cheran University of Windsor, Mr. John Legge MA, LLB., Prof John.P. Neelsen



(L To R) Prof John.P. Neelsen.Tuebingen University, Prof Robert Oberst, Nebraska Wesleyan University. USA., Prof Peter Schalk.



Audience



Dhimo Sornalingam-Chairperson for Session 2



Prof Joseph Chandrakanthan, Chuck Konkel



Prof Peter Schalk, Chairperson for Session 1-Suhanya Ketheswaran

Obama's First Year Disappoints Many Abroad

By Judith Latham

U.S. President Barack Obama's sagging approval ratings aren't only a domestic phenomenon. The international community is expressing similar emotions about a president who initially offered high hopes, but failed to meet their expectations.

While one year does not make a presidency, some who observe reaction from abroad say there is widespread disappointment that Mr. Obama hasn't produced more of the results he had led them to expect.

Like many around the world, the international media greeted the Obama presidency with high hopes for a new era of improved relations with Washington. They were largely enthusiastic about Mr. Obama's pledges to close the Guantanamo Bay detention center, to forge a new relationship with the Muslim world, to end an unpopular war in Iraq, to redirect U.S. military resources to Afghanistan, to seek diplomatic solution to nuclear issues, and to tackle climate change. But despite some progress, these goals remain to be met.

Middle East Peace Remains Elusive

Perhaps nowhere is the gap between the administration's goals and its accomplishments more apparent than in the Middle East. Despite naming a special envoy in an attempt to bring Israelis and Palestinians to the negotiating table, the prospects of that happening any time soon remain slim. "People in the Arab world are deeply disappointed in Mr. Obama," says Nadia Bilbassy, senior news correspondent with the Middle East Broadcasting Center.

"People think of President Obama as a good guy with good intentions, but so far - if you look at the issues in the Middle East - he has not succeeded in any of them," Bilbassy observes. She says appointing Senator George Mitchell as his envoy to the Middle East may have been a good idea, but she notes the move has yet to bear fruit.

While Bilbassy notices "some people doubt President Obama's has the guts to challenge things," she acknowledges the issues between the Israelis and the Palestinians have stymied other presidents, and that the obstacles to overcome are enormous.

"When you have an Israeli government

that is not willing to make peace, and you have Palestinian factions that are divided and unable to get their act together, it's very tough to move forward," Bilbassy says.

Iran and Iraq

U.S. efforts to deal with the Iranian leadership - whether on its nuclear ambitions or the crackdown on its political opposition - have also come up short, according to Bilbassy. But again, she admits Iran's leadership presents problems to most of the international community.

"Obviously, President Mahmoud Ahmadinejad's tactic for staying in power is being anti-American and standing up to the superpower. But regardless of who's in power, I think the Iranian government will pursue a nuclear Iran because they see it as in their strategic interest in a volatile region," Bilbassy says.

Just as President Obama once again promised in his State of the Union address this week to have all U.S. combat troops out of Iraq by the end of August, Bilbassy says she believes Washington seems to be losing some of its "former clout" there. She says Prime Minister Nouri al-Maliki has basically ignored U.S. pressure to open up the March elections to a wide range of Sunni candidates.

South Asia

President Obama's failure to mention Pakistan and its role in the war on terror has caused some resentment there. His stature in much of South Asia is declining, according to former Pakistani diplomat and journalist Akbar Ahmed. "People had immense hopes and expectations of him, almost too much for an ordinary mortal," Ahmed says.

Part of the reason for that disappointment may be that the United States and Pakistan have different priorities. "In South Asia, the big issue between India and Pakistan is the resolution of the state of Kashmir," according to Ahmed. And although Mr. Obama seemed to recognize that point before he became president, Ahmed says he has not mentioned it publically since that time.

"The two countries have to be encouraged to sit down and resolve these issues because both are nuclear and their combined population is one-fourth to one-fifth of the entire planet," Ahmed notes.



President Obama has seen his domestic approval ratings tumble in his first year in office. Observers of some key international hotspots report there is widespread disappointment that Mr. Obama hasn't been able to accomplish more.

Early in his presidency, Mr. Obama appointed Richard Holbrooke as special envoy to both Pakistan and Afghanistan. The move signaled the region had become a new diplomatic priority for the United States. "I was really excited," says Ahmed. "I said, my God, finally an American president not only understands but feels for the region and will deliver."

"But, despite the enormous aid package President Obama promised," Ahmed continues, "the ordinary people of Afghanistan and Pakistan feel their lives have not been changed one iota as a result of his very generous aid."

Like the roadblocks that hinder peace talks in the Middle East, Ahmed notes that President Obama inherited a set of what he calls "cumulative problems" in the Muslim world. "We need to remember that Muslim leaders in Afghanistan and Pakistan have to begin to think of their own societies and not rely entirely on America," Ahmed says.

Europe's Different View of Obama

Western Europe seems to project President Obama in a better light, where he has

better polling numbers than he does in the United States. "Europeans are particularly disappointed that the American people seem unwilling to follow their President on issues such as climate change," says German journalist Christian Wernicke of the *Sueddeutsche Zeitung*.

The Next Three Years

Barack Obama's job approval ratings fell by near record numbers during his first year in office. History shows such a downward trend is not uncommon for newly-elected presidents. While he remains personally popular - both at home and abroad - many people are disappointed Mr. Obama has been unable to bring about the changes that were expected of him in his first year.

We are reminded that a U.S. president's time in office lasts at least four years. With three years before he must face re-election, President Obama still has time to show what he can do. [VOA]

Sri Lanka stocks see foreign selling

Foreign investors have been net sellers out of Sri Lanka's equity markets so far in 2010 as stock prices hit new highs with mainly domestic buying, Sri Lanka business news portal www.lankabusinessonline.com said in a report on Feb. 2.

Full report as follows:

In January 2010 foreign market participants bought 8.07 billion rupees of stock and sold 11.0 billion rupees' worth pulling 2.93 billion rupees out of Colombo.

Sri Lanka's stocks have hit new highs after a three decades long war ended in May 2009 and interest and inflation came down.

Some of the large foreign sales in Sri Lanka over the past few months related to holdings connected to US fund manager Raj Rajaratnam.

Around five billion rupees of foreign purchases in January related to a US based fund that bought into John Keells Holdings, in which Rajaratnam had large stakes, brokers said.

In the first two days of February, foreign investors had pulled out a further 666 million rupees out of the market, bringing to total so far this year to 3.6 billion rupees.

In 2009 foreign investors bought 43.03 billion rupees worth of stocks and sold 43.84 billion rupees' worth, ending the year with a net withdrawal of 789 million rupees, according to stock exchange data.

The numbers had turned negative only in December.

"It could be they (foreign investors) believe that there are better opportunities; it could be that people are concerned about potential risks in emerging markets, it could be that they are concerned about withdrawing fiscal stimulus," a market analyst said.

"It could concerns over China and India. For whatever reason their perception is that

it is a good time to take some money off the table."

In 2009, Colombo's benchmark index rose 125 percent becoming the world's second best performing market and Asia's best giving ample gains for anyone that bought into the market last year.

China and India has been hit by high inflation prompting authorities to clamp down on stimulus measures.

Jitters over Dubai started from November. Worries over bank solvency have now turned into worries over fiscal sustainability as the effects of government spending are taking its toll. The latest jitters are around Greece.

December quarter earnings which are now trickling in also show reasonable increases in profits with most companies gaining from low interest rates brought on by low inflation.

After a brief dip share prices rallied further and hit new highs after polls in January 26 returned President Mahinda Rajapaksa for a second term with a 57 percent majority.

Sri Lanka's interest rates have also been low by historical standards, and excess liquidity in money markets have been high - a lethal mix for an asset price bubble.

In 2009 as the country recovered from a balance of payments crisis, and debt deleveraging which busted a property bubble inflationary fears were low. The stock market was well positioned to gain from any monetary stimulus.

But now inflation has started to ratchet up rapidly rising more than one percentage point a month in a month, raising fears that monetary stimulus is spilling over to the broader economy.

So far the Central Bank has been staying in the sidelines and also monetizing debt from time to time.

ASIA-PACIFIC TOURISM INDUSTRY STAGES ECONOMIC RECOVERY

By Ron Corben

Travel and tourism, vital elements in the Asia-Pacific region's economy, have been staging a recovery since late 2009, with growth strongest within the region. But, while travel experts are upbeat, they say it could take a year before the industry fully recovers from the global economic slowdown.

The Asia-Pacific travel industry is on the rise after two years of hard times caused by soaring fuel prices and the global economic slump.

The Pacific Asia Travel Association (PATA) says the recovery had gathered momentum, with international visitor arrivals in the region increasing three percent in November compared with a year earlier.

PATA spokesman John Koldowski, says the travel industry may have to wait until 2011 for a full recovery. But he says airlines, hotels and tourist attractions expect a successful Lunar New Year holiday.

"It's going to be a boom, even now if you try to get a flight in or out of somewhere [in the region] you have to be very, very cautious - very, very flexible," Koldowski explained. "The capacity at that point in time is limiting. As you know, we've had air capacity reductions for the last 18 months."

The Lunar New Year begins February 14, and is traditionally a popular time for travel in Asia. Markets that are showing strong gains include Taiwan, South Korea, Hong Kong, and Macau. Arrivals to China, however, are still down from 2008 when Beijing hosted the Olympic Games.

Arrivals to Nepal, Sri Lanka and the Maldives were also higher, but visitor numbers to India remained flat. Southeast Asia led the region's recovery with a boost in arrivals of 15 percent. The International Air Transport Association recently reported that the Asia-

Pacific region has eclipsed North America as the largest aviation market.

In 2009, 647 million people flew in the Asia-Pacific, compared with North America's 638 million.

Brian Sinclair Thompson, Thailand manager for Swiss International, is upbeat over the region's outlook.

"Cautious optimism is once again the buzz word and I think the region - Asia Pacific - is showing the way in terms of the IATA statistics," he said. "It's set to take over from North America in absolute terms of movement and I think that's a good sign as well that intra-Asia, the demand is definitely coming back."

Sinclair Thompson expects the major carriers to rebuild capacity while low-cost airlines, which continued to grow during the downturn, are still expanding.

Lutzi Matzig, chief operating officer of travel operator Asian Trails, says Thailand began recovering in late 2009, but he says political stability in Thailand is vital to keep the recovery going.

Anti-government protesters in late 2008 occupied Bangkok's international airport for a week, costing the travel industry hundreds of millions of dollars.

"Thailand, we are up 3.7 percent, so the trend is positive, but no mega increase. But at least it's going in the right direction. December is generally better than a year ago, but at least the trend starts to go up. This is good," said Matzig.

The region's travel industry, which in some countries makes up more than five percent of the economy, will be banking on a continued recovery of the global economy this year to build on the recent improvement. [VOA]

WORDS OF PEACE

A Desert Bloom

A flower growing in a desert has something to tell us about life, says Maharaji, an international voice for peace who travels the world to speak about a practical way to experience fulfillment.

"That flower," he says, "is basically innocent and pure. It has no concepts about anything. It has no idea what it's doing in such a barren landscape. All that flower knows is an opportunity, a possibility. It sees that it can exist--and it does."

Maharaji recalls that he once found such a blossom in an environment where everything else was dead.

"Everything I saw was so parched," he says. "I looked at a rock that was cracked. In that crack, a sweet, colorful little flower had grown. Is it arrogant for that little flower to defy all the odds by existing in a place where everything else is dying or dead? How did it dare to produce a beautiful purple bloom? It has no concepts or ideas, only a reality--a wish and a desire." That same wish is at the core of every human being, Maharaji says.

"Within each human being lies the thrust to seek peace, to be fulfilled. We are attracted to fulfillment not because we decide to be attracted to it, but because it is an innate quest of every single being. It is not a decision. Within every being, something pounds, something pulses, something moves, something forces us to seek."

The force behind the flower, Maharaji says, is far greater than anyone might think.

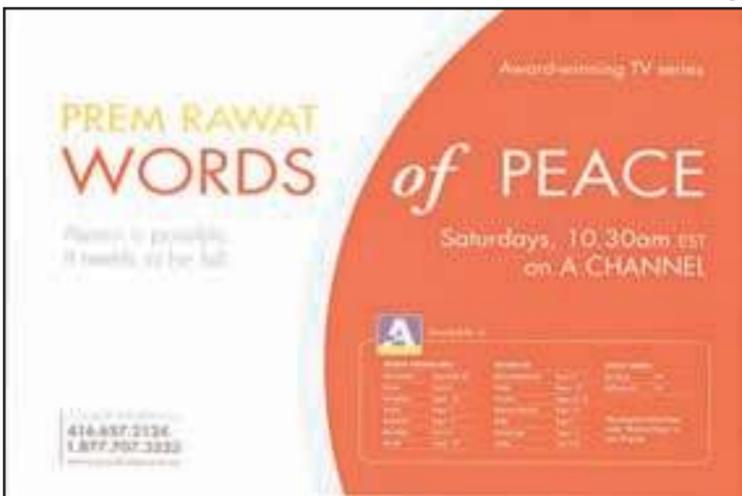
"I have the ability to just rip that flower out," he says. "I could squash it with my foot, cut it, kill it, or poison it. I also have the capacity and capability to learn from that flower, to be in awe of it. I choose the latter. To be in awe of that flower suits me fine, because I know that destroying that flower will not stop another from sprouting, given the same



"We have the power to accept the divinity within--this longing and wanting to exist, to be," he says. "Let that happen in your life, and it will be so beautiful. Your life will be flooded with goodness, reality, beauty, joy, and gratitude." Maharaji says his message is simply to focus within on the reality of this life.

"Feel life every day," he says. "Don't imagine. Don't theorize and fantasize. Feel in your life that feeling of contentment within--of peace, of an awakening.

"There's a place within us that is the giver of serenity. The only thing missing is for us to know it. I'm a firm believer in knowing.



opportunity. There are so many flowers sprouting from cracks that my foot would be worn out and my shoes destroyed before the willpower of those blossoms gave out.

"I could ask that flower, 'Why are you using your time and energy to sprout here? Go farther north or south, where conditions are better.' No. When this flower sprouts from a rock in the middle of the most incredibly barren land, what the flower is saying is that this is its place to be. 'Regardless of the consequences,' it says, 'I am here.'"

The tenacity of that desert flower, Maharaji says, is a lesson in the determination of life to flourish, a determination that, in human beings, is felt as a longing to be fulfilled.

People who are firm believers in belief need to understand that believing, by itself, is not sufficient.

"I don't just speak words. Anybody can say these words, but I stand behind my words. That's the difference. What I offer is a real way to plug inside so that you can feel this feeling within. You have the possibility to do this."

For More info as to know the process to learn the 'know how' to go within,

Please call
1 877 707 3221 Toll Free. Eng
416 431 5000 Tamil
416 264 7700 Hindi
To learn more about Maharaji,
visit: www.wopg.org
www.tprf.org
www.mspeaks.com

There was a time, even now in some parts of India, 200, 300 people are living together in one large home because husband, wife, children, grandfather, grandmother, uncles, aunts, granduncles, grandaunts, cousins, everybody is one family. As we got a little more educated, we dropped these uncles and aunts; we thought family means husband, wife, children, and parents. Then after a while, we thought, let's drop the parents. We thought family means husband, wife, and children. Now children are thinking it is not so.

It is becoming such that even two people, the couple is not able to live together. Only if they meet once in a while they are okay. Weekend marriage is all right;

Yoga - The Ultimate Inclusion



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 416 300 3010 or email Toronto@ishafoundation.org

through the week - impossible. It is becoming like that because we are becoming more and more exclusive, not inclusive. All modern societies are encouraging exclusiveness. Never before, humanity had known these kinds of comforts and conveniences. Never before has humanity enjoyed this kind of food and health security, but never before, humanity has been this depressed because they cannot get along with anybody. They have become too exclusive. Inclusiveness is relationship. Exclusiveness naturally leads to depression.

Yoga means ultimate inclusiveness. The word 'yoga' literally means union. When you have become one with everything, this is yoga. Yoga does not mean twisting your body, tying your limbs into knots or holding your breath or doing some other circus. The word 'yoga' means, in your experience, everything has become one. How can everything become one? You are you, I am me, isn't it? No question of these two becoming one.

Do you know today modern science is telling you the whole existence is just one energy manifesting itself in a million different ways? It is a scientific fact. This and that are the same energy. Maybe it is not in your perception, but that is the reality. So this is what science says. And the religions of the world have been screaming for a long time that God



is everywhere. Whether you say God is everywhere or you say everything is the same energy, it is the same reality.

God is everywhere, everything is the same energy - it is the same reality expressed in two different ways. A scientist has not experienced this reality; he has somehow mathematically deduced it. A religious person also has not experienced it, but he believes that it is all God. Now a yogi means some-

body who is not willing to settle for deductions or belief systems, he wants to know it. If you have such a longing that you want to know it, you are unwilling to settle for other people's deductions or belief systems, then you have to pursue yoga.

When I say 'yoga', do not think I am talking about a particular way of knotting your limbs or holding your breath or standing on your head. No. Anything that leads to the union is called yoga, whichever way. How many ways are there to reach to your ultimate union with life, or with everything? You can only work with what you have, isn't it? So what is it that you call as 'myself' right now? Your body, your mind, your emotions... Your energies may not be in your experience, but you can easily infer and see, if your body, mind and emotion function like this, there must be some kind of energy making this happen. Right now we may not understand how this microphone works, but because it is amplifying the sound, we can understand that either a battery cell or a power house, some kind of energy source is behind this.

So these are the four realities for you - body, mind, emotion and energy. If you employ your body and try to reach your ultimate nature, we call this Karma Yoga, yoga of action. If you employ your intelligence and try to reach your ultimate nature, we call this Gnana Yoga, yoga of intelligence. If you employ your emotion and try to reach your ultimate nature, we call this Bhakti Yoga, yoga of devotion or emotion. If you transform your inner energies and try to reach your ultimate nature, we call this Kriya Yoga, yoga of transforming energies.

All these four aspects, body, mind, emotion and energy have to function together, only then you get somewhere. Every one of you is a unique combination of these four things because body, mind, emotion and energy come together in different ways in every person.

So accordingly the right kind of yoga has to be mixed in the right proportion, otherwise it does not work. It is because of this, in the yogic traditions so much stress has been laid about having a live Guru because he will mix the right kind of concoction.

Inspiration Driving Institute



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Launch Single Toll-Free Number, Making It Easier For Businesses to Get Government Information

To make it easier for business owners to get the information they need, the governments of Canada and Ontario have collaborated to create a telephone number with business information from both levels of government.

Callers can dial 1-888-745-8888 or TTY 1-800-268-7095 to get information on several topics including financing options, starting or growing a business, federal and provincial government programs, managing employees, regulations, taxes, permits and

Governments of Canada and Ontario Support Small Businesses

licences, importing and exporting requirements, and more.

The Honourable Rob Moore, federal Minister of State, Small Business and Tourism was joined by the Honourable Harinder S. Takhar, Ontario Minister of Government Services today, to officially launch the new toll-free Business Info Line.

The announcement was made at the Economic Developers Council of Ontario's 53rd annual conference and showcase.

This new toll-free telephone service is part of an ongoing partnership between Industry Canada and ServiceOntario to provide integrated services to businesses, through the Canada-Ontario Business Service Centre, and other services.

Quotes

"Small and medium sized enterprises are the engine of the Canadian economy. Their success fuels economic growth and job creation. This new toll-free number makes it easier for businesses to find the assistance they need to make Canada more competitive, by reducing the burden on hard working Canadian entrepreneurs."

- Rob Moore, Minister of State, Small Business and Tourism

"Ontario is making it easier for businesses to work with government, grow and succeed. Creating an environment that will help attract investment is a key component of the government's plan to create jobs and grow the economy."

- Harinder S. Takhar, Minister of Government Services

Increasing Access To Modern Long-Term Care Homes

McGuinty Government Redeveloping More Than 4,100 Long-Term Care Home Beds

Residents in long-term care homes can look forward to more modern and comfortable living as the province redevelops more than 4,100 beds across Ontario.

Ontario is rebuilding 4,183 existing beds and updating facilities at 37 long-term care homes. This is part of the government's plan to redevelop 35,000 older beds over 10 years to help improve access to long-term care throughout the province.

The redeveloped homes will meet the most modern design standards and will feature greater wheelchair access for residents in private and public spaces. The redeveloped homes are expected to be completed as early as 2012.

This phase of the government's renewal strategy will help create or sustain approximately 4,000 jobs in Ontario.

QUOTES

"It's all about comfort and safety, and how important that is to residents and their families. I'm pleased we can redevelop our long-term care beds and give residents a higher quality of life in a more comfortable, home-like setting."

- Deb Matthews

Minister of Health and Long-Term Care

"We applaud government for beginning to ensure that all residents will have access to modern standards of physical comfort, privacy and dignity," said Christina Bisanz, CEO of the Ontario Long Term Care Association. "We have long supported the renewal of older homes as an investment in the quality of care and quality of life that residents need and deserve."

- Christina Bisanz
CEO, Ontario Long-Term Care Association.

"This announcement marks the start of a long term commitment by the government to improve the quality of life of residents. Through this support, homes will be able to create modern and comfortable living environments that Ontarians can be proud of for many years to come."

- Donna Rubin
CEO, Ontario Association of Non-Profit Homes and Services for Seniors (OANHSS).

QUICK FACTS
Since 2003, the government has redeveloped 8,032 new long-term care beds and will be opening an additional 1,942 more beds over the next few years.

Minister Kenney Issues Statement on Black History Month

The Honourable Jason Kenney, Minister of Citizenship, Immigration and Multiculturalism, issued the following statement for the beginning of Black History Month on Feb 1st:

"Today marks the beginning of Black History Month, a time to honour the legacy of black Canadians and celebrate their many achievements and contributions to Canada.

"The theme of Black History Month 2010 is "Proud of our History," which will focus on three elements: the 150th anniversary of the presentation of the Victoria Cross to William Hall; the exceptional contribution of Harriet Tubman during the Underground Railroad Movement; and the historical significance and entrepreneurship of Mifflin Wistar Gibbs, a Person of National Historic Significance.

"Black History Month is a great opportunity for Canadians to learn about the contributions of black communities and the vital role they have played in our histo-

ry. On behalf of the Government of Canada, I am proud to officially launch Black History Month on Parliament Hill tomorrow.

"As Minister of Citizenship, Immigration and Multiculturalism, I encourage all Canadians to participate in Black History Month activities across the country. For example, later this week a play by noted Canadian actor Anthony Sherwood premieres at the Maritime Museum of the Atlantic

honouring the legacy of William Hall, V.C. This is just one of many opportunities to learn about the many ways that black communities have contributed to the strength of our communities and our shared identity."

For more information on Black History Month and the events that will be happening across the country, visit the website www.cic.gc.ca/multiculturalism/black/index.asp.

Tamils Guide 2010 was released by the President of the Canadian Tamils' Chamber of Commerce



Senthi's Tamils' Guide, being 'The Trade Mark' of the Tamil Diaspora was released by Ken Kirupa, the President of the Canadian Tamils' Chamber of Commerce at the Tamils Guide office.

It gets the credit for being released in January as usual for the past fifteen years. Tamils Guide Senthi takes this opportunity to thank each and every heart that was supportive in this endeavor.

Salvation Army continues to support Toronto Grace

Statement from Deb Matthews, Minister of Health and Long-Term Care

I was extremely pleased to hear about the decision made by the Salvation Army governing council to maintain their involvement with the Toronto Grace Health Centre.

We have a strong and long-standing partnership with the Salvation Army and I'm thrilled that we're going to be able to keep working together to ensure that vital services are maintained at the current hospital site.

Moving forward we will continue to work together with the Salvation Army and the Toronto Central Local Health Integration Network to make sure the future of this facility is strong.

For decades we have supported the Toronto Grace Health Centre, its patients and its health-care workers. The service this facility provides is core to the local community and to the broader Toronto healthcare system.



McGuinty Government Appoints Health Technology Executive Raymond Hession

Ontario has confirmed Raymond Hession as the new Chair of eHealth Ontario's board of directors for a three-year term. The appointment, made by Order-In-Council, took effect February 1, 2010.

Mr. Hession has considerable experience in both the health and technological fields. His most recent experience includes:

Chair, Board of Directors, Ontario Health Quality Council
Chair, Board of Governors, The Ottawa Hospital, and
Chair, Cooperative Housing Agency of Canada.

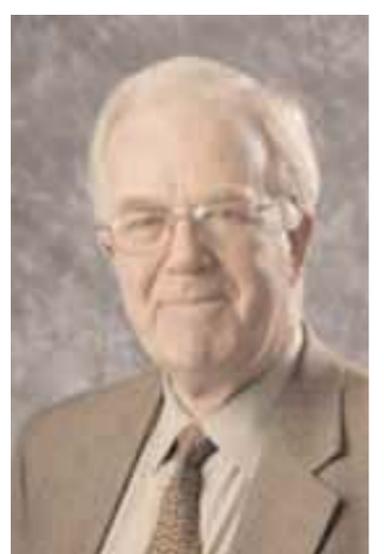
As the Chair of eHealth Ontario, Hession will set policy and direction for the government agency responsible for all aspects of e-health in Ontario, including creating an electronic health record for all Ontarians by 2015.

QUOTES

"Ray Hession brings a wealth of experience and knowledge to this position. I look forward to working with him as we move forward with providing the best care possible for Ontarians."

- Deb Matthews

Minister of Health and Long-



Term Care

QUICK FACTS

By 2012, 9,000 physicians, including more than 65 per cent of primary care physicians, will be using electronic medical records, to the benefit of approximately 10 million Ontarians

Electronic health records will provide patients and providers with the ability to access, share and use health information. This will improve health care delivery, increase patient safety, reduce ER wait times and create a more effective health care system

Be My Valentine for Ever

- A Moving Story

When I got home that night as my wife Angeline served dinner, I held her hand and said, I've got something to tell you. She just sat down and ate quietly but I observed a hurt in her eyes.

Suddenly I didn't know how to open my mouth. But I had to let her know what I was thinking. I wanted a divorce. I raised the topic calmly.

She didn't seem to be annoyed by my words, instead she asked me softly, why?

I avoided her question. This made her angry.

Angeline, whom I used to call Angel threw away the fork and spoon and shouted at me, You are not a man! That night, we didn't talk to each other. She was weeping. I knew she wanted to find out what had happened to our marriage. But I could hardly give her a satisfactory answer. I had lost my heart to Jenny, my newly found sweet heart, my private secretary at my office.

The fact was that I didn't love my Angel anymore.

With a deep sense of guilt, I drafted a divorce agreement which stated that she could own our house, our car, and 30% stake of my company. She glanced at it and then tore it into pieces. The woman who had spent ten years of her life with me had now become a complete stranger. I felt sorry for her wasted time, resources and energy but I could not take back what I had said since I loved Jenny so dearly. Finally Angel cried loudly in front of me and her cry was actually a kind of release of her pent up emotions. However, the idea of divorce which had obsessed me for several weeks seemed to be firmer and clearer now.

The next day, I came back home very late and found her writing something at the table. I didn't have supper but went straight to sleep and fell asleep very fast because I was too tired after an eventful day with Jenny. When I woke up, Angel was still there at the table writing. I just did not care .So I turned over and was asleep again

In the morning she presented her divorce conditions: She didn't want anything from me, but needed a month's notice before the divorce. She requested that in that one month we would both struggle to live as normal a life as possible. Her reasons were simple:

Our son had his exams in a month's time and she didn't want to disrupt him with our broken marriage .This was agreeable to me. But she had something more, she asked me to recall how I had carried her into out bridal room on our wedding day.

She requested that everyday for the month's duration I carry her out of our bedroom to the front door ever morning. I thought she was going crazy. Just to make our last days together bearable I accepted her odd request.

I told Jenny about my wife's divorce conditions. She laughed loudly and thought it was absurd. No matter what tricks Angel applies, she has to face the divorce, Jenny said scornfully.

My wife and I hadn't had any body contact since my divorce intention was explicitly expressed. So when I carried her out on the first day, we both appeared clumsy.

Our son clapped behind us, daddy is holding mummy in his arms. His words brought me a



sense of pain. From the bedroom to the sitting room, then to the door, I walked over ten

meters with her in my arms. She closed her eyes and said softly " don't tell our son about the divorce". I nodded, feeling a sense of deep guilt. I put her down outside the door. She

went to wait for the bus to work. I drove alone to the office.

On the second day, both of us acted much more easily. She leaned on my chest. I could smell the fragrance of her blouse. I realized that I hadn't looked at this woman carefully for a long time. I realized she was not young any more. There were fine wrinkles on her face, her hair was graying! Our marriage had taken its toll on her. For a minute I wondered what I had done to her.

On the fourth day, when I lifted her up, I felt a sense of intimacy returning. This was the woman who had given ten years of her life to me. On the fifth and sixth day, I realized that our sense of intimacy was growing again. I didn't tell Dew about this. It became easier to carry her as the month slipped by. Perhaps the everyday workout made me stronger. She was choosing what to wear one morning. She tried on quite a few dresses but could not find a suitable one. Then she

To those who are married ..., not married..., and soon to be married, I hope every one of you will be touched with this story...It brought tears to my eyes.

It will have the same effect to all those who read this. -
Raymond Rajabalan

sighed, all my dresses have grown bigger. I suddenly realized that she had grown so slim and that was the reason why I could carry her more easily.

Suddenly it hit me... she had buried so much pain and bitterness in her heart and subconsciously I reached out and touched her head.

Our son came in at the moment and said, Dad, it's time to carry mum out. To him, seeing his father carrying his mother out had become an essential part of his life. My wife gestured to our son to come closer and hugged him tightly. I turned my face away because I was afraid I might change my mind at this last minute. I then held her in my arms, walking from the bedroom, through the sitting room, to the hallway. Her hand surrounded my neck softly and naturally. I held her body tightly; it was just like our wedding day. But her much lighter weight made me sad.

On the last day, when I held her in my arms I could hardly move a step. Our son had gone to school. I held her tightly and said, I hadn't noticed that our life lacked intimacy.

I drove to office, jumped out of the car swiftly without locking the door. I was afraid any delay would make me change my mind and I walked upstairs. Jenny opened the door and I said to her, Sorry, Jenny, I do not want the divorce anymore. She looked at



me, astonished, and then touched my forehead. Do you have a fever? She said. I moved her hand off my head.

Sorry, Jenny, I said, I won't divorce. My marriage life was boring probably because she and I didn't value the details of our lives, not because we didn't love each other any more. Now I realize that since I carried her into my home on our wedding day I am supposed to hold her until death does us apart.

Jenny seemed to suddenly wake up. She gave me a loud slap and then slammed the door and burst into tears. I walked downstairs and drove away.

On the way at the nearby floral shop, I ordered a bouquet of flowers for my wife. The salesgirl asked me what to write on the card. I smiled and wrote, I'll carry you out every

morning until death do us apart. That evening I arrived home, flowers in my hands, a smile on my face, I run up stairs, only to find my Angeline in the bed dead. My Angel has left me fore ever.

The small details of your lives are what really matter in a relationship. It is not the mansion, the car, property, the money in the bank. These create an environment conducive for happiness but cannot give happiness in themselves. So find time to be your spouse's friend and do those little things for each other that build intimacy. Do have a real happy marriage!

If you don't share this, nothing will happen to you. If you do, you just might save a marriage. Many of life's failures are people who did not realize how close they were to success when they gave up.

A Patient Story about Rouge Valley Health System

Communication key for day-surgery patient

Last July, I was a patient in day surgery at Rouge Valley Centenary hospital. From the first contact with a volunteer checking me in, to the final goodbye from surgical nursing staff at the front entrance, I was treated with supreme professionalism, courtesy, and friendliness. All of these qualities helped me to relax and confront a difficult and painful surgical experience. I was particularly impressed with the ease of processing paperwork and administering pre-surgical procedures and medications. Each medical person who approached me did so with calm, reassuring, and

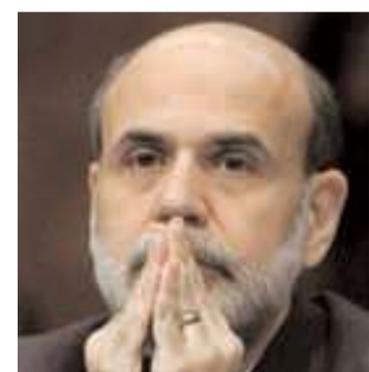
competent demeanour. Each step in the process was explained to me with details on what was being done, how it would affect me, and why it was necessary. I felt valued as a person. The surgical staff in the operating room continued this professionalism. The anesthetist and the surgeon greeted me, explained what would happen while I was unconscious, and what to expect in the recovery room. As impressive as this experience was, it is not uncommon for this hospital. RVC has a very good reputation, and I was pleased that the staff continues to deserve that high regard.



Bernanke confirmed for second term as Fed Chair in USA

Senate votes 70 to 30 to confirm Ben S. Bernanke to a second term as Federal Reserve chairman, the nation's most powerful economic policymaker. His nomination for four more years had become uncertain in the past week, as liberals and conservatives alike expressed new reservations about confirming a man who has presided over the worst economic downturn in generations.

Ben Shalom Bernanke is an American economist and current Chairman of the Board of Governors of the United States Federal Reserve. He was previously Chairman of the U.S. President's Council of Economic



Advisers (CEA), and member of the Board of Governors of the Federal Reserve System.

On October 24, 2005, President George W. Bush appointed Bernanke to succeed Alan Greenspan as Chairman of the Federal Reserve.



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Canadian Tamil Community Donates for Haiti Disaster Relief

Twelve Thousand Dollars raised within hours...

By Siva Sivapragasam

In a strong signal that the Canadian Tamil community is ever willing to assist disaster stricken people all over the world, twelve thousand dollars were raised within a five hour donating event for Haiti Disaster Relief on Sunday held at the Karaikudi Restaurant in Scarborough. The donations were made for relief efforts in Haiti where it is estimated that over 200,000 have perished due to an earthquake.

The funds collected will be channeled through Global Medic,

an international organization of reputed and recognition for medical assistance and healthcare services.

The Sri Lankan Doctors' and Dentists' Association, namely CMDDA, made a substantial donation of \$ 3,000. The cheque was presented by its President Dr. V. Shanthakumar. Associated with him at the event was CMDDA's Vice Chairperson Dr. Rajeswari Logan.

It was a quick and spontaneous decision to generate the funds and the Canadian Tamils'

Chamber of Commerce pioneered the efforts to organize the event in double quick time to speed up the collection of funds. Telephone calls, emails and Media publicity through the electronic media helped to pour in the responses from the Tamil community.

It is estimated that more than 200,000 have died in the disastrous earthquake that has plunged this already poverty stricken nation to face a gigantic humanitarian crisis. Thousands are homeless living in streets and make-shift camps. The dead are

left lying on the streets while the injured are anguishing in pain. People are displaced and dispossessed. Thirsty hungry women and children are roaming the streets in search of water. Haiti's humanitarian crisis keeps growing.

The world is responding. Two former Presidents of U.S., Bill Clinton and George Bush have personally thrown themselves into relief efforts. Millions of donations are pouring in but more millions are needed. This is where the efforts of the Canadian Tamil community to do their best have

been well appreciated by other mainstream communities. As someone at the event remarked "Giving and Receiving" is a two-way process. Our community back-home received in times of our disasters and now it is our turn to give when the need arises."

Donations are still being accepted and you may contact, Dhimo Sornalingam, dhimo.s@gmail.com, Ken Kirupa, kenkirupa@gmail.com or Logan Velumailum, vlogan599@yahoo.com for more details.



Celebrating Black History Month: "A genuine spirit of fraternity"

Contd. from Page 1

Nelson Mandela another influential figure was the South African president from 1994-1999. Prior to his presidency he was an anti-apartheid activist in South Africa and served 27 years in jail for sabotage and leading the movement against apartheid. He received the Nobel Peace Prize in 1993 and countless other awards. Rosa Parks an African-American Civil Rights Activist who refused to move out of her seat

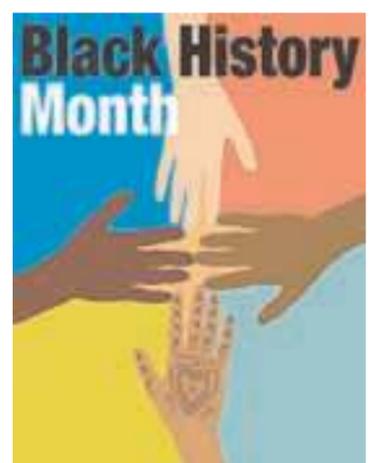
on the bus to allow a White passenger to sit making her an international icon in the resistance to racial segregation. There are countless of other influential figures and events that helped to shape the movement of civil liberties for the African diaspora.

In 2007 Monsoon Journal joined together with Shunpiking Magazine to create a Black History Month supplement. Isaac Saney, editor of the Black History

Supplement, commented, "That the Tamils, the people who are under siege, are popularizing Black History is heart warming and shows a genuine spirit of fraternity, internationalism and enlightenment." The publishers of the two periodicals hope that their collaboration will contribute to activating Canadians to oppose disinformation, racial profiling and discrimination, and learning the truth about the historical and the

contemporary reality for themselves.

The history of all people are important in recognizing how far each one has come and to learn from the injustice that people have gone through in the past. Learning Black History is an opportunity to use the struggle that the African diaspora has faced and ensure that no other group has to face this same discrimination.





The Power of Colour

Colour has been used therapeutically for thousands of years. It has a profound effect on human behaviour and it is better understood now than at any time in history. Colour derives from the spectrum of light interacting in the eye with the spectral sensitivities of the light receptors and visual perceptual property corresponding in humans to the categories called red, yellow, blue and others.

Colour has been used therapeutically for thousands of years and plays an important part in our lives from an early age. Ancient Egyptians built the temple of Heliopolis with its healing halls where the sun's rays were refracted into the colours of the spectrum. Greeks recognized the healing power of the sun - they may have gained some of their knowledge from the Atlantians. Hippocrates diagnosed conditions by looking at the colour variations of eyes, skin and hair and excreta.

Lord Buddha is frequently shown wearing a yellow or gold robe. Gold the colour of divinity and yellow is the colour of enlightenment. Colour has long had symbolic significance. Green is sacred to Islam and is the colour of immortality. Colour associated with the gods in many cultures and the virtues of truth and integrity. The Holly Virgin Mary is always depicted dressed in royal blue.

Colour can help give visual order to complex information and it motivates, excites, draws attention and provides emphasis. Colour is one part of the coordinated effort to effectively communicate in information design.

Colour psychology is actually colour symbolism - the conscious associations that we are conditioned to make. The electro-magnetic radiation of light on human mood and behaviour - a universal, psychophysical reaction, which is not as heavily influenced by culture, age and gender as is generally thought.

There are four colour families, within which every colour harmonises with every other colour in the family. Colours from different families do not truly harmonise.

There are also four basic personality types. Each personality type has a natural affinity with one colour family. Each colour family expresses a personality type.

Colour is the by-product of the spectrum of light, as it is reflected or absorbed, as received by the



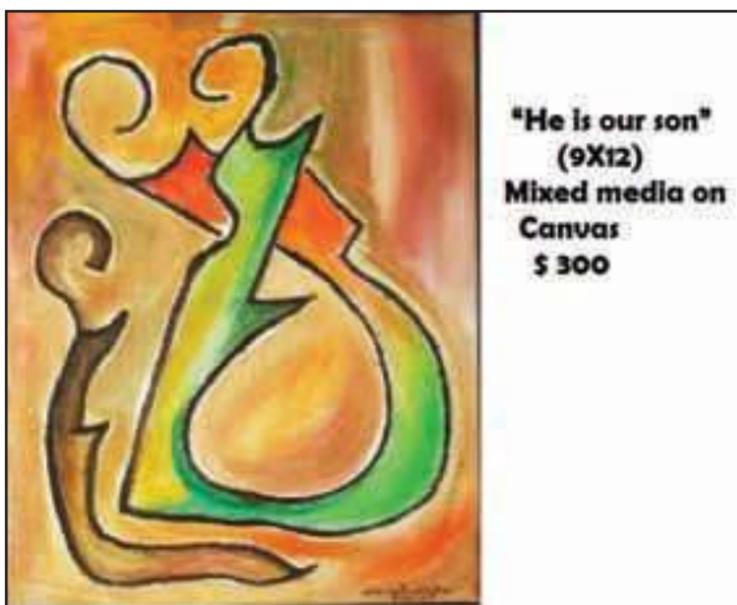
human eye and processed by the human brain.

Color theory encompasses a multitude of definitions, concepts and design applications. It is theory is a body of practical guidance to color mixing and the visual impacts of specific color combinations. Fundamentally Color theory is an examination of color, how color is formed, how colors are arranged, and how they interact.

Humans have been thinking about colors for thousands of years, but modern color theory really arose in the 1800s, when it began to diverge from science into a pure art. It does require some understanding of basic scientific principles about color and perception, but much of modern color theory surrounds the way

life which can transform your outlook and outcomes, and unearth hidden qualities that may have lain dormant for years. .

Colour therapists are activist in colour therapy. They can then use this to determine imbalances in the body's energy and select the appropriate colour or colours to correct this using the relationship between the aura and the chakras which are the eight energy centres linked to the endocrine glands and specific organs of the body. Auras and chakras has its own colour and healers will use appropriate colours to correct imbalances. Certainly colours do affect us physically and emotionally and mentally. You just need to find the right colour for the right time for you



that people view, think about, and interacts with colors, from those used on their walls to the hues in a company logo.

Colour Coaching or Colour therapy is a unique system that decodes the universal language of colour. As a coaching method Colour Coaching guides you to introduce more colours into your

Therapists have been using different colours on a subconscious level, so using colour as a diagnostic tool can reveal the deep-seated root of a problem when someone may be unable to express an anxiety or be aware of its cause.

Example techniques to heal the body and mind using colour.



gemstones or quartz crystals
colour acupuncture using a light beam instead of needles
essential oils of different colours

chromotherapy - specific colours and their complementary colours are directed to specific areas or parts of the body with a spotlight and coloured filters

applying different coloured silks to the body

advising on the use of colour in clothing

choice of colour in the home or office - this is very important considering how much time most of us spend indoors

visualization exercises or meditation focusing on a particular colour

coloured oils in reflexology
special diets based on natural food colours

solarized water for the client to drink made by placing spring water in clear coloured containers in direct sunlight

irradiation - shining light through coloured filters onto the body with the patient wearing white or a neutral colour to absorb the colour being administered

When we reach the intense, peer pressure teenage years, the tendency is to use in colours because of the status and recognition those colours give us. We may not be aware or even

remember our childhood colour associations with a specific incident but our brains do and we continue to respond in either a positive or a negative way.

The indiscriminate mixing of colours can cause visual confusion and anxiety. The temptation to use every colour available can be strong and too much colour is self-defeating.

Dark colours on white are appropriate and effective in most brightly lit settings. Light colours virtually jump out of a black background and are more easily viewed in darker viewing situations. Use blue or green for less emphasis and contrast. Use colour to guide the user, eye will be drawn to the brightest area first, colour can help prioritize. Use it to attract the use to the starting point.

Change the shape, shading, position or orientation. Moving from one screen to a similar one, use colour to bring out the differences. If something is changing dynamically on a screen, use colour prudently to attract attention to it. You might not want to rely on colour alone to show change.

Traffic light colours are obvious symbols. It is also possible to establish your own colour symbols through repetition. Use established conventions as colour symbols. In finance, red means loss and black means gain. It can be used to identify a recurring theme, subtasks under a major function or a collection of common items. Colour progression from dark to light helps imply that something is being developed or accomplished, moving from start to finish or empty to full, in the proper order.

Warm colours are usually stimulating and not the best for a calm and relaxing environment. Neutral colours are largely considered calming as well. Here, the spectrum is very varied. Shades of brown are great, but so are colours like taupe and even mauve.

Blues, greens, and purples are the most relaxing colours, and they have a soothing effect on both the mind and the body. That makes these the best colours for stress-relieving environments, and the best choice for peaceful and quiet décor and clothing

There are painters who transform the sun into a yellow spot, but there are others who, thanks to their art and intelligence, transform a yellow spot into the sun. - Pablo Picasso

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Sritharan Thuraiajah wins Top Gun Award from Liland Insurance

- Siva Sivapragasam -

Sritharan Thuraiajah, an Insurance Broker of Sri Lankan origin has been presented the Top Gun Award by Liland Insurance Company, a prestigious Insurance Brokerage.

Thuraiajah is one of the premier Agents working with Liland Insurance. Humble and non-assuming, Thuraiajah is no stranger to the Tamil community. He plays an active role in community affairs and also functions as Vice President of the Canadian Tamils' Chamber of Commerce which represents the Tamil Business community. For the past four to five years he has changed his career to full-time Insurance services and now has become the winner of two main Awards from Liland Insurance. Kisho, another Sri Lankan

with Liland was also nominated as the Top Rookie from Liland.

At the recent Awards & Dinner function hosted by Liland Insurance which was well attended by the Liland team, their families and corporate staff of Industrial Alliance, Assumption Life & Media personnel, the Vice-President of Industrial Alliance remarked that Liland Insurance is the leading MGA for Industrial Alliance and both the second and third combined will not even reach Liland's Sales volume.

Mr. Roland Chan, the owner of Liland, speaking to 'Monsoon Journal' was full of praise for the Sri Lankan Agents working for him and stated that they are a group of dedicated and hard-working

personnel achieving success all the time. He stated that he has about 20 Sri Lankan Agents working for his Company. Liland was formed by Roland Chan and has been the leading MGA for Industrial Alliance for the past 12 years. Roland Chan has helped several agents to maintain high reputation for his sales team and they have not shown any signs of slow-down in the current economic situation. He has hired top experienced managers and staff for the support of his sales staff to help serve customers in need of Insurance, RRSP and Investment products. The main fields of Insurance serviced by Liland are Life policies, critical illness insurance policies and Investment & Mortgage Insurance. Sri Lankan Agents, along with Filipino agents

generate the largest number of policies for Liland. Mr. Chan further stated that his Company provides a full course of in house-training for their Agents before they begin to work on their own.

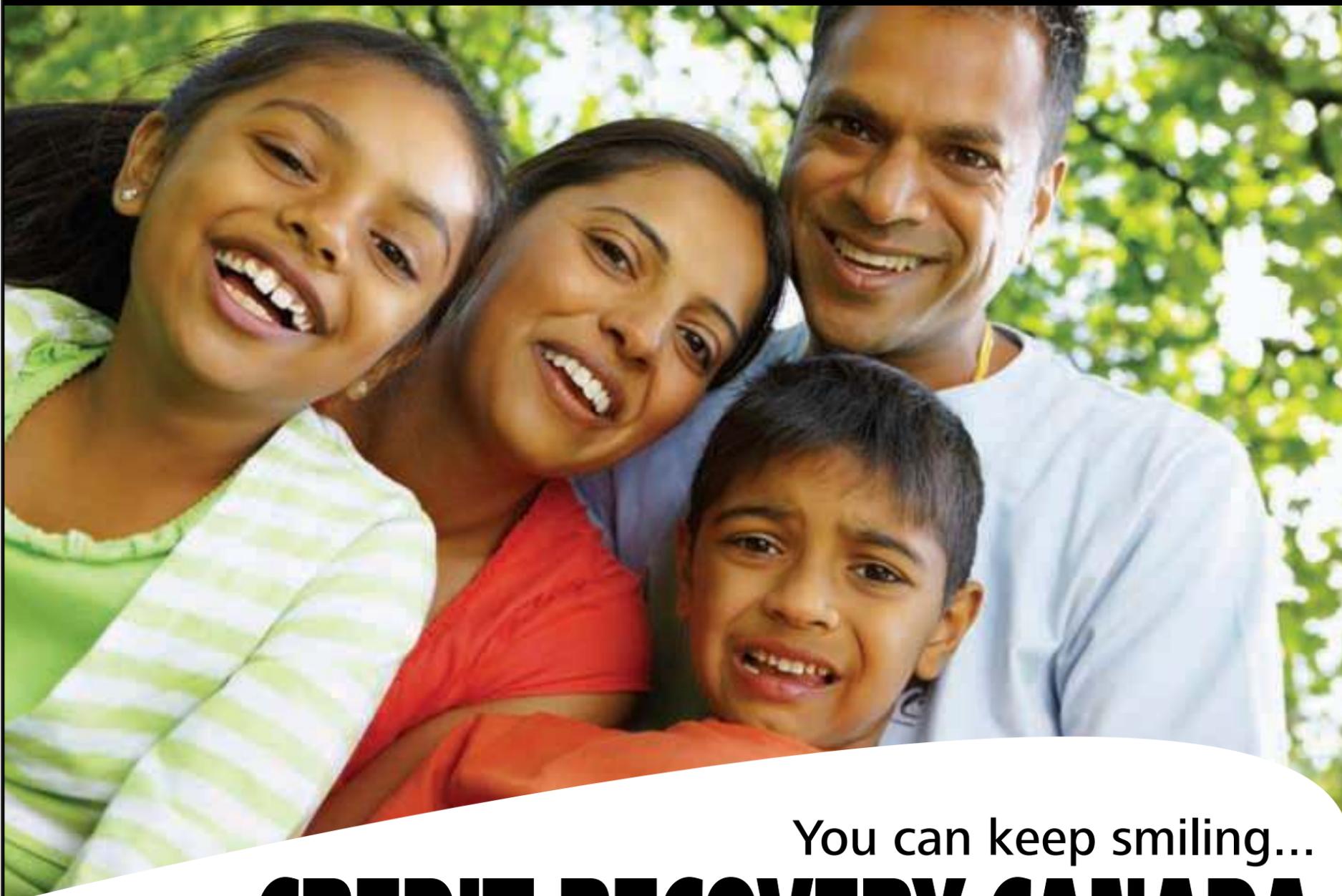
According to Mr. Chan, the company is proud to have nearly 100 Agents working for him. The hall-mark of their success is the friendly and cooperative touch which the Agents maintain with their clients. They service their policy-holders in a timely-fashion providing them quick responses for their claims. Roland's son Chan Jnr. functions as the Manager for the Company.

Seen here are some pictures taken at the event held on January 23rd last month.

Award Winners 2009

- TOP GUN AWARD 2010
Sritharan Thuraiajah
- TOP GUN RUNNER-UP
Benny Fernando
- TOP ROOKIE
Kisho Rasasothy
- TOP ROOKIE RUNNER-UP
Henry Pedroza
- Top Gun RRSP
Nanette Britanico
- Top Gun Runner-up RRSP
Allan Rosos
- TOP MGA in Canada for Industrial Alliance
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Yogathon for Schizophrenia

Toronto, Ontario, January 14, 2010 - The Schizophrenia Society of Ontario (SSO) will host its annual Yogathon for Schizophrenia on March 6th, 2010 at The Berkeley Church, 315 Queen Street East, Toronto. This will be the fifth year that the SSO has held this event, where yoga enthusiasts come together in a union of Karma and Hatha yoga to raise much needed funds for their Early Intervention Program.

The Toronto Yogathon was the first event of its kind in Ontario and in the past four years it has grown into a must attend event for yoga practitioners raising more than \$150,000 for the Early Intervention Program.

Known as youth's greatest disabler, schizophrenia generally strikes young people at the prime of their lives, in their late teens or early 20's. When schizophrenia is left untreated, it can cause delusions, hallucinations, and emotional withdrawal: at its most extreme, this mental illness can, tragically, sometimes result in suicide. Early diagnosis is vital. Timely intervention and comprehensive treatment empowers and assists people with schizophrenia to cope with the illness and lead productive lives.

The Schizophrenia Society of Ontario offers a reason to hope and the means to cope to families and individuals affected by schizophrenia. SSO provides support, education, and advocacy on behalf of people and families affected by schizophrenia across

Ontario. SSO is the largest organization representing people affected by schizophrenia in this province.

As the SSO moves into its 31st year of providing a reason to hope to those affected by schizophrenia, we are looking ahead to making our events bigger and better than ever. The 2010 Yogathon will be no exception as we launch five new Yogathons across the province. This year, Kingston, London, Oakville, Peterborough and Windsor will join Toronto yoga enthusiasts during February and March 2010 to raise much needed funds for SSO's youth education and outreach programs.

The Toronto Yogathon will also see some changes this year. Yogi Tambiraja, our dedicated Yogathon founder and Chair for the past four years, has turned over the reigns to Tracie McLeod, manager of The Yoga Sanctuary Danforth, who could not be more excited about taking on the planning of this event. "I want it to be fun and light, not serious," says Tracie, "I'm really excited and very confident that it's going to be very successful. I want everyone to walk away at the end of the day feeling peaceful and joyful."

The 2010 Yogathon will move from the Distillery District to the historic Berkeley Church where the seventeen foot stain glass windows, fire places and cathedral ceilings will provide a comforting and welcoming atmosphere for our event. Participants

will enjoy a day filled with karma yoga, great food and drink, a vendor market and some amazing prizes!

The day will begin with a Vinyasa Flow class taught by Myriam Khouzam of Octopus Garden Yoga Centre followed by a Gentle Hatha class taught by Jennifer Taillerfer of Moksha Yoga Danforth. Cynthia Funk of the Yoga Sanctuary will then instruct a Hatha Flow class and Karusia Wroblewski, also of the Yoga Sanctuary, will get everyone ready for the complimentary lunch with some belly dancing lessons.

We would like to thank our 2010 Yogathon Provincial Gold Sponsor, The Boiler Inspection and Insurance Company of Canada and our Provincial Bronze Sponsor, TD Securities as well as our valued supporters gstayoga.com, Monsoon Journal and In Stillness Holistic Body Work.

If you are interested in sponsoring, supporting or participating in the 2010 Yogathon for Schizophrenia or would like more information, please contact us at 1-800-449-6367. You may also register online at www.yogathon.ca.

For further information contact:

April Watts

Development Associate
416-449-6830 ext. 223
130 Spadina Ave., Suite #302
Toronto, ON M5V 2L4



Report on 2009 Yogathon

"The 2009 Yogathon for Schizophrenia was a huge success raising more than \$27,000 for the Schizophrenia Society of Ontario's Early Intervention Program!

It may have been rainy and cold outside, but the spirit and enthusiasm inside was absolutely heart-warming! We had yoga enthusiasts and beginners come together to breathe, stretch, and relax in order to raise money to help those affected by schizophrenia.

This year, we were fortunate to have some of the best yoga teachers in Toronto involved in this amazing karma event. As in

previous years, Sivananda Yoga Vedanta Centre led the program, which was then followed by instructional sessions with teachers from Moksha Yoga-Danforth, The Big Stretch Yoga Centre, and Octopus Garden Yoga Centre.

Funds raised through the 2009 Yogathon support our Early Intervention Program to raise awareness of the early signs and symptoms of psychosis, and enable us to better support families facing the early onset of psychosis and schizophrenia. This is invaluable to our efforts to increase early diagnosis, leading to better treatment and enhanced

chances of recovery among young people.

We would like to thank our 2009 Yogathon corporate sponsors: CIBC World Markets Children's Miracle Foundation, TD Securities, Roots Yoga Studio, and Sivananda Yoga Vedanta Centre, as well as our media partners Ascent Magazine and Monsoon Journal.

Our other valued supporters of this year's event include Roots Yoga, Dear Lil' Devas, Downward Dog, Moksha Yoga Danforth, The Big Stretch Yoga Centre, Yoga Sanctuary-Danforth, and Octopus Garden Yoga Centre."

2010

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Taxes: \$4,543 (2010)

\$775,000

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BE SELF-CENTERED, NOT A RENUNCIANT

MONSOON FEATURE

by Devadas Chelvam

The only son of a wealthy landlord gave up all his worldly riches to become a wandering monk in India. After his enlightenment, he was once seated before a group of his disciples, giving a spiritual discourse. Since they were deeply moved by their Master's instruction, one disciple remarked that they were indeed blessed due to his great renunciation, whereby he had become their guru.

The saint replied with a chuckle that the worldly people are the real renunciants. Giving up few paltry things to gain God and His infinite bliss is not renunciation. Those who renounce divine bliss and peace for the sake of evanescent pleasures are truly the renunciants. They renounce what is infinitely greater for such little gain.

All the saints have consistently talked about the importance of renunciation and selfless attitude on the spiritual path. Lord Buddha preached that selfish desires are the root of human misery and ignorance. Then how can one talk about being self-centered and not a renunciant to attain liberation? Is such a statement meaningful in any way?

Many people are afraid to follow a spiritual path because they feel that they cannot renounce the world and be selfless. This is due to mental confusion about our genuine identity, and misapprehensions about the world.

Who am I? What is my true Self? What is in me that can never change? My body and mind are changing continually. If we identify ourselves with the body and mind, we would feel that we are essentially separate from others and from God. It results in being constantly plagued by a sense of insecurity, the need to compete with others, and to go after petty pleasures, in order to hide from the hell of our false self.

Our true self is heaven or bliss. That is our real nature. In our soul, we are essentially one with God and others. When we relax the tie to the false, ephemeral self which is identification with the body, and start to live for others and for God, only then can we find our soul or the true self.

An American man asked the Indian sage Paramahansa Yogananda whether there is a place called hell. He replied with a smile: "Where do you think you are now? Until you find God your



life is hell." It is significant that the compassionate sage smiled as he spoke. He was floating in the blissful sea of Self-awareness or God-consciousness, hence ready to guide the man out of the hell of his false self.

Most of us live in the hell of inner turmoil, and manage to pretend that we are alright. We have lost our soul, and are not even aware of it. "What does it profit a man, if he gains the whole world, and suffers the loss of his soul?" Lord Jesus asked.

We do not need to conquer the world, or be the richest or the smartest person on earth to realize that such a position does not guarantee peace or happiness. This fact points to an important truth, namely that we are far greater than the whole universe. Nothing outside us can completely satisfy us, and give us contentment.

We have to find our soul or the self to be peaceful. The connection we have with others and God is our soul. Hence St. Augustine prayed "O Lord let me know Thee so that I may know myself." It is not possible to understand ourselves truly without knowing the source of our being and becoming, that is God.

As we yearn for God, and start living for others, we are bound to feel peace and even some joy. Once, Mother Teresa heard about a starving family of a mother with three children in Calcutta. She went to their home with a bag of

rice. The poor woman was delighted to see Mother Teresa who had come to help them.

Though they had been without food for days, the first act of the woman was not to start cooking the rice, but to divide it into half, and take the other half to her neighbor who also had three children and were starving. There was joy in the woman's face as she went to the neighbor's house and came back home. Mother Teresa said that she could have given her more rice immediately, but delayed bringing her more rice for two days so that the poor woman could continue to bask in the joy of self-sacrifice and sharing.

The easiest way to find our true Self is to forget our false self with its numerous desires and opinions, and be compassionate and caring towards others. God comes close to the heart of the people who are always compassionate. As they forget themselves completely in selfless service, and do not even think about their own salvation, peace pursues them.

Instead of asserting our petty self and seeking outside attention, we need to be humble and forget ourselves in order to find our true Self. The word 'Self' can have opposite meanings. It may refer to the narrow, false self whereby we separate from others or to the true, large Self which makes us sense our oneness with God and others.

There are no 'others' to the

Self-realized Masters. They see the same Self in all. To see the other as other, one has to be ignorant of the higher Self, and perceive from the false or lower self which is hell. Hence the famous words of Jean-Paul Satre: "L'enfer, c'est l'autre. -The other is hell." Such a perception arises from the darkness of ignorance. Love lights up the higher Self, where others are seen as part of oneself, and not as others. The lover and the beloved are one. As love increases, otherness disappears gradually.

When we are Self-centered in the broad sense, paradoxically we will find that we are nothing, and yet are everything. Giving up selfish desires does not mean renunciation, but embracing the whole world, with genuine appreciation and reverence for everyone and everything.

One may ask whether it is ever possible to appreciate all, while there is so much evil in the world. The shining example of great saints like Yogananda, Peace Pilgrim, Mother Teresa and Ammachi shows that it can be done. They were always bubbling with joy and unconditional love for everyone. The saints worked hard to overcome the evil that they encountered, much more than those who condemn the evil in others, but continue to contribute to the evil through the negativity of their thoughts, words, acts, and vibrations.

God's infinite intelligence,

energy and beauty are expressed through everyone and everything, in spite of the defects in creation. Let us never forget that creation is a work in progress, and not look for perfection in this world.

The saint's ability to see divine goodness in all situations persists even when a heinous crime is about to happen. A little girl ran to hide in a barn to escape from the man in whose hands she had suffered serious abuse several times earlier.

He was walking deliberately towards the girl cowering in a corner with fear, intending to beat her up. Peace Pilgrim saw this, went between them quickly, and gazed at the man with love and compassion. He stopped on his track, looked at Peace Pilgrim for a while, turned back, and went away.

Peace Pilgrim judged promptly that the intense fear of the child placed her in real danger. Since Peace Pilgrim saw the goodness in the man beyond his evil intent, she had no fear in her heart, but only love and compassion for his miserable condition. Thus the little child was saved from him.

As we learn to appreciate and love what is before us here and now, we will begin to experience the healing quality of love. The words of Lord Buddha emphasize an unchanging truth of life: "Hatred is not overcome by hatred; hatred is overcome only by love."

What God is saying for 2010

There are all sort of shifting taking place in our midst in 2010! Christians will flourish significantly to the degree they are properly positioned in each area of their life. Many unsaved friends, family members, and people in general will look to Christians nearby for solutions. Some will do this for the first time ever. Leadership repositioning, like higher calling or many shifting out of leaderships.

" Judgment begins at the house of the Lord

" Ezekiel River is coming

" Cleansing of the Heavenly Sanctuary.

" Days of Noah..

" Persecution on the way.

" The countdown has begun and time is short

" Prophetic and apostolic move of God in the body of Christ.

Dear brothers and sisters in the Lord, may God's grace and peace be with you and your families. 2000 years have come and gone, 2 millennium also passed by...still our God is faithful to us. Praise is to the name of Jesus! God is long suffering towards us. We seldom think much about time except when we're running late.

If there is anything we truly need in this New Year? Well. My desire is get closer to God than anything in this world. We must desire to grow in the love of Jesus, and to carry out His will for our lives, and prepare our-self for His coming. Jesus said, in this world, you will have trouble, but don't be afraid, I have overcome. Just like one of us, Jesus was identified with us in the trouble and humiliation and pain. When He overcomes everything in this world while he was living in this world. We can too.

God your father constantly watches over you, sustains you in every way. He cares for you. You are His workmanship, created in Christ. I love what is bible says "All things work together for good to those who love God, to those who are called according to His purpose. Wow. What A PROMISE!

Year of 2010 is in the hand of God. He will be with you Isaiah 43 says "Do not fear I have redeemed you, I have called you by name. You are mine. When you pass through the waters, I will be with you, and through the rivers, they shall not overwhelm you"

For the past few months I've been finding things increasingly difficult. Harder to enter that beautiful fellowship and communion of the Spirit that's been so precious over the years, the one thing my heartbeats for. A sense

of barrenness. An inner sense of loneliness. God seeming to have hidden His face from me. It's very difficult. Very painful. I get questioning... is there something wrong with me? Have I offended You, Lord? And He does draw close at times, giving divine appointment. Finally I understood, God is trying to say something in the midst of busyness. Jesus understood this dilemma about human tension between our immediate needs and our spiritual needs. HE SPENT A LOT OF TIME TRYING TO HELP HIS DISCIPLES to UNDERSTAND IT. We read in Matthew 11:28 - 30 He said come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn of me. I believe that Jesus unexpectedly stop on us every day to say something to guide us. Spending few days at His feet, God spoke to me about 2010.

He who has an ear let him hear what the spirit says to the churches" Rev 3:22.

" God's remnant - God is doing new things.

God is teaching you complete dependency upon Him. You like Job; you were "perfect and upright men," men that "feared God, and eschewed evil;" they

Had not complied with the abounding errors and corruptions of their day, but

"Exercised themselves to keep consciences void of offence towards God and Man.

" Keep your garment clean till I come. Survive the persecutions inspired by Satan.

I'm by striping you away form of support. Do not be discouraged by your situation, or your circumstance, yield to them. You are lonely do not seem to fit in anywhere. You have lost your interest in the things of this world. You can see with you spiritual eyes that there is something missing, you do not know where to go or turn. No one seems to understand you. When you try to explain they just look at you like mad. You are not mad. God is calling out to pour the revival spirit upon you. You who were once sitting down in silence now must arise in glory for the Lord has risen upon you! Says the Lord.

Stay close to me says the Lord. Stay in my word. If you can find same like-minded people, get connected. Just wait I'm doing new things.

" Revival is beginning in 2010.

Key to the revival is forgiving each other.

Paul said in Ephesians 4:32 "Forgive each other, just as God in Christ also has forgiven you.

By Prophetess Michelle Kamal



II Chronicles 7: 14 If my people, which are called by my name, shall humble themselves, and pray, and seek my face, and turn from their wicked ways; then will I hear from heaven, and will forgive their sin, and will heal their land. MY people who are called should humble, and pray and seek my face, and turn from their wicked ways, will receive my outpouring and I need new wineskin says the Lord.

"And no one puts new wine into old wineskins; or else the new wine will burst the wineskins

and be spilled, and the wineskins will be ruined. But new wine must be put into new wineskins, and both are preserved. And no one, having drunk old wine, immediately desires new; for he says, "The old is better." Luke 5:37-39

The greatest risk we face as a church in these days is not that we may lose money, or that we may lose members, or that we may lose staff, or that we may lose reputation.. It's okay to lose all those. The greatest risk is that we may lose heaven. Because one way to lose heaven is to hold



fast to an unforgiving spirit and so prove that, the Spirit of Christ has never indwelt us.

Our Greatest Risk: Losing Heaven

"You wicked servant, I forgave you all that debt because you entreated me. Should you not also have had mercy on your fellow servant, even as I had mercy on you?" And his lord, moved with anger, handed him over to the torturers until he should repay all that was owed him. So shall My heavenly Father also do to you, if each of you does not forgive his brother from your heart.

If we hold fast to an unforgiving spirit, we will be handed over to the tormentors. We will lose heaven, and gain hell. Forgiveness is not icing on the cake. a deep inner repentance. Forgiveness means not returning evil to evil, grieving their calamities, wishing them well.

" Judgment begins at the house of the Lord,- but the Lord is a Covenant keeping God and always, has His remnant. And His remnant always mourns for the state of His church.

Contd. in the next issue...

Stop seeking, you will find your God!

All around us, we come across people who are running towards God. Or who they think God is!

They spend so much time and effort in seeking God in all kinds of places. Often, after they believe they have found Him in one place of worship, they will again begin their search in some other new place. They become professional seekers.

Even those who deny God, the atheists, are seekers. They too are seeking their own version of God!

In reality, seekers do not ever truly find God. This is because in the inner world, the logic is very different. The process of seeking is not the same as in the material world, where things exist in separate physical forms. In the spiritual realm, God is not at the end of a journey, He is not the achievement - He is just in the Awareness.

God is already in each one of us, only we have lost the sensitivity to know His presence! When God is all around us, and inside us - it means that we cannot run

towards Him, for in which direction shall we choose to run? He is everywhere! This is the Awareness we need to have to reach God.

This is in fact true of all goals. Goals are not reached by frantically running towards them. That makes us tense and creates barriers in the quest. The path should be the quest, not the destination. If we move towards the destination without expectations, if we work towards goals with no attachments to failure or success, we will find that that we become far more productive. We would then work with no stress at all, completely focussed on the journey, the process, and the present.

To work in the present in our daily life we need to trust life itself; we need to trust existence or God. This abiding trust in existence is actually the path to God. But we spoil this path by judging all events against goals set by our minds.

When we sincerely make efforts, immersing ourselves in trust, whatever happens will be



good for us. This is what I mean by saying that you actually achieve your goals when you stop running towards them.

Zen masters say: When you see Buddha on the road, kill Him!

If you see Him, or think you see Him, he is not real. When you stop seeking, you will find Him. Seeking makes you tense. It makes you miss your real purpose.

Nithyananda

www.nithyananda.org



Tamil Community extends support to Haitians

Cambridge : Cameron Heights Public school student, Meera Sivakumar is working with Global Medic of Toronto to deliver water purification system and medical assistance to survivors of the devastating earthquake in Haiti. The powerful earthquake on Jan. 12 killed an estimated 200,000 people, displacing thousands and turning much of the nation's capital of Port-au-Prince into rubble.

At a fundraising ceremony on Saturday, Jan. 23rd at the

Cambridge Centre Mall in Cambridge, Meera organised herself to do a humanitarian effort. She received full support from the Tamil community of the Waterloo region, along with the Emergency Medical Staff (EMS) of the Waterloo region.

The members of the Tamil Cultural Association of Waterloo region were on hand to help organise the event and to raise funds. At the end of the day, Meera was able to collect about

\$1,200, for the purchase of Water purification equipment and Medical assistance for Haitians.

Matt Capobianco, Manager Emergency program praised the efforts of young Tamils in the Waterloo region for taking a leading role in helping people in other countries.

Sri Lankan Tamils have been at the receiving end but now they are taking a leading role in giving back to the needy around the world. Julie Colgan of Global

Medic commented the efforts made by Toronto area Tamil community for raising \$50,000 for Global Medic during the civil conflict in April, last year.

Mr. Bala Thambypillai of the Tamil cultural association was delighted that events like this bring goodwill and public support to the community. These young children are our role models, he said. Previously, Meera has helped fellow Sri Lankans following the Tsunami and to fund a

library at the Sri Ramakrishna Mission in Batticaloa, Sri Lanka.

GlobalMedic teams are made up of professional rescuers-paramedics, police officers and fire-fighters-who volunteer their time and skills. GlobalMedic teams have trained landmine-clearance personal as medics. They ran field clinics treating more than 4,000 patients and provided clean drinking water to civilians in the North-East of Sri Lanka.



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for inspection and details.

UW drama students share their Italian lessons

By Martin DeGroot

Last spring, a group of University of Waterloo Drama students and faculty travelled to Calabria in southern Italy as part of an exchange program. In the fall, the Italian component of the partnership a group called Teatro del'Acquario reciprocated with a visit to our region.

For the Waterloo group, one of the results was first-hand experience with the Commedia dell'Arte, a theatre tradition that began as early as the 14th century, came to full fruition in the Renaissance and is very much alive throughout Italy today.

Next week, there's an opportunity to see first-hand what happens when young Canadians interested in drama encounter, study and then try their hand at a performance inspired by one of the oldest and greatest European theatre traditions.

The show is called Masks on Meds: The doctors of the

Commedia dell'Arte. It's a double header: the program includes Moliere's The Flying Doctor as well as The Dumb Wife by Bari Rolfe.

These plays exemplify various aspects of the Commedia dell'Arte style: Use of masks, exaggerated action, and various et ceteras throughout the text -opportunities for extemporization and embellishment. The director is Gabrielle Houle, a specialist in Commedia dell'Arte who led a full course of study on the subject last fall.

A general instruction that students received during the audition process gives us an idea of what to expect. Keep in mind that the characters are bigger than nature and highly physical. Your goal: to entertain the public.

Commedia means more than just comedy. The original meaning is something like story-telling or theatre. Arte signifies the craftsman, the artisan. This began as the theatre of the guilds, the skilled trades popular



Andy Allen, *The Dumb Wife* starring (from left) Kate Teddman (as Vesuvia), Emma Dines (as Dottore) and Lisa Massaro (as Brighella)

entertainment, as distinct from the more serious commedia erudita. The Flying Doctor and The Dumb Wife are later works in which there is more emphasis on a written text than in the main tradition, which involves improvisation around a set story-line (the scenario).

Commedia dell'Arte includes a relatively small set of stock characters: Panatalone (an older, well-to-do merchant), the Doctor (il Dottore), il Capitano, Arlecchino

(or Harlequin), Colombina, Pulchinella, the Zanni (valets or jesters who specialize in zany actions). There are also the lovers - amoroso the beautiful people, who are not portrayed with masks.

It's all about fun, especially poking fun at pretence and respectability. There are light-hearted digressions called lazzi, which can include word play or pantomime, and also juggling, acrobatics and physical horse play.

When I spoke with Gabrielle Houle, she explained how the masks are a critical part of this project as a learning experience: When the face is covered, an actor has to find alternative means of expression, primarily through the voice and the body as a whole.

Masks on Meds is centred around il Dottore in this case, doctors of medicine. It could just as easily be a doctor of philoso-

phy, science, law or whatever. Il Dottore hails from Bologna, where the oldest university in Europe is located. He's a know-it-all who loves to pontificate on any and all subjects, but speaks mostly nonsense.

The promotional materials talk about an invitation to step into a world where doctors and charlatans use both their knowledge and idiocy to cure their desperate patients. Something different that sounds like a lot of fun at a bargain price (\$12, \$10 students, seniors). For tickets call 519-888 4908 (space is limited). The show runs Wednesday to Saturday (8 p.m. each night) at Studio 180 (black box space in Hagey Hall).

Martin DeGroot is executive director of the Waterloo Regional Arts Council. He comments on arts and culture Tuesdays in The Record. You can reach him by e-mail at mdg@golden.net.

WestJet service to Vancouver

WestJet will offer service between Vancouver and the Region of Waterloo International Airport starting in July.

The Vancouver connection will provide guests travelling from Waterloo Region with the option to connect on to a number of destinations in the United States including Las Vegas, San Francisco and Honolulu.

WestJet launched non-stop daily service to Calgary from Waterloo Region in May 2007 providing connections through their



hub in Calgary to a number of Western Canadian destinations. Fares start at \$189 with two flights a day between the two cities.

Local entrepreneur passionate about diversity

By Liz Monteiro, Record staff

CAMBRIDGE - When it comes to ethnic diversity, Prakash Venkataraman not only believes it, he lives it.

The Indian-born man is the president and CEO of Redragon Oil and Gas Systems International Inc. based in Cambridge. Diversity is so important to him that his company name reflects his passion.

Red in Redragon stands for reflecting ethnic diversity and dragon stands for his business partner and right-hand man Paul Hodgson. Hodgson's wife comes from Wales and the Welsh flag has a dragon on it.

"I strongly believe I want to be the change, to prove and show that immigrants are contributing," said the 36-year-old father of two young boys.

"I wanted this (the company) to reflect Canada," he said.

And reflecting Waterloo Region's ethnic diversity it does.

Venkataraman, who speaks Arabic, Tamil and five different Indian languages, employs 25 workers who hail from 12 ethnic backgrounds in countries such as Hungary, Romania, the Philippines, China and Thailand. "The reason behind our success is the diversification of our employees," he said.

The local manufacturer recycles used oil and is a specialist in oil processing and vacuum technology. Their sophisticated systems are able to retrieve clean oil from used oil.

The system was created by Hodgson's father who worked for an oil company in the 1950s. The pair have updated the system and built 38 recycling systems since they opened in 2007. Redragon started as a consulting company in 2005.

Last year, the company had \$7



President & CEO of Redragon, Prakash Venkataraman, crouches between Paul Hodgson, VP sales and engineering and Larry Beaton VP production and operation

million in sales and hopes to surpass that with \$10 million in sales for 2010. They have customers in 80 countries worldwide.

Venkataraman, an electrical engineering graduate, worked in Singapore, Hong Kong and the Middle East before settling in Canada. In Oman, he worked for an offshore oil company, managing 1,000 employees.

The company wanted to open offices in Canada or Australia and he visited both countries for a week to decide which one he wanted to live in.

In Brisbane, Australia, Venkataraman stayed in a hotel, read local newspapers and visited the chamber of commerce office. He went to a supermarket, took a bus and visited nearby areas.

Weeks later, he came to Cambridge. The Oman-based company had a customer here so he decided on Waterloo Region. He stayed at the Satellite Motel on Hespeler Road.

"People were friendly and helpful," said Venkataraman, who remembers going to the mall and pulling out a \$5 bill from his wallet and wondering about the amount he owed and a fellow shopper helped him. "I felt like this is it. I felt at home," he said.

In March 2001, Venkataraman came to Cambridge permanently. Within six days, his wife, Suneetha, followed and the couple had a house and car three

Locals return from Haiti with incredible stories to tell

By Charlotte Prong Parkhill, Chronicle Staff

Walker was in the kitchen cooking a pot of rice when she heard what she thought was a freight train. But when the noise grew louder and louder, and the ground started shaking, her subconscious told her what was really going on. "Earthquake!" she shouted.

Walker and nine other members of Waterloo's Glen Acres Baptist Church were in Haiti that day, volunteering at the Mission of Hope near the town of Titanyen.

As she began to run out of the kitchen, helping an elderly mission doctor, another woman who was coming down the stairs was thrown across the room by the tremors.

Teenagers Jamie Dowsett and Josh Thresh were planning to leave Haiti the next day and had just finished saying goodbye to the orphans. Their mothers, Lisa Weber and Lori Thresh, waited anxiously in the mission's central courtyard for the boys to return.

"We grabbed them and hugged them," Weber said. "The whole process seemed to take hours and yet it was only seconds. Time seemed to stand still. It was so surreal."

After everyone from the mission was accounted for, the group cast their eyes down the mountain, to the city of Port-au-Prince 35 kilometres away.

"You could just see this huge

cloud of dust rising," Walker said. "I think everyone just kind of stopped breathing, and realized, this is really bad."

What followed over the next couple of days was equally surreal - frantically trying to contact relatives to let them know they were okay; assessing the damage to the various buildings in the mission - the clinic, the school, the orphanage; and lending a hand however they could to injured Haitians nearby.

Five days after the disaster, they left behind all of their excess clothing and shoes, and caught a bus to the Canadian embassy. Controlled chaos reigned outside the gates, as Haitians lined up hoping for some assistance.

"We just walked in. We knew we would get to go home," Thresh said. "We felt bad for the people who had to stay there."

Within 14 hours, they were on a cargo plane with 170 other Canadians. Watching CNN in a Montreal hotel room, Weber finally broke down and cried. "That's what our families had been watching. No wonder they were so terribly worried and found it hard to believe we were safe," she said.

The poverty and spirit of the Haitian people had already had a profound effect on the group before the quake. Every member of the group has returned with a new sense of gratitude for what they have here in Canada. And

days later.

He said it's important to become community minded. For 20 years, he's been a member of the rotary club, and is the past president of the Rotary Club of Cambridge Sunrise. He is the current president of the Waterloo Region Tamil Association.

For the first few years, Venkataraman admits he worked around the clock. He had contacts globally and often flew to the Middle East and African nations to make presentations on his employer's oil and gas technology.

Then on a trip to Nigeria to make a presentation to Mobil executives, he was kidnapped by local rebels who claimed that their government had taken their property and given it to foreign oil companies.

Venkataraman sat in a chair surrounded by about 50 armed rebels, holding AK-47s for about five hours.

"One guy loses his patience and that's it for me," he recalls of the tense situation.

Venkataraman choose to use his marketing skills and negotiate

with the rebels.

"I spoke of the principles of Gandhi and freedom fighters and the need to strategize. I told them that with arms and ammunition they won't win against the government," he said.

Slowly, Venkataraman started to win their confidence. He listened as they explained their anger and agreed to act as a mediator on their behalf.

"No one had ever taken initiative with them or showed concern for them," he said.

The rebels were so impressed that they offered him beer and escorted him to the airport to ensure other rebels didn't kidnap him. When Venkataraman returned home, he began evaluating his life and considered striking out on his own and starting his own company. Hodgson worked with him at the Cambridge company and together they started Redragon.

"I couldn't have done this without him. He's my right hand and my left hand," he said.

Venkataraman approached the Waterloo Region Immigrant Employment Network, an organi-



they all said they have a new perspective on their day-to-day problems.

But most importantly, they now share a bond with the Haitians that can never be broken. The immediate need is for aid workers and volunteers who are in engineering or health care. But in the future, each of them wants to return to Haiti, to help rebuild.

"Someone in a third-world country is, to me, no longer a stranger. They are now my friend. I mean, I used to give money, but it's different now. We have a connection that I don't think, for any of us, will ever be broken," said Jurgen Czechowsky.

"I hope that people don't forget about this two or three weeks down the road. This is going to take years. Literally years."

zation that tries to help local employers fill shortages by hiring skilled and professional immigrants. "My vision of a diversified employee base is to give roles to immigrants. If they have the will power and the passion, you can turn it in the right direction with the proper job," he said.

"The moment they come here they are asked if they have Canadian experience. It's impossible to have it. That question doesn't make sense at all," Venkataraman said.

There were challenges such as candidates having necessary English-language skills but "English is a language, not a knowledge" and it can be learned, he said.

Venkataraman, who's travelled to 120 countries and given thousands of presentations, said building relationships is crucial in business. It's a philosophy he follows when travelling in unknown lands. "You need to respect the culture and the person," he said. "A simple hello in the local language shows you are flexible and adaptable."

l Monteiro@therecord.com

GEMS: Purposes and Influence on Human Life (6)

Prof. Saran Ghai

AQUARIUS

(January 21 - February 19)

Lucky Gem: Blue Sapphire

Lucky Colour: Black

Lucky Number: 8

Aquarius is the eleventh astrological sign in the Zodiac, originating from the constellation Aquarius. In astrology, Aquarius is considered a "masculine", positive (extrovert) sign. It is also considered an air sign and is one of the four fixed signs. Aquarius has been traditionally ruled by the planet Saturn, and, since its discovery, Uranus has been considered a modern ruler of this sign. Being the eleventh sign of the zodiac, Aquarius is associated with the astrological eleventh house.

Individuals born when the Sun remains in this sign are considered Aquarius individuals. Under the tropical zodiac, the Sun is in Aquarius roughly from January 20 to about February 19. The Sanskrit name of Aquarius in Hindu astrology is Ku'bha "pitcher".

There are many variables that



determine compatibility in astrology, such as birth dates, birth months, birth years, position of a sign within the Sun, the Moon, Stars, etc. The signs listed as compatible with Aquarius do not reflect an individual profile or individual reading as interpreted within astrology, but rather reflects a general guideline and reference to compatibility.

Very commonly Blue Sapphire is suggested to be worn by the Aquarius individuals. But be noticed that Blue Sapphire (Neelam) should never be worn without a trial. An unblemished blue Sapphire if it suits the wearer can remove poverty and provides health, wealth, longevity,

happiness, prosperity, name and fame. It also restores lost wealth and property. A blemished Sapphire (Neelam) is the cause of many miseries. If the Sapphire (Neelam) has white lines on it, it is bad for the eyes. The whitish (milky) stone brings poverty. A cracked blue sapphire brings accidents to the native. The dual coloured stone may cause troubles from the enemy side. The dull coloured Sapphire (Neelam) causes distress and worries to nears and dears.

There are also following beliefs about this stone.

1. If the Sapphire (Neelam) is put in water and the same water is used to wash the scorpion bite,

By Prof. Saran Ghai

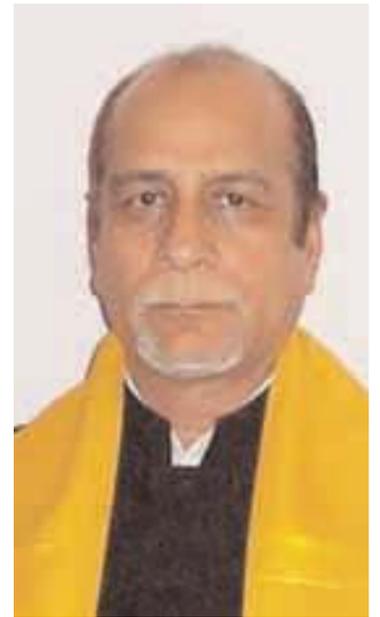
the effect of the poison is removed immediately.

2. If the Sapphire (Neelam) it is worn as a talisman, it gives protection from evil spirits.

3. The Sapphire forewarns its owner by changing its colour if there is any conspiracy or threat of an attack on him by his or her enemies.

Aquarius is identified as "The Great One" in the Babylonian star catalogues and represents the god Ea himself. In Old Babylonian astronomy, Ea was the ruler of the southernmost quarter of the Sun's path, the "Way of Ea", corresponding to the period of 45 days on either side of winter solstice. In the Greek tradition, the constellation became being represented as simply a single vase from which a stream poured down to Piscis Austrinus. The name in the Hindu zodiac is likewise kumbha "water-pitcher", showing that the zodiac reached India via Greece.

Aquarius is sometimes identified with Ganymede, a beautiful youth in Greek mythology with whom Zeus fell in love and, in the



disguise of an eagle carried off to Olympus to be cup-bearer to the gods. Aquarius has also been identified as the pourer of the waters that flooded the Earth in the ancient Greek version of the Great Flood myth.

(Continued in the next issue)

(Palm Reader and Meditation Guru Prof. Saran Ghai thoughtfully understand your circumstances, family, marriage/divorce, kids, and financial conditions and advises for energized lucky stones accordingly)

For his services contact Prof. Saran Ghai. Ph: (905) 794-4488, (416) 816-5559, E-mail: businesschambers@gmail.com Website: www.muktipathmeditation.com.

Mayor's Gala gift to RVAP



Thanks to the generosity of the Mayor of Pickering, sponsors and guests of the 5th Annual Mayor's Gala held last November, Rouge Valley Ajax and Pickering has received a portable ultrasound machine for the 11-bed combined Intensive Care Unit (ICU) and Critical Care Unit (CCU). This portable ultrasound machine will be used for vascular access in the insertion of central lines for ICU and CCU patients.

We held a gift celebration earlier today to showcase the equipment and thank Mayor Dave Ryan for supporting the hospital with his successful annual event.

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NADARAJAH - THE EVER ENTERPRISING AGRO - INDUSTRIALIST

by C. Kamalaharan

'Without Labour nothing Prospers' is the maxim that aptly refers to the untiring, unflinching, conscientious and valourous efforts taken by Ponniah Nadarajah of Anna Industries, Inuvil, to become what he is today.

In spite of the repeated setbacks and heavy losses he sustained in business, he rose to prominence by his strong determination, willpower, self-confidence, patience and perseverance.

Born in a humble, respectable, pious and devout family with six sisters and a younger brother, Nada took up the responsibility of shouldering the family burden, abandoning his studies, at the age of eighteen. Unable to make both ends meet with the meager income of the family, Nada left for Colombo in search of greener pastures.

But fortune didn't smile the way he expected things to be. Not satisfied with the jobs that came his way, Nada returned to Jaffna, where financial constrain at home forced him to take up a job as a supervisor, under a road overseer. Being the sole bread winner of the family, Nada laboured hard the whole day sweating and panting in the scorching sun.

It was while on duty there, that the first ray of hope enlivened him. One day while seated on a roadside stone, the Divine intervened in the form of an old man, who sat beside him, tapped twice on his lap and inquired, "who are you, why are you seated here?" Nada fully exhausted and mentally fatigued revealed the circumstances that harnessed him to that job. The old man advised him, "brother! If you undergo difficulties at the beginning, you will do better later, do your duty carefully". On inquiry about the old man at a

nearby shop, he was told, "He is Yogaswamigal, to receive His glance itself is a rare opportunity, furthermore His hands have touched you and He has even blessed you, you are really lucky and a good fortune is at your doorstep"

The divine touch of Yoga Swamigal brought a gradual transformation in Nada's life.

One day as usual while on duty along Navalur road, the popular businessman, 'milk white' Kanagarajah alighted from his car, called Nada by his side and got details about him; his native place, his job and other particulars. He too advised Nada, "if you work hard you can come up in life". This meeting and the subsequent meetings that followed later, blossomed into a close association. In his quest to better his prospects, Nada had once revealed to Kanagarajah, the predicament in which he was and made an earnest request to induct him as an employee in his factory. Kanagarajah obliged to his request and inducted him as an employee in the factory.

Here too Nada was not satisfied with the work and so in his never failing urge to come up in life, he tried his hand in farming. It was a time when the state offered land to all those who were willing to clear the forest land and begin cultivation. Nada was offered five acres of forest land at Vavunikulam. While the other recipients got together and cleared the land as a joint venture, Nada completed the task all by himself. Later realizing that the benefits of his hard labour could be realized only after three years, Nada handed the land on lease and returned to Jaffna.

In his relentless effort to brighten his future, Nada approached his family native physician, Annamalaiyar of Suthumalai, who too advised Nada in a similar vein, "you



should labour hard constantly to become successful and for you self-employment is suitable, it will give you good returns later". He suggested Nada to prepare tooth powder using indigenous herbs, a list of which he gave. Nada took the advice in good faith and thus laid the foundation for his industrial career. He branded the tooth powder as Annamalaiyar tooth powder which later became 'Anna herbal tooth powder'.

Later on the advice of his erstwhile companion, Kanagarajah, he began the production of coffee powder, first with the engagement of his family members who did only manual work and later using the grinder. His coffee too was branded as 'Anna' and today 'Anna Coffee' (Anna Kopi) had gained such popularity that Nada is better known as 'Anna Kopi' Nadarajah.

Kanagarajah had been Nada's benevolent companion. To market Nada's products he took them along with his in his van for sales. On days when the van was not available, Nada took his products on his push bike for sales. When his products became popular, he had to step up production to cope with the strong demand.

With steady rise in income, he gave up sales on his push bike and bought the Jaffna man's popular car, the A 40 and proceeded beyond the peninsular for sales, he himself was the driver and

salesman. Later with the rapid expansion of his business, his home was re-modelled to a factory into which those in the neighbourhood were inducted for the various jobs that were available.

Besides tooth and coffee powder, Nada began the production of rice flour, roasted orid flour, stringhopper flour, 'kurukkan' flour, black and green gram flour, coriander flour, chillie flour, turmeric flour, palmyrah root flour, curry powder, and blue powder for washing clothes. All these items are marketed under the brand 'Anna'.

In his quest to expand his business further, his interest later switched on to agriculture. He had set up vine yards, vegetable gardens, poultry farms where in addition to the table birds he rears pigs, rabbits, ducks and other birds. In order to supply copious quantity of water, to irrigate his crops he had set up wind mills. Thus his 'Anna' farm too became popular.

Nutritious food mainly for children, expectant and breast feeding mothers, diabetic and other convalescent patients, the disabled and the elders were a long felt need. To fulfill this, Nada began the production of 'Jeevaharam', a nutritive supplement containing 16% protein, soya, black and green gram and etc; all these being produced after consulting Prof. Ramadas, a



pediatric specialist.' Jeevaharam' has gained wide publicity and today it is the main menu for breakfast in many homes.

Apart from business, Nada also engages himself in social activities. He also takes interest in tree planting, renovating abandoned wells, constructing new wells, setting up shelters at bus stops and distributing freely, seedlings of the latest hybrid crops.

In spite of the prolonged war situation that led to mass displacement, thereby incurring heavy losses, Nada never lost hope. The more the setbacks he faced the more determined was he. He braved all calamities with the 'never say die' attitude and continued his work unruffled.

Today he has set up branches all over, providing employment to many. His products have found favourable markets overseas. He began his business single handed and today both his sons have become great assets to him. His eldest son, Divaharan, a B.Com graduate is manning his father's affairs in Jaffna, while his next son Kannathasan is in overall charge of the industry in Colombo.

Nada is highly religious having great faith in Pararajasekarar Pillaiyar and Lord Kanthasamiyar, the two hallowed shrines in Inuvil. Besides he had the personal blessings of Bhagawan Sri Sathya Sai Baba, Yogaswamigal, 'Kudai' Swamigal, Vadivel Swamigal, Karaikkal Swamigal and Nainathivu Swamigal.

A very simple unassuming man without even the slightest trace of ego, Nada is always neatly attired in traditional 'verty' and shirt and greets everyone with his sparkling smile.

Nada was recently felicitated at a function held at the Colombo Tamil Sangam, to mark the release of the souvenir 'Anna Golden Souvenir' (Anna Pon Ehdhu) that coincided with the Golden Jubilee Celebrations of Anna Industries.

His life is a message to all entrepreneurs, to emulate the way he endured to become a popular Agro-Industrialist. His patience, perseverance and hard work are the hall mark of his success.

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Book Release

Living- Colombo Guide

Publishers: Lanka Media Services.

A lifestyle Directory...

By Siva Sivapragasam

The city of Colombo is obviously the first stop in the itinerary to those taking a trip to Sri Lanka. Your holiday becomes hassle-free if you have a guide that provides you with all the information and details that you want to know.

Media Services Inc. in Sri Lanka has made it easy for would be travellers by publishing a valuable and informative Guide titled "Living - Colombo Guide". The publication has been conveniently designed and perfectly prepared to include all what you need to know about the city of Colombo and what to find and where.

The contents have been broadly categorized into three sections-An introduction, city information and lifestyle Directory. The introduction is a glance into the city of Colombo which also includes a map, Sri Lanka fact file and forex rates. The lifestyle Directory is an information guide to the visitors and provides all information relating to business enterprises in Colombo under a variety of categories from A to Z.

Shopping in Colombo will be made easy for the travelers since the Directory has indexed all shops under the various categories. Those seeking to enjoy Sri Lankan cuisine will find it convenient and easy to select Hotels and Restaurants that are indexed in the Guide.

Living-Colombo Guide is not only a travel guide to foreign travelers to Colombo but will certainly serve as a valuable directory for those living in Colombo and those visiting Colombo from other areas in the Island.

Living-Colombo Guide is a passport to the gateway of Colombo. The publication will soon be available in Toronto.



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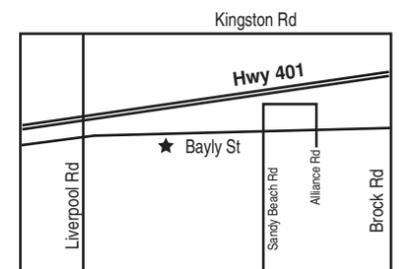


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