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# Monsoon Journal

A parfait media publication

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**U.S. President Barack Obama (R) and first lady Michelle Obama (2nd L) stand with India's Prime Minister Manmohan Singh (2nd R) and his wife Gursharan Kaur before a state dinner at the White House November 24, 2009 -Reuters pic.**



*Monsoon Journal  
wishes its readers, advertisers and  
all well wishers a  
Happy and Prosperous 2010*

## Sri Lanka - Presidential Elections The Battle between the two Titans has begun... Minority Vote the deciding factor for Victory?

**By Siva Sivapragasam**

The contest for the next Presidency in Sri Lanka between incumbent President Mahinda Rajapakse and former Army Chief Sarath Fonseka will perhaps be based on who takes credit for winning the war against the LTTE.

A cynic remarked "The war with the Tigers is over and the battle between the Lions has begun.

According to political analysts the main reason why the Presidential Elections are being held two years ahead of schedule is the fear that the present popularity of the President on the victory of the war may not last long. However, the President has gone on record saying that he is sacrificing two years of his current Presidency for a mandate from the people to develop the country and also a chance for the voter in the North to choose a President.

(Many of the voters in the

North did not exercise their franchise during the last Presidential Elections).

The Sinhala vote which is about 80 per cent of the total vote will perhaps be divided between the two leaving a balance 20 per cent minority vote (Tamils in North, East & Colombo, Muslims, and upcountry Tamils). In terms of numbers, the winner will be the person who bags most from the minority vote (Tamil & Muslim) which is estimated at 1.2 million. The Tamils may be forced with a dilemma of a Hobson's Choice between the two contenders. The Sinhala vote will be split and the Tamil vote will be decisive. The Presidential Elections are scheduled to be held next month on January 26th..Certainly a bruising battle is in the offing.

Come what may, the minority vote will decide who will be the next President of Sri Lanka.

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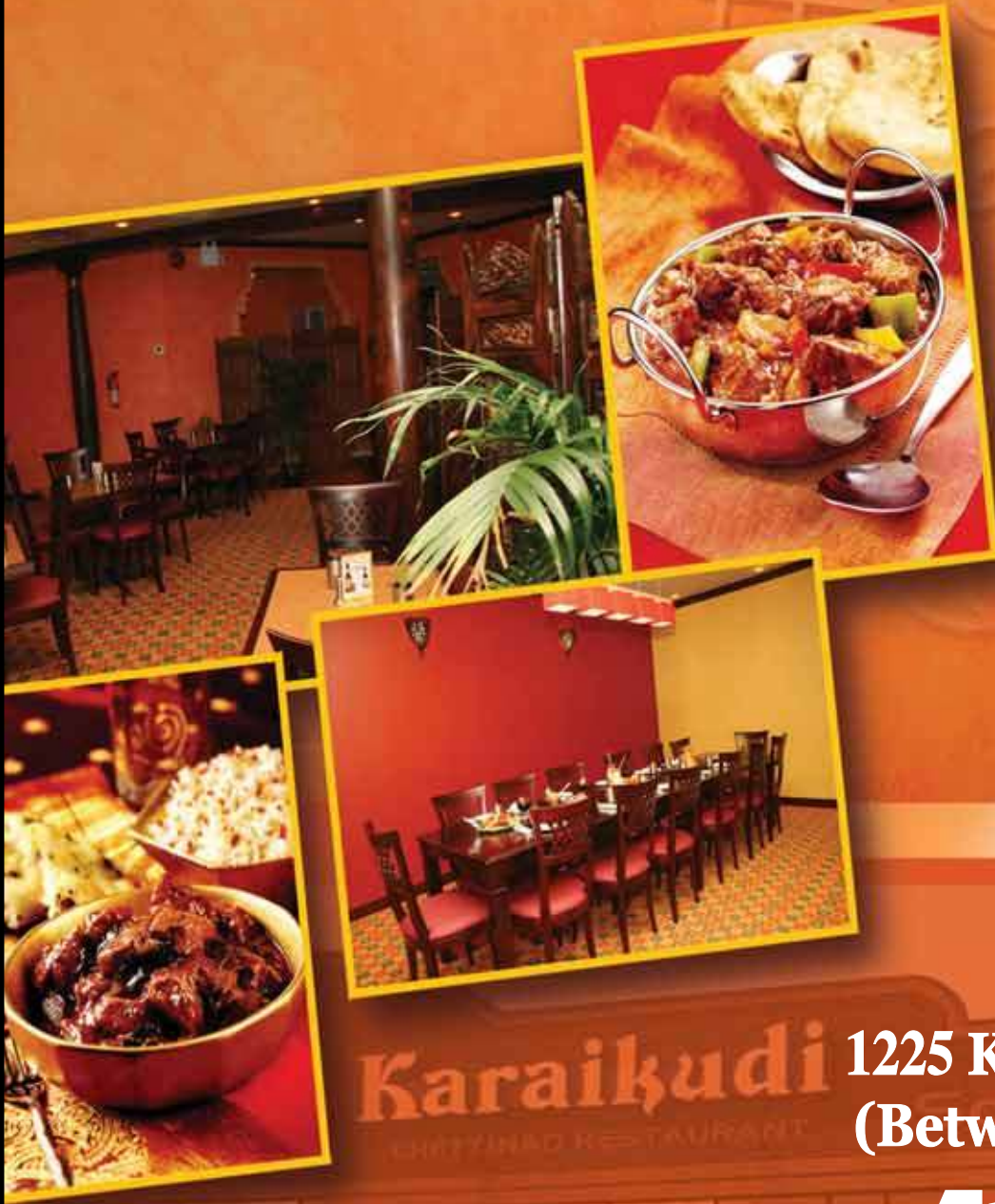
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# The Scarborough Hospital accepts overflow from Mt. Sinai, delivers triplets

## Special delivery showcases expertise of Maternal Newborn Department



The Maternal Newborn Department had an unexpected delivery recently when it was asked by doctors at Mt. Sinai to accept a patient in labour with premature triplets.

"This is a huge compliment for us," says Dr. Cramer, an obstetrician at The Scarborough Hospital who delivered the last set of triplets at the General campus in 1982.

The Mt. Sinai obstetrician "felt comfortable transferring here. He did not feel the care would be compromised," says Dr. Cramer, who delivers about 400 babies each year. "It is extremely rare for us to get asked to take overflow from Mt. Sinai."

Although The Scarborough Hospital's Maternal Newborn Centre is one of the busiest in the city, delivering close to 6,000 babies annually, high-risk pregnancies - including a woman carrying triplets - are typically referred to hospitals that specialize in that kind of care.

Confident they could handle the delivery, the team in the Maternal Newborn Department at The Scarborough Hospital immediately prepared for the delivery.

When soon-to-be mom Anita Shlymon arrived by ambulance, she was anxious, nervous and a bit worried about delivering in an unfamiliar hospital with a doctor who had not cared for her throughout her pregnancy.

"I asked my doctor at Mt. Sinai to come with me. I didn't want someone else delivering my babies. He knew my history. But he told me I didn't have to worry, that Dr. Cramer was a good doctor," says Anita. "I was worried but Dr. Cramer made me feel like everything would be ok. He was joking and that made me feel better. I received excellent care at The Scarborough Hospital and my three children continue to receive excellent care."

The three baby boys were delivered within minutes of each other and are all doing well. One was transferred to Sick Children's Hospital for specialized care. He returned to TSH a week later to be with his brothers; all three are healthy. "No we don't do this very often. But obstetrically you can't compare what we do here to any other hospital in the city," says Dr.



Cramer. "We have high volumes. We have a very different and difficult obstetric population. Many have had little or no prenatal care. There are nutritional issues. We do an excellent job with very trying circumstances."

Cutline for attached photo:

Registered nurses Lorna LePoldevin, left, and Tara Moreau spend time with triplet boys Justen, Jean and Jayden in the Neonatal Intensive Care Unit at The Scarborough Hospital, General campus. The healthy babies are doing well. The rare

triplet delivery highlighted the hospital's advanced obstetrical and pediatric expertise.

For further information please contact: Tracy Huffman, Communications Specialist, The Scarborough Hospital, 416.438.2911 x 6770



Prime Minister Stephen Harper with President Obama at APEC summit in Singapore. (Pic at Top)



Thomas Saras, President of the National Ethnic Press and Media Council of Canada, presents Prime Minister Stephen Harper with a plaque naming him an honorary Life Chair of the Council. (Pic at bottom)

PMO photo by Jason Ransom

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without weighing the return, it  
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- Thirukkural # 103

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Logan Velumailum

**Editorial & Marketing Consultant**

Siva Sivapragasam

**Promotion Co-ordinator**

Senthi Senthivel

**Layout Design**

Santosh Kumar K.A

**Graphics Consultant**

Gnane B. Gnanendran

**Contributing Columnists**

Anand. J

Abizar Badani

Arun Senathirajah

Ayktah Grover

Prof. Ghai, Saran

Harish . G

K.T. Kumaran

Krishni. L

Kumar Punithavel

Mithura Anandarajah

Nate. V

Parthipan Kugadason (PK)

Raymond Rajabalan

Rudy Ruthran

Shiyam. L

Sri Krishnan. S

Subramaniam Kanthaswamy

**Circulation Co-ordinator**

S.S. Mathavan

Killy Sivarajah

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

# Happy Holidays from Monsoon Journal

It's that time again, the holiday season is upon us with Christmas shopping and party planning to organize. Numerous questions are running through many people's head like what should I buy my neighbour for Christmas or where will the holiday dinner be this year. This is a stressful time for countless people trying to manage their busy schedules, but this is also a special time of the year, where many friends and families get together over the holiday season. Friends and families that may have not seen each other throughout the year because of one reason or another,

whom gather together and share memories of the past and stories of their present lives. An opportunity to forget about the deadlines at work, or the stressful drives to work in rush hour traffic is not put into focus during the holiday season. Whether you celebrate Christmas, Hanukah, Kwanza, or none in specific, but still take part enjoying the holiday season, the festivities are all ahead of us and the year coming to a close.

Although this has definitely been a challenging year for many, conditions have been looking brighter in the past couple of months, and predictions of a

positive future have been forecasted. The repeated theme of the current year has been recession, recession, recession. Reasons why several people were let go from their jobs after working for countless years with the company, why companies took a more conservative approach in their spending, and why many companies are not even hosting a Christmas party all in an effort to save money. The 2009 year was filled with many ups and downs for the Canadian community and as the year comes to an end we are all looking for a new start. A fresh new beginning to commence the New

Year, with new goals and objectives to set that will allow us all to achieve the targets that we have placed for ourselves.

The month of December allows us all to reflect on the past year, and look forward to the New Year ahead of us. It is now an opportunity to begin with a new plan or alter the previous one in an effort to live a productive, successful, happy and healthy lifestyle.

On behalf of Monsoon Journal I wish you all a cheerful holiday season, and a prosperous and healthy New Year!

**Krishni Loganathan, BA (Hons)**

## Ilankai Tamil Sangam holds Annual General Meeting

The Ilankai Tamil Sangam's 32nd Annual General Meeting (AGM) was held on November 14, 2009 at Chutney Manor, Monmouth Junction, New Jersey, USA with about three hundred attendees.

The event started with a minute of silence observed in memory of all who were killed in the genocide in the Tamil homeland and then a song tribute remembering the events of May 2009. This song titled "eppadith thaanguvatho, eppadith thoonguvatho" (how shall we bear the pain, how can we go to sleep) written by Varna Rameswaran set the tone for the events to follow.

Many organizations and speakers took part in the event. Members of PEARL gave an update on the genocide convention in Washington DC that they had attended. United States Political Action Council (USTPAC) members updated on the advocacy efforts in the US and the ongoing boycott campaign. Tamils Against Genocide (TAG) then gave an update of their initiatives on Sri Lanka war crimes.

The morning program continued with many more discussions on topics such as "Aligning Tamil interests with the US's national interests" and "Harnessing India's support to the Tamils." The need for continued engagement with stake holders in Tamil Nadu and Delhi and engaging think tanks were emphasized during the discussion.

Tamil Americans should liaise with Indian Associations in the US and make them lobby for Tamil cause with Indian authorities. Also, the need to do good for our adopted homeland and the ancestral homeland were elaborated. Strategies to move from the issue of the internment camps to peace in Eelam were discussed, with the need to always bring conversation about solutions.

In the afternoon, Sangam invited Mr. V. Rudrakumar to speak on the rationale for organizing transnational Tamil Solidarity to advance Tamil



**Ambassador Arthur 'Gene' Dewey**

Struggle.

Ahilan Rajadeva was elected as the new President of Ilankai Tamil Sangam at the Annual General Meeting.



**Break the Silence walker, Kannan Sreekantha speaking**

The keynote speaker for the evening was Ambassador Arthur 'Gene' Dewey who was the US member of the IIGEP (International Independent Group of Eminent

Persons) and a former deputy Asst. Secretary of State for Migration, Human Rights and Refugees. It was well received by the attendees. He called on the Sri Lankan President to "tear down the barbed wire."

His full speech can be read at: [http://www.sangam.org/2009/11/AGM\\_2009.php?uid=3749](http://www.sangam.org/2009/11/AGM_2009.php?uid=3749).

Sangam also honored Mr. Kannan Sreekantha from the 'Break the Silence USA' Team for their aspiring walk from Chicago to Washington, DC. The BTS group who originally walked from Toronto to Chicago earlier this year did so to bring awareness to the continuous suffering of the people in the Tamil Eelam region of Sri Lanka. Finally, the evening ended with a melodious concert by the popular music group, 'Jersey Rhythms'. They had also accompanied singers for two Eelam songs earlier in the evening.

## Thousands attend Heroes day remembrance at Excel Centre, London

Over 50,000 British Tamils gathered at the Tamil National Remembrance Day held in the Excel exhibition centre on Nov 27th.

Specially designed interior props and the lighting resembled the "Maveerar Thuyilum Illam" Graves of fallen heroes. British Tamils carrying red roses, Gloriosa lilies (Karthikaippoo: Tamil Eelam national flower) and lamps, are filing into the main venue, at the Excel Centre in East London, where large cut-outs of Tamil Eelam were displayed on either side of the stage.



The event, organized by Tamil National Remembrance Foundation, an association of families of Tamils who had fallen in the Tamil struggle, was held at London's ExCel arena. It was the largest attendance at the annual event, despite Friday being a working day, organizers said [TamilNet]

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# Pan American games

By: Raymond Rajabalan

Now that Toronto has been successful in its bid to host the 2015 PAN AM games, here is a brief history of how this sports program originated.

The Pan American Games bring together athletes from the countries of the Americas in a festival of sport and international friendship. The Games are held every four years in the year preceding the Olympic Games. The first Pan American Games took place in 1951 at Buenos Aires, Argentina, but they originated more than two decades earlier. At the Olympic Congress coinciding with the 1924 Olympic Games at Paris, France, the International Olympic Committee members from Cuba, Guatemala and Mexico proposed the establishment of regional games for the countries of Central America. These games became reality two years later when Mexico City hosted the first Central American Games.

At the 1932 Los Angeles Olympic Games, representatives of the Latin American delegations proposed regional Games for all the Americas. This proposal eventually led to the first meeting of the Pan American Sports



Congress at Buenos Aires in August 1940. The Congress selected Buenos Aires to host the first Pan American Games in 1942, but World War II forced postponement of these games.

Although the 1942 Pan American Games never took place, at least one poster was created on their behalf. The image shows a male figure in the foreground holding a javelin. The background reveals a view of the globe showing the Americas. The globe is encircled with the flags of 21 Pan American countries. Countries from the British Commonwealth, did not participate in the early Pan American Sports Congress. The lithograph poster was designed by artist Falier Totaro in 1941.

A second Pan American Sports Congress met at the 1948 London Olympic Games where plans were revived. The first Pan American Games opened on February 25, 1951, at Buenos Aires. More than 2,500 athletes from 22 countries participated.

The organization governing the Games was renamed, in 1955, as the Pan American Sports Organization (PASO). Currently, 42 nations of North, Central and South America and the Caribbean comprise the organization. The official languages are Spanish and English. PASO has headquarters in Mexico City and is presided over by Mario Vasquez Raña of Mexico, who also is a member of the International Olympic Committee.

The PASO emblem is a torch superimposed over five concentric circles of the colors green, yellow, white, red and blue. At least one of these colors appears on every national flag of the Americas. PASO's motto "America, Espirito, Sport, Fraternité" incorporates four of the languages in common use in the Americas: Spanish, Portuguese, English and French. The phrase loosely translates to English as "The American spirit of friendship through sports."

RBC invites Canadians to submit their nominations for the "Top 25 Canadian Immigrants of 2010." The second annual awards program, also supported by Rogers, seeks to uncover and celebrate the stories and remarkable achievements of outstanding Canadian immigrants from coast to coast to coast. This national people's choice award is the first of its kind to recognize individuals from all walks of life who've made



From now until January 29, 2010, Canadians can submit their nominations at canadianimmigrant.ca. A nominee can be someone who has moved to Canada

## A CALL FOR NOMINATIONS FOR THE TOP 25 CANADIAN IMMIGRANTS OF 2010

### National award celebrates achievements of Canadian immigrants

a difference since their arrival to Canada.

"RBC has a longstanding commitment to making it easier for newcomers to get settled, established and succeed in Canada," said Camon Mak, director, Multicultural Markets, RBC. "New immigrants strive to be part of the social and economic fabric of this country and it is important to RBC to recognize their accomplishments and contributions to Canada."

The "Top 25 Canadian Immigrants of 2010" is the only Canadian national awards program for immigrants - a people's choice award that recognizes individuals who have made a difference to our national fabric since their arrival to Canada. The awards program, which began in 2009, had an overwhelming response with hundreds of submissions and more than 10,000 votes cast from across Canada.



from another country and, since immigrating, has contributed to the rich diversity and success of this country. Achievements can be either professional or personal, and nominees must hold landed immigrant or citizen status in Canada. They could be community leaders, role models, entrepreneurs, teachers or volunteers.

At that time, a distinguished panel of judges will review all nominees and present a short list of finalists online where all Canadians can vote for their favourites, starting in February 2010. The Top 25 winners will be announced in May 2010 and will be recognized in Canadian Immigrant magazine, as well as receive a commemorative plaque and a \$500 donation from RBC toward an authorized Canadian charity of their choice.

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"Bell is delivering high-speed wireless service to more Canadians in more places than anyone else with the largest and fastest network available anywhere in North America," said Wade Oosterman, President of Bell Mobility and Chief Brand Officer for Bell. "Bell's new network is the most advanced in the world, built for speed and reliability from the ground up. And we've delivered this world-leading broadband access to thousands of small towns and rural locations just as fast as we have to urban centres across Canada."

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"Our all-IP (internet protocol) network infrastructure employs enough new high-speed fibre to wrap halfway around the globe, ensuring that Bell consumer and business clients have the best experience possible in Canadian wireless," said Stephen Howe, Chief Technology Officer for Bell Mobility. "By employing the very latest HSPA technology available, our brand-new network delivers enhanced call clarity, better in-building coverage and fewer

dropped calls, while maximizing the capabilities of the latest HSPA mobile devices."

Bell now offers a wide range of new HSPA smartphones and other devices from the world's leading mobile manufacturers, including BlackBerry Bold 9700, BlackBerry Bold 9000, LG Xenon, Nokia 6350, Nokia 2730, Novatel U998 HSPA+ Turbo Stick, Samsung OMNIA II and Samsung Impact, etc.

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Global banking giant HSBC is planning to open a branch in Jaffna - Sri Lanka's Northern Province, according to a Joe Leahy of The Financial Times, UK.

HSBC will become the first for-

## HSBC plans landmark Jaffna branch opening

Foreign bank to open a branch in Jaffna. The plan by the UK-based banking group is to open the branch by January 2010, according to The Financial Times.

The newspaper further said: "The fact that the HSBC logo is going to be on display up in Jaffna sends a powerful signal to the

international investment community," said Nick Nicolaou, HSBC chief executive for Sri Lanka and the Maldives.

Analysts said it would take more than symbols to revive Jaffna, a place the army still runs akin to an open prison and the scene of some of the worst abus-



es against civilians by the government and separatists.

Mr Nicolaou added that the branch in Jaffna would serve the northern region's growing horticulture, fishery and seafood industries as well as handle remittances from the peninsula's overseas diaspora.

## Amnesty International Chief Blasts Australia's 'Panic' Over Asylum Seekers

By Phil Mercer

The head of Amnesty International, Irene Khan, says the Australian government should close its immigration detention center on Christmas Island. On a visit to Australia, Khan accuses the conservative opposition of exploiting voters' fears about asylum seekers for political gain.

Amnesty International Secretary-General Irene Khan says that holding asylum seekers at the Christmas Island processing center will not deter the flow of boat people heading to Australia.

On a visit to Canberra this week, Khan urged the government of Prime Minister Kevin Rudd to close the camp in the Indian Ocean, about 2,600 kilometers northwest of Perth.

The facility opened last year and houses asylum seekers recently picked up by the Australian navy.

A surge of unauthorized arrivals by boat has put the issue of immigration back in the public spotlight in Australia. Khan says the debate here has often been xenophobic.

The Amnesty International chief blames conservative politicians for whipping up public hysteria.

"I think it is unscrupulous politicians and populist media," Khan said. "There has been a lot of fuss being made about the boat arrivals when actually the numbers arriving by air are much higher. There seems to be a sense of panic when what is really needed here is to handle a humanitarian problem with regard to international standards."

She says the number of boat arrivals in Australia is small compared those arriving in Europe.

Khan, however, calls the Rudd government's immigration policies an improvement on those of the previous conservative administration. She points out Mr. Rudd's decision to grant permanent residency rather than temporary protection visas to those deemed to be genuine refugees and the closure of the outback Woomera detention center and offshore processing facilities in the South Pacific.

Amnesty International says a multilateral approach is needed to



Photo: AP  
Irene Khan, secretary general of Amnesty International (File Photo)


deal with the asylum problem.

The Australian government says the surge of migrants arriving by boat is the result of conflicts in Sri Lanka and Afghanistan as well as the global economic crisis.

Australia accepts more than 10,000 refugees a year who are processed through non-governmental agencies in other countries.

[voa news]





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# What gain in stopping the boats?

By Suvendrini Perera

Responding to a young journalism student, Prime Minister of Australia Kevin Rudd maintained that his Government's actions on the Oceanic Viking abided by the letter of the Refugee Convention. Perhaps. But what about its spirit?

Recently in Bambalapitya, a middle-class suburb in the heart of Colombo, a mentally ill Tamil boy was beaten to death in the sea by a group of men with wooden sticks. Hundreds of people watched. The boy had been throwing stones at a police station before he jumped into the sea. His agonising death was captured on video in what Sri Lanka's former ambassador to the UN in Geneva, Dayan Jayatilaka, described as "our Rodney King moment".

On the citizen journalism site www.Groundviews.org, Marisa de Silva made the crucial connections: "If cold-blooded murder can take place in the heart of Colombo in broad daylight, in front of a crowd, we can only wonder what happened on bloody battlefields in the Vanni, with no one left to tell the tale."

She describes Sri Lankans as living in a spectator state, a people so inured to and benumbed by brutality and violence that they contemplate in silence the spectacle of people being disappeared (the "white van syndrome" refers to people taken away in unmarked white vehicles and neither seen nor heard from again); the attacks on journalists, lawyers and academics of all ethnic groups who dare voice dissent; and the horrific fate of those ensnared in the refugee camps in the north-east of the country.

It is only a few months since Australian James Elder, UNICEF's chief of media and external relations, was expelled from Sri Lanka for his comments on the camps. Other human rights observers and independent journalists too have been turned away. This is the place to which Rudd dispatched Foreign Minister Stephen Smith to work out a collaborative arrangement to "stop the boats". Is there no moral threshold our leaders are unwilling to cross to feed the manufactured panic they themselves have created?

The Age reported last month that Australian funds will be used to install surveillance cameras at Colombo's international airport to deter asylum seekers. The measure suggests the extent of our Government's willingness to collude with a violent and vindictive regime. At the same time, it indicates a confused policy approach, as this is surely an encouragement for people who fear persecution to clamber onto a leaky boat.



The Rudd Government's declaration that new pathways for "unskilled migration" will be opened up further contributes to the possibility of persecution by sustaining the fiction that those on the Oceanic Viking and the Jaya Lestari are "economic migrants". In fact, many are highly skilled migrants and are, as we know, already UNHCR-certified refugees.

The streets of Bambalapitya are very well known to me. For a short while my family lived not far from there. It was on Galle Road that a man I can only assume was a Tamil ultra-nationalist slapped me on the head one day for behaviour unbefitting a Tamil woman - I was dressed in jeans and a sleeveless T-shirt.

Perhaps he knew, too, that I was married to a Sinhala man. Anti-Tamil violence marked the week of our wedding. I left Sri Lanka later that year, first to live in the US as a student, and later to live in Australia.

Unlike the members of my extended family, I escaped the anti-Tamil pogroms of 1983. Some of my cousins and friends lost everything they owned and were lucky not to be burned along with their houses. During the long years of the war, I supported neither the murderous Liberation Tigers of Tamil Eelam nor the murderous Sri Lankan government: I had the prerogative of choice, a luxury many Tamils, especially in the war-torn north and east, could not afford.

That luxury to choose, perhaps the greatest of our prerogatives, is one that some Australians, too, are exercising in the face of the ethical dilemma that confronts us. The Maritime Union of Australia, whose members have worked on the frontline aboard the Oceanic Viking, collected a \$10,000 donation to be presented to the refugees, as a gesture of solidarity and empathy. With demonisation of asylum seekers once again a popular sport, this gesture sends a strong signal that counters the fear-mongering of our official leaders and casts doubt on the claim made by Piers Ackerman on the ABC TV Insiders program that asylum seekers put the lives of Australian

sailors at risk.

As we celebrate the images of the dismantling of the Berlin Wall and the rush of East German refugees to freedom, what of the refugees at our borders, of the children still aboard the Jaya Lestari, a boat turned back by the Indonesian navy at our PM's request? The Refugee Convention of 1951 was agreed on by world leaders to prevent the situation all too common in the lead-up to World War II: boatloads of Jewish refugees from Germany, turned away from successive European and American ports.

To what lengths are Australians willing to be led by a historical anxiety over invasion and the "natural right to secure borders" to which our leaders lay claim? Is it time to face this fear for what it is - a form of aggression against the most vulnerable to shore up our own sense of power? Unless we begin to question the imperative that we must stop the boats at any price, might we too be in danger of becoming our own kind of "spectator state"?

Suvendrini Perera is an academic at Curtin University, and author of *Australia and the Insular Imagination*. With John Stratton she recently edited a special issue of *Continuum*, "The Border, the Asylum Seeker and the State of Exception".

Courtesy: The Age

It may surprise many to know in this day and age the history has repeated it self. Everyone would remember the Illinois lawyer who studied under the lamp post later to become the president of America. To day the history has repeated it self. Here is an interview of a young lad from Killinochchi district in Sri-Lanka has given which is reflected here



the sixth month.

It is the encouragement and interest shown by our teachers

## Youth learns under the lamp post

by courtesy of 'Uthayan' a Journal from Sri-Lanka.

**An Interview with Thavabalan Arivaan who scored 164 marks for the scholarship exam to secure one**

We sat under the lamp posts to study for the scholarship exam. In the camp every fifty to hundred meters interval a lamp post is found for security reasons. Though the voluntary organizations provided us with a kerosene lamp the cost of kerosene oil was Rs.200, we always went in search of lamp posts to study, so said Mr. Thavabalan Arivaan who sat for the grade five scholarship exams and secured the third place by scoring 164 marks. When he was recently released from the Vanni detention camp 'Uthayan' interviewed him.

He further mentioned; when we got displaced and moved we lost our father. After we came to the camp only we got the news that he had died. It is my mother's encouragement that inspired me to gain scholarship. Because there was constant fighting going on around us it was difficult to continue studies. Frequently we got displaced. Till grade four I studied at Killinochchi Mahaa vidyalayam. This year in the camp we were able to study only after




Thavabalan Arivaan

Rathan Master and Vimal master in the camp that inspired me to study and get this award. Even in those difficult times my mother paid Rs.200 and sent me for tuition. In the beginning at the camp they gave us food to eat, but it did not agree with us and developed diarrhea. Our teachers tell us, "we who have come with only the dressed clothes education will be the only wealth that cannot be taken away". This advice gave us the impetus to study with determination. Because of this I studied hard and scored 164 marks securing the third place in the Killinochchi district scholarship. I thank my mother and the teachers for the support and encouragement they gave me to achieve this scholarship he said.

Translated by  
Kumar Punithavel

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# Recovery from Whiplash and Mild Head Injury

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

The following provides a general overview of the symptoms related to whiplash and mild head injury. As each person's injury is unique, some of the information may not apply in a specific situation. Therefore, it is important that the individual involved ask questions of treating professionals to understand his or her own specific situation.

Where Do the Main Physical Symptoms Come From?

Whiplash injuries are common following motor vehicle accidents and involve sudden strain and injury to the muscles and other soft tissues of the neck, upper back and head. An injury to the neck or head in a car or workplace accident may or may not involve injury to the brain and to sensory organs such as the eyes, ears, and nose. Headaches are very common symptoms following neck and head injury and usually result from injury to the muscles surrounding the head and neck. Occasionally, migraine headaches, or headaches due to injury to nerves at the back of the head may occur. Dizziness is also very common and may be the result of injury to the inner ear, eyes, or neck or due to emotional distress resulting from the injury. In general, neck pain, headaches and dizziness (depending on the reason for them) often require weeks to months to fully improve, and very occasionally, headaches in particular may never completely go away. However, it is rare for these symptoms to prevent a person from living a meaningful and productive life in the long run. Ringing in the ears and hearing loss may also occur from damage to the inner/middle ear or nerves involved in hearing at the time of injury to the head. Poor balance may occur as a result of neck muscle injury, visual disturbances, or brain injury.

Loss of smell may result from certain types of skull fracture as small nerve fibres which connect the nose to the brain are torn. An evaluation by a neurologist is often best to investigate such concerns, which usually improve over a one to two year period.

Concussion or brain injury most commonly affects an individual's concentration, memory, reaction time, and thinking speed, as well as planning, organizing, and problem solving abilities. Permanent and lasting injury to the brain is uncommon for anyone who has been unconscious and/or without awareness for less than several hours immediately after a head injury. Generally, traumatic

brain injury does not cause ongoing headaches nor dizziness directly but may result in changes in personality and behavior. Emotional problems (e.g. depression, nervousness, and irritability) are usually caused by other factors, but may be worsened by brain injury. Improvement in brain functioning generally occurs over a 1 to 2 year period, with the pos-

medications) can create side effects like dizziness, blurred vision, poor balance, memory or concentration problems. It is important to read the warning labels on medications and check with a pharmacist to see whether medications may be a contributing source.

Because of the relatively long healing time required by the main

physical symptoms, the person initially may be unable to work or do many of the activities that he or she enjoyed prior to the injury. As a result of stress, uncertainty over the future, lack of positive activities, and being out of the work force, the injury may begin to affect the person's emotions/personality, social life, and job situation. Anxiety, depres-

sion, irritability, memory problems, family stress and conflict, and the prospects of unemployment and shattered dreams also may be complicating factors. As new concerns are added to the situation, the main symptoms often worsen. The initial symptoms also tend to heal more slowly when other factors become serious problems. Over time, all of these factors add to, and may worsen one another unless the cycle is broken by using positive coping strategies.

## Speeding Up Recovery

Here are some simple tips to speed recovery and that can also be helpful in recovery from other long term physical or psychological illnesses:

" Learn as much as you can about your symptoms by asking doctors and therapists lots of questions (keep a list of questions and concerns)

" Keep mentally, socially, and physically active as much as possible

" Gradually build up your activity level

" Exercise daily according to a doctor's or therapist's directions

" Minimize medications (consult with your physician)

" Use relaxation techniques and coping strategies

" Keep your mind off your problems and focus on those things that you enjoy

" Don't bottle up your feelings

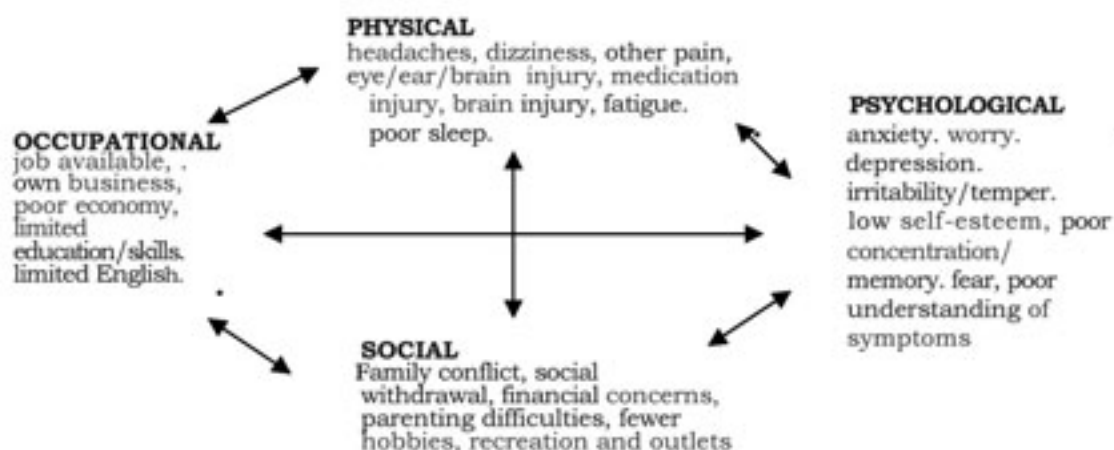
" Do things that are fun and meaningful to you

" Maintain a positive attitude

" Spend time around positive and supportive people

" Set realistic goals for activities you'd like to do

If the individual is having difficulty coping, is not improving or is worsening, psychological treatment can go a long way towards promoting healing by helping the individual to cope more effectively and prevent the vicious cycle of interacting symptoms. If concentration or memory problems persist, especially as the other symptoms improve, neuropsychological evaluation should be sought to consider possible brain injury.



sibility of ongoing impairment depending on the nature and severity of the injury.

All of the above symptoms are expected to improve in the initial stages to some degree, with the possibility of worsening being very unlikely thereafter, unless the factors below become involved.

Interacting Factors That May Slow Recovery

A number of additional problems caused by the main injury symptoms may slow recovery, especially if they interact together. Disturbed sleep is usually the result of physical pain, discomfort, dizziness, emotional stress, worry, and/or inactivity. It normally improves with the passage of time and improved symptoms. The use of medications (especially certain pain, sleep and anxiety

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# Slipped disc

By Mithura Anandarajah, PT  
Registered Physiotherapist

It can happen with the simplest of actions. You could bend down to pick up a toy from the living room floor. You could reach down to tie your shoelaces. In an instant you may feel sharp searing pain across your low back. You stand hunched over, frozen in agony. Within minutes you stumble your way to the closest chair or bed, where you are content to stay put until the pain diminishes. Your spouse or your neighbor will attempt to diagnose it best. You have suffered a "slipped disc"!

What does that mean? Can a disc "slip"? Will it ever go back? Is it serious?

To fully understand this condition, one really needs a quick lesson in anatomy. Our spine is made up of building blocks called vertebrae, bones that sit one on top of the other. In between each block is a disc that acts as a shock absorber while the spine moves. Each disc is made up of a thick cartilage-like layer on the outside, and a soft jelly like substance on the inside. The spinal cord runs through a tunnel within the spine, and from it nerves branch out, exit between each vertebrae and distribute themselves between organs and limbs. Sometimes,

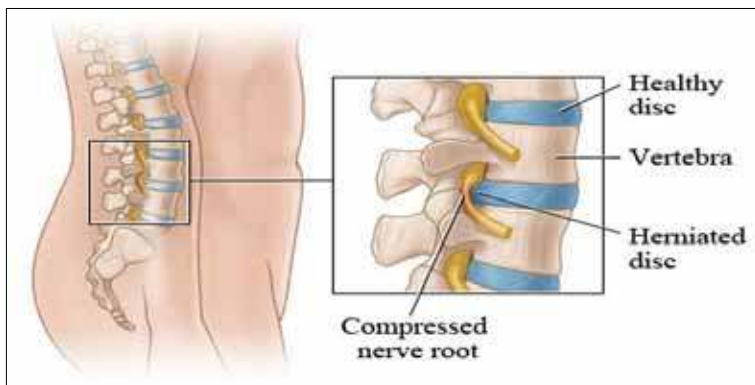
the jelly-like substance bulges or bursts through the outer cartilage of the disc. Depending on the severity, it is called a herniation, prolapsed or ruptured disc. In reality, the term "slipped disc" is misleading and inaccurate.

Though a disc herniation can happen anywhere in the spine, it commonly occurs in the low back. It is more common in those between 30 and 40 years old. As we age, the spine becomes less flexible and more susceptible to injury. Degenerative changes occur both in the vertebrae and also within the material of the disc. You are more predisposed to this injury if you are overweight, lift heavy loads with improper body mechanics or if you suffer an injury like a fall.

Some people may never have symptoms with a herniated disc.

Sometimes, the jelly-like substances protrudes and touches or impinges on the spinal nerves. This can result in pain, numbness or pins and needles. Symptoms can either be localized or can radiate along the pathway of the spinal nerve. The severity of the symptoms can be related to the intensity of the pressure on the nerve. Most herniated discs in the low back can result in significant pain in both the low back and radiating down the leg. Besides the sensory symptoms of pain or numbness, one can also experience weakness in the extremity. If there is loss of bowel and bladder function, it is considered a medical emergency and you should get immediate medical attention.

Over 90% of herniated disc injuries will resolve in six weeks. Conservative treatment such as medication or physiotherapy will alleviate symptoms and promote recovery. The physician will initially assess the patient and may recommend anti-inflammatory medication or muscle relaxants.



Diagnostic testing such as an MRI or CAT scan may only be recommended if symptoms are severe enough or there is no improvement over several weeks. Rest is appropriate for a day or two. More than that will result in weakness, muscle and movement dysfunction. Your physiotherapist will initially focus on treatment to relieve pain, either with the use of modalities like ice or electrical stimulation. Thereafter, the focus of treatment will be to resume spinal mobility and muscle strength.

Acupuncture or traction are possible treatment alternatives. If symptoms are significant enough or if conservative treatment does not relieve symptoms, surgery is sometimes used as a last option. The goal is to relieve the disc from impinging the nerve. Treatment options should be discussed primarily with your physician and not your neighbor.

To maintain your back health



and prevent reoccurrences of this injury, it is beneficial to strengthen your back and abdominal muscles. Having a strong core protects your spine from impact and injury. Maintaining good posture also equally distributes the forces and impact of vertebrae on vertebrae. This maintains the integrity of the disc. When lifting heavy loads always make sure you use good body mechanics. Bend with your legs and not your back. Hold the load close to your body when carrying it. Maintaining a healthy weight will maintain a healthy spine.

For further questions  
please email  
mithura\_rehab@yahoo .com



Mithura Anandarajah, PT, CAFCI  
Clinical Director / Physiotherapist

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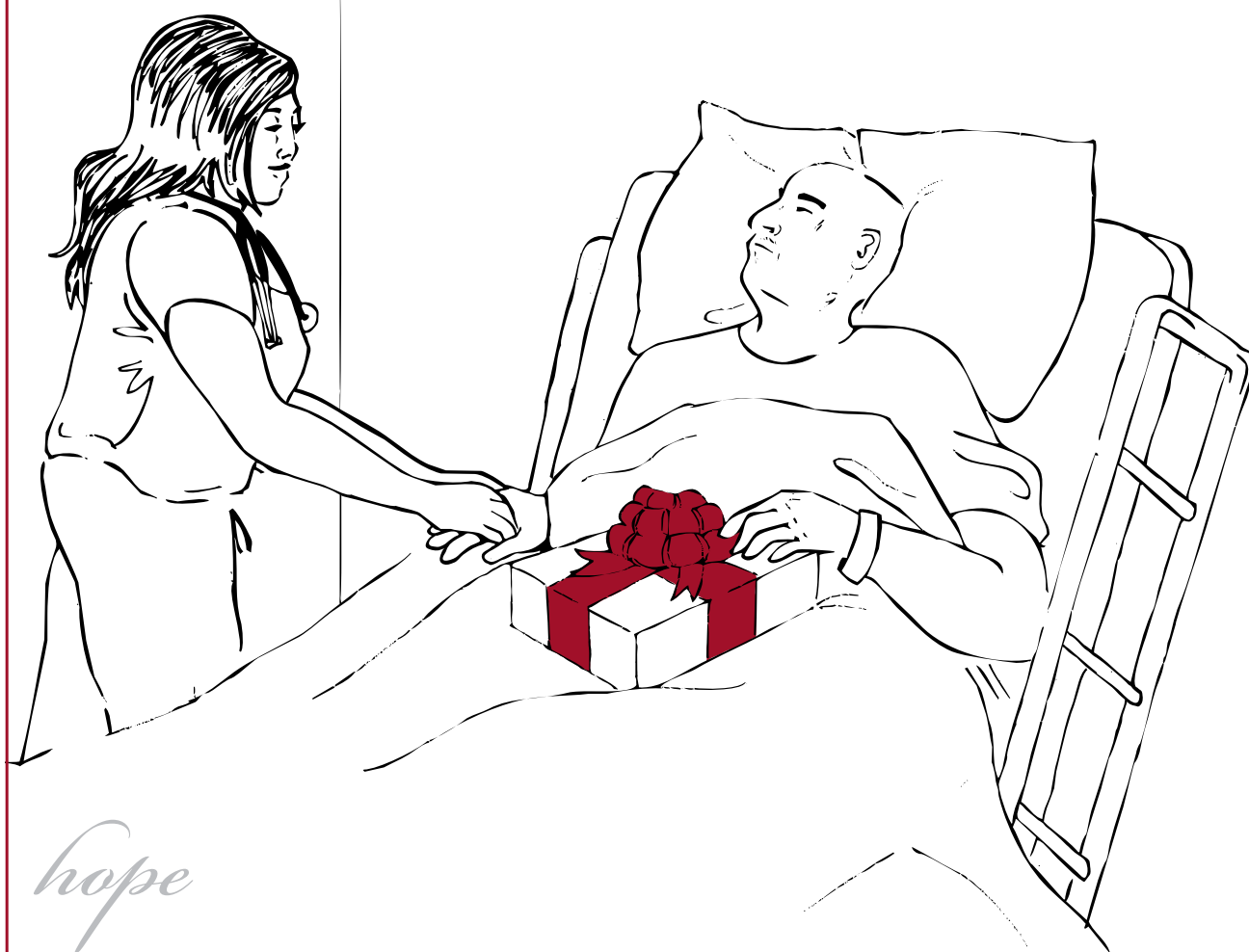
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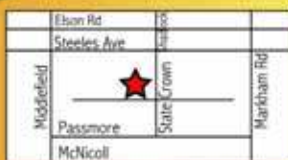
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# 1 A healthy pregnancy helps the development of healthy teeth



- Teeth start developing in the first three months of pregnancy
- A mother should eat nutritiously and avoid tobacco, alcohol and non-prescription drugs to ensure a healthy pregnancy
- Visit your doctor and dentist regularly

# 2 Baby teeth are very important



- The baby teeth start to erupt when a child is about six months old
- Baby teeth help your child eat and speak, and are important for overall health
- Baby teeth are also called the primary teeth and help adult teeth come in straight
- The eight front primary teeth start to fall out after age five, and the rest fall out by age 12



# 4 Feeding your baby

- If your baby sleeps with a bottle, fill it with water
- Clean the baby's mouth and teeth following all feedings
- Avoid letting your baby sleep at the breast or with a bottle of juice, formula or milk as this can harm your baby's teeth
- If your baby normally falls asleep while feeding, brush his or her teeth before feeding

# 5 Reduce your child's sugar intake



- Germs in the mouth called bacteria feed on sugar from foods to make an acid that harms teeth
- Fruit is the best dessert
- Limit fizzy drinks and natural fruit juices as they may contain sugar and acids that cause tooth decay
- Avoid feeding your child snacks containing sugar or sweeteners such as honey
- Save sweets for mealtimes, when they are less likely to harm your child's teeth

# 6 Brush and floss your child's teeth

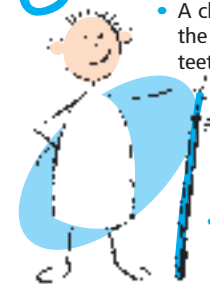


- Before the baby has any teeth, the gums should be wiped with a clean soft wet cloth after every feeding
- Brushing should begin soon after the first teeth come into the mouth, so your child will get used to it
- Brushing should follow meal and snacks and sweetened medications
- Use only a small pea-sized amount of toothpaste and be sure it is never swallowed. If your child routinely swallows it, do not use toothpaste
- Once the sides of the baby teeth touch each other, flossing should take place at least once a day

# 7 Lift the lip and look

- Watch for changes in colour, lines or spots on your child's teeth as these may be signs of a potential problem
- If your child knocks out a tooth, call your dentist immediately! Gently rinse the tooth — do not brush or scrub. Wrap the tooth in a clean cloth or gauze and put it in a cup of milk and get it to the dentist immediately.

# 8 Visit the dentist

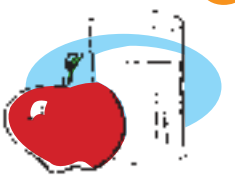


- A child should visit a dental office by the age of one year, or when the first teeth appear
- Bring your child to the dentist for regular checkups to make sure there are no problems
- Visits should continue from age two and a half when all the primary teeth are in the mouth

## TOOTH EMERGENCY?

## CALL YOUR DENTIST!

# 3 Healthy food makes healthy teeth



- A well-balanced diet is important for the development of healthy teeth
- Cheese, yogurt and milk contain calcium that make teeth hard and can help prevent cavities
- Between meals, choose unsweetened unflavoured milk or water instead of juice or pop
- Fresh or unsweetened canned fruits and vegetables are excellent snacks
- Whole grain crackers, bread, nuts and seeds are also good snacks

Thanks to Ontario Dental Association.

This information is published as a Public Service Message by the TORONTO EAST DENTAL SOCIETY

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# Tamil Elected as Councillor in Denmark Municipal Election

Kangatharan Kanthasamy (49 yrs) was elected recently as councillor for Holbek municipal council in Denmark. He has been working as a Tax Officer in Denmark. He was elected for Social Democrat party, the only Tamil who was elected in November 17 election for the period of 2010 - 2013. He was born in Mallakam (Northern Sri Lanka) studied at Mallakam Hindu College, Thellippalai Union College. He is the son of Mr & Mrs Kanthasamy (Retired court Registrar).

Anyone needs to wish him, can contact at the numbers below:

Kangatharan Kanthasamy, Ahornvej 19, 4390 Vippered, Denmark  
TP: 0114559182055 or  
TP: 0114572388451  
In Toronto- Ravi Kanthasamy  
416-726-9040



# BADALING, CHINA - Prime Minister Stephen Harper and his wife Laureen visit the Great Wall of China

BEIJING, CHINA - Prime Minister Stephen Harper is greeted by Hu Jintao, President of the People's Republic of China, as he arrives in the Great Hall of the People.

PMO photo by Jason Ransom



## Cedarbrae Mall

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This Christmas should see Chris Hodgson, who will speak at the kickoff, near the summit of Mount Kilimanjaro - highest peak in Africa, tallest free-standing mountain in the world, one of the biggest volcanoes on earth - and he won't be alone. Hodgson, who is chairperson of the Providence foundation board of directors, along with his wife Pam, sons

## Hodgson family climb of Mount Kilimanjaro and raises \$1 million for Providence

Brian, 26, and Patrick, 20, and sister-in-law Kathy Rogers, are climbing Mount Kilimanjaro in Tanzania on the northeast tip Africa. An inactive volcano, Kilimanjaro is Africa's highest peak at just under 6,000 metres (19,000 feet).

The 55-year-old, Scotiabank executive has already raised \$500,000 for the Houses of Providence - a 288-bed, long-term-care facility that is part of Providence Healthcare. Hodgson

got his bank to match that amount so it's now up to \$1 million.

Chair of the Providence Foundation Board of Directors, Hodgson got hooked on Africa three years ago and figured climbing Mount Kilimanjaro would be fun. Once his family bought in, he said they should raise money for a cause and Providence Healthcare was it.

In the past year, he and his wife have worked with a personal trainer and been running. He did the half-marathon in the Scotiabank Toronto Waterfront Marathon, a 30K in Hamilton, and

others. He hits the gym every day before going to work at Scotiabank HQR in Toronto where he is Group Head of Canadian Banking.

The Hodgsons leave December 19th and, along with their guides, will set up base camp at an altitude of 5,500 feet. Over five days they will climb to almost 20,000 feet and experience temperatures of 20 below. They plan to hit the summit December 28th.



## Mayor's Gala visits The Emerald Isle

This year's City of Pickering Mayor's Gala, held on November 21, celebrated the majesty and wonder of Ireland, a nod to Mayor Ryan's family heritage. For one enchanted evening, guests were transported to The Emerald Isle, a land of myth, magic, and merriment. This year's Gala funds will be directed towards the purchase of a portable ultrasound machine for the brand new Emergency Department of the Rouge Valley Ajax and Pickering hospital campus.



(L-R) Don Terry, OPG; Ken Bowman, Scotiabank; Mayor Dave Ryan, City of Pickering; Louise Farr-Chambers, UOIT; Pat McNeil, OPG; John G. Smith, President, APBOT; Nick Torrito, Scotiabank.

# New psychiatrists join RVAP

Part of hospital's effort to expand outpatient mental health services in west Durham

The latest psychiatrists to join Rouge Valley Health System's (RVHS) Ajax and Pickering hospital campus will focus on expanding mental health outpatient services for patients in the west Durham area.

"We are pleased with the additions of Dr. Drandic and Dr. Omoruyi to our mental health team here at Rouge Valley. As we continue to develop our outpatient mental health services for our patients in the west Durham region, we know that they will both become much valued members of our medical team here," says Dr. Steven Fishman, chief of psychiatry, RVHS.

### Dr. Marijana Drandic

Dr. Marijana Drandic's interest in mental health as a profession began when she volunteered at a Toronto-area mental health facility in grade 12. The experience filled her with fascination in a field she felt combined sciences and humanities in a unique way.

"That's when I realized that this was the path that I wanted to take in my life," says Dr. Drandic, who recently joined RVHS, and will be seeing patients at the Rouge Valley Ajax and Pickering (RVAP) outpatient mental health clinics, in west Durham.

"I felt that this would be an ideal opportunity for me, because of the expanded outpatient mental health services found here," says Dr. Drandic, who is originally from Croatia.

Dr. Drandic says that many of her female patients find comfort in seeing a female psychiatrist. She adds that many of her patients speak Croatian, Serbian and Bosnian, which she speaks fluently.

Dr. Drandic earned her Bachelor in Science from the University of Toronto, specializing in toxicology. She earned her medical degree at the University of Western Ontario (UWO). She also completed her residency in psychiatry at UWO, working at a

number of community mental health facilities under the London Health Sciences Centre. Her husband is a radiologist at a local community hospital in east Toronto.

### Dr. Nosa Omoruyi

Before becoming a psychiatrist, Dr. Nosa Omoruyi was a family physician with his own practice in Nigeria. After practicing there for nine years, Dr. Omoruyi felt that it was time for a change, and began his training in psychiatry.

"I always had an interest in psychiatry, especially child psychiatry. I enjoy the fact that I am able to direct the care that I'm giving to patients, based on their needs. I am excited to be a part of the physician team here at Rouge Valley," he says.

Dr. Omoruyi earned his medical degree from the University of Benin School of Medicine in Nigeria. He completed his training and residency in family practice at the University of Benin Teaching Hospital. His background includes a variety of residencies and fellowships - starting from his residencies in family practices, which included paediatrics, obstetrics, gynecology, internal medicine and surgery. He then further specialized his practice by focusing on psychiatry through a residency at Mount Sinai School of Medicine / North General Hospital in New York and a fellowship in child and adolescent psychiatry at the Montefiore Medical Centre/Albert Einstein College of Medicine/Bronx Children's Psychiatric Centre in New York.

### Mental Health Services at Rouge Valley Health System

The Mental Health program at Rouge Valley offers a complete range of services to meet the unique needs of those experiencing mental health problems.

Clients can be referred to one of our psychiatrists by their family physician or through the emergency department. Together the psychiatrist, clients and perhaps a

family member or significant other (with client permission) will discuss the resources available and choose the most helpful and least intrusive option for care. Services are available at both hospital campuses of the Rouge Valley Health System.

In addition to its hospital services, RVHS also offers community mental health sites, including:

- 25 Neilson and Gatesview House - permanent supportive housing for the seriously mentally ill, who would often otherwise be homeless;

- Pathways - a long-term day program to adult outpatients with serious mental illness;

- Shoniker Clinic - an outpatient mental health treatment centre for children up to the age of 18 living in the Scarborough, Pickering and Ajax communities;

- Assertive Community Act team (ACT) - provides direct treatment, rehabilitation and support services to adults with severe and persistent mental illness.

Rouge Valley Health System (RVHS) - The best at what we do

RVHS is an excellent acute care community hospital with many programs, including 24/7/365 emergency, cardiac care and mental health. Rouge Valley consists of several health sites, including two community hospital campuses: Rouge Valley Centenary in east Toronto; and Rouge Valley Ajax and Pickering in west Durham. Together, a team of physicians (224 general practitioners and 325 specialists), 1,000 nurses and many other professionals care for a broad spectrum of health conditions. Working in consultation and partnership with community members, other hospitals, health care organizations, the Central East Local Health Integration Network and the Ministry of Health and Long-Term Care, Rouge Valley continues to improve its programs and cater to the needs of the growing communities of east Toronto, Ajax, Pickering and Whitby.

## Ajax Lions Club supports RVAP surgery

The Ajax Lions Club recently served the community by presenting a cheque in the amount of \$70,500 for urgently-needed medical equipment for Rouge Valley Ajax and Pickering hospital. This is a great benefit to the community because it will purchase \$10,000 worth of surgical pain pumps and a \$60,500 surgical tower for the Operating Room. The proceeds were raised by hosting community fundraising events and from a donation in memory of the late Lion Terry Audet and his wife Dorothy.

Lions clubs are a group of men and women who identify needs within the community and work together to fulfill those needs. Their volunteer efforts address health needs of our local community.

Photos by Tracy Paterson



(L-R) Joe Dickson, MPP Ajax-Pickering; Lisa McVety, RVHS; Mark Holland, MP Ajax-Pickering; Heather Chitussi, Ajax Lions Club President; Tracy Paterson, VP Development, RVHSF; Bill Pinder, Lions Club member; Linda Jussaume, RVHS; and Mayor Steve Parish, Town of Ajax



# Electric Bikes Allowed on Ontario Roads

## McGuinty Government Announces New Safety Requirements

E-bikes can share the road with cars, pedestrians and other traffic throughout Ontario --with new safety requirements.

E-bikes reach a maximum speed of 32 kilometres per hour and offer another option for clean, green commuting and travel. Effective October 3, 2009, new requirements that will increase rider safety include:

- Limiting the maximum weight of an e-bike to 120 kilograms
- Requiring a maximum braking distance of nine metres
- Prohibiting modifications of the e-bike's motor to enable power-assisted speeds greater than 32 kilometres per hour.

All riders must be at least 16 years of age, wear approved bicycle or motorcycle helmets and follow the same traffic laws that apply to bicyclists such as keeping as close to the right edge of the road as possible.

Municipalities can determine where e-bikes may be ridden on their streets, bike lanes and trails.

"E-bikes provide an important transportation option to Ontarians. They are affordable, green and easy to use. The McGuinty government is pleased to welcome the e-bike to



Ontario's transportation mix."

- Jim Bradley

Minister of Transportation

-E-bikes will not be permitted on 400-series highways, the Queen Elizabeth Way, the Queensway in Ottawa, the Kitchener-Waterloo Expressway and other areas where bicycles are not permitted.

-An e-bike can be pedaled like a regular bicycle or, with the assistance of an electric motor, can be ridden at a maximum speed of 32 kilometres per hour.

-Riding an e-bike under the age of 16 or riding an e-bike without an approved helmet carries fines ranging from \$60 to \$500. For all other traffic offences, e-bike riders will be subject to the same penalties as cyclists.

## Travel in the World's First Luxury

## Hybrid as Year of the Tiger Arrives

Yee Hong Community Wellness Foundation is excited to launch the 2010 Dragon Ball Raffle on Thursday, November 19th in which the impressive line-up of 14 great prizes, a total value of \$70,256, will be awarded to the winners. This year's grand prize is the luxury 2010 Lexus HS 250h valued at \$47,460, generously donated by Lexus of Richmond Hill and Don Valley North Lexus.

"Lexus is very pleased to be the Grand Raffle Sponsor for the fourth consecutive year," says Serge Sotoadeh, General Manager of Lexus of Richmond Hill. "It reaffirms our commitment in supporting worthy organizations like Yee Hong."

Other luxury prizes include: the 2nd Prize - 8 Day Taste of Argentina & Iguazu Falls Package for Two (Value: \$7,896) donated by Tour East Holidays (Canada) Inc. and Air Canada; the 3rd Prize - 18kt Yellow Gold Ladies' Custom Designed Chinese Jade and Diamond Pendent valued at \$6,500; the 4th Prize - 14kt White Gold Ladies' Heart Shape Custom Made Diamond Pendent valued at \$1,900; and the 5th to 14th Prizes - Blackberry Bold Smartphone (value: \$649.99 each) donated by Rogers Wireless.

"I am proud to be co-chair of the Dragon Ball, one of the most anticipated events in Toronto", says Heather Grand, Vice



Lexus of Richmond Hill General Manager Serge Sotoadeh being interviewed

President, Multicultural Markets, Greater Toronto Division of BMO Bank of Montreal and co-chair of the 2010 Dragon Ball Organizing Committee. "The Grand Raffle contributes significantly to the Dragon Ball revenue. By buying a raffle for your loved one, not only will they get a chance to win a great prize, the seniors at Yee Hong will also benefit from your generosity."

17,563 raffle tickets will go on sale as of November 19th. The winners will be drawn on the night of the Dragon Ball on Saturday, February 6, 2010. All proceeds will benefit the Yee Hong Centre for Geriatric Care.

"Yee Hong is proud to present the 21st annual Dragon Ball to



celebrate the arrival of the Year of Tiger." Says Pauline Tong, President of Yee Hong Community Wellness Foundation. "It is with the community's support during the past 20 years that we are able to realize our dream of providing culturally and linguistically appropriate care for seniors across the GTA. Buying Dragon Ball raffle is a great way to demonstrate your support."

Tickets, at \$20 each, will be sold at Yee Hong Community Wellness Foundation (60 Scottfield Drive) and at the following malls:

First Markham Place: November 21-21, December 12-13, January 9-10 and January 23-24

Market Village: November 28-29, December 12-13 and January 16-17

Pacific Mall: December 5-6, December 12-13 and January 30-31

For information about Yee Hong and the Dragon Ball, please call Yee Hong at 416-321-0777 or visit "http://www.yeehong.com"

Media Contact: Hilda Chow, Communications and Public Relations Officer, hilda.chow@yeehong.com

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## Rouge Valley wins OHA Award

Congratulations to Minette MacNeil, clinical practice leader, paediatrics/surgery, and Rose Owen, clinical practice leader,

neonatal intensive care unit (NICU) special care nursery.

Their exhibit, called Neonatal and Paediatric Orientation Program Designed for the New Graduate, earned the top prize of a \$10,000 achievement grant at the Celebrating Innovations in Health Care Expo for the category of Innovations in Health Human Resources.

The award was presented to them by Deb Matthews, Minister of Health and Long-Term Care. The expo, presented by the Ontario Hospital Association (OHA) in partnership with the government of Ontario, took place on Nov. 18, following the OHA's HealthAchieve 2009 event.



Minette MacNeil and Rose Owen, the Neonatal and Pediatric Orientation Program Designed for the New Graduate team representative from Rouge Valley Health Systems with Deb Matthews, Minister of Health and Long-Term Care.  
Courtesy: exchangemagazine.com

## Meridian leader in infection prevention

In times like these, hand sanitizers play a very important role in hospitals, not just for physicians and staff, but for patients and their families who enter the facility. Thanks to the generosity of Meridian Credit Union through its Good Neighbour Program, the

soon-to-be-opened Emergency Department at Rouge Valley Ajax and Pickering hospital campus has received a brand new, free-standing Hand Sanitizing Station, making the department a safe place for the community.



(L-R) Gary O'Donnell, Assistant Branch Manager Darlington and Doug Bray, Branch Manager and Regional Director Hydro Branches don scrubs and test the equipment. Photo by Kerry McLeish

## The Gift of Health messages are pouring in from Patients of Rouge Valley Health System

"Merry Christmas! To those of you who won't be able to go home for the holidays, keep your spirits up so you can look forward to going home and better health in 2010."

- Carol C.

"Here's wishing everyone that is sick in the hospital a Christmas that is filled with happiness, even though there may be rough times.

Find joy."

- Nelly

"Best wishes for a speedy recovery and wishing you health and happiness for the new year."

"Merry Christmas. Let the angels in... they will keep you strong."

- Doreen

"Merry Christmas to everyone working for our hospital. Keep up

the good work. God bless you all."

"May you continue to do good work and help everyone."

- Deanne

"Be happy and healthy during this special season and a happy new year to all." - Nancy V.

"Thank you for the care while I was in the hospital in January."

- Betty

## The Scarborough Hospital Flu Assessment Centre closes

The Scarborough Hospital Flu Assessment Centre, located at 3000 Lawrence Ave. East, closed on Friday, November 27 at 9 p.m. The Flu Assessment Centre was implemented to ease pressure in the hospital's Emergency Departments when visits dramatically increased due to the H1N1 virus.

In conjunction with Toronto Public Health, The Scarborough Hospital opened the centre to help assess the needs of those experiencing minor flu-like symptoms and ensure timely access to treatment for those who required care.

"The clinic has made some impact. We assessed approximately 350 patients since it opened, which reduced the influx of patients in our Emergency Departments," says Ann MacKinnon, TSH Patient Care Director, Emergency Services and Urgent Care. "Currently, our Emergency visits and admissions remain in line with seasonal averages, and visits to the FAC have slowly declined."

The FAC offered care, treatment and education to patients seven days a week since opening on November 12. TSH Emergency Departments at both campuses

remain fully operational 24 hours a day 7 days a week.

"The staff and physicians at the hospital have been tremendous during this busy time and continue to provide great treatment and care for our patients," says Ann.

The Scarborough Hospital (TSH), Canada's largest urban community hospital, delivers innovative, high quality patient care, advocates for our community's health and wellness issues, and is a leader in research, teaching and learning. TSH is a regional treatment centre for dialysis and is renowned for its sexual assault care centre and mental health programs. Affiliated with the University of Toronto, TSH is also a referral centre for vascular surgery, pacemakers and corneal implants.

## Smoke-Free Campaign at The Scarborough Hospital

Starting February 1, 2010, smoking will no longer be permitted anywhere on the grounds of The Scarborough Hospital (TSH). In an effort to meet this obligation, TSH recently launched an ambitious Smoke-Free Campaign designed to provide its staff with all the tools they need to stop smoking. This comprehensive campaign includes smoking cessation aids covered by the hospi-

tal's employee benefits package, lunch-and-learn sessions, the launch of a Smokers' Anonymous group and peer blogs.

The Honourable Margaret Best, Minister of Health Promotion and TSH President and CEO Dr. John Wright launched the hospital's Smoke-Free Campaign during November 2009 at the Scarborough Hospital General Campus Auditorium.



## The Gift of Health campaign launch for Rouge Valley Promoting seasonal giving and gratitude for excellent care

The holiday season is traditionally a time of giving, so the Rouge Valley Health System Foundation runs its annual Gift of Health campaign to thank existing donors and volunteers and to remind the community about donation options that support the purchase of urgently-needed medical equipment and the building of new and renovated spaces at both hospital campuses of Rouge Valley Health System.

Businesses give the gift of health by choosing Rouge Valley Health System as their charity of choice for their Community Involvement programs, accepting donations at holiday parties or holding toy drives.

Community members give the gift of health by sending holiday messages of appreciation to our hospital staff, physicians and volunteers with their holiday donation. The messages are then displayed on campaign posters in departments throughout Rouge Valley Ajax and Pickering and Rouge Valley Centenary for all to see for the duration of the holiday season. Everyone can post messages on the "Friends of the Foundation" Facebook page.

"The Gift of Health is a philanthropic program that allows everyone the opportunity to invest in the well-being of friends, family, neighbours or employees during this special time of year," said

Tracy Paterson, VP Development.

The campaign is called The Gift of Health because every gift made to the Foundation impacts the lives of patients and their families and enhances care in our community.

Rouge Valley Health System Foundation - Enhancing care in the community

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

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# Shared Values

by Kanayalal Raina

November 26 has come and gone. This year it has marked the first anniversary of the murder and mayhem in Mumbai in 2008 abbreviated as 26/11, 2008. There are two ways we can look at the intervening period. One is that the killers have not been brought to justice. The other is that some definite progress has been made in that direction. Let us take heart from the second inference and curb our feeling for the moment that not enough has been done. The reality is that it takes time to deliver punishments even in such proven mass murders. It is only recently that Bangladesh has succeeded in nailing the assassins of its founding father Sheikh Mujib-ur-Rahman

statement speak for themselves: "On the eve of its first anniversary, President Obama reiterated the US's condemnation of the terrorist attack in Mumbai in November 2008. The two leaders underscored the absolute imperative to bring to justice the perpetrators of this terrorist attack. They expressed their grave concern about the threat posed by terrorism and violent extremists emanating from India's neighbourhood, whose impact is felt beyond the region. The two leaders agreed that resolute and credible steps must be taken to eliminate safe havens and sanctuaries that provide shelter to terrorists and their activities. These undermine security and stability in the region and around the world.

terrorism. For such state of affairs one can blame Pakistan's mulish approach born of mischievous intent to foment trouble in India.

One hopes that Pakistan listens to the sane advice emanating from the Washington declaration. It has gained nothing by building up and patronising anti-India terrorist outfits in its Punjab province and the occupied territory. Instead, these groups have joined hands with the Taliban and thereby become a threat to peace and security of Pakistan itself. It is for Pakistan to find a way out of the maze of its own making. The onus is all the more on it for, it does not want New Delhi's help to jointly take on the perpetrators of terror. On the present reckoning, therefore, it is unlikely to become a part of the Counterterrorism Cooperation Initiative that India and the US seek to establish. From our point of view there is another comforting development. Mr Obama has assured the Prime Minister that the reference to South Asia in the US-China statement is not aimed at mediation by any third party in the India-Pakistan dialogue. At a Press conference the Prime Minister has demolished the prophets of doom who feared a war between India and Pakistan in the days to come. He has let the US and the world know that New Delhi at least has no such designs and Pakistan has nothing to worry on this count. All that India is interested in is that the executors of the Mumbai carnage are brought to justice. One can appreciate that the judicial trial anywhere is a protracted exercise. What Pakistan is not exhibiting is requisite will, initiative and enthusiasm in this matter. It must get its act together and learn to say no to terror which in any case is eating it like termite. It will achieve nothing if it thinks it can set up armed hoodlums upon us with the intention of nibbling into our territory. The Prime Minister has already asserted that the borders of Jammu and Kashmir can't be redrawn but can be made irrelevant. Islamabad also ought to have heard what a European Union team has said at the residence of a secessionist leader in the Kashmir Valley: "Kashmir is an integral part of India."



and almost his entire family nearly three decades after they were shot. Many of these slayers actually had a field day after committing a heinous crime. They were honoured with diplomatic assignments by the rivals of the slain leader on grabbing power. Quite a few are still in hiding in other countries. Interpol has now issued red alert to nab the fugitives.

Eight years after the 9/11, 2001 the powerful United States is still groping the hills of Afghanistan and its borders with Pakistan for smoking out the fountain-head of Al Qaeda that has broken its air of invincibility. Uncle Sam may not have had the last word so far. Its single-mindedness has nevertheless drawn the global focus on the evil of terrorism. In the process its own reading about our sub-continent has undergone a remarkable even if not complete transformation. There is a vast change in its understanding compared to the pre-2001 era including about this State and the country. This healthy makeover reflects in the joint statement of Prime Minister Manmohan Singh and US President Barack Obama in Washington.

The two leaders have left little doubt that the partnership between their countries is "indispensable for global peace and security." The excerpts of the

They vowed to redouble their efforts to deal effectively with terrorism, while protecting their countries' common ideals and shared values and committed themselves to strengthening global consensus and legal regimes against terrorism. They decided on a Counterterrorism Cooperation Initiative to expand collaboration on counterterrorism, information sharing, and capacity building. The two leaders reiterated their shared interest in the stability, development and independence of Afghanistan and in the defeat of terrorist safe havens in Pakistan and Afghanistan." The "shared values" have been identified as "democracy, pluralism, tolerance, openness, and respect for fundamental freedoms and human rights." The joint statement covers a wide range of issues. The underlying theme is the "deepening bilateral cooperation between the world's two largest democracies across a broad spectrum of human endeavours." There is confidence that together the two countries can help in "building a more peaceful, prosperous, inclusive, secure and sustainable world." To many it may sound ironical why the US while unambiguously blaming Pakistan for having "terrorist safe havens" is not able to persuade it to dismantle them affectively. After all, Islamabad is its chosen ally in the war against

**VERBAL VERSATILITY:** The Colombo University team comprising Shamalie Jayatunge, Luwie Ganeshathasan and Sachintha Dias celebrates its victory with NLSIU Vice-Chancellor R. Venkata Rao -

BANGALORE: Students from the Faculty of Law, University of Colombo, who vehemently argued that Sri Lankan Army Generals should be prosecuted for war crimes, won the 8th National Law School (NLS) Debate, 2009, on Dec 3rd.

## Colombo team victorious in debate hosted by National Law School

Coincidentally, the topic for the finals was "Whether the generals in the Sri Lankan Army should be prosecuted for war crimes". The team from R.V. College of Engineering, Bangalore, argued in favour of the Generals.

However, the Colombo team - comprising Shamalie Jayatunge, Luwie Ganeshathasan and Sachintha Dias - trounced the RVCE team with the adjudicators declaring them victors with a margin of 8-1. The RVCE team comprised Karthik Sivaram, Sayan Sanyal and Prasun Bhaiya.

The honour of The Best Speaker went to Pranay from IIT-B who tied with Radhika Saini from Hansraj College, University



of Delhi. The Best Adjudicator was Damitha from the Faculty of Law, University of Colombo.

NLSIU Vice-Chancellor R. Venkata Rao distributed the certificates to the winners on the occasion.

Another win

Students from Faculty of Law, University of Colombo, also won the debate in the novice category, defeating the team from the National Academy of Legal Studies and Research (NALSAR), University of Law, Hyderabad.

80 teams

The six-day NLS Debate 2009, which commenced on November 28, had about 80 teams - compared to 60 and 42 in 2008 and 2007 - from across the world.

They included leading educational institutions such as St. Stephen's College, the Indian Institutes of Management and other premier universities. The Hindu was the media partner for the event.

[courtesy: The Hindu]



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### Kanayalal Raina

The old adage "as you sow so shall you reap" has eventually come true in the case of Islamabad. Musharraf and the ISI under him had trained and armed the Jihadis well in the art and craft of running covert wars that even regular armies found difficult to counter. It didn't really take the Pakistani military and the ISI long to divert some of the jihadis to bleed India by inflicting "wounds" not just in Kashmir but also in other vulnerable parts of India. The civilian governments in between the Zia and Musharraf regimes too played their part by allowing groups like the ones headed by Hafiz Saeed to flourish- run madrassas in places as far away as Karachi, Lahore, Peshwar, not to mention Azad Kashmir and Balochistan. Simply put, Pakistan had largely unleashed forces over which it seems now has very little control. It was just the ISI which continued to be the mentor of all these groups.

Mr I.A. Rehman, Pakistani columnist and a leading human rights activist, has cautioned his country: "...the roots of terrorism in Pakistan are indigenous; they



Kanayalal Raina

lie in the enormous work the state has done, by its acts of omission and commission, to eradicate the ideas of liberal Islam and facilitate the rise of obscurantists...Pakistan will not be safe from terrorists' depredations unless a crash programme to build a tolerant, pluralist society is seriously executed.

Unfortunately, that seems unlikely at a time when the country is being treated to a dirty political intrigue and a mad jockeying for power. Nobody should take offence on being told that the roots of terrorism lie in Pakistan's political culture." Is there any hope for Peshawar till Islamabad mends its ways?

It is sad indeed that Peshawar has become a blood-stained name. The Capital city of

Pakistan's North-West Frontier Province (NWFP) touches many a sentimental chord in India. One, therefore, dreads to compare it with Lebanon, Baghdad or Jerusalem in terms of frequency of bomb blasts. The fact nevertheless is that the historic city is reeling under a wave of violence triggered by terrorists. Hardly a fortnight passes when it does not suffer the tragic loss of innocent citizens in some measure.

They have snuffed the lives out of some of State's distinguished sons of the soil, attacked religious congregations and defiled places of worship. Their moves are born of desperation to make their presence felt. In Pakistan, however, the experts are not quite sure how bad the situation will be before it becomes better.

The Taliban had wrought virtual havoc in several Pakistani towns, including major Military establishments, in Punjab, Islamabad and Peshawar. If anything, every Pakistani must have dreaded the very thought of a lone cycle-borne suicide bomber coming so close to the place where nuclear warheads etc were probably stored. Not that assembling a nuclear weapon is as simple task as making the bombs which the Taliban and other terror

groups do in next to no time. The Americans who played a special role by carrying out drone attacks in the vicinity of Kotakai in Waziristan before the Pakistan Army captured it must have wondered and indeed they did, to go by Secretary of State Hillary Clinton's reaction to the suicide bomber having virtually come within a whisker of the nuclear material. How vulnerable can Pakistan be, she seemed to suggest. Incidentally Hillary Clinton is the first to question that it is hard to believe that no body in Pakistan's government knew where Al Qaeda leaders are hiding.

A former head of the American CIA in Asia described the attack on the aeronautical facility near Islamabad as a "nuclear nightmare". Add to this the brazen manner in which a former Deputy Director of Pakistan Military operations was shot dead in broad daylight. Not that it surprises us when we think of the preceding attacks on the Army headquarters in town of Rawalpindi or at Federal Intelligence office and the police academy (the latter for the second time in recent months) in Lahore.

What should cause concern to India and other countries in the region is the fear of the Taliban or



other terror outfits based in Punjab gaining access to the country's nuclear assets. For the record we know that Pakistan like most nuclear powered countries has a "proper" command system before a nuclear weapon or war-head is unleashed. But the problem with Pakistan today is that it continues to be ruled by a civilian administration which, apart from the divisions it is riven with, must think ten times over before taking a decision which normally falls in civilian domain.

It could be said that it's ultimately the civilian government which controls the nuclear button. But not so in Pakistan. The army continues to rule supreme even as Zardari and Gilani, the Prime Minister, may claim to be the men in-charge.

## Dalai Lama in Tawang

Millions must have been pleased with Dalai Lama, Dharmshala (Himachal Pradesh)-based spiritual and temporal leader of Tibet, reaching Arunachal Pradesh especially Tawang in this country's highly picturesque north-eastern state. According to on-the-spot reports he has got a rousing reception. Both New Delhi and Dalai Lama have thus proved a point. The former has maintained that Dalai Lama is "an honoured guest of India and is free to go anywhere in the country."

It has conveyed this in as many words to China which claims Arunachal Pradesh as its part. China has objected to Dalai Lama's current tour. There is hardly anything surprising about it considering that it has looked askance even at the Prime Minister's visit to the same area. Of late it has stepped up its verbal offensive against India as well as incursions into its border areas particularly in Leh district in this State and Arunachal. If any country thus has to protest it is India. It is to be appreciated that New Delhi has never been found wanting in calling the Chinese bluff. We have always to be conscious of the historic fact that we have been stabbed in the back by China in 1962.

This does not mean that we don't have to pursue the course

of peace in our part of the globe. In no way, however, can this imply that we have to compromise with our self-respect and unity and integrity. It is China's headache if it thinks that Dalai Lama is an irritant. So far as we are concerned he has emerged as one of our best ambassadors. He has used his unique position to tell the world about our basic faith in human decency, universal brotherhood, democracy and communal amity apart from, of course, the help extended to his Tibetan community in rediscovering itself. The way China follows his itinerary clearly shows that it is wary of his global acceptance as an exceptional personality fighting for a just cause. Incidentally it is through Tawang that Dalai Lama had entered India in the wake of the Chinese onslaught on the Tibetans in 1959.

Now back in Tawang Dalai Lama has recalled: "I am very happy to be here in Tawang as there are lots of emotions involved. When I escaped from China in 1959 I was mentally and physically very weak as I was down with dysentery...The Chinese did not pursue us in 1959 but when I reached India, they started speaking against me. I am always surprised (by Chinese reactions)." He has made it abundantly clear: "It is quite usual for



China to step up campaign against me wherever I go. It is totally baseless on the part of the Chinese Communist government to say that I am encouraging a separatist movement." Tawang at an altitude of more than 11000 feet is spiritually important for the Tibetans as the birthplace of the sixth Dalai Lama in the 17th century at the Urgelling Monastery.

That the entire population of Tawang has been out on streets to greet him shows the reverence in which he is held. It must have unnerved China which thinks it can swallow the region as it has done a part of this State. Happily for us the time has significantly changed after 1962.

**Kanayalal Raina**

## TWELVE STUDENTS AWARDED RBC ROYAL BANK SCHOLARSHIPS FOR NEW CANADIANS

Twelve students from across Canada were each awarded \$3,500 cash scholarship as recipients of the third annual RBC Royal Bank Scholarship for New Canadians.



"These 12 students, selected from more than eleven hundred applicants, were chosen for their outstanding academic achievement, commitment to community and defined personal goals," said Camon Mak, director, RBC Multicultural Markets. "Through the RBC Royal Bank Scholarship for New Canadians, we hope to recognize and reward these talented new Canadians and also raise awareness of the significant contribution of all newcomers to Canada."

"RBC maintains a longstanding tradition of supporting new immigrants coming to Canada. We are focused on making it easier for them to get settled, established and succeed. The RBC scholarship program is one more way for us to deliver on that promise," said Mak.

The winners of the award represent nationalities from 122 countries around the world including China, Sri Lanka, Ukraine, Poland, Rwanda and Colombia. The recipients of the RBC Royal Bank Scholarship for New Canadians for 2009 are:

Ms. Chamila Anthonypillai, age

- 18 - Surrey, British Columbia
- Mr. Aoyu Bai, age 18 - Kanata, Ontario
- Mr. Chun Jun Cao, age 19 - Vancouver, British Columbia
- Mr. Dennis Dobrovolsky, age 18 - Toronto, Ontario
- Ms. Elzbieta Myrlak, age 18 - Edmonton, Alberta
- Ms. Fuyuan Yue Liu, age 17 - Thunder Bay, Ontario
- Ms. Jennifer Zhou, age 18 - Richmond Hill, Ontario
- Ms. Jian Peng (Angel) Qian, age 18 - Scarborough, Ontario
- Ms. Margarita Palmera-Nunez, age 18 - St. John's, Newfoundland
- Ms. Maryna Muzychenko, age 18 - Edmonton, Alberta
- Ms. Orietta Mukeza, age 18 - Ottawa, Ontario
- Ms. Qing Qing Wu, age 18 - Edmonton, Alberta

Applicants for the scholarships must have been born outside of Canada, and be either permanent residents or citizens of Canada. They also must have achieved at least a 70 per cent average in their previous year of study.

For more information about the RBC Royal Bank Scholarship for New Canadians, please visit: [www.rbcroyalbank.com/scholarships/newcanadians](http://www.rbcroyalbank.com/scholarships/newcanadians).



# Fort Hood security - "the mission goes on"

Viewed from a country in which I was born ( India) where its security guards (Sikh) have shot a Prime Minister (Indira Gandhi) at her residence everything around the world looks possible.

As many of us were applauding the United States for not allowing a repeat of the 9/11, 2001 there is a shocker from the world's most powerful country. By now it is well known that an officer of the rank of Major, who happens to be a Muslim and a psychiatrist, has killed 13 of his colleagues and inflicted injuries on 30 others. Sixteen victims remained hospitalized with gunshot wounds, and seven were in intensive care.

Even as the community took time to mourn the victims at worship services on and off the post Sunday, Fort Hood spokesman Col. John Rossi said the country's largest military installation was moving forward with the business of soldiering. The processing center where major Hasan allegedly opened fire remains a crime scene, but the activities that went

on there were relocated, with the goal of soon reopening the center.

What is little known is that it has shattered the reputation of invincibility of one of the safest places inside a strong nation.

The incident has taken place at Fort Hood which has the following features: (a) the largest active duty armoured post and the only two-division post in the US, (b) 544 square kilometres of training and support facilities, homes and schools; (c) a virtual city for about 65000 military personnel and more than one hundred thousand family members and civilian support staff; and, (d) a major centre for troops focussed on American operations in Iraq and Afghanistan.

The website of the Fort Hood mentions that it is "nicknamed as The Great Place because of the quality of life the post and area offers soldiers and their families. These qualities are important, especially with home-basing initiatives, frequent deployments and family stability and support." For the time being at least the Fort Hood will be diffident to claim

any such halo.

The initial reports indicate that 39-year old Maj Nidal Malik Hasan had gone on a shooting spree because he was opposed to his deployment in Afghanistan. There is a version that he had pre-planned his gruesome act. It is based on two pieces of evidence: (1) carrying of two handguns in an area where there is no use of them, and (2) the quantity of ammunition to shoot at 43 people. It is one of the worst killings reported on a US military base. Army Chief of Staff George Casey warned against reaching conclusions about the suspected shooter's motives until investigators have fully explored the attack. "I think the speculation (on Hasan's Islamic roots) could potentially heighten backlash against some of our Muslim soldiers."

The US security forces have been taken aback. On the social plane it is feared that there may be some upheaval. That explains why President Barack Obama has called upon his countrymen not to jump to conclusions on the motive behind the shooting. He

has pleaded: "We don't know all the answers yet, and I would caution against jumping to conclusions until we have all of the facts."

He has said that he has met officials of concerned agencies "to discuss their ongoing investigation into what caused one individual to turn his gun on fellow servicemen and women."

American Muslim organisations are in the forefront of condemning the "heinous incident." The Muslim Public Affairs Council, working for the civil rights of American Muslims, has extended "its heartfelt condolences to the families of those killed as well as those wounded and their loved ones."

Sen. Joe Lieberman said Sunday he would begin an investigation into what the Army should have known about Hasan. A day earlier, classmates who participated in a 2007-2008 master's program at a military college said they complained to faculty about what they considered to be Hasan's anti-American views, which included his giving a pres-



entation that justified suicide bombing and telling classmates that Islamic law trumped the U.S. Constitution.

"If Hasan was showing signs, saying to people that he had become an Islamist extremist, the U.S. Army has to have zero tolerance," Lieberman, an independent from Connecticut, said on "Fox News Sunday." "He should have been gone."

The Council on American-Islamic relations, said to be America's largest "Islamic civil liberties" group, too has asserted: "The attack was particularly heinous in that it targeted the all-volunteer army that protects our nation." At the same time it has called upon Muslims to take "appropriate precautions" to protect themselves from "a possible backlash."

by Kanayalal Raina

Brampton Based free lance writer

## Love, Peace and Happiness

By: jja

### A. X' Mas-its nature

Love, peace and happiness are the watch words of Christmas and we are to witness yet another one. The world will celebrate the season with all the modern conveniences made possible by global commercialism and mass media. It is also a season of hectic commercial activity when people just spend, give and receive both materially and to some extent spiritually. There is a lot of personal and collective controversial opinion regarding whether or not Christmas is a Christian holiday. Apart from traditions about love and giving that are worthy of being emphasized in a year, there is also a different aspect to it. Many business people take the opportunity for aggressive commercial activity to get customers to buy and give lots of goods.

### B. Its Background.

The biblical stories about the birth of Christ have medieval comparisons. It was common for ancient cultures to gather together in festivals during the time of the winter solstice on December 22nd. Besides the Hindu God Krishna, Gautama Buddha and Zoroaster were reputedly products of virgin births. The birth of Christ was first officially recognized on Roman calendars about 336 A.D. The biblical story of the Magi has been interpreted and illustrated in various Christian legends, artistic drawings, songs and children's pageants since medieval times. It was the name of Saint Nicholas, a bishop during the time of Emperor Constantine who gave rise to the legend behind Santa Claus. The transfor-

mation of Saint Nicholas to Santa Claus happened in the USA. The Harpers Weekly magazine depicted Santa Claus from 1863 to 1886 as an unaging, jolly, bearded fat man who lived at the North Pole. He had a red suit trimmed with white fur. These were the main features of the Christmas celebrations that evolved out of history.

In the light of different traditions, legends, unbiblical additions to the accounts of Jesus' birth in the Bible each person has to decide whether or not to celebrate Christmas. Some are satisfied if it is only celebrated as a festive holiday for merry feasting and sharing of gifts without giving weight to its spiritual implications.

### C. Its Significance

The basic message of Christmas is that it reveals the revelation of God in the human form. It gives the news of God's incarnation in the human flesh. As St. John states in his testament "No one has ever seen God, but God the one and only (Jesus), who is at the father's side has made him known." In his account John refers to Jesus Christ as the 'Word'. This term was understood by the Jews to refer to 'an agent of creation.' The gifts of the magi to the new born child Jesus started the tradition of gifts shared between family and friends. However, it should be emphasized that the most important gift in the celebrations is the God's gift of his only begotten son to save the world. There can be no 'peace' on earth or real 'joy' in the human's heart apart from the spirit of Christ. The gifts of these blessings through the birth of Jesus Christ are worth celebrating and the sharing of God's love is worth

repeating over and over again in gifts and contributions, and they are to be made for the glory of God and nothing else. Nowadays several humanitarian projects are being implemented through out the world for the sake of helping the needy during the Christmas season. Many orphan children are being helped by affluent people in the name of Christmas gifts. The shoe-box campaign through which the children in Canada are encouraged to gift essential goods to orphan and poor children in third world countries is an example of such benevolent projects. The fund-raising campaign by many organizations in Toronto for helping the sick and the suffering (Heart and Stroke Foundation) can yet ne another example. The advent of Christ showed the way by which men can live victorious and meaningful lives for the upliftment of humanity.

### D. The Sri Lankan Experience - home and abroad.

Members of our community mostly continue the same traditions of celebrating Christmas which they practiced in their homelands though there are sig-



nificant changes influenced by the Canadian life-style. In the homeland people used to decorate their homes with balloons and crayon papers, lit crackers, make sweet meats like 'thoddu- palagaram', 'chippi', 'payatham-urundai' etc. and go to church services. Carol-singing, Christmas plays and festivities gave lots of importance to children and their happiness. There were also carol parties going to houses of church members. Similar patterns of celebrations are seen among the members of the Sri Lankan community in Toronto. Some alumni associations have special carol services starting as early as November. The birth of Christ is celebrated in word, song and prayer and such services also give opportunities for members of the community to

see each other at least once in a year. Christmas definitely ensures material and spiritual enjoyment. Even non-Christians in the community celebrate Christmas in the interests of their children. The media and commercial establishments give all the encouragement for people to buy goods and project the mirth of the joyful season. The urge to buy is injected by colorful advertisements through the media and in shopping complexes that people forget the true meaning of Christmas. Drunken brawls and ecstatic revelries render just opposite effects of the spirit of Christmas.

### E. Lasting Values

Peace, joy and happiness are lasting values that are essential for humanity. Christmas is a season in which such values can be revived and cultivated with lots of human cooperation. These values have to be lasting; otherwise they lose their worth. If they are temporary and transient, they will not be able to help the world to improve. People should learn to cultivate them for their personal rehabilitation and for the betterment of humanity at large. Love, joy and happiness are the cravings of every human kind but the methods they adopt to achieve them differs and therein lies their destiny.

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### Raymond Rajabalan

*"Do not be afraid; for see-I am bringing you good news of great joy for all the people: to you is born this day in the city of David a Saviour, who is the Messiah, the Lord. This will be a sign for you: you will find a child wrapped in bands of cloth and lying in a manger"*

The Nativity of Jesus, refers to the accounts of the birth of Jesus of Nazareth in the Gospels and in various apocryphal texts.

The remembrance and re-enactment of the Nativity in the Christian celebration of Christmas signifies their belief that Jesus is the "Christ" or Messiah promised by the Old Testament. The main religious celebration among members of the Catholic Church and other Christian groups is the Church service at midnight on Christmas Eve or on the morning of Christmas Day. During the forty days leading up to Christmas, the Eastern Orthodox Church practices the Nativity Fast, while the majority of Christian congregations (including the Catholic Church, the Anglican Communion, many Mainline churches, and Baptists) begin observing the liturgical season of Advent four Sundays before Christmas-both are seen as times of spiritual cleansing, recollection and renewal to prepare for the celebration of the birth of Jesus.

# Nativity of Jesus

In the account of the Gospel of Luke, Mary learns from the angel Gabriel that she will conceive and bear a child called Jesus. When she asks how this can be, since she is a virgin, he tells her that the Holy Spirit would "come upon her" and that "nothing will be impossible with God". She responds: "Here am I, the servant of the Lord; let it be with me according to your word".

At the time that Mary is due to give birth, she and her husband Joseph travel from their home in Nazareth to Joseph's ancestral home in Bethlehem to register in the census of Quirinius. Having found no place for them selves in the inn, when Mary gives birth to Jesus she places the newborn in a manger

An angel of the Lord visits the shepherds guarding their flocks in nearby fields and brings them "good news of great joy": "to you is born this day in the city of David a Saviour, who is the Messiah, the Lord." The angel tells them they will find a child wrapped in bands of cloth and lying in a manger. The angel is joined by a "heavenly host" who say "Glory to God in the highest heaven, and on earth peace among those whom he favors!" The shepherds hurry to the manger in Bethlehem where they find Jesus with Mary and Joseph. They repeat what they have been told by the angel, and then return to their flocks. Mary and Joseph take Jesus to Jerusalem to be cir-

cumcised, before returning to their home in Nazareth. advisers where the Messiah was to be born. They answer Bethlehem, the birthplace of King David, and quote the prophet Micah: "Go and search diligently for the child; and when you have found him, bring me word so that I may also go and pay him homage," a deceitful Herod tells the magi.

As the wise men travel to Bethlehem, the star "goes before" them and leads them to a house where they find and adore Jesus. They present Jesus with gifts of gold, frankincense, and myrrh. In a dream, the magi receive a divine warning of Herod's intent to kill the child, whom he sees as a rival. Consequently, they return to their own country without telling Herod the result of their mission. An angel tells Joseph to flee with his family to Egypt. Meanwhile, Herod orders that all male children of Bethlehem under the age of two be killed, the so-called "Massacre of the Innocents".

After Herod's death, the family return from Egypt, but, instead of going back to live in Bethlehem, fears concerning Herod's Judean successor Archelaus cause them to move to Galilee and settle in Nazareth, fulfilling a prophecy: "He will be called a Nazorean".

The prophecy is primarily sourced from Judges 13:5, 7, which say, "the boy shall be a Nazirite"; The author of Matthew explained the move to Nazareth

sus; the birth in a manger, and the choir of angels; none of these is mentioned in Matthew. They explain the birth in Bethlehem in different ways (Luke says they lived in Nazareth and only moved to Bethlehem briefly for the census, Matthew implies that they lived in Bethlehem and only moved to Nazareth on their return from Egypt)

### Date of birth

The nativity accounts in the New Testament gospels of Matthew and Luke do not mention a date or time of year for the birth of Jesus. In Western Christianity, it has been traditionally celebrated on December 25 as Christmas, a date that can be traced as early as the year 330 among Roman Christians.

Before then, and still today in Eastern Christianity, Jesus' birth was generally celebrated on January 6/7 (late at night on January 6) as part of the feast of Theophany, also known as Epiphany, which commemorated not only Jesus' birth but also his baptism by John in the Jordan River and possibly additional events in his life. Some scholars note that Luke's descriptions of shepherds' activities at the time of Jesus' birth suggest a spring or summer date

The Gospel of Matthew places Jesus' birth under the reign of Herod the Great, who died in 4 BC. The author of Matthew also recorded that Herod had all the

The Gospel of Luke account states that Mary gave birth to Jesus and laid him in a manger "because there was no place for them in the inn," but does not say exactly where Jesus was born.

### Three Wise men

The Magi bear gifts of gold, frankincense, and myrrh. Though traditionally described as wise men or kings, the Matthew Gospel account actually refers to magoi, or astrologers.

Neither the names of the magi nor their number are specified, but - because the gifts described are three in number - a tradition arose that there were three magi: Balthasar, Melchior, and Caspar. Balthasar is a Greek version of the Babylonian name Belshazzar, meaning "May Bel protect his life." Melchior means "The king is my light" in Aramaic. Caspar is a Latinized version of Gondophares, a Parthian (i.e. Persian) name. In free retellings of the Nativity events, the magi are sometimes called "kings" because of prophecies that kings will pay homage to Jerusalem and a king.

The Magi were said to be following a mysterious star, commonly known as the Star of Bethlehem, which had suddenly appeared in the sky, believing it to announce the birth of the king of the Jews.

On the other hand, the Gospel of Luke's account does not mention the Magi, instead having Jesus being visited by local shepherds, who had been informed in the night by an angel who said "Do not be afraid; for see-I am bringing you good news of great



The New Testament provides two accounts of the birth of Jesus: one in the Gospel of Matthew and the other in the Gospel of Luke. The birth narratives of Matthew and Luke have some elements in common. They both relate that Jesus of Nazareth was the child of Mary, who was betrothed to Joseph, a descendant of the Biblical King David. The narratives also present the conception, preceded by an angelic annunciation, by the power of the Holy Spirit

### Gospel of Luke

cumcised, before returning to their home in Nazareth.

### Gospel of Matthew

In the Gospel of Matthew, the impending birth is announced to Joseph in a dream, in which he is instructed to name the child Jesus. A star reveals the birth of Jesus to three "wise men" (magi) who travel to Jerusalem from an unspecified country "in the east".

Joseph is warned by an angel in a dream to flee Bethlehem. Herod understands the phrase "King of the Jews" as a reference to the Messiah and he asked his

as the fulfillment of the prophecy, "for he will be called a Nazorean."

### The Nativity description in Gospel of Mathew and Luke

These two Gospels present two very different accounts: the Gospel of Matthew relates the appearance of an angel, in a dream, to Joseph; the wise men from the east; the massacre of the innocents; and the flight to Egypt. The Gospel of Luke mentions none of these but describes the conception and birth of John the Baptist; the appearance of an angel to Mary; the worldwide cen-

**"Let us remember the innocent baby born in an occupied and troubled land for the purpose of dying. It was a great paradox of history. A birth that found ultimate purpose of death .God came to the earth in the most vulnerable form but in the end there was Victory in defeat and Glory in humiliation"**

male children in Bethlehem two years old and younger executed, based on a prophecy relayed to him by the magi that a new King of the Jews had been born in the town. The order's instruction of "two and under", along with the inference that it took Herod time to realize that the magi were not about to deliver the child to him, implies a birth no later than 6-4 BC.

The Gospel of Luke dates the birth ten years after Herod's death during the census of Quirinius.

### Location

The Gospels of both Matthew and Luke place the birth of Jesus in Bethlehem. The Gospel of Matthew account implies that the family already lived in Bethlehem when Jesus was born. According to the Gospel of Luke, Joseph and Mary (who lived in Nazareth) had traveled to Bethlehem to register for the census of Quirinius, because it was the town of Joseph's ancestors, the birthplace of David.

### Emmanuel

In Matthew, "an angel of the Lord" appears to Mary's betrothed husband Joseph in a dream and tells him: "she will bear a son, and you shall call his name Jesus, for he will save his people from their sins". The text continues with the comment: "All this happened to fulfill what the Lord had spoken by the prophet: 'Behold the virgin shall conceive and bear a son, and his name shall be called Emmanuel, which being interpreted is God with us'.



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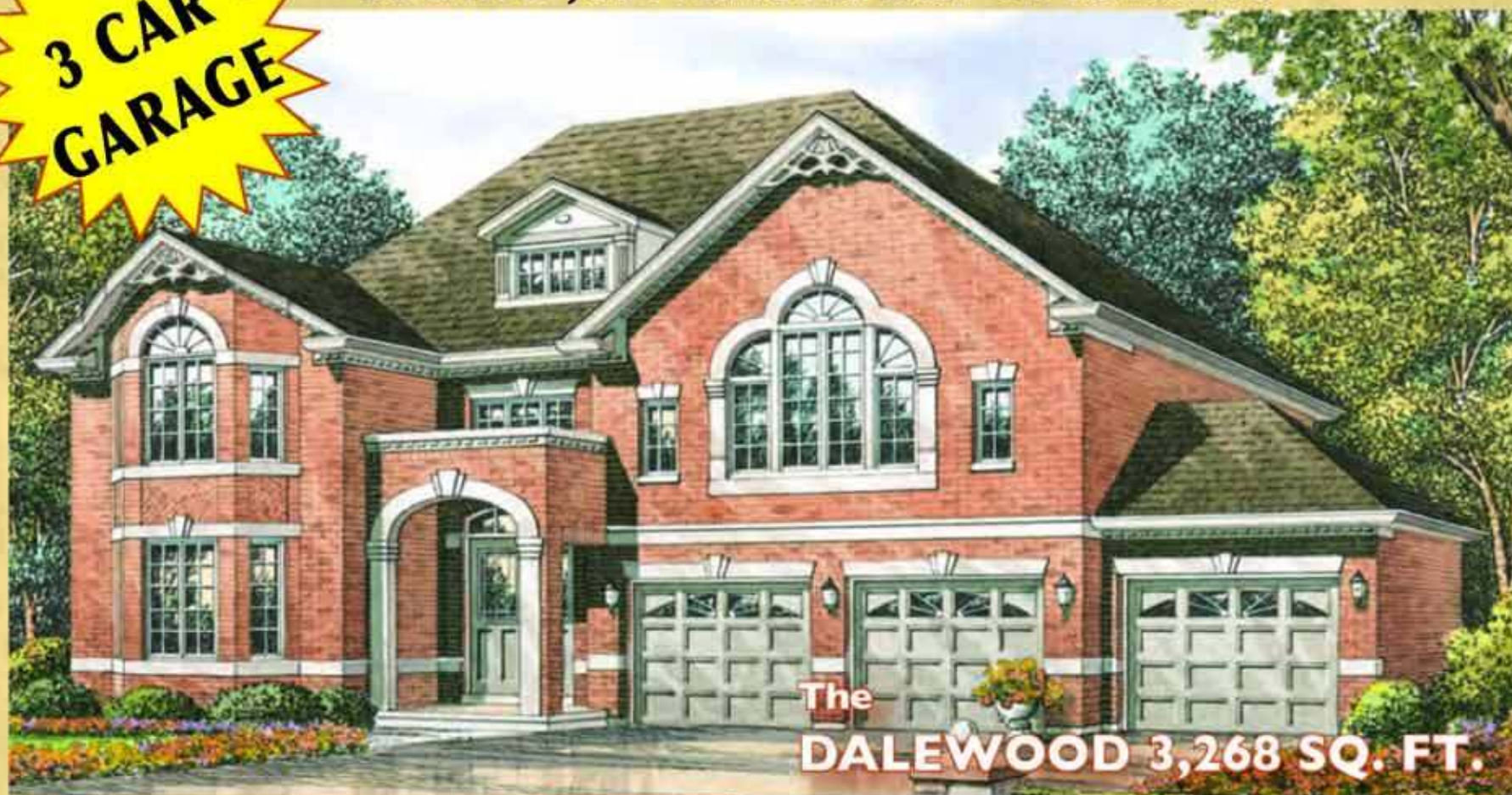
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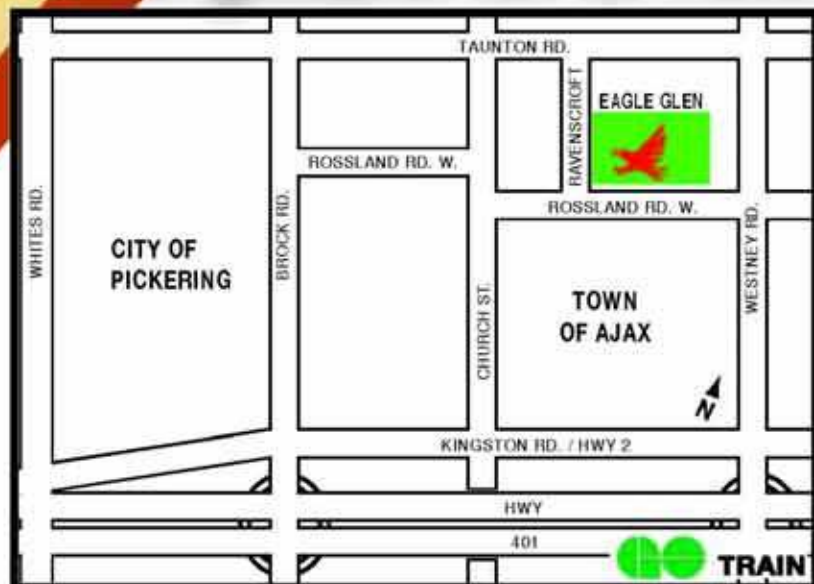
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# EAGLE GLEN

## A FAMILY COMMUNITY BY JOHN BODDY HOMES

John Boddy Homes has been voted 'Best Builder' in Ajax/Pickering for the thirteenth year in a row in this year's Readers' Choice Awards and will be releasing its final phase early next year 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, bungalows, and future 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 limited selection of wide shallow lots and pond lots. 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 back-splashes, 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 floor laundry rooms, laundry chutes, kitchen breakfast bars, private water clos-

ets, interior garage access, high efficiency furnaces and basement rough-ins for future bathrooms. Also, windows are vinyl clad wood which allows for interior custom colours with a maintenance free exterior. Other features include arched entryways, custom millwork, window mullions on all front and rear facades and decorative garage doors featuring appealing window lites. Custom landscaping packages and paved driveways are also included in all homes providing the renowned curb appeal that enhances the entire Eagle Glen community.

Innovative floorplan designs combined with an extensive array of standard features included with every new home have become a corporate trademark of John Boddy Homes and 'Eagle Glen'. Not only does a John Boddy Home offer such striking standard features, there are also a wealth of opportunities to upgrade, making their homes as unique as each individual homeowner. The 'Eagle Glen' Sales Office features a Décor Centre that contains a wide range of upgrade items to select from in order to customize your

home. Their high-tech electrical and décor consultants allow homebuyer's to make upgrade selections on site, enabling them to conveniently personalize their home.

**In fact John Boddy Homes has been the proud recipient of "Best New Home Builder" in the annual Reader's Choice Awards for Ajax/ Pickering for the past thirteen years in a row!**

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 an upgrade master ensuite with separate shower and upgrade tub plus \$5,000 in free upgrades.

Also currently available is one year of Rogers services for free! Included in this package are home phone with 150 long distance minutes and 2 calling features, personal TV with free rental of a standard definition box, a HD digital box, VIP package, free on demand programming, Canadian timeshifting channels as well as Rogers Hi-Speed internet service and all are installed for free.

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

neighbouring countryside.

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

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

With 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 6:00 p.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.johnboddyhomes.com](http://www.johnboddyhomes.com).**

Rendering of Model  
Homes designed by  
**JOHN BODDY HOMES**







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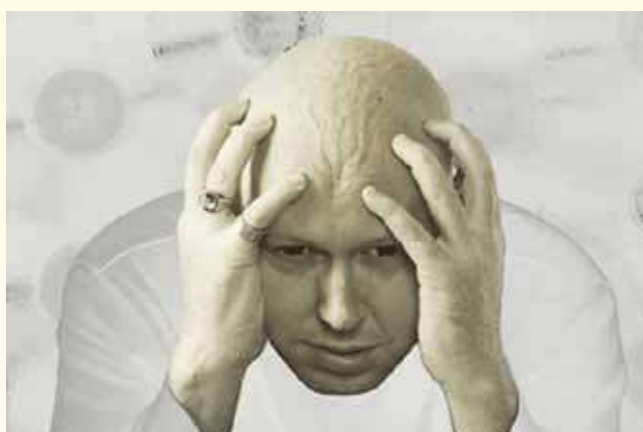
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## WORDS OF PEACE

# A Balancing Rod for Life

If life is like a tightrope, says Maharaji, then people need a balancing rod to keep from stumbling. One could compare life to walking a tightrope, he says, because "it goes from here to there. But what's here? What's there? It has to do with our nature."

Recognized around the world for his unwavering commitment to spreading the possibility of peace and contentment, Maharaji is well-versed in the subject of human nature—a necessity, he says, for anyone who wants to understand what this life is all about.

"A person who finds himself in doubt yearns for clarity," he says. "A person who finds herself in pain yearns for joy. This is wisdom—that you suffer and you want to come out of the suffering. If you feel that you're in darkness, you want to come out of darkness into light. If you feel sorrow, you want to go towards joy. This is your nature."

"Your nature is not the same as a fish. Take a fish out of water, and it wants to go back into it. Take a drowning human being out of the water, and it feels good. We are all bound by these laws. For the first human being who walked the face of this earth, it was no different: Our nature is to want to get to a place where we can be content."

In order to get to the contentment on the other side of pain or confusion or doubt, Maharaji says, "We must walk this tightrope. We have no choice. When you walk a tightrope, what is involved? Well, you can't lose your focus. First thing, you need a balancing rod, because you're going to need to keep your balance. You need a balancing rod to stabilize you, because you will make mistakes. When you start to lose your balance, this balancing rod will help restore it."

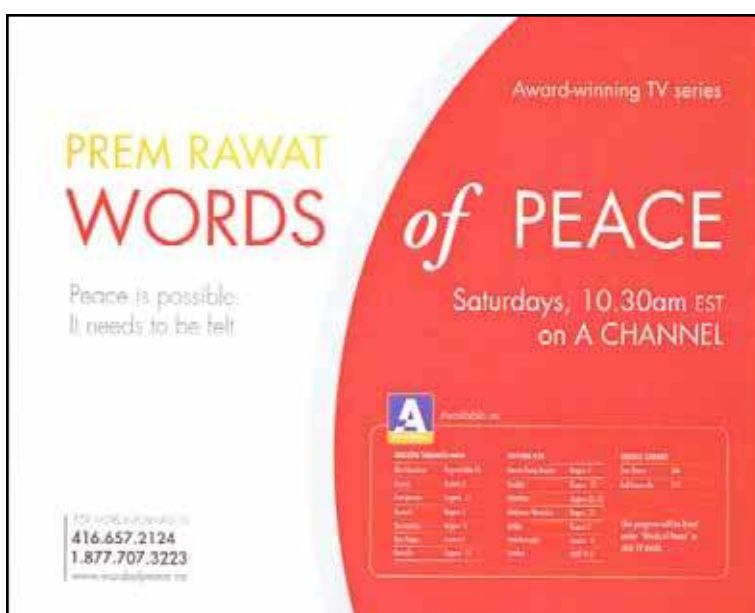
The secret to maintaining balance in life, Maharaji says, is simple: it's to experience the peace



other side of the river, so the monkey figures out how to get to the other side. It's not unlike that for us. If you feel sadness, you need joy. That's the mango tree on the other side of the river. Is it a big deal? No. You feel hunger; then, "I want that mango because I feel hunger."

Q: What does it take for someone to decide to seek the contentment you talk about?

A: You have to feel the urge in your life to walk this tightrope. You have not been left without tools. To create the urge, you have been given a thirst. To push you along this journey, you have been given a heart, and to take



and contentment that all human beings seek. That contentment, he says, already exists within the human heart—and he can help with discovering it.

"When I speak about fulfillment, I'm not talking about a hypothesis," he says. "It's a reality. It's possible. In this day and age, a human being can be content."

Maharaji often answers questions from those interested in his message.

Q: Can you explain more about what you mean by getting to the other side of suffering?

A: Say there's a monkey on this side of the river. The monkey sees a tree full of mangoes on the

each step precisely, you have been given consciousness.

If you want to take the journey, if you want to get across, I can tell you how. I can give you the balancing rod—the equipment you need to make this journey possible. No theories. I'm not talking about theories. I'm talking about this life, and how to be able to fulfill it. The journey can be successfully completed, and it is incredibly beautiful.

To learn more about Maharaji, visit:

[www.wopg.org](http://www.wopg.org)

[www.tprf.org](http://www.tprf.org)

For A free DVD, call 1 877 707 3221 Toll Free

If you feel the world around you —you will see your experience is a cacophony of voices, thoughts and emotions. These voices, thoughts and emotions are all an outpouring of confusions of many different levels and states. With a much distorted perception of the current reality, these voices, thoughts and emotions are formed and expressed. When man is in this level of confusion, when he is subjugated by the misconceptions or the wrong perception of reality around him, the noise that he creates around himself, the pain and suffering that he creates for himself and the people around him and to all other life forms around



what is not attainable, then it will always tell you mediocre things as to what is possible.

We are always trying to create our life based on the current reality that exists around us at this moment. This moment whatever may be with us is not the point. Where we want to go tomorrow need not be connected to where we are right now. What we want as the highest in life, it need not have

## Knowing Life – Here and Beyond



**Sadhguru Vasudev is a realized master, yogi and mystic, who has founded Isha Foundation, an international public service organization that strives for ultimate human well-being. For world-wide program information, visit [www.ishafoundation.org](http://www.ishafoundation.org)**

**Toronto local contact 416 300 3010 or email [Toronto@ishafoundation.org](mailto:Toronto@ishafoundation.org)**

him is very unfortunate.

With all the conveniences and facilities we have because of science and technology individual man and humanity has still remained an absolute confusion, an absolute mess. All the noises that he is making in the form of his thoughts and emotions, if you look at it, if you really are little sensitive to feel people's thoughts and emotions around you, you'll see it is an absolute mess, it is an absolute confusion.

That is the reality that you see today. There is no clarity in him. Nor any will or vision. Most people in the world live their lives without even understanding what is it that they really want for themselves. Or even if they know what they want, they neither have the will nor the vision to create what they want in their lives. Most of the time just settling for whatever is easy, whatever they term as attainable, whatever is within their reach, they settle for anything if they feel it is easy.

If something is easily attainable, people go for it. Not really seeing whether they really need it in their lives or not. Not really seeing whether that is what they really want in their lives. It is easily attainable, that is the whole thing. And at any given moment in life if we go by the experience of our past or in other words if you trust your mind — trust your logical mind to decide what is possible, what is not possible, what is attainable,

anything to do with our present situation. If we enslave our visions to current situations, then it is once again settling for what is attainable, what is easy, what you think is possible. It is not in terms of thinking what is possible or not possible. It is just in terms of seeing what is your vision, what is the highest that you can seek in your life.

If man has a vision of what he wishes to do with himself and the world around him, it is not beyond man's capacity to create it. It may happen in this lifetime, it may take a couple of lifetimes but what we want will definitely come. For that person, for whom his vision of life is clear to him and he just seeks it every moment of his life, for him, the highest things will come and fall at his feet. It is only because man is a bundle of confusion, it is only because man is most of the time seeking what he doesn't want — things that he really wants never come to him. This lack of vision and will in his life is fundamentally because of a distorted understanding of the world around us.

What you know as the highest, you just seek that. It doesn't matter whether it is going to happen or not going to happen, simply living with the vision itself is very elevating, is itself very liberating, is itself a very joyous process for any person. Whether it is going to happen tomorrow or after hundred years is not the point.

Contd. in Pg 45...

## Inspiration Driving Institute



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# Medical Institute for Tamils' effort to help in the Medical / Humanitarian Crisis 2008 & 2009

Dr. V. Santhakumar, President MIFT & Executive Committee Members would like to thank the community for supporting to raise funds that we were able to help various projects in our homeland

Our Charitable arm CMDDA 'Save a Heart Project' collection for the Jaffna Teaching Hospital is held in trust awaiting final plans Thank you for those who contributed generously for this project.



## MIFT Donations and Projects in 2008

May '08	Kilinochchi Hospital Medical Library	5,000.00
Apr '08	Moolai hospital laboratory blood analyzers	17,000.00
Jun '08	CARE program feed the children	3,000.00
Jun '08	Canada Saivite Council for Spiritual counseling	3,000.00
Jul '08	Puththur dental clinic renovation	5,000.00
Nov '08	CARITAS HUDEC emergency assistance to IDP, Vavuniya	5,000.00

**Total in 2008**

**38,000.00**

## MIFT Donations and Projects in 2009

Feb-09	Ladder Of Hope, Rev.S. Jeyanesan - emergency medical supply	5,000.00
Feb-09	Trinco Hospital - Injured patients management	5,000.00
Mar/Apr-09	Consortium of Humanitarian Agencies - Emergency milk & food supply to the war zone	40,000.00
Apr-09	JMO - Vavuniya hospital emergency medical, food for IDP	5,000.00
Apr-09	Rev. Joseph Rajappu - Mannar emergency food for IDP	3,000.00
May-09	SEED - Vavuniya IDP essential supplies	5,000.00
Jun-09	Chavakachcheri hospital Generator & supplies	5,000.00
Jun-09	Global Medic clean water supply for the displaced	5,000.00
Jul-09	Medical Officer - Vavuniya hospital Maternity supplies, vitamins etc.	7,000.00
Jul-09	MSF Canada relief work for the displaced	5,000.00
Jul-09	Gods Own Children - Orphan children care	2,000.00
Jul-09	Jaffna Hospital cardiac monitor-defibrillator	9,000.00
Jul-09	Free Methodist Church, Canada - Relief work	5,000.00
Aug-09	Survivors Associated - Artificial limbs for the injured	5,000.00
Aug-09	Jaffna Hospital Development Association - Post Anaesthetic care unit	6,000.00
Sep/Oct-09	Non Violence Direct Action Group, Displaced rehabilitation, Chavakachcheri	5,000.00
Oct-09	Mannar Hospital - Mental Health unit building donation, a project in collaboration with CaMH	25,000.00
Oct-09	C REP - Orphan children care/building, through Eastern Province Development Association & UNICEF	8,000.00
Nov-09	Education Development Society, Batticaloa - Orphan children care / education	3,000.00

**Total in 2009**

**153,000.00**



## Our major donations:

- Balance of the Tsunami Relief Fund / Member's pledges
- Thuyar Nivaaram at Canada Kandasamy Temple
- OTHER GROUP and INDIVIDUAL DONATIONS -Kalaikopuram group, Senior Tamil Society of Peel, Edmonton Tamil Society etc.
- Patients' donations at Doctor's offices and Dental Offices,
- Namakkaha naam at Markham Fair grounds, organized by CTR Radio - \$61,196.00



# Is Art help?

**"Fine art is that in which the hand, the head, and the heart of man go together"**

Art is creativity; therefore no one form of art could really be more creative than another form of art. Creative way of expressing a modified view of the world and its objects by simplifying or complicating the use of colour, shape and form. It encompasses a diverse range of human activities, creations, and modes of expression, including music, literature, film, sculpture, and paintings. The meaning of art is explored in a branch of philosophy known as

aesthetics. The nature of art has been described as "one of the most elusive of the traditional problems of human culture".

It has been defined as a vehicle for the expression or communication of emotions and ideas, a means for exploring and appreciating formal elements for their own sake, and as mimesis or representation. Realistic, naturalistic art had dissembled the medium, using art to conceal art; modernism used art to call attention to art.

The limitations that constitute the medium of painting - the flat



**Aboriginal (18x24) Mixed Media on Canvas prized at \$500**

surface, the shape of the support, the properties of the pigment - were treated by the Old Masters as negative factors that could be acknowledged only implicitly or indirectly. Under Modernism these same limitations came to be regarded as positive factors, and were acknowledged openly.

Abstraction is more focused on the use of imagination or ideas expressed through emotion. A lot of good abstract paintings offer people quite a different representation of life. Some art works are stimulate unconscious emotions, desires, and sexual compulsions, all unified within a dynamic that vacillates between the real and the fantasized in human life.

Studies have concluded that

fine art, along with music and performing arts, is critically important for a child's brain development, sensory integration and creative problem solving.

Learning to read is difficult for some children because they cannot make the connection between visual processing and symbolic processing, transferring the visual shape of the letter or word to a symbolic representation of that word. Something malfunctions in the transfer between the different senses that are processing the information and the desired comprehension is not achieved.

Learning processes require the use of a combination of modalities. For this reason, many researchers believe that sensory



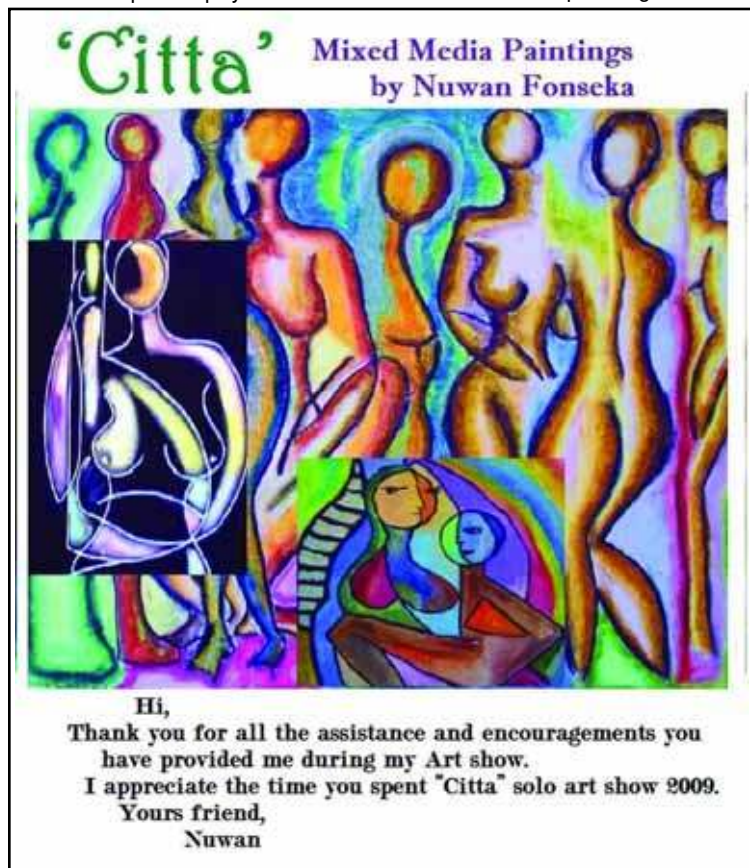
integration training (which incorporates the skills of multiple learning modalities into one cooperative exercise) is more effective in overcoming the actual cause of the learning disability, even if it cannot be specified.

Art as therapy, it combines the creative process and psychotherapy, facilitating self-exploration and understanding. Using art imagery, colour, activities and shape as part of this creative therapeutic process, thoughts and feelings may be expressed that would otherwise be difficult to articulate. Art Therapy is effective for people of any age. Professional art therapist works with individuals, couples, families, or groups in settings such as counselling agencies, schools, treatment centers, rehabilitation facilities, hospitals, correctional institutes, research institution, universities and elder care locations. Art therapy can also help people with their social skills.

The therapeutic benefits of art therapy in these types of situations can help with people that are withdrawn or shy, or who, for some reason or another, have a difficult time functioning within social situations.

A picture must possess a real power to generate light and for a long time now I've been conscious of expressing myself through light or rather in light.

**- Henri Matisse  
Dr. Fonseka -clinician**



Hi,  
Thank you for all the assistance and encouragements you have provided me during my Art show.  
I appreciate the time you spent "Citta" solo art show 2009.  
Yours friend,  
Nuwan

**Dr Newan Fonseka thank all participants who attended the "Citta" Solo Art show held during Nov 09**

## A good step for foreign workers

The federal government's new credential policy for foreign-trained workers should be good for both those professionals and Canada. It is intended to deal with a problem that has plagued this country as well as frustrated newcomers who believe they have the skill and education to perform sophisticated jobs in Canada.

Human Resources Minister Diane Finley outlined the new, streamlined policy this week. Under the framework, the federal government and the provinces have agreed to inform foreign-trained workers to within a year of submitting an application if their credentials will be accepted.

The new policy will apply as of Dec. 31, 2010, to foreign-trained architects, engineers, pharmacists, physio and occupational therapists and registered nurses. The framework will apply to doctors and some other professionals by the end of 2012.

The intent of the new policy is admirable. "We want a system that is fair, that's consistent, that's efficient and that's accessible," Human Resources Minister Diane Finley said. She's right. Anecdotal evidence abounds about doctors

who came to Canada hoping to advance their careers only to find that the appropriate Canadian agency did not recognize their credentials. No one gains when well-qualified immigrants cannot work in their field.

To be sure, this is not a simple matter. Canadian organizations responsible for certifying professional credentials cannot merely accept the word of the applicant. Checking qualifications is not always easy, particularly if the applicant cites a remote university with an unknown reputation. Not every foreign university is at the same standard as Cambridge, Oxford, Harvard or Yale. Furthermore, in the case of universities in countries that do not use English or French, language may be a barrier to determining the level at which an academic institution trains its students.

The advantage of the framework reached between Ottawa and the provincial governments is that it means both levels of government will be putting resources behind this initiative. There is no other way it could possibly succeed. The provinces, in many cases, have jurisdiction over the boards that grant certification. Of



course, the boards have a degree of independence from the provincial governments. The provinces cannot order a board to grant a certificate to a person it concludes is not qualified.

There are also other potential problems. A board might regard a doctor as being an appropriate applicant to practice in Canada. That board, however, does not control the amount of money available for intern positions in hospitals. In other words, to work properly this new policy is going to require more than just the goodwill of the provinces. In some cases, it may require extra money, which will not be easy to find at the present time.

Olivia Chow, the NDP immigration critic, said, "It's cold comfort for doctors that have to wait until January of 2013 to have their credentials recognized, but still can't practice because there's

not enough internships for them." That's true, but the federal government can do only so much. The provinces now have to show their support in practice, not just in principle. The federal government has taken a good initiative. Canadians should keenly watch where it goes.



**Moorthi Sellathurai (Virakesari Moorthy), a former Editorial Staff member of "Virakesari" in Sri Lanka and presently a journalist for "Thamilar Senthamarai" is seen in the picture receiving a certificate from the Chief guest Hon. Prime Minister Stephen Harper at Seneca College at the completion of a three day Seminar on Journalism. The seminar was organized by the "National Ethnic Press and Media Council of Canada". About 150 Journalist participated in this seminar and 25 journalists had the privilege of receiving the certificate from the Prime Minister. Moorthy is the author of "Suthanthira Mann" short stories book too.**





**Arun Senathirajah**

US Federal Reserve and European Central Bankers were very busy last year and took constant coordinated efforts to avoid the collapse of their western financial system. In similar way The US Department and the European Union Officials were busy in September and October of this year in preparing a 'Look like' serious human rights violation and war crimes reports on Sri Lanka with coordination and understanding, since they have common economic interest in the Indian Ocean Island. On the 19th of October 2009 Commission of the European Communities released a report 'On the Finding of the Investigations with respect to the Effective Implementation of Certain Human Rights Conventions in Sri Lanka.' Within couple of days US State Department released the report entitled 'Report to the Congress on Incidents during the Recent Conflict in Sri Lanka' on the 22nd of October 2009. The release of the two reports are not accidents or coincident. They well planned with full co-operation and exchange of high level opinions of the US authorities and EU officials.

Sri Lanka has successfully fended off scrutiny at United Nation bodies like the Security Council and the U.N. Human Rights Council with the help of regional powers like India and China. Now the U.S. and the European Union have took up arms in the form of 'Human Rights Violations Report' to threaten Sri Lankan current rulers of probable dangers of Sri Lankan alliance with the opponents of US and the EU such as Iran, China and Libya to make Sri Lanka as their economic partner. In other way the US and the EU indirectly expect full co-operation in rebuilding and developing the Sri Lankan market economy with their capital and technical skills. The EU and USA now bring their human rights violations related ineffective reports for their strategic and market oriented self interests. But they totally kept silent and not used any leverage to save the lives of those perished in the final war. How can you expect justice from such countries will do anything to pressurize racist Sri Lanka regime after being active partners in the war against Tamils and funding the on-going Tamil genocide.

#### **The US Agenda**

The US Government's view points are highlighted in the USAID/Sri Lanka website as: "The new 2008-2012 strategy is based on the approach that economic growth can contribute to building social and economic security to help establish conditions conducive to a political solution through focusing on regional needs, but also works at the national level, from which many of the most critical democracy, governance and conflict mitigation issues emanate. Targeting these, USAID Sri Lanka has created a new two-pronged strategy to support

# War Partners Renew Economic Partnership with Sri Lanka while Tamils Face Genocide

the positive transformation in the Eastern Province and adjoining districts by developing the regional economy and local private sector investment opportunities, as well as strengthening local government and increasing citizen participation in the governance process." According to US viewpoint economic solution totally rejecting Tamils legitimate political right of such as equal status, self determination rights or a permanent constitutionally protected acceptable status for Tamils. Tamil ethnic problems are just 'issues', and no equal status is needed for Tamils, but they are expected to be submerged into the current racially biased Sinhala governance system.

They now bring in a coordinated leverage with EU to renew their economic partnerships and use the market for their MNCs. By forced migration of Tamils out their homes and villages with US, EU and UN's financial aids, Tamils are being no longer be dependent on their traditional livelihood farming, fishing, gardening etc, thereby they are pushed into a 'survival threat status' in the name of bringing some economic development in the NorthEast of Sri Lanka. These helpless Tamils become easy target for exploitation of their labour to the companies of these western nations. USA has started some projects in the East to cultivate some vegetable for their MNCs McDonalds and Burger King.

So much human rights boosted during his election campaign President Barack Obama kept total silent on the advice of the Indian policy makers, when 20,000 to 50,000 Tamils caught in the Sri Lankan government declared safety zone were massacred, while Tamil diasporas demonstrated and protested all over the world on the streets of major cities London, Geneva, Oslo, Paris, Toronto, Ottawa, Sydney, New York and even in front of his white House. Nobody can deny that all of the demonstrations went unnoticed. Now for their own economic and strategic purposes released this document 'Report to the Congress on Incidents during the Recent Conflict in Sri Lanka'. Tamils world over cannot be taken away by this illusion.

#### **The USA's Strategic Weapon**

Although the report from the US States Department look like a serious indictment of the Sri Lankan government's war crimes detailing more than 100 incidents in which the army shelled and bombed LTTE-held areas proclaimed by the military as a no-fire zone, the report cover ups the casualty figures. The State Department has clearly mentioned about no action on the accusations by declaring that it reaches no legal conclusions about the criminal nature of any of the incidents or even if they actually occurred. In fact President Barack Obama administration has no intention of pressing a case against those responsible for these war crimes, including President Mahinda Rajapakse, his cabinet and the

country's military chiefs.

The US backed a European push in May 2009 at the UN Human Rights Council for a limited international investigation into war crimes in Sri Lanka, which was blocked by the Rajapakse government with the assistance of China, Russia and India. Now Washington is calling on Colombo to carry out an investigation of its own crimes with a view of satisfying its own officials critical of Sri Lanka and to boost at international level that it has taken a serious action on the matter. They know very well this would be a whitewash. All of this is well known to the Obama administration, which has crafted the call for an internal Sri Lankan inquiry as a means for burying the issue of war crimes and opening the door to mending ties with the Rajapakse government. After Rajapakse accepted the overture, Washington announced another \$US6.6 million in US aid, on top of \$84 million already handed over for "welfare work" to maintain the government's internment camps for Tamil civilians. Its purpose, however, is not to bring war criminals to justice, but to boost US influence in Colombo and strengthen relations with the Sri Lankan government.

A South Asian political analyst has mentioned 'The US and European powers certainly have "vested interests" in Sri Lanka, but this has nothing to do with reviving the LTTE, or defending the democratic rights of the Tamil minority. As in other parts of the globe, the US and its allies are cynically exploiting the issue of "human rights" to boost their influence in Colombo at the expense of their rivals. Washington is particularly concerned that China exploited the Sri Lankan government's need for arms and military aid to establish a significant economic and strategic foothold on the island.'

#### **European Union's Report as Weapon**

The EU has threatened to withdraw preferential trade rights for Sri Lanka, known as the GSP (Generalized System of Preferences) Plus facility-if Colombo does not agree to its demands. But, Sri Lanka defiantly refused to allow a European Union (EU) investigation into rights abuses call it an "infringement of Sri Lanka's sovereignty, self respect and dignity". If the GSP+ facility were withdrawn, Sri Lankan imports, which currently enter the EU free of tariffs, would attract tariffs of 5 to 18 percent. The Sri Lankan garment industry, a major export earner, would be hard hit as nearly 60 percent of its output goes to Europe. After making a big show of the non-compliance of Sri Lanka for this facility, now the European powers are conducting a similar maneuver as the USA used its report the EU had given Sri Lanka until November 6, 2009 to submit a response and postponed any final decision to next January. That allows another two months of closed-door discussions for the EU and Sri Lanka to patch up relations. According to EU Bernard Savage,



Head of Delegation to Sri Lanka and the Maldives from the European Commission the facility would continue unhindered. He has further mentioned 'Relations between Sri Lanka and Europe are much bigger than the GSP (Generalized System of Preferences) Plus issue... In fact a few weeks back, I inaugurated a new European Commission (EC)-funded school in eastern Sri Lanka in the presence of the President Mahinda Rajapaksa. That's the extent of our relationship' Then mentioned of the bottom line intentions 'We are about to start several projects in the north and the east' he added.

#### **IMF Releases Second Tranche of the Stand-by Credit despite Sri Lanka's Failure in Meeting Fiscal Targets**

On November 07, 2009 The International Monetary Fund (IMF) has approved a 413.4 million US dollar tranche under its standby loan, despite the government failing to meet a key budget constraint. Sri Lanka has a bloated deficit spending state, which runs a large gap on the current account of the budget, taking away the savings of the people through high interest rates, leaving little for people to invest in businesses, buy homes or for other activities. "The financing from the IMF has helped avert a sharp economic slowdown that would have hurt all the people of Sri Lanka, but particularly the most vulnerable, and compounded the suffering caused by the war," said Brian Aitken, head of the IMF's mission to Sri Lanka. Although Sri Lanka's excessive spending is epitomized by war expenditure the IMF has never mentioned about it as the major contributor of the spending.

Likewise the USA and the EU countries on the GSP+ issue IMF will continue to fund the Sri Lankan agenda whatever happens to the minority Tamils there and irrespective of not fulfilling its own conditionalities for the funding. They keep revising the targets upwards in order to accommodate Sri Lanka anyway.

#### **Sharing the Island Cake with War Partners**

Sri Lanka has obligations to fulfill its gratefulness to the 20 countries which contributed to the war against LTTE. These countries includes Asian regional powers, the peace advocated Co-chair countries, Some EU members and other countries which adopt similar approach to their own minority ethnic issues. The island nation is currently in the process of allocating areas, lands, resources etc to fulfill its gratitude. Groups of investors from USA, India, Germany and other western countries have already visited Sri Lanka to study the possibilities of starting investments in Sri Lanka.

#### **India**

Mahinda Rajapakse needs the blessing of Tamil Nadu rulers and Hindu gods to wipe out Tamils in Sri Lanka. Chief Minister Karunanidhi and the fortune blessing Hindu God Thirupathi Venkadesa are readily available to bless him. Chief Minister Karunanidhi has sent Thasa Purushas to garland Mahinda Rajapakse to appreciate his achievement of massacre of Tamils under the partnership agreement made with Sonia Ghandi led Indian Government. All the war partners played their roles under Indian banner and patronage.

## ECONOMICS

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# International Student Exchange Programs - University of Waterloo

The University of Waterloo (UW) offers full-time students the opportunity to study abroad for credit at 130 partner universities abroad. These programs permit students to live and study at partner universities for a term or two and have their academic credits count toward their UW degree.

Please contact the Faculty Exchange Representative or UW coordinator associated with each exchange program to determine eligibility and application requirements.

## ISTPCanada - Canada - Brazil R&D and PDA projects

Call 1: R&D Projects between Canada and São Paulo, Brazil – funding is available for the Canadian and Brazilian Partner

Call 2: R&D Projects between Canada and Brazil – Brazilian partner must have own funding

Call 3: Partnership Development Activities (PDA) with Brazil – Brazilian partner must have own funding

Call 1 and 2 must be lead by a Canadian for-profit company but applications are strengthened by including academics. Call 3 may be lead by a company or an academic institution.

Internal Deadline: Dec. 8, 2009 (Agency Deadline: Dec. 14, 2009)

For more information and an application see [http://www.istp-canada.ca/international\\_programs/Brazil/ActiveCFPs/](http://www.istp-canada.ca/international_programs/Brazil/ActiveCFPs/)

**NSERC/ SSHRC/ CIHR/ IDRC:** International Research Initiative on Adaptation to Climate Change

up to \$2.5 million over 5 years to support research and networking on the adaptation to climate change in Canada and in low and middle income countries. This Initiative will support the formation of multinational teams from Canada and from low and middle income countries.

Internal deadline for LOI: Jan. 4, 2010 (Agency deadline: Jan. 7, 2010)

For more information see <http://www.idrc.ca/iriacc/>

**Canada-Latin America and the Caribbean Research Exchange Grants (LACREG)**

up to \$15,000 to strengthen international partnerships and consolidate emerging networks among academic researchers from Canada and Latin America and the Caribbean. Internal deadline: Jan. 13, 2010 (Agency deadline: Jan. 18, 2010).

For more information see [http://www.aucc.ca/programs/int\\_programs/2009-10\\_e.html](http://www.aucc.ca/programs/int_programs/2009-10_e.html)

**CGIAR-Canada Linkages Fund**

funding to increase the contribution of Canadian research organizations towards solving global problems of poverty, food and nutrition insecurity, and sustainable natural resource management through innovative, col-

laborative relationships with CGIAR centers.

Deadline: January 25, 2010 to be submitted by CGIAR Centre. Cover Sheet and copy of application to be submitted to Drew Knight.

For more information see CCLF CALL FOR PROPOSALS 2009-10

## Space Studies Program

Canadian Foundation for the International Space University funds scholarships for participants in the 2010 International Space University June 26 to August 28, 2010 in France. Professionals and graduates of all disciplines eligible.

Deadline: Jan. 29, 2010. Submit directly to agency.

For more information see [http://www.aucc.ca/programs/int\\_programs/space\\_e.html](http://www.aucc.ca/programs/int_programs/space_e.html)

**Percy Sladen Memorial Fund**

gives grants for field work abroad (away from your usual country of residence) in the earth and life sciences. Grants are generally for sums of less than £750.

Deadlines: January 30 and September 30 annually. UW internal deadline is one week in advance.

For more information see <http://www.linnean.org/index.php?id=332>

**Shastri Indo-Canadian Institute Scholar Travel Subsidy Grants**

funding for Indian and Canadian scholars. Applications should be submitted for a deadline at least 6 weeks before travel.

Deadline: Feb. 10, 2010 (Agency deadline: Feb. 15, 2010).

For more information and an application see <http://www.sici.org/programmes/details/scholar-travel-subsidy-grant/>

**ISTP Canada-China-Israel**

funding for collaborative research and development (R&D) projects in Agri-innovation involving Canadian, Chinese and Israeli teams.

Deadline: March 1, 2010 for EOI

For more information see [http://www.istp-canada.ca/international\\_programs/China/ChinaRDCollaboration/index.php](http://www.istp-canada.ca/international_programs/China/ChinaRDCollaboration/index.php)

**Gerda Henkel Foundation**

supports research projects and PhD students in the fields of History, Art History, Archaeology and History of Islam for German

Deadline: Ongoing. For more information and an application see

[https://www.gerda-henkel-stiftung.de/foerderung-allgemein.php?nav\\_id=17&language=en](https://www.gerda-henkel-stiftung.de/foerderung-allgemein.php?nav_id=17&language=en)

**ISTP Canada - India Partnership Development Activities**

up to \$25,000 funding for developing partnerships in India.

Deadline: applications accept-



ed on an ongoing basis.

For more information and an application see <http://www.istp-canada.ca/ProductsServices/IndiaProgram/IndiaPDA/index.html>

**Going Global Innovation Program**

supports activities that aim to build on targeted relationships between Canadian researchers

and key players in other countries and allow them to proceed with the formal discussions required to initiate collaboration on future international research and development initiatives.

Deadline: Applications are accepted on an ongoing basis. Applications should be submitted to Drew Knight, at least 10 weeks

## Agriculture Breaks Down Communication Barriers Courses connect Guelph students with Indian counterparts in Tamil Nadu

By Blythe McKay

Agriculture was the language U of G graduate students spoke this summer to overcome communication barriers during a three-week study program in India. The students, all members of the School of Rural Extension Studies, discovered they didn't actually have to speak Tamil to establish relationships with students in Tamil Nadu.

"Agriculture was a unifying topic," says student Cecilia Fernandez. It opened up discussion to many other related topics such as women's roles in agriculture, technology transfer, market forces and poverty alleviation, she says.

Fernandez was one of eight students who travelled to India to work with counterparts at Tamil Nadu Agricultural University, a research-based institution with five campuses and 2,000 students. Profs. Jana Janakiram and Doug Pletsch, who accompanied the group, say the Guelph students took the initiative for organizing and funding the trip to provide a more meaningful environment for two courses offered by the School of Rural Extension Studies - communication and interpersonal relations, and international extension studies.

While in India, the students learned how to interact in a cross-cultural situation and

picked up skills useful for their work in rural extension.

"The exchange was good exposure to adapting to another culture," says student Rose Bouwers. "It was great to see first-hand how important it is to build relationships to be effective in cross-cultural projects, and to learn how to work with communication differences."

Since 1996, U of G and Tamil Nadu have had a good working relationship because of their collaboration on an ongoing Canadian International Development Agency-sponsored project to help Indian farmers learn about seed technology through distance education, says Janakiram. This positive relationship is why Tamil Nadu was chosen for the student program, he says.

Once in India, each Guelph student was paired with a Tamil Nadu counterpart. The pairs worked together and gave presentations to the larger group on topics such as verbal and non-verbal communication, marketing, social power structures and extension.

In addition to working at the university, the Guelph students spent a portion of their time in a village, where they learned about the infrastructure, organizations and governance of the villagers.

Thanks to this hands-on



**U of G students pose with their counterparts at Tamil Nadu Agricultural University in India this summer. From left are Cecilia Fernandez, Seema Jagatram, Terah Sportel, Padma Chinnaswamy, Padma Rajagopal and Rose Bouwers.**

experience, the students say they have gained skills that will prove valuable in their current and future work, particularly in communicating and working with people from diverse backgrounds.

"I think any cultural exchange changes the way we view the world and other people," says student Jennifer Adam. "Not only does it give us appreciation for our own lives here in Canada, but it also helps us to understand why people do the things they do and minimizes misunderstandings."

Because of the success of the program, Janakiram is now working with current first-year rural extension graduate students to create a similar cultural exchange for next summer.



in advance of the start of the project.

For more information and an application see [http://www.trade-commissioner.gc.ca/eng/science/going\\_global.jsp](http://www.trade-commissioner.gc.ca/eng/science/going_global.jsp)

**International Strategic Opportunities Program**

funding to develop new strategic international collaborations

Deadline: Ongoing For more information and an application see [www.mri.gov.on.ca/english/programs/ISOP/program.asp](http://www.mri.gov.on.ca/english/programs/ISOP/program.asp)

For additional information contact:

**Europe & UK: Maria Lango Ext. 33999**

**Asia, Australia and Americas: Andreea Ciucurita Ext. 35995.**



# INDIA'S ECONOMY GROWS AT FASTEST PACE SINCE GLOBAL FINANCIAL CRISIS

By Anjana Pasricha

India's economy grew by 7.9 percent in the three months through September - its fastest pace since last year's global financial crisis. India, along with several other Asian economies, is recovering from the global slowdown.

Officials say the latest numbers show that the Indian economy is beating forecasts to grow at a faster-than-expected rate. The growth in the July to September quarter is the highest since April, last year.

Finance Minister Pranab Mukherjee says the recovery has been helped by government stimulus spending and a surge in manufacturing.

"One point is quite clear [is] that the initiatives taken by the government by providing stimulus and helping the generation of demand domestically has paid dividend," he noted. "And, corporate sector is also responding. The industrial growth is taking place. Negative growth of exports has come down. And, I do hope things will be okay."

The good news cheered stock markets. The benchmark Sensex index was up by about one-and-a-half percent, on Nov 30th, after the government released the new data.

But, as the economy picks up, the focus is now on how the government will handle inflation, which has been rising in recent

months. Food prices have climbed by more than 12 percent, recently, adversely affecting millions of poor people in the country.

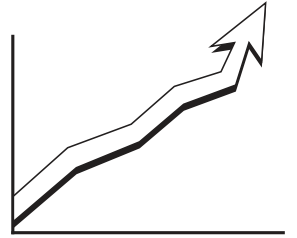
Most policy makers expect the government to raise interest rates in the coming months.

However, a top policy adviser to the government, Montek Singh Ahluwalia, says the government is unlikely to tighten monetary policy in the near future.

"At the moment, the main concern on the inflationary front, I think, is food prices and you know food prices are not something that is going to be affected by introducing a monetary squeeze," he said.

Although the global slow-down put the brakes on India's economy, it weathered the financial crisis better than Western countries. And, like other several other Asian economies, India now appears to be recovering quickly. Economists say Asia is leading the world out of recession, as countries like China, Singapore, and South Korea begin to post good growth in recent months.

[VOA News]



## Renault-Nissan Says Ultra Low-Cost Car Will Be Built by India's Bajaj



The boss of the automakers Renault and Nissan has announced the companies will team with an Indian partner to launch the most affordable car in the country.

It appears the world's cheapest car, the Tata Nano, launched this year in India, will soon get

some competition.

Speaking to reporters recently, Carlos Ghosn, the chief executive of Renault and Nissan, revealed the French and Japanese automakers have agreed to work with Bajaj Auto to introduce a new ultra low-cost four-

wheeled passenger vehicle in 2012.

"I am practically sure that the cost of this car will be lower than any other car made today in India," Ghosn said.

Ghosn also says the new car will have the best performance on the market for a production conventional engine in terms of kilometers per liters of fuel consumed.

Bajaj, a maker of motorcycles and three-wheeled taxis, known as auto rickshaws, is to design and build the new car with assistance from the French company, which is to market and sell the vehicle in India and abroad under the Renault/Nissan brands.

The car, not yet named, will compete with Tata's Nano, which hit Indian roads this year and sells for little more than \$2,000. General Motors of the United States and Toyota of Japan have also previously announced plans to launch, within the next couple of years, small passenger cars in India.

Renault-Nissan next year is to open a passenger car factory in the southern Indian city of Chennai with a capacity to make 400,000 vehicles a year. But the new joint venture small car is to be made at a Bajaj plant near Pune, in western India.

The French-Japanese automaker ranks

in the top four globally, accounting for a 10 percent market share. But its success in India has been more modest, trailing most competitors.

Ghosn calls sales here of its Logan brand mid-sized sedan, a money-losing joint venture with domestic automaker Mahindra, not up to expectations.

"We cannot just accept a situation where in India we represent less than one percent market share," he explained. "That is absolutely out of question. We have to adapt to the Indian market. We have to adapt to the product that the Indian people want. We need to bring what the people want exactly in the kind of performance that they are looking for, both in terms of product, in terms of technology and in price and in term of [fuel consumption]."

Ghosn is bullish on the future of India's automotive sector, with a population of more than one billion people, but where annual new car sales are around two million vehicles. The Renault Nissan top executives predict the number of autos sold in India will triple in 10 years as more of India's 50 million motorcycle owners move from two wheels to four.

[voa news]

## Asian Countries Take Fresh Look at Economic Mode

The contraction in global trade in the past year has led many governments in Asia, including Thailand, to take a fresh look at an economic model that has led growth over recent decades. Economists and business analysts say Asia is shifting focus to regional trade to cut its dependence on the United States and European markets.

Asia's economic fortunes over the past several decades rested on exports, especially of manufactured consumer goods, electronics and textiles.

The strategy has raised living standards and reduced poverty from Japan to Indonesia.

But this year, the World Trade Organization says global trade has contracted at rates not seen in almost 80 years. Export earnings among the world's poorest countries sank by over 40 percent, erasing millions of jobs, as the financial crisis that started in the United States swept across the globe.

The Thai economy is a leading example of the export model. The United States and Europe account for more than a quarter of its exports; but this year shipments to those markets are down about 17 percent.

Kiat Sitttheeamorn, president of the Thailand Trade Representative Office, says the global downturn led many Asian governments to question their dependence on exports.

"There are lots of talks about rebalancing growth, a new growth model," Kiat said. "The crisis has shown to us that being totally dependent on exports - it can pose problems and some fragility to the economy."

Kiat says governments should pay more attention at promoting local technology and skills to add value to manufactured goods.

Thailand's central bank, the Bank of Thailand, recently said that from 1985 to 2007

the proportion of exports to the country's gross domestic product increased from 25 percent to 70 percent.

Its top exports include textiles, footwear, fishery products, rice, rubber, jewelry, automobiles, computers and electrical appliances.

The United States buys more than 10 percent of Thai exports and is the country's leading trading partner. Its key Asian markets are Japan, China, and Singapore.

Ravi Ratnayake is an economist and director at United Nations Economic and Social Commission for the Asia Pacific. He says the slump has highlighted the country's vulnerability to sharp swings in global trade.

"The region is too much dependent on external markets like the U.S.A. and Europe and without giving attention to domestic demand as well as regional demand," Ratnayake said. "So what we are saying is that we need to have a balance from sources of growth. If the region does not depend so much on external markets we are saying the impact of the crisis on the region could have been minimized."

Over recent years Thailand has opened new markets through regional free trade agreements. These include deals with India, Bangladesh and Sri Lanka, Australia and New Zealand, and within Southeast Asia.

UNESCAP economist Shamika Sirimanne says the trade deals make a difference.

"They are diversifying away from the European Union and U.S. markets toward regional markets," Sirimanne said. "There's a lot of intentions, not just Thailand, but also across the region to diversify. They have seen the repercussions of being dependent on big markets and then being burned. But let's see how we move forward how much



A Thai worker loads boxes into an export container at the Port Authority in Bangkok (File)

can be realized."

Sirimanne says reforms are needed to speed regional trade, such as cutting bureaucracy.

"With the neighboring countries there's a lot more forms to be filled, lot more barriers to be jumped just to trade across borders," Sirimanne said. "These internal barriers need to be lifted if you need to rely more and more on the region for your exports to grow."

Thailand's automobile sector exports to 190 countries, but sales shrank by up to 40 percent over the past year.

Vallop Tiasiri, president of Thailand's Automotive Industry Institute, says the industry remains well placed to benefit from a shift toward Asia.

"We are the alternative production hub in this region. So we still keep competitiveness in Asia. ... There are only five places in Asia with a production capacity of more than one million (units) a year," Vallop said.

Other business analysts say there is too little debate in looking to ways to ensure stable growth.

Jacques-Chai Chomphongdi is an academic and member of group Focus on the Global South, which has been examining an alternative model for growth, with more focus on the domestic economy.

"We have been trying to promote a more diverse model of development beyond the export oriented one," Chomphongdi said. "And using the case of Thailand it has been going in the direction for the last several decades. It shows many dangerous areas that can occur by relying on external factors as the main engine of economic growth."

Chomphongdi says he wants to see governments be more courageous in presenting alternative models of growth.

The Bank of Thailand says the existing model will continue to drive the economy. It says the small domestic market will not replace exports as the "superior engine" of growth for several years.

Thailand's exports are expected to rise by 15 percent next year. But attention will be on how much trade shifts away from the U.S. and Europe toward Asia. By VOA news



# BLISS IS ANOTHER NAME FOR YOGA!

Twisting body into pretzel-like poses is simply that. It is not yoga.

People often think that yoga is all about physical exercise and breath control. They can be concluding this from the poses that a Yogi, practitioner of Yoga, maintains. The expertise with which a yogi performs and maintains the positions appears to them as yet another kind of kind of physical activity.

But this is the last thing Yoga was meant to be! It is a far cry from what yoga is all about. Yoga has many deeper levels. At every level, a marvelous and almost miraculous blending of the mind and the body takes place.

Let us watch our mind at work. It does not move in a linear progression. The thoughts are not connected to each other logically or sequentially. Thoughts jump from one idea to the next. One thought keeps us in the present, while the successive thought can be in future.

In an advanced yoga practitioner, the mind and the body are

in balance and harmony. The regular practice of yoga leads us from the body into our mind. Intense practice of yoga leads us beyond the mind. It will lead us beyond the body and mind into a state of our spirit where we become aware of the truth of our Existence.

Yoga, a Sanskrit word, is understood to mean Union. This union refers to the melting of human self with the divine or the Cosmic Power.

Truly speaking, Yoga does not mean Union, it means Uniting. Yoga is the process of Uniting, not the end result of Union.

The process of Uniting helps transcend one's identification with the mind body system. A Yogi transcends the body and mind identification through a process of meditation, into a true awareness of his spiritual identity. His mind and body are perfectly in-tune with the vibrations and energies of the cosmos.

This awareness brings another welcome side effect-bliss! We now walk the path of bliss or



Ananda while doing our Yoga. The ever blissful union of the cosmic energy with a human mind is Ananda Yoga.

The bliss that results from practice of Yoga is not a goal or end result that is aimed at. It is an experience of just walking the path of Yoga. When the path is right, the Yogi says, the destina-

tion you reach is always right, it is always blissful.

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Nithyananda, [www.nithyananda.org](http://www.nithyananda.org), <http://www.youtube.com/lifeblissfoundation>

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Every Sun, 10:00 am-12:00 pm

## Book Review

# The Tamil Genocide by Sri Lanka

The engagement of Professor Francis A. Boyle, an eminent American expert in international law at the University of Illinois College of Law, during the last years of Sri Lanka's conflict is traced in a forthcoming book published by Clarity Press of Atlanta. Titled "The Tamil Genocide by Sri Lanka: The Global Failure to Protect Tamil Rights Under International Law," it is the first book to develop an authoritative case for genocide against the Government of Sri Lanka under international law.

Such charges by an expert like Boyle should not be taken lightly: In 1993, Boyle took the remarkably similar case of Bosnia and Herzegovina to the International Court of Justice, setting a historical precedent by winning not one, but two Orders from the Court against the rump Yugoslavia, represented by Shabtai Rosenne of Israel, on the basis of the 1948 Genocide Convention. Prior to Boyle, no government had won two Orders for Provisional Measures of Protection-the international equivalent of an injunction-in one case in the history of the World Court going back to its foundation in 1921.

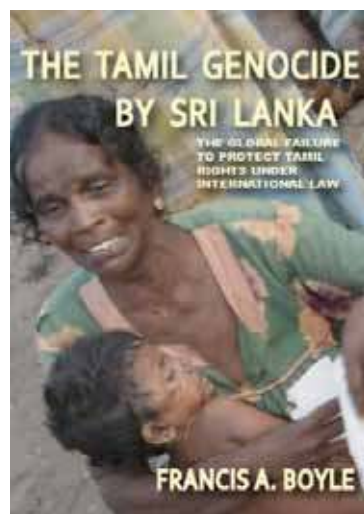
Professor Boyle was among the very few to address the international legal implications of the Sri Lankan Government's grave and systematic violations of Tamil human rights while the conflict was actually taking place, and to excoriate the UN and those significant states and actors in the global community whose failure



to prevent it, Boyle charges, amounted to complicity in genocide.

One seminal lecture in the book outlines the legal basis for the Tamils in Sri Lanka to exercise their right under international law to proclaim a Unilateral Declaration of Independence and establish a Provisional Government for Tamil Eelam if that is their desire. Here Boyle draws upon his experience as the Legal Advisor to the Palestine Liberation Organization on their 15 November 1988 Declaration of Independence and their establishment of the State of Palestine, which recently announced the intention to petition for membership in the United Nations Organization.

In addition to Boyle's writings on aspects of international law related to Sri Lanka's war crimes, crimes against humanity and



genocide against Tamils, and the international community's failure to stop the slaughter of Tamil civilians, the book also contains relevant articles from international conventions directly applicable to the conflict, including the Geneva Conventions, the Rome Statute of the International Criminal Court, and the Genocide Convention.

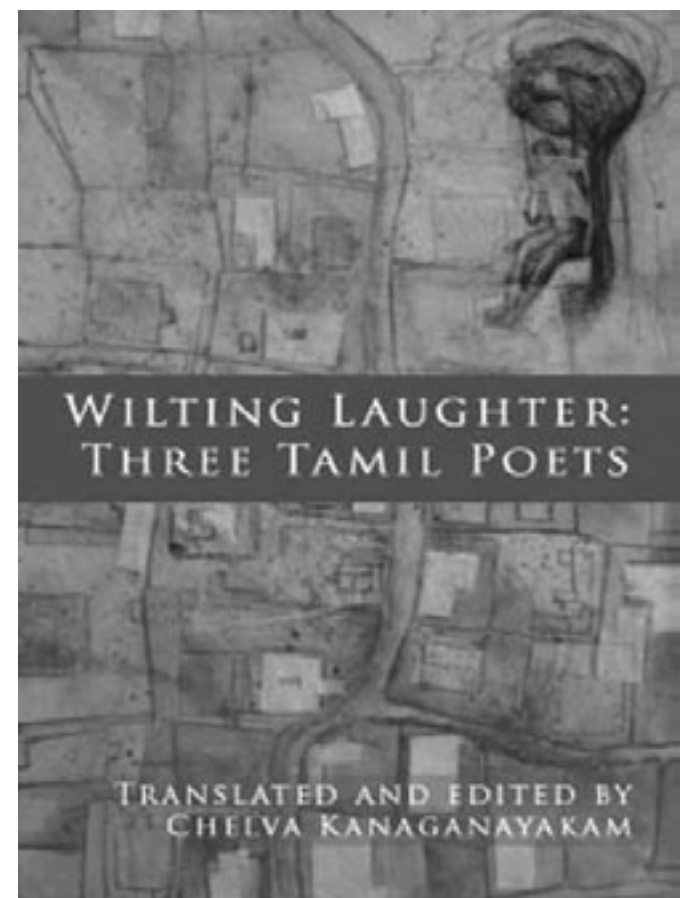
Of equal pertinence, it includes Boyle's detailed summation of his activities on behalf of Bosnia and Herzegovina, whose tragic plight has a direct and immediate relevance for the Tamils of Sri Lanka.

"The Tamil Genocide by Sri Lanka" is available from Clarity Press, Inc., Ste. 469, 3277 Roswell Rd. NE, Atlanta, GA. 30305, USA or online at <http://www.claritypress.com/Boyle-Tamil.html>.

ISBN: 0-932863-70-1 / 978-0-932863-70-6. \$14.95. 139 pages.

[TamilNet]

# Age of struggle Tamil poetry comes in English



Eezham Tamil poetry since 1970s by three leading poets has been translated into English and for the first time appears in an exclusive volume.

One of the poets, Puthuvai Rathnathurai, regarded as Tamil National Bard, was last seen among the displaced moving towards internment camps during the closing days of the war in Vanni and was taken into custody by the Sri Lanka Army. He is reportedly kept in undeclared cap-

tivity under rigorous conditions.

Wilting Laughter: Three Tamil Poets, an anthology of the verses of three contemporary Eezham Tamil poets, Puthuvai Rathnathurai, VIS Jayapalan and R Cheran, has been translated and edited by Chelva Kanaganayakam, Professor of English of the University of Toronto. The translator, earlier in 2001, edited Lutesong and Lament: Tamil Writing from Sri Lanka, a collection of modern Eezham Tamil creative writing.



# Obama Hosts India's Prime Minister for State Visit

By Kent Klein

President Barack Obama says the U.S. partnership with India will be one of the defining relationships of the 21st century. The statement came as Indian Prime Minister Manmohan Singh made the first state visit of the Obama presidency.

The leaders of the world's oldest democracy and the world's largest pledged to work together to strengthen the global economy, curb climate change, limit the spread of nuclear weapons and fight terrorism.

After a two-hour meeting with Mr. Obama, Prime Minister Singh told reporters he has invited the president and his family to visit him in India next year.

"I have invited President Obama to visit India. A very warm welcome awaits him, his gracious wife and his two daughters," said Mr. Singh.

Mr. Obama praised his visitor as an honest and wise man, and accepted his offer.

"I have happily accepted his gracious invitation to visit India next year," he said.

After their meeting, Mr. Obama said he and the Indian leader had agreed to "work even closer" to share information between their law enforcement and intelligence agencies in the fight against terrorism.

Mr. Singh promised to cooperate more closely with the U.S. to defeat terrorists.

"The forces of terrorism in our region pose a grave threat to the entire civilized world, and have to be defeated," he said.

When questioned about the long-standing rivalry between India and Pakistan, Mr. Obama said it is not Washington's role to try to resolve the conflict from the outside. But he said the U.S. can find ways to help.

"On the other hand, we want to be encouraging of ways in which both India and Pakistan can feel secure and focus on the development of their own countries and their people," Mr. Obama said.

The U.S. is India's largest trading partner, and the president paid tribute to India's large and growing economic role in Asia and throughout the world.

The United States and India have disagreed on their commitments to reducing greenhouse gases, with the climate change summit taking place in Copenhagen, Denmark next month. But Mr. Obama said the two leaders had moved a step closer to bridging the gap.

The day ended with the Obama administration's first state dinner. The president

honored Mr. Singh with a toast in which he celebrated a "great and growing partnership" between the two countries.

"To the future that beckons all of us," he said. "Let us answer its call and let our two great nations realize all the triumphs and achievements that await us."

Prime Minister Singh told the president he was overwhelmed by the Obamas' hospitality, and he called Mr. Obama an inspiration.

"Mr. President, your journey to the White House has captured the imagination of millions and millions of people in India," he said.

More than 330 guests attended the dinner,



President Barack Obama (r) welcomes Prime Minister Manmohan Singh of India during a State Arrival ceremony in the East Room of the White House, 24 Nov 2009-AP pic

which was held in an elaborate tent on the White House lawn, instead of the usual location for such events, the much smaller State Dining Room. [VOA news]

## India's Eternal Crisis



9/11 New York Attack

Marking the first anniversary of "26/11" Pankaj Mishra, author of "Temptations of the West: How to Be Modern in India, Pakistan, Tibet and Beyond." Wrote the following OPED in The New York Times of Nov 28th, 2009 from Mashobra, India:

ON the evening of Sept. 11, 2001, I hurried through a dark apple orchard to the nearest television in this Himalayan village. My landlord opened his door reluctantly, and then appeared unmoved by the news I had just received by phone. I struggled to explain the enormity of what was happening, the significance of New York, the iconic status of the World Trade Center — to no avail. It was time for his evening prayers; the television could not be turned on.

I did not witness the horrific sights of 9/11 until three days later. Since then, cable television and even broadband Internet have arrived in Mashobra and in my own home. Now the world's manifold atrocities are always available for brisk inspection on India's many 24-hour news channels. Indeed, the brutal terrorist assault on Mumbai that killed 163 people a year ago was immediately proclaimed as India's own 9/11 by the country's young TV anchors, who seem to model themselves on Sean Hannity and Bill O'Reilly. Yet, on the first anniversary of "26/11," it seems as remote as 9/11 to the inhabitants of this village.

There is no great mystery behind this indifference, which is distinct from callousness. India, where most people still depend on agriculture for a living, has just suffered one of its most serious droughts in decades. The outlook for winter crops is bleak; many farmers have committed suicide in recent months, adding to the epidemic of rural suicides over the last few years.

Politically, too, India has lurched from one crisis to another in the last year. Prudent financial regulation saved India from the worst

effects of the worldwide economic recession. But the rage of people who feel themselves not only left behind but victimized by corporate-driven and urban-oriented economic growth has erupted into violence; the Indian government has called for an all-out war against the Maoist insurgent groups that now administer large parts of central India. Anti-India insurgencies in Kashmir and the northeast continue to simmer, exacting a little-reported but high daily toll.

Geopolitically, India's room to maneuver has shrunk since the Mumbai attacks. Last November, middle-class nationalist fury, though initially directed at inept Indian authorities, settled on Pakistan, where the attacks were partly planned and financed.

The writer Shashi Tharoor described "India's leaders and strategic thinkers" as watching Israel's assault on Gaza last winter with "empathy," and wondering "why can't we do the same?" One hopes Mr. Tharoor, who has since become India's junior foreign minister, is today more aware of why India can't do a Gaza or Lebanon on its nuclear-armed neighbor.

As Western anxiety about nuclear-armed Pakistan's stability deepens, India can barely afford aggressive rhetoric, let alone military retaliation, against its longtime foe. Pakistan remains vital to Western campaigns against Al Qaeda and the Taliban. Aware of its strategic importance, Pakistan has been in no hurry to accede to India's demands to prosecute those it holds responsible for the Mumbai massacre. (One hopes the charges filed against seven radicals on Wednesday mark a real change.) Islamabad has also upped the rhetorical ante by accusing India of backing the violent secessionist movement in Baluchistan, in western Pakistan.

India's seeming impotence enrages those in the new right-wing news media who are eager to commemorate 26/11, and to make that ersatz shorthand signify India's unavenged humiliation and shame. Prabhu Chawla, the editor of India Today, the country's leading news-magazine, expressed the frustration of many middle-class nationalists: "India, divided by politics, doesn't know what to do with its enemy or with its much-mauled nationalist soul. We are as clueless as we were on that dreadful November night one year ago."

That may be true, but in a country

where 400 million live without electricity, it isn't easy to manufacture, or sustain, a national consensus. In any case, things are not as bad as the pundits make out. The lone surviving Mumbai killer is already on trial; his accomplices are being gradually apprehended. There have been no major retaliatory attacks against Muslims. There are stirrings of a civic, even political, consciousness among rich Indians who, until the Mumbai massacre, were largely unaffected by our frequent terrorist bombings.

India may have been passive after the Mumbai attacks. But India has not launched wars against either abstract nouns or actual countries that it has no hope of winning or even disengaging from. Another major terrorist assault on our large and chaotic cities is very probable, but it is unlikely to have the sort of effect that 9/11 had on America.

This is largely because many Indians still live with a sense of permanent crisis, of a world out of joint, where violence can be contained but never fully prevented, and where human action quickly reveals its tragic limits. The fatalism I sense in my village may be the consolation of the weak, of those powerless to shape the world to their ends. But it also provides a built-in check against the arrogance of power — and the hubris that has made America's response to 9/11 so disastrously counterproductive.

[courtesy: NYTimes.com]



26/11 Mumbai Attack

## Michelin to set up tire factory in Tamil Nadu



France-based tire manufacturer Michelin Group recently signed an MOU with Tamil Nadu government for setting up a Rs-4000 crore manufacturing facility in Tiruvallur district near Chennai. The facility would create direct employment for 1500 people, Michelin's Africa-India-Middle East president Prashant Prabhu said.

"Michelin is extremely grateful to the state of Tamil Nadu for making it possible (for us) to have access to land and infrastructure to be able to build our factory," he said after exchanging documents with chief minister M Karunanidhi and state government officials at the Secretariat. Michelin would manufacture radial truck and bus tires and the plant would start operations in 2012.





Merry Christmas &  
a Happy New Year

2010



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# RESETTLEMENTS AWAY FROM HABITAT AND LIVELIHOOD BRINGS HARDSHIPS TO TAMILS IN SRI LANKA EAST



*Children in Navaratnapuram relocation site*



*'Resettled' Tamils in Sri Lanka East face great difficulties in cultivating their lands, their sole livelihood.*



*Most of their paddy fields and the tanks that provide water to them have been caught into the HSZs of SLA.*



*Men in Navaratnapuram relocation site*



*Men in Navaratnapuram constructing a Ganesha temple*

Sri Lanka's Centre for Policy Alternatives (CPA) recently reported in a study that over 6,000 internally displaced people (IDPs) are still living in transit camps in Batticaloa and Trincomalee districts for more than 2 years away from areas they were living in the East province.

Sri Lanka government announced capturing all areas held by the Liberation Tigers of Tamil Eelam (LTTE) in the east in July 2007.

And now Sampur, Muttur east, is selected by the government for a coal power plant. It has led to au-

thorities establishing a high security zone (HSZ) in their ancestral lands, IDPs representatives say.

Tamil parliamentarian K. Thurairetnasingam representing the area said that nearly 7,000 people have lost their ancestral lands as a result of government establishing the HSZ. CPA points out that the government action amounts to "relocating the IDPs according to UN definitions."

Pictures here from the relocation site in Navaratnapuram. Pictures by Doctorandus Sarajevo:



*Resettlement and related construction are being assisted by UN agencies*



*Children playing in Navaratnapuram relocation site*

*Land prepared for chena cultivation*



*The lands belonging to the residents of Sampur and Muthoor East in the Eastern Province being occupied by Sri Lanka Army are declared as High Security Zones.*





# Tamils' Chamber's Business Mixer - A Huge Success



Canadian Tamils' Chamber of Commerce organized a Business Mixer event on Friday, Dec 4th at Radisson Hotel and it turned out a sold out event and President of the organization said it was a huge success. Both speakers were so dynamic as they received good interaction from the attendees throughout their presentation. Recruitment presentation was very useful as hiring and selection of a candidate is always a challenge and a key factor for the success of any business. Social Media in web is new, getting popular everyday and attracting many as it also helps environment too. Monsoon Journal congratulate the board for bringing out a good event for the members, a job well done and wish them for a great 2010.

Full Text of the Press Release by Tamils' Chamber is given below;

The Canadian Tamils' Chamber of Commerce held a sold out Business Mixer at the Radisson Hotel in Toronto East. Guest presenters included Mr. Sujay Vardhmane and Mr. Dev Basu. Many members and guests joined together not only to learn from the presentations that would be taking place but also caught sight of the opportunity to network with the many professionals and entrepreneurs that were present. The media was also in attendance capturing the evening's activities.

The evening began at six with a relaxed reception. The Secretary of the Board, Kalyani Nathan, opened the event with a welcome speech. Ravi Kanagasabay, Board of Director briefed about why the event was called a Business Mixer, compos-

ing of a variety of events, including the presentations, networking portion, and membership drive. Philip Sabapathippillai, a Director on the Board and a long time member of the CTCC, emceed the evening. The first speaker of the event was Mr. Sujay Vardhmane, a Human Resources Professional who gave a presentation on Recruiting 101 and shed light on how to systematize the process of hiring employees. The audience was educated on the importance of the recruitment process, hiring the right candidate, and making the winning decision.

Membership Director, Sam Thiruvarudchelvam addressed CTCC's membership and membership incentives. He highlighted the reasons members should join the CTCC, such as opportunities to network with other business professionals in your field and

outside your field of work, utilizing the benefits of discounts from other businesses, and invitations to many events that take place throughout the year including the major events, which are the Annual Awards Gala, Walkathon, Golf Tournament, seminars, networking events and many other opportunities to grow as an entrepreneur.

The final presentation of the evening was made by Mr. Dev Basu, President and CEO, of Powered by Search, a Toronto based internet marketing agency. It was a technology presentation focused on Web 2.0 where businesses can leverage social media to generate business leads, particularly by using blogs, Facebook, Youtube and Twitter. The audience paid keen attention and learned of a whole new world of attracting clients.

The evening ended with President, Ken Kirupa giving the closing remarks. Ken thanked everyone for taking part in the Business Mixer and ensured them that there will be many more events to take place in the future for the members to partake in, and many opportunities for new and existing members to benefit from. Participants were surveyed for feedback and input to perfect future gatherings. After dinner, the new members were given the opportunity to introduce themselves to the audience.

The Business Mixer was a great success and the expectations of members will continue to be met for future events.

Photo Courtesy: Ken Photo



1 Ken Kirupa, President of Canadian Tamils' Chamber of Commerce addressing



Sujay Vardhmane, a Human Resources Professional - Presentation on Recruiting 101



Dev Basu, President and CEO, of Powered by Search, a Toronto based internet marketing agency - A Technology Presentation focused on Web 2.0



Philip Sabapathippillai, a Director of the Board emceeding the evening



Secretary of the Board, Kalyani Nathan, making welcome speech



Membership Director, Sam Thiruvarudchelvam addressing CTCC's membership and membership incentives



Ravi Kanagasabay, Board of Director briefing about why the event was called a Business Mixer



Treasurer of the Board handing a token of Gift to Presenter Sujay Vardhmane



Board of Director Santha Panchalingam handing a token of Gift to Presenter Dev Basu



Volunteer Ms. Shopiha Santhalingam handing the 1st Door prize donated by Law Office of Gary Anandasangaree to Realtor Thurairajah Ramesh



Volunteer Ms. Shopiha Santhalingam handing the 2nd Door Prize donated by Law Office of Gary Anandasangaree to one of the Past Vice President Raj V. Selvadurai



Shamala Kumar, Small Business Advisor, Para Ganeshananda, Mortgage Specialist and Moon Mahalingam, Small Business Advisor, all from TD Canada Trust



Amir from TVI covering the event and section of the Participants



Section of the Participants



Ken Kirupa, President, Dev Basu, President and CEO of Powered by Search, Sujay Vardhmane, Lecturer, Seneca College and HR Professional, Scotiabank and Krishni Loganathan, Executive Assistant of the Chamber



Dinner in Progress - Leading Insurance Broker from Liland Insurance at front as Radisson Hotel Staff on right helping



# Kamal Hassan Turns 55, Celebrates With Family



Tamil superstar Kamal Hassan who recently celebrated his 50th year in the film industry, turned 55 on Nov 7th, 2009.

The actor who had won his first National Award as a child artist for his screen debut in Kalathur Kannamma in 1959, spent a quiet day with his family away from the city, sources close to the superstar said.

Hassan, known as the 'Universal Hero', had last year urged his fans to stay off any celebrations on his birthday, citing the plight of the Sri Lankan Tamils.

The actor who has worked in upto 150 films in languages including Tamil, Telugu,

Kannada and Hindi has played a myriad of roles in his five decade long career, including Dasavataram, the film where he played ten characters.

Known for his penchant for taking up challenging roles, Kamal, as he is fondly called, is reputed to be a "perfectionist" and a tech-savvy professional who has never hesitated to experiment in his ventures.

Kamal and controversies, more often than not, go together. The four time National Award winning actor is now engaged in a legal tangle with production house Pyramid Sai Mira, over his shelved project, Marmayogi.

Some political groups had objected to the title of his film 'Sandiyar' which had to be rechristened and released as Virumaandi.

Kamal's 'Dasavatharam' also had to pass the legal test before hitting the screen as some religious groups raised objections against the title as well as some scenes.

According to reports, Kamal is planning his next venture with Tamil film director Mysskin, whose earlier films, Chithiram Pesuthadi and Anjadey had earned critical acclaim.

The Filmfare Award winning actor also has Bollywood hits like Saagar, Ek Duj Ke Liye and Sadma to his credit.

The actor's daughter Shruti Hassan has already taken to acting and music, debuting in Bollywood with the film 'Luck' and giving the musical score for her father's latest project Unnai Pol Oruvan.

[PTI]

## TVP is close to my real life: Vishal



Vishal's Theeratha Vilayattu Pillai (TVP), a romantic comedy directed by Thiru, will hit the screens for Pongal.

Produced by Vishal's GK Corporation, the film has three heroines - Neetu Chandra, Tanushree Dutta and Sarah Jane, a Mumbai-based model.

Others in the cast are Santhanam, Mouli and Urvashi. Yuvan Shankar Raja is the music director.

Stating that the film would hit the screens come January, Vishal expressed confidence while talking to reporters Monday that TVP would bring to light his acting skills.

'Hitherto I have managed to make a mark as an action-hero. But TVP is an image makeover for me. I took it as a challenge and did my part well', he said.

Vishal plays a role with negative shades. 'I play a male chauvinist who changes his heart as he comes across many in his life. It is a thriller kind of a story from the first frame till the last'.

Vishal added that they had initially planned three big heroines, but they all expected enough screenspace for them.

'Hence we chose to go with lesser known faces. More over we thought it is wise to cast fresh faces for the suspense element will be maintained', he added.

Heaping laurels on Yuvanshankar Raja, Vishal said his music is as usual energetic and peppy.

'The story is almost a part of my life. Though I am not a playboy in my real life, I found it close to reality', Vishal pointed out. Queried on working with debutant directors, the actor said, 'I could see a spark in them.

They give their heart and soul for the proj-

ect. At the same time, I am not against doing movies with established filmmakers.'

Talking about the film, director Thiru says, 'It is a visual treat for youngsters. Unlike Vishal's recent films which were action-oriented, TVP will be more romantic'.

[newstodaynet.com]

### BLAST FROM THE PAST

## Thaai Magalukku Kattiya Thaali 1959

Thaai Magalukku Kattiya Thaali (1959) was based on a story written by C. N. Annadurai and brought to the screen by cinematographer-filmmaker R. R. Chandran who was active in the industry during those years. Rama Aranganal, a follower of Anna, wrote the dialogue.

A property grabber (M. G. Chakrapani) goes about killing people, setting fire to houses and doing other such dastardly deeds. A low born

M. G. Ramachandran, P. Kannamba, Jamuna, Raja Sulochana, M. G. Chakrapani, D. Balasubramaniam, K. A. Thangavelu, E. R. Sahadevan, V. Gopalakrishnan, 'Kaka' Radhakrishnan and O. A. K. Thevar

but strong-minded woman (P. Kannamba) takes up the cudgels against him for which she pays a heavy price — her house is burnt down and she is forced to move out with her daughter (Jamuna). She ekes out a livelihood, selling 'aappams' on the roadside. The daughter falls in love with an upper caste young man (M. G. Ramachandran) who is, however, against caste, community or religious barriers. He marries the poor girl in the registrar's office without anybody's knowledge. She also has



## "Karthigai"

### Month of purity and devotion

Earthen lamps are lit with gingelly oil at the main entrance of a Hindu house [pic by: Dushiyanthini Kanagasabapathipillai – humanityashore.org]

Earthen lamps are significant to Hindu rituals and festivals. Light is indispensable for Karthigai Deepam. On this special day light is spread everywhere.

The festival of "Karthigai Deepam" was celebrated in the temples and houses on December 1st 2009.

## Madhuri Dixit to play Indira Gandhi in biopic



Bollywood actress Madhuri Dixit will play the role of Indira Gandhi in a two-part biopic directed by Indian-origin filmmaker Krishna Shah which may also feature Hollywood actors Tom Hanks and Tommy Lee Jones.

According to Shah, Madhuri Dixit has been picked

to play the lead role in one of the films titled Mother: The Indira Gandhi Story.

Oscar-winning actress Helen Mirren is in talks to reprise her role as Queen Elizabeth II while Hanks and Jones are being lined up to play Lyndon B Johnson and Richard Nixon.

British actress Emily Watson has been chosen to play Margaret Thatcher and Albert Finney is expected to take the role of Peter Ustinov, who was in New Delhi waiting to meet Gandhi when she was killed.

The film, seen as a major collaboration between Hollywood and Bollywood, will have a budget of 40 million pounds, and are due to begin filming in April in India, UK, Russia and the

US, the Daily Telegraph reported.

"This is the project of my life, both in its scale and the subject. I have been working on the script for over two decades and it is simply a story that has to be told. It took me years to find a way into her story, but I found it with her role as a mother both to her family and to a nation with its teeming millions. Indira was India," Shah said.

"The story is of how Indira is a mother in every aspect of her life, and how she used her instincts, compassion and tough love to hold the nation together — ultimately ending with her violent death and martyrdom to the cause of national unity.

[PTI]



reformist theme Thaai Magalukku Kattiya Thaali

a child by him. When the woman's house burns, he, like the others in the village, presumes his wife is dead. To save his father from being blackmailed by the property grabber, he marries his daughter (Raja Sulochana). When she gets to know his first wife is alive, she sacrifices her life. Astonished by her revelation, the hero settles scores with the villain, and re-unites with his wife and child.

When he meets Jamuna, he is surprised to find a 'thaali' around her neck as he did not tie it. The mother explains that it was to save her daughter's honour that she tied the 'thaali' — hence the intriguing title! The film also had K. A. Thangavelu, O. A. K. Thevar, D. Balasubramaniam, R. Balasubramaniam, E. R. Sahadevan, V. Gopalakrishnan, Kaka Radhakrishnan and Alwar Kuppasami. M. G. Chakrapani as the villain was excellent. Unfortunately, though he acted in many movies, he didn't hit the top spot like his charismatic younger brother MGR.

Despite his theatrical background, his performances were cinematic — he underplayed the roles, creating the required impact with subtle facial expression and deft dialogue de-

livery. One of his masterly performances was in Mahamaya, a Jupiter Pictures' production featuring P. U. Chinnappa and P. Kannamba in the lead. Chakrapani played Kutulan, a manipulating villain who ruins lives — an excellent play on the name Kautilya, a master manipulator in history.

The music was by T. R. Papa and the lyrics by Udumalai Narayana Kavi, Kannadasan, K. T. Santhanam and Marudakasi. A few songs became fairly popular.

However, in spite of Anna's reformist story and the cast (MGR, Kannamba and others), the film did not do well and people remember it mainly for its puzzling title. Remembered for: its reformist theme and some melodious songs. [courtesy: The Hindu.com]



# RBC Hosts event for Realtors



Royal Bank-Morningside & Milner Branch Manager-Mohan Sundaramohan, Senior Account Manager, Mortgages-Mike Ahilan & Regional Sales Manager, Mortgages-Kush Mistry and Regional Vice President for GTA Eastern Region-Lisa Gallacher speaks at the Meet & Mingle event held on Wednesday, Dec 2nd at the Morningside & Milner Branch attended by mainly Real Estate Agents and some of RBC's clients. Refreshments and dinner was served for the guests.



RBC Staff who attended the event on Dec 2nd



Tam Sivathan, Broker of Record, Veedu Realty, Shan Shanmuganathan, Realtor and some other Realtors



Lisa Gallacher, Regional Vice President for GTA Eastern Region speaks at the event, went on and quotes, Home Buyers have the best rate at all times and the rates make them affordable to buy homes and due to tight inventory, prices may have gone higher but the interest rates are attractive. On right, Mohan Sundaramohan, Branch Manager and Amoor Thevathasan, Small Business Banker



Mohan Sundaramohan, Branch Manager welcomed all and he was the Emcee for the event. He made the introduction of the speakers

## Photo Courtesy:

Rudy Ruthran of A1 Studio, Rudy is a Realtor and a professional photographer and videographer. He has about 20 years of experience in this field and is keeping up with the change in technology and having a Grand Opening of his New Digital Studio on Sunday, December 6th at GTA Square Mall, Middlefield & Finch



Kush Mistry, Regional Sales Manager for Mortgages quotes although 2009 started on shaky grounds its ending on a positive mode and expect a better 2010 and thanked the agents for their support and mentioned about the great RBC Rewards Referral Program



Mike Ahilan, Senior Account Manager, Mortgages saying Vote of Thanks



Mr. Warren Sinnathamby, a Land Developer, Kuhan Shivananthan, Mortgage Consultant and Vince Sinnaduari, Senior Account Manager, Mortgages



Siva Sivapragasam, Editorial & Marketing Consultant-Monsoon Journal, Logan Velumailum, Broker, Coldwell Banker with Mohan Sundaramohan, Branch Manager and David Bastiampillai, Senior Account Manager





(Writer's name withheld for safety reasons)

Recently a group of us got very rare access to some of the resettled areas in Mannar and Killinochchi. I also visited the different zones in Manik Farm (used to be called Manikkam Pannai). As we get to Vavuniya something that strikes me was the number of vehicles (buses and lorries) moving about with IOM stickers. IOM is the only agency that is allowed to shuttle the IDPs from Manik Farm to either to Vavuniya Urban Council (UC) ground or to the resettlement areas or to yet another transit center for further screening.

We reached Vavuniya around 10.30 pm on Saturday. It was raining heavily and we witnessed IDPs, who have been brought from Manik Farm to be sent to their homes, taking shelter in Vavuniya UC ground (a transitional centre) under the stadium roof. My Vavuniya colleague got excited every time he saw either Ceylon transport services buses with IOM stickers or some bundled up stuff or gunny bags on the road side. He was anxious to introduce us to newly released IDPs. But it was not easy for us to talk



**A damaged Kovil on the Uyilaunkulum Road (north on Mannar Mainland)**

to any of them since they were heavily guarded by the military. We could only talk to the ones who were released sometime back and are living with their relatives (host families) in Vavuniya.

I met about 13 released IDPs mostly women and they have all had at least one family member either killed during the war (or before) or have disappeared in various screening process. Only two women were able to lodge complaints with ICRC. One woman had seen her sister (a former LTTE combatant) only once in Vavuniya Pambai Madhu rehabilitation centre and when she visited the centre a second time she was told that her sister had been transferred and the officer in charge there did not give her any details. Another woman's husband was taken when she was in Zone 04 in Manik Farm and she is five months pregnant and has three kids. At the time of our meeting she wanted to move to her original home which is Vattakachchi (Killinochchi) but since she has come to live with her relations in Vavuniya on her own will, she fears that she will not be able to go back home through the government resettlement program that now considers only IDPs living in Manik Farm.

In Thunukkai (Mullaithheevu) one of the positive aspects I noticed was that people still have a standing house. Many returnees appreciated the fact that they have come back to their original homes from the barbed wire camp. However their freedom of movement is still in question. IDPs living in Manik Farm are given special ID cards and their movement, even after the return, has been carefully moni-

## Re-Settlement of IDP's in Sri Lanka's North: An Eye-Witness Account

tored. When we visited Thunukkai there were 1,200 families that have been resettled and they have been given Rs. 5,000 cash and dry ration for a few months. We were told that Rs. 20,000 will be deposited to their bank account by the divisional secretariat office.

When we further probed the government assistance given to these returnees we were told that this relief of Rs. 25,000 comes through UNHCR rehabilitation program through resettlement ministry and the dry ration is provided by World Food Program through Divisional Secretariat. It is vital here to highlight that this Rs. 25,000 bench-mark of resettlement allowance was fixed in 2001 as the resettlement incentive by the North East Community Organization for Restoration Development (NECORD) program funded by Asian Development Bank to put up a temporary huts for returning IDPs when there was a little relaxation of war in the north. Despite inflation eight years later same amount was given to IDPs. From the information we gathered it is clear that all the direct assistances to the IDPs so far have come either from UN agencies or IOM. We were also told by Mannar NGOs that they are not allowed to do any resettlement and relief work until they get special approval from the Presidential Task Force. However we noticed that the local NGOs are undertaking relief work in Manik Farm.

IDPs we met in Zone 4, 6 and 7 said that they will not leave the camps unless they are taken to their original homes and that they have heard a lot about sufferings of people who have opted to go and live with their relatives. I have visited Manik Farm twice before but this time I felt people approached us boldly irrespective of being watched. I also noticed it was women who most often narrated their stories and they repeatedly told us that the only thing they want is to go back to their original homes and do not want to live in any transitional shelters. For them it is either Manik Farm or their homes.

There were many complaints of inmates (mostly young men) being taken away for investigation and not returned back. A group of women wrote down the names of men who went missing and told us to check in



**IDPs under a tree in Adampan Road**

the rehabilitation centres in Vavuniya. They also told us that there are 14 such centres in the vicinity. A local NGO representative told me not to take the list since we will get into trouble at the exit point of the camp. When I inquired about complaining the disappearance and arbitrary arrest cases to international agencies I was told that even ICRC did not have access to Manik Farm and the detention (rehabilitation) centres since July.

On our entry to Mannar we experienced a unique security system that I have not seen in the past 12 years of



**Children Near the Karukkakulum School**

my work in the north and east. All our national identity cards were taken at the police check point at the entrance of Mannar Island and a temporary pass (laminated ones!) were given to us. Apparently this is applicable only to non-resident of Mannar Island and the pass indicates the number of days one wants to stay in the Island. We were asked the address of our stay there and the reason for coming to the island.

At the check point we witnessed people trying to explain reason for their stay in Mannar Island and the military not understanding it properly. We witnessed a woman who overstayed and was unable to obtain her ID card back due to her pass being connected to the number of days that was given by her at the time of entry. A colleague of mine had to intervene and sort out the problem. The officers knew few Tamil words but when it came to things that are not so routine they could not understand the cases and the reasons. A woman was shouted at in Sinhala in front of us for not checking her pass promptly even though it was the officer's mistake of issuing her the wrong pass.

When we reached our contact in Mannar we were told none of the government officers would want to talk to us since there has been some recent incident that has created tension between the civil administrators and the military man in command. We were given a copy of a letter (dated 28th July 2009) sent by Mannar Government Agent (GA) to all the NGOs and INGOs including the UN. The summary of the letter is that any organization that is involved in resettlement and development work in the north has to get approval from the Presidential Task Force (PTF), any ongoing programs of development and resettlement should be stopped with immediate effect, proper approval should be sought and the approval copy has to be sent to the GA with the program plan and report. We were told that there were some instances where this rule was not strictly adhered and the competent authority (the military commander in charge of resettlement in Mannar) has warned the government officers of favoring the NGOs and INGOs.

This came as a major issue when we met with many local NGO representatives and they looked absolutely puzzled and expressed their hopeless position of not being able to assist IDPs who are in desperate need of basic assistance. Even though they have the resource to help these returnees and IDPs who are living with relatives, local NGOs are barred from helping them. A pregnant woman walked into the church premises where we were having the meeting and told us "when we were in Manik Farm at least we got something to eat and now we are forced to starve here". She asked us how long

we thought that their relations can feed them and why no one is helping them. We spoke informally to some south-based organizations and UN staff members who have obtained PTF approval to work in Mannar with IDPs. They told us that there is no statistics on IDPs who are living with host families therefore they don't know the whereabouts of these IDPs and are unable to undertake any relief activities targeting them. Local NGOs and religious bodies have some resources and much needed expertise while the IDPs and host families are approaching them. However they are unable to undertake any visible or systematic



**A damaged school building closer to Adampan**

steps to provide assistance yet to these neglected but released IDPs.

We also visited Musali (south of Mannar Main land) and Adampan (north of Mannar main land) where resettlements have been taking place. In Musali 651 Tamil families and over 700 Muslim families have returned. We visited the villages of Veppenkulum, Pariya Pottkurny, Musali village and Manakkulum, Bandaraweli, Kulangkulum mostly inhabited by Muslims who have returned mainly from Puttalam. We saw people putting up 16x12 square feet temporary huts using the 15 tin sheets, some logs and a building toolkit provided by IOM. They have to cut tree branches and use the logs to erect these huts and then Rs. 5000 and 5 bags of cement will be given to lay the floor. We saw bags of cement in front of few huts. These huts don't have any walls around and we noticed old cloths, palmyrah leaves and sarees being used to create some private space.

Musali resettlement officially started in April 2009 and these IDPs have returned in July and August and they are still living in these open huts. Women complained that since they don't have a toilet or private place to bath they have to go to the jungle in the night despite the fear of being harmed by snakes and elephants. The only solid concrete structure one could see is the new military barracks built in between these villages. Children have to walk many miles to get to school and we did not see any hospital in the vicinity. We were told that they have to go to Murungan hospital which is an hour drive from the resettlement villages we visited. A good road has been constructed for

about 6km but all of a sudden it stops. Then the road gets bad to worse and muddy at the end we give up our three-wheeler and walked. Apparently the road was constructed when the first model resettlement was done in Saveriyarpuram on 30th April 2009. Government official web site (<http://www.priu.gov.lk/>) claims 90% of the Musali population being resettled and Rs. 800 million being allocated.

On our way back to Mannar we saw a group of IDPs being screened in the Kallimodai camp (one of the first internment camp that was set up to detain fleeing Vanni Tamil youth from LTTE recruitment but other Vanni IDPs were also placed there by the authorities). We stopped at a nearby shop in Kallimodai and had an opportunity to talk to someone connected to the buses that were stationed opposite to Kallimodai camp. What we heard was appalling. We were told that there were two Tamil speaking persons in civilian cloths screening the people.

We asked whether any of the IOM officers were present at the scene since the convoy of buses and lorries had IOM stickers. With a funny grin on his face the guy replied "No". Later we saw a young woman refusing to get on to the bus and others consoling her and helping her to get in. The guy turned and told us "you know why IOM officers are not here!" When I narrated this story to a local NGO worker she said that IDPs have been screened at different points and they have got complaints that people are being abducted or detained at these points.

Adampan is yet another new resettlement area in the north of mainland Mannar. But unlike Thunukkai these places (south and north of mainland Mannar) have been not inhabited by people for a very long time and we hardly saw any inhabitable buildings. People were put in public buildings which too were surrounded by jungle and did not have proper roof. Few of them were in tents and others were taking shelter under the trees (during our four day stay in Mannar there was heavy rain in the evenings). There were landmine sign along the Uyilaunkulum Road that took us to Adampan and we saw de-miners from MAG and SSD in action. We also saw children walking to Karukkakulum School which has been renovated to a functional level.

Once again we saw IOM tin-sheets and building toolkits and returnees trying to erect their 16x12 huts. We saw many single women with infants on their hand and few kids running around. They looked lost as to what was happening around them. There was one mother who was standing on top of these piled up tin-sheets and trying to tie a knot onto the near by tree branch with a long piece of cloth to make a cradle for her baby so that she can venture into the jungle to gather some materials for her hut.

With many families not having their able men and women who have been either killed during the war (or before), or being forcibly taken and detained, return to these IDPs is not as pleasant as one would want to see. We also witnessed many families reduced to women, very young children and old people. Without any basic facilities (proper shelter, hospitals, transport, schools, drinking water, electricity and access to any form of livelihood activities) and basic right to freedom of movement, one has to wonder what it means to these IDPs to come back home.

[transCurrents.com]



## Election for President in Sri Lanka

# Rajapakse vs. Fonseka:

## "The unspeakable going after the uneatable"

by Dr. Paikiasothy  
Saravanamuttu

The results of the national elections are now by no means certain. There is a contest and as a consequence, there is the possibility that the presidency could change hands, which in turn will have its impact on the general elections. This is attributable to the Fonseka presidential candidacy and it depriving the incumbent of claiming sole credit for the defeat of the LTTE.

Contests in themselves are good. Elections being the principal mechanism for choice and change in a functioning democracy, the lack of a contest could breed a lack of interest in elections on the part of the electorate, which in turn is not healthy for participatory and representative democracy. The Fonseka candidacy ensures that the Rajapaksa dynasty is not assured. They will have to fight and fight they will, to turn appreciation and gratitude for the defeat of the LTTE under their watch into a mandate for government into the next decade. Yet, challenging the Rajapaksas or indeed defeating them is not a guarantee for a functioning democracy in Sri Lanka, anymore than defeating the LTTE in the way in which it was done is a guarantee for lasting democratic peace, reconciliation and national unity.

The Fonseka candidacy on the face of it is in the nature of the curate's egg - some part good in ensuring a contest and other parts bad given the stink the general brings with him on human rights protection and the essential pluralism of the peoples he wants to be president of. Moreover, what is the Sri Lanka that can be expected to emerge and evolve out of this contest, which some may characterize as one between war heroes and others as a pan Sinhala majoritarian fight fuelled by personal animosity between two individuals who should be held accountable for military excesses at least, war crimes at worst? As it stands it is not unreasonable to assume that the minority communities in the country and what remains of liberal opinion are left effectively stranded by this choice before them - between the devil and the deep blue sea or between the frying pan and the fire are some of the remarks that this choice has elicited from these constituencies. Oscar Wilde's remarks about fox hunting - the unspeakable going after the uneatable - have also been used to describe this contest.

There is of course the possibility already identified by some, that both candidates will have to

court the minorities and liberals to win the election - a pan Sinhala nationalist fight within the pan Sinhala nationalist community being insufficient to produce a clear winner. Already, there is ostensible relief for the IDPs - screening and demining notwithstanding - and the general in some public pronouncements is sounding like a determined and enthusiastic aspirant for a human rights award! Yet the ethnic conflict and bad governance in this country were not produced by promises made and kept, but by broken promises and the widening gap between promise, performance and delivery. The minorities and liberals will be voting if they do, in an act of desperation, with hope trumping experience. Can either candidate be reincarnated into being the president of all Sri Lankans?

There are those who have steadfastly maintained that Mahinda Rajapaksa in a second term would be the model of national unity and reconciliation and the architect of a new and truly plural Sri Lanka in terms of constitutional design and political culture. Pragmatist that he is, he will forge a new coalition of forces to embrace and institutionalize unity in diversity. To this is now added the argument that he is the only bulwark against the militarization of our politics.

This is yet another leap of faith and trumping of hope over experience. One need only look at the north and east, to identify the number of appointments in civilian governance that have gone to ex-military personnel. And as for embracing unity in diversity, need one look beyond the protracted farce of the APRC, the absence of proposals from the regime for a political settlement and the cunning focus of debate in this respect on the Thirteenth Amendment, thereby making Thirteenth Amendment Minus a higher probability than Plus?

And General Fonseka?

The immediate political arguments for his candidacy are that it will stop the Rajapaksas in their dynastic tracks and deliver political reform as per the agenda set out by the opposition. Fonseka is to stand as the common candidate of the opposition because they cannot field anyone from within their ranks with a ghost of a chance of defeating Rajapaksa and once elected to the executive presidency, Fonseka is to abolish that office and turn over government to the opposition, staying on however as minister of defence! Truth is stranger than fiction and even more the case in politics. Will the general agree to this? Would you?

The story about two resignation letters suggests that he has



every intention of being his own man and not one subject to the conditions and priorities of the joint opposition. In any event, were he to be elected the executive president, the opposition will have no hold over him.

It is surely highly unlikely that General Fonseka will agree to be the presidential candidate who in effect will be campaigning to make Mr Wickremesinghe the Prime Minister and chief executive of the country? Even if he agrees

to do so, will the electorate accept this candidacy by proxy?

In either event - on his own or on behalf of - General Fonseka, like the incumbent owes the country honest and clear explanations on the culture of impunity in respect of human rights violations and the allegations of actions that could be tantamount to war crimes.

General Fonseka in particular, needs to, if he sincerely thinks it warranted, explain his remarks to



the Canadian National Post and in his Ambalangoda speech, which is cited in the US State Department Report to the US Senate Appropriations Committee. We must know what is on offer; we must know what we are getting or indeed getting into. And we must know the real difference between the two candidates.

Is there any difference between them on a vision for a future Sri Lanka, on governance, the economy, the 13th and 17th Amendments, corruption, media freedom and human rights?

It looks like the choice is increasingly going to be between the incumbent and the general. Bar some unforeseen, fortuitous and pleasant surprises, what if anything recommends this contest is the contest itself.

As such, it is important that we the peoples of this country ensure that there is a debate about the future of the country and that the result we deliver will facilitate a continuing dialogue on this most crucial of subjects beyond the contest.

However daunting the task may be, there are especially compelling arguments for effective checks and balances on the exercise of executive power in the event of either of these candidates winning the presidency.

## Kuru Aravinthan's Book Release Neer Moozhhi.... Neeril Moozhhi

The 7th of November, 2009, has been Kuru Aravinthan's day; he is seen dedicating his newly written stories titled "Neer Moozhhi.... Neeril Moozhhi....", a collection of two stories in one compact book in commemoration of his Alma mater, Mahajana Maatha's Centenary; this event has been taking place in the presence of a distinguished and representative group of Mahajanans and friends gathered together in the Commemorative Building of the Mahajana Investment Group in Toronto, Canada; And Kuru Aravinthan gains one more accolade, thereby, reinforcing his position as a short story writer and novelist of international recognition.

Hailing from the township of Kankasanturai, Kuru Aravinthan comes of a distinguished family held in high esteem by one and all. His father, late Kurunathapillai, a great teacher, Nadeswara college (Junior school) principal and Town-Councillor, his elder brother, late K. Sivagananathan, former Actg. General Manager of Bank of Ceylon and Financial Advisor, have all been the source of Kuru Aravinthan's intellectual and inspirational clout which spurred him to blossom forth as a great writer.

"The growth of a character is evolution and climax is revolution" is oft quoted aphorism in the parlance of story-writing; so much so, the writer brings into play in his pivotal character his chosen human frailties - emotions and passions - love,

despair, sorrow, anger, honor, revenge, bravery, ambition, betrayal, etc. resulting in conflicts and the story is carried to a crescendo - the climax; and Kuru Aravinthan is no exception to this story-writing artistry. His single plot, the single setting, the single incident in the stories have been all beautifully inter-woven with the sole aim of sustaining without any interruption the interest of the readers in the stories; In the first story, "Neer Moozhhi...." Sherman for his selfish gains betrays his Project-leader and friend, Michael, the pivotal character in the story who in utter bewilderment of Sherman's incredible behavior shouts out "You, Sherman,?"; these two words of Michael provokes one to recall to memory the very words of Julius Caesar when he sees his friend Brutus with a drawn out sword aiming at him, "Et tee Brute?, Then fall Caesar" - "And thou Brutus? Then die Caesar"; completely shaken with shock and grief by this treacherous deed of betrayal of his dearest friend, Brutus, Caesar makes no more resistance. Likewise, when Michael is almost within the grasp of his mission of saving the lives of the men trapped in the submarine, he is thwarted by his friend, Sherman who for his personal gains cuts off the line of supply of oxygen to his friend, Michael, causing his gradual death; at this point, the conflict rises into crisis - a deep sense of humanity and self-sacrifice versus betrayal and selfish ambition and the latter seemingly tri-



umphs.

Similarly, in the second story - Urai Paniyil Uyir Thudiththa .... The climax is reached when the expectant mother, Christena is covertly brainwashed, cajoled, and forced by the Government for its own political gains to hide the news of the death of her husband, Denis, from reaching the public; political debauchery and calculated media-spinning go hand in hand and this becomes the focal point of this story; And Christena, still carrying in her womb the baby-infant yet to be born becomes a devastated destitute walking aimlessly in the street.

Suffice to say it, it is no exaggeration to make the assertion that these two short-stories, once again, demonstrate the creative and innovative style of writing of its author, Kuru Aravinthan who in the years to come, hopefully, be the Tamil diaspora's counterpart of the famous short-story writers either the French Guy de Maupassant or the Russian Anton Chekhov.

**Mr. M. Karthigesu,**  
Former Teacher, Mahajana College.





Several activists who visited Jaffna recently have spoken to BBC Sinhala service on the difficult conditions that continue prevail in Sri Lanka's predominantly Tamil city of Jaffna in the Northern Province.

**Full report by Saroj Pathirana of BBC as follows:**

Groups of former Tamil residents and media activists recently visited Jaffna.

It was an emotional and nostalgic journey for Nirmala Rajasingham - the first woman to be detained under Sri Lanka's anti-terror laws in 1982 - when she visited her home town after nearly three decades.

The former senior LTTE (Liberation Tigers of Tamil Eelam) member used to be known as Nirmala Nithyanandan.

She escaped from prison in 1983 to India and then made it to UK where she has been living since.

Ms Rajasingham, whose sister Rajani Thiranagama was shot dead by the Tigers, says there are still many concerns over human rights violations despite the end of the conflict with the rebels.

"People whom I spoke to are

# People in Jaffna look as if there is no future for them, says former resident

extremely happy that the LTTE is defeated," she told BBC Sinhala upon her return to London from Jaffna.

"But many say their friends and relatives who were with them the previous day suddenly disappeared the next. Many people behave like deaf and blind as they no longer have a voice."

After years of changing hands between the security forces and the LTTE, the government re-captured Jaffna in 1995.

Mostly Tamil Jaffna has a small Muslim minority and virtually no members of Sri Lanka's majority Sinhalese community as a result of years of war.

Historically, it is a place that has produced men and women who have achieved distinction in art, literature and other aspects of life.

But that active society is no longer seen, says Ms Rajasingham.

"People in Jaffna plan for the future - trying to send their children for higher education, getting their children married or trying to build a house. Jaffna people go about it with such vigour, but I couldn't see that happening any more."

"In fact, people look like they

are living day by day, as if there is no future for them."

Her comments were echoed by a group of 25 Sinhala, Tamil and Muslim journalists and activists who visited Jaffna last week.

"It was like visiting another country," says Ananda Jayasekara, who works for Transparency International Sri Lanka.

"You need a special permit, it is like getting a visa, to enter Jaffna and it is only valid for a month."

The unusually high cost of transport makes one suspicious over the motives of the authorities, he says.

The return air ticket costs 19,500 Sri Lankan rupees (\$170), a price most Sri Lankans cannot afford.

Mr Jayasekara says it appears that Tamil and Muslim communities are yet to make any serious attempts at reconciliation, although it has been more than a decade since Jaffna was recaptured by government forces.

Ms Rajasingham's husband, Rajesh Kumar, had also not seen Jaffna for 30 years until he travelled to his home town recently.

Rajesh Kumar, also known as

Raghavan, was among the first five founding members of the LTTE, then known as the Tamil New Tigers, together with Velupillai Prabhakaran in 1974.

Although initially part of the rebel movement, the couple were later staunch opponents of the LTTE.

"While travelling to Jaffna, all I saw was huge destruction," Rajesh Kumar said.

He accuses the Sri Lankan government of behaving in the same authoritarian way as the Tamil Tigers in his former home town.

"You need to wait at least three hours to board the plane. And all the buses only leave once a day, so that security officials could check the buses at once and relax for the rest of the day," Mr Kumar says.

"The biggest mistake of the Tamil Tigers was not to allow any other Tamil voice to operate in their territory."

"But the irony is that the government is now behaving in the same way as the Tamil Tigers, and I could not see any attempt at reconciliation or to create a vibrant democratic society in Jaffna," he said.

Another former Tamil militant

from Jaffna currently living in the UK also went back recently. He did not want to be identified.

"I arrived in Jaffna and took a bus to Nelliadi, my home town, and then walked about a kilometre to my village, Vadiri. A few cyclists passed by, but I did not recognise any of them."

His ancestral house - once home to 11 brothers, a sister and his parents - is currently being used as timber storage.

"The house legally belongs to my younger sister, who is currently living in the UK. She is no longer interested in claiming it back, and neither am I."

All former Jaffna residents have been highly critical of what they say is a lack of any genuine effort to reconcile the area's communities after decades of civil war.

The Sri Lankan government, however, says that it has launched a major redevelopment project called the "Northern Spring" in the area.

Projects to build new housing, roads and bridges will create jobs as part of plans to regenerate the north, the authorities say.

## Priests in Sri Lanka join protest against police brutality

Priests have joined civic groups in demonstrating against police brutality after video footage was released apparently showing a policeman assaulting a mentally challenged youth, resulting in his death by drowning, according to a report by Union of

him.

Media reports say the youth was depressed following a failed love affair and was undergoing treatment. He was throwing stones at trains and vehicles when the police made their move.

Some 700 human rights



Video shot of policemen cornering a mentally challenged youth

has led to an authoritarian culture with extended police powers and the suspension of constitutional rights that provides immunity for the police.

Father Fernando said there are thousands of cases of human rights violations by the country's security forces, including police, in which no one has been prosecuted.

"It is a total misuse of power by police. It is the time for religious leaders to raise their voices for the people," he said.

"Now that the war mania is over, (police) should be trained on how to deal with the people," says Sister Noel Christine from Shramabimani center, an NGO.

Anglican Father Marimuthupillai Sathivel, parish priest of St. Michael's Church, also joined the demonstration and condemned the incident.



Two priests and a nun join civic groups in protesting against police brutality

Catholic Asian News, (UCANN).

The report further says:

"People are tired and scared of the immunity enjoyed by the police force," said Father Terrence Fernando of Colombo archdiocese.

The video, released on television and the Internet, showed the youth chased into the sea by policemen wielding sticks, with one policeman actually hitting

activists, Christian priests, nuns, laypeople and politicians demonstrated in front of the harbor railway station in Colombo on Nov. 4 in the incident's aftermath.

They held placards with messages such as "Khaki-uniform killers" and "Bring all to book."

Sri Lanka has been under emergency rule for decades due to the civil war with Tamil separatists in the north. Critics say this

Angulana village on the outskirts of Colombo after being arrested on a minor offense. Their bullet-ridden bodies were discovered a short distance from the police station.

Later the same month, Nipuna Ramanayake, a student of Sri Lanka Institute of Information Technology (SLIIT) was allegedly abducted and tortured for several hours by police constables. The student claims they beat him with cricket stumps until they broke and kicked him in the face.

Anglican Bishop Duleep de Chickera of Colombo condemned the most recent killing and said that "public confidence in our law enforcement authorities must be maintained under all circumstances otherwise the country can quickly descend into a state of lawlessness."

Police Inspector General Mahinda Balasuriya has promised "the police will look into the problem."

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# Margosa Credit Union successfully hosts 1st Annual General Meeting



Members gathered for Margosa Credit Union's 1st AGM on Sunday, November 15th from 5 pm onwards. Meeting started just after 6 pm and all proceedings went smoothly with few tough questions were raised for the board. The chair

with the guidance of their auditors, lawyers and regulators promptly cleared even a very minor doubt. Being an infant organization, it was so important that confidence had to be built on and the board handled it very well at the meeting.

There were few new board of directors were elected at the AGM. Waran Kanagaratnam is elected as chair for the board. Meeting was adjourned at the end of all proceedings and Dinner was served for all.

The mission of Margosa Credit Union is to provide a range of competitively priced financial services to our member/owners in an environment of mutual respect and caring. The member/owners will be encouraged to contribute to the

success of The Credit Union through their use of the products and services, through their active participation at meetings and by volunteering their skills and services. Some of the photos taken at the event are here.



Board members, Credit Union Staff and Regulators



Board of Directors



Corporate Secretary Sree Kannuthurai



Some of the Board Members with Regulators



Some Board Members and Margosa Staff



Margosa Board and Staff at dinner table



Corporate Secretary Sree Kannuthurai with guests



# Monsoon Kids Corner

Winner for November 2009

Color Me Competition - 21

Gershan Canagasingham

Brampton

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Monsoon Journal thanks all the children who have participated in the coloring competition so far.

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## Have fun and stay fit this winter

For many of us, the first sign of frost means our favourite winter activities are just around the corner. It also means icy steps and sidewalks, snow to shovel and finding the best ways to stay warm.

Whether you're a snowboarder, skier, snowmobiler, jogger or skater, you need to know how to take care of your back in winter conditions. Otherwise, the sudden twists and bumps from winter sports can sideline you with painful muscle strains and tears. Some winter sports, like snowmobiling, skiing, tobogganing, and snowboarding, can be especially hard on your back. Check with your chiropractor before starting any new winter sport.

### Always warm up.

Start by stretching your muscles at home. Focus on the lower back and leg muscles, such as hamstrings and calf muscles. When you arrive at your sporting destination, warm up again. Your chiropractor or fitness professional can advise you on the best stretches for your favourite sports, but here are some examples:

#### • Skating:

Do some lunges. Take a good-sized forward step with your right foot, and let your left knee sink toward the floor. Keep your shoulders aligned over your hips. Repeat 5 to 10 times, and then do it all over again with the left foot.

#### • Skiing:

Do 10 to 15 squats once you're at the ski hill. Place your legs shoulder-width apart, align your knees above your feet and lower your buttocks slowly. Straighten up slowly and repeat.

#### • Tobogganing:

Do some knee-to-chest stretches while sitting or lying on your back. Pull your knees to your chest and hold for 30 seconds. This helps your spine be as flexible

as possible as you bounce through the snow. Use the right safety equipment.



ble as possible as you bounce through the snow.

Use the right safety equipment.

This means helmets, face guards, and protective clothing. Make sure that your equipment is in good condition, and fits properly. Shop at a reputable outdoor or sporting goods store, and have someone there adjust and fit your equipment to your size and shape.

On the slopes, make sure that ski and snowboard bindings are adjusted for your height and weight. Always check the weather conditions and watch the trails for icy patches and other potential hazards.

### Dress for the weather.

Layered clothing works better to keep your muscles warm and your skin dry so you don't get chilled. You may want to invest in clothing designed specifically for

### Know when to rest.

Rest when you feel tired. Stop your activity immediately if you experience sudden or prolonged pain in any joint or muscle. Cool down by stretching, and change into dry, warm clothes.

### Stay hydrated.

Don't be fooled by the temperature! Your active body needs plenty of fluids even though it's cold outside. Be sure to drink lots of water or juice before, during and after winter sports.

Follow these tips, and you're well on your way to having a safe and healthy winter.

For more information on back care and safety visit the Ontario Chiropractic Association Web site at [www.chiropractic.on.ca](http://www.chiropractic.on.ca) or call 1877-327-2273.

### Dr. George Traitses,

416-499-5656,

[www.infinite-health.com](http://www.infinite-health.com)

## Presentation on Environmental Protection by Rane Mahalingam

The Senior Tamils Society of Peel is a diverse, vibrant, society that caters to the Health, Intellectual, Social needs of the senior citizens in and around the City of Mississauga. Along with the recreational activities, field trips, and foreign tours much appreciated topics by the society is concerned with educating the members with current affairs as well. As we all know that "Global warming," is the most urgent and alarming topic of the time.

A seminar and workshop on Environment and Protection was sponsored by the Senior Tamils Society of Peel, Mississauga on November the 7th, 2009 at 3085 Hurontario Street. On behalf of the Professional Engineers Ontario Scarborough Chapter Mrs. Rane Mahalingam (M.Eng., P.Eng.) a veteran environmentalist from the Ministry of Environment made a presentation on "Environmental Protection".

She briefed on all levels of environment and the various factors that pollute them with special attention to land, water, air pollution. She stressed on saving energy, and protecting the globe by reducing green house gases. She discussed the ways of drinking clean water and breathing clean air. She spent nearly three hours explaining in a very simple language and with examples supported by various audio visual aids. The participants were stunned with some statistics that she came out like: Recycling one

aluminium pop can saves enough energy to watch 3 hours of television, so in one year we save enough energy to watch 8,400,000 hours of television, Under-inflated tires do indeed contribute to pollution and increase fuel costs. After the session she followed up with group discussions, question and answers and feed back from the participants. With a healthy vegetarian lunch the program concluded. This project sponsored by the OTF funding.

After the seminar the STSP trained and detailed small groups of senior volunteers to take the message door to door and educate the community on how to protect the environment and to save energy and there by reduce their monthly bills on household utilities.

Rane Mahalingam, M.Eng., P.Eng. is a Water and Wastewater Specialist, working for the Ontario Ministry of the Environment for the past 21 years.

Apart from her regular job she volunteers her time in various community activities. For her volunteer work she received several recognition. To name a few - "Citizenship Award" from Professional Engineers Ontario in 2008, "Emerald Award" from the Ontario Ministry of the Environment. She is one of the 11 recipients to receive "Good Citizenship Medal" from the Lieutenant Governor General this year.



Senior Tamils who were present at seminar with Mrs. Rane Mahalingam



Mrs. Mahalingam, M.Eng., P.Eng. making a presentation on Environmental Protection

## Bollywood Night

On November 14th 2009, while the Prime Minister of Canada Mr. Stephen Harper was discussing business in Bombay India, the folks of Toronto were swinging to the beat of Bollywood music for a charitable cause. It was Bollywood Night at New Jasmine Banquet hall in Markham, a charity event organized by Manitha Neyam Trust. Manitha Neyam Trust had been in existence since 1999 doing great service to the affected people of war torn Sri-Lanka with special focus on children and seniors. The trust has branches in Sri-Lanka, U.S.A, Australia and United Kingdom and enjoys the charitable status in all these countries because of their Humanitarian services they had given to the needy. After years in existence they established their chapter in Canada too in July 2008.

The organization was originally formed to help the innocent children and elderly people affected by the ethnic strife in Sri-Lanka. MNT is focused on sustainable empowerment, offering education, vocational training and

assistance.

The MNT Canada made up of passionate individual from various walks of life, with a view of raising fund, and at the same time raising awareness of the magnitude of the problems in Sri-Lanka had organized a fund raising dinner dance with the Bollywood theme. In a short time MNT Canada had organized fun filled evening which was well attended.

On the key note address the President of the Canada chapter of MNT Ms. Devaranee (Bubby) Mohan observed "Awareness is growing around the world of the magnitude of suffering in post war era in Sri-Lanka. She stressed the need for every one to rally around and do their part in alleviating the suffering of the innocent masses". She challenged those present to imagine how it would feel if ones main concern is not tomorrow's job or mortgages but mere existence.

The founder chairman and the driving force behind MNT, Mr And Mrs. V. Kailasapillai too were present with his partner at the dinner dance. The main attraction of the

evening was 'Glamour N' Glitz' cultural exploration which was choreographed by experienced fashion guru Ms. Logi Mariathan. As the handsome lads and lovely lasses walked along the cat walk there was many a brow raised at the entrapping fashion from Bollywood styles.

Another great attraction was the gyrating dance for fusion music choreographed by Ms. Chirsha Ravishankar. This too was well received by the audience. Another great event which the guests enjoyed much was 'Dance to a melody of songs' which was choreographed and presented by Ms. Sharlini Yogasingam coming all the way from Ottawa.

One cannot forget the lovely dinner with Bombay style culinary expertise which everyone enjoyed. At the tail end Bollywood King and Queen were selected.

It was a well attended evening which every one enjoyed. The organizers must be praised to have done such an excellent job of the evening. The Monsoon Journal too wishing the efforts of MNT on their humanitarian services on a voluntary basis with minimum overhead.

**Kumar Punithavel**



# 'Govt. gloating about limited right of movement allowed for Wanni IDP's'

From the twitter pages of D.B.S. Jeyaraj

## 15 days

Wanni IDP's can move freely in & out of camps after filling out forms informing army of their movement but cant be away for more than 15 days.

## given

Re-settled IDP's given Rs.5,000 in cash, Rs.50,000 in a bank account, rations for 6 months & emergency kit with roofing material & bedsheets.

## inalienable

Rajapaksa Govt in a "limited" way has finally recognized the inalienable right of freedom of

movement for the Wanni IDP's in internment camps.

## gloating

The govt is gloating about allowing IDP's from Wanni some limited right of movement. Freedom of movement is an inherent right of IDP's.

## absolute

Freedom of movement is an absolute right of Internally displaced persons and not some generous concession granted by the Rajapaksa regime.

## credit

The govt can claim credit only when all IDP's are re-settled in their original places of residence and allowed complete freedom of



movement.

(twitter.com/ dbsjeyaraj)



## Monsoon Journal is now using Twitter

Twitter is a free service that lets you keep in touch with people through the exchange of quick, frequent answers to one simple question: What's happening? Join today to start receiving MonsoonJournal's tweets.

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# One's pain is one's own creation

From HisHoliness

(http://twitter.com/HisHoliness)

If the Tibetan people wish to continue the tradition of the Dalai Lama, my reincarnation will not be born under Chinese control.

But from another standpoint, a firm ego, sure of itself, can be a very positive element. You have to have real confidence in yourself.

The excess of egoism leads to disappointment and uncontrollable perversions, which always end badly. What makes a difference is whether one is too sensitive and takes things too seriously

To a large extent, whether or not one suffers pain depends on how one responds to a given situation.

One's pain is one's own creation. One should treat such things as if they are wind behind one's ear. In other words, just brush them aside.

If you know someone is speaking badly of you behind your back and you react to that negatively, then you destroy your own peace of mind.

As a teenage school girl, the Bhopal gas disaster caught my attention immediately in 1984, and the bad and grim memories still remains.

(http://twitter.com /sweetkuttan)

## 25 years on: Bhopal remembers

From Ebony

25 years on: Bhopal remembers gas disaster. At least 2,000 people died on that night, 8,000 people died within 3 days, & more

died after months.

Many people in Bhopal who were the victims of the gas disaster still suffer its effects especially children.

# Knowing Life - Here and beyond

Contd. from Page 27

But you have a vision and you are not concerned about whether it is possible or not possible. You are not concerned whether it is easy or difficult, you are not concerned whether it is attainable or non-attainable, or in other words, you are not concerned about the result in the end. It is just that you have a vision and you give your life towards it. This is one of the easiest ways to attain the highest also. The whole Gita is just about this – to simply give yourself to what you want, not caring whether it is going to happen or not going to happen. It is a spiritual process by itself.

Vision is an important way of transcending limitations within and outside ourselves. If one wants to live here without any vision, without being burdened by visions, without being burdened by will, then that person should be absolutely innocent. Absolutely. Such a person can simply live here. He need not live with a vision. He does not need a vision. He does not have to have a will about anything, that is if he is absolutely egoless and childlike. And if it is not so, it is very important that man lives with a vision.

There have been many stories, many examples in the Indian culture. Certain sages and saints, once they willed, even gods had to come down and do things for

them. There are many stories like this. Lord Shiva cannot help it if a man sits here with complete will and vision that he wants Shiva to come down. He has to come down – he has no choice about it. There are many stories like this. So all these things demonstrate to you that if what you want is very clear to you and if you are set on it, what seems to be impossible today; tomorrow becomes a normal part of your life. Without any fuss it falls at your feet. But at every moment logically if you question this and think in terms of "Is it attainable or not attainable", then the confusion that you create in your mind, the confusions that you create in the world around you makes the world itself into a big confusion.

It is time to really create a vision within ourselves as to what is it that we really care for, not just for today. If you look deep enough your vision will be the universal vision. Really in terms of being a human being, what is the highest that you can seek and simply creating that vision. Whether everything else happens or doesn't happen on the way is not the point. Whatever you have known as the highest – simply seeking that with undivided attention – is a simple way of knowing life here and beyond.

# K. POORANAMPILLAI

October 30th was the 100th birth anniversary of Mr K Pooranampillai. He was promoted to glory when he was 91 years.

He was associated with me long before he became Principal of St. John's, Jaffna in 1967. My association with him was in the field of sports, education and religion.

To be Principal of two prestigious institutions affiliated to two different Christian denominations in the North of Sri Lanka, each with a history of more than 180 years now (Hartley and St. John's College), is unique in the annals of Sri Lankan educational circles.

Johnians in various walks of life throughout the globe will acknowledge without reservations that he was a Principal Par excellence.

Mr Pooranampillai's philosophy of priorities, convictions and values makes him stand tall in widely known and unknown circles of admirers.

In my 28 years of continuous teaching at St. John's, I worked with five Principals, but the longest was with Mr K.P.

His vision and emphasis on an all round education.

Many persons associated with him referred to him as KP. In the early 1970s, four of us teachers were summoned to face an interview for our Diploma in Education

at the Peradeniya University. We decided to ask KP whether he would give us half a day's casual leave to catch the afternoon YalDevi. To our surprise he asked us to take a day's leave because one must be fit to face a rigorous interview. What vision he had in the interest of his teachers and students.

On one occasion, a boy was weak in English; but his father literally begged KP to give a statement that his son's English was passable, so as to get employment in the Middle East. KP flatly refused but said that he would personally help the boy to improve. This KP did for a continuous period of two months. The boy dramatically improved and the statement was given. He never sacrificed his clear conscience on the altar of cheap popularity.

The Spiritual dimension that was at the heart of his character and values formed the basis of his effectiveness. This is why he introduced what is called moral science into the school curriculum. i.e. he insisted that every student who did science should learn one arts subject which permeates the student with moral values.

## A noble example

Some of us who are left



behind have absorbed into our system of life the richness of Mr KP's gems of work, wisdom and values. To some he was a friend and companion, to others he was a guide and philosopher, but to all, he is a noble example.

We have to thank the Almighty not only for K.P.'s work and life but also for the way in which his life has influenced us in such an awesome way.

May his beloved wife Peace, his two daughters Shanti Arulanantham and Vasanthi Karunakaran, his son Jeyakumar, a host of relations, friends, old students and teachers of St. John's thank God for the example set by Mr Pooranampillai so beautifully designed by his Maker.

By: V R Amarasingham

Former Vice Principal, St. John's College, Jaffna, Sri Lanka





Prof. Saran Ghai

### Sagittarius (November 22 to December 21)

Lucky Gem : Yellow Sapphire,  
Lucky Color : Purple

From November 22 to December 21 is the big time for Sagittarians as this is their birth month. If they wear Yellow Sapphire, it will give them a strong backing and they will progress in every walk of life.

Yellow Sapphire is Sanskrit is known as Pushparaag, Peetman, Guru Ratna, Gurupriya Pushparaaj and in English it is known as Topaz. Yellow Sapphire is naturally bright yellow coloured. According to Parijat Jataka, yellow sapphire is the gem of Divine Guru Jupiter. Yellow Sapphire has many esteemed qualities as it changes person's bad time into good time. It exudes good results to all. If the yellow stone is worn, it induces the native to do religious things. This gem unites the estranged lovers, render conjugal bliss among the couple, ensures heirs and thus is considered as the most pious gem world over. The best quality of yellow sapphire is that it increases the lifetime of the native.

Yellow sapphire is found in the regions of Mahanadi, Brahmaputra, Himalaya, Orissa and Bengal in India. In other countries where Yellow Sapphire is found can be named: Burma, Sri Lanka, Brazil, Russia, Japan, Scotland, Mexico etc.

We should not wear Diamond or Blue Sapphire with Yellow Sapphire. On the contrary there are some gems which help other gems and their joint power multiplies their benefits.

That is the reason it is said that sometimes a single gem does not serve the purpose and proves inefficient. This happens upon the circumstances around the client. When two things unite, we call it Yoga. If we separate them, this action is called bi-yoga or deduction (minus). In our common talks we use a phrase - one and one make eleven. Same is the case with the gems. In case the stones adviser finds that a single stone would not give satisfactory results, he should not hesitate to advice for a supporting gem. If combined jewels or gems are prescribed to a client, (upon carefully studying his horoscope and present circumstances surrounding him), the effect of the jewels multiplies.

You would have seen some people, mostly the rich, wear rings with stones in most of their fingers. This they do on the suggestion of the stone advisers. The other reason is that the rich want

## GEMS: Purposes and Influence on Human Life (4)



to show their richness. Wearing rings in every finger depicts their richness and their superior choice of the gems and stones. From times immemorial the gems and jewels were worn as an expression of make-up or ornamentation. Women wear gems to showoff of their richness and beauty.

It is a common saying that the gems bring luck and richness to the person who wears them. If you fail to understand why all your efforts for progress and money making are turning to a naught, you should think of getting advice of a lucky stones adviser. Once you understand the use and purpose of stones, you will be able to correct your destiny as far as practicable. Your industriousness would come to be a success. I would also like to bring it to your understanding that do not think that the moment you wear a stone, your fate starts giving you results and within a few hours you will be a different person. On the contrary I would also not fail to mention that yes, there are some stones like sapphire, gives you results in hours but be very sure to wear a sapphire before wearing such strong stone. The knowledge of the time when the fruit will ripe can be studied through the science of Astrology. The perfect result of Astrology and Palmistry lies in the knowledge of the process whereby a human is able to bring changes in his luck by help of the suggested stone. A stone is an invaluable divine heritage given to human for his individual fulfillment.

If one has low mount of certain planet in his palm, should put on a ring, purified and energized. The ring should be worn in the finger whereon the planet's effect is low. That will turn his luck favourable. The stones adviser also tells you which gem should be worn in which particular finger.

For general information, for Jupiter the index finger is considered the most suitable. For Saturn, Rahu and Ketu, is the middle finger and for Sun and

Mars, it is always advisable to wear the ring in the ring finger. For Mercury and Moon, the little finger is the best to put on a stone. A seven metal rings to pacify two or three rings should be worn on the middle finger.

These luck-booster rings bring good results by means of their hidden powers. They change a human's ill luck into a blissful one. The unfavourable planets become favourable upon wearing them and slowly but surely the native can feel the change taking place

By Prof. Saran Ghai

in his life. He starts getting confidence as he is blessed with wealth, fame, good results in business/profession. He finds the hurdles which were stopping his good times, soon are removed and a chapter of success in the life of your client opens up. But, it is also to be kept in mind that the things are not that easy in practical, as they seem to be easy theoretically. Such rings should be made at auspicious moments under thorough observation of the process in Vedic discipline.

Upon wearing such rings with a devout heart and faith, the aspirations of your client can be fulfilled within a few days. Such rings cure patients sickness miraculously. A person wearing a ring fitted with stone with a purpose should not remove it even for once within 90 days. The ring must be put on the day and time assigned to the planet, at the right auspicious moment.

Please note: You can wear less expensive or low quality gems but you should not expect the same results as you can expect from the true and purified gems. You can contact me in case you are looking for a ring, necklace or ear-ring having a particular gem in it.

(Continued in the next issue.)



(Palm Reader and Meditation Guru Prof. Saran Ghai thoughtfully understands your circumstances, family and financial conditions and advises energized lucky stones accordingly.

If you are an entrepreneur and want to add to your family income or you are a business person/professional/service provider and want to speak about and share your business/profession/service/product to get clients or strengthen your them of likeminded people, join 'Universal Business Chambers' and learn new businesses in workshops and mini trade shows.

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## **“I encourage every Canadian to get the H1N1 flu vaccine.”**

Dr. David Butler-Jones  
Chief Public Health Officer of Canada

- ▶ **Getting vaccinated is a safe and effective way to protect yourself and others against the H1N1 flu virus.**
- ▶ **Canada has enough vaccine for everyone.**



## **« J’encourage tous les Canadiens à recevoir le vaccin contre la grippe H1N1. »**

D<sup>r</sup> David Butler-Jones  
Administrateur en chef de la santé publique du Canada

- ▶ **La vaccination est un moyen sûr et efficace de vous protéger et de protéger vos proches contre le virus de la grippe H1N1.**
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*Happy new year 2010*

*To all my Friends, Relatives, Clients and Well Wishers,*

*Over the past 20 years, you all have substantially contributed to my success and growth. You have helped me by several means to develop in my profession. Although I may not have contacted you all personally more frequently than I wanted to, I have always consistently maintained the relationship and served you with utmost care and professionalism.*

*As always my service to the community wouldn't have been possible without your contribution to my business.*

*Many of you are my clients and have referred various other clients and I have always helped them with care and concern.*

*Currently, if you or any of your acquaintances are in need of my services, please contact me at the number or by e-mail. I will only be too glad to help you.*

*As we approach the end of 2009, we look forward positively for a bright start of another year and I join with my family and wish all of you clients, relatives, friends and well wishers for a "Happy Seasons Greetings and a Prosperous New Year"*



Logan Velumailum  
**416-410-1620**  
**vlogan599@yahoo.com**