









Monsoon Auto Mart 44

Monsoon Real Estate 43

Monsoon Travel 17

Monsoon Photo Journal 42

Monsoon Living 6

Monsoon Arts 13

Monsoon Health 14

One Journal 46

Special Interview on Independence Day with Consul-General for India by Monsoon Journal August 15th, 2007, 7pm. Ch 622 TV Courtesy:



Indian
Independence Day
Supplement - Pg 19

# Prime Minister Stephen Harper officially opens BAPS Swaminarayan Complex

Prime Minister Stephen Harper officially opened the BAPS Swaminarayan Complex, a dual-purpose facility that houses the BAPS Shri Swaminarayan Mandir and the Canadian Museum of Cultural Heritage of Indo-Canadians, on July 22nd.

"Located in the country's most ethnically diverse city, the facility stands as a testament to Canada and India's proud traditions of pluralism. On behalf of the Government of Canada it gives me great pleasure to declare the BAPS Swaminarayan Complex officially open," said the Prime Minister.

While the Mandir will provide an additional place of worship for local Hindus, the museum will inspire visitors to appreciate how the spiritually diverse, multi-ethnic, multi-linguistic heritage of

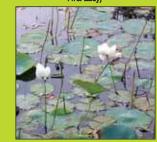


The Swaminarayan Mandir, is located northwest of Toronto and officially opened on July 22, 2007.

Indo-Canadians has contributed to the fields of arts, architecture, science, democracy, education, and pluralism. Prime Minister Harper took the opportunity to thank BAPS, or Bochasanwasi Shri Akshar Purushottam Swaminarayan

#### - HOPE -

" Where flowers bloom so does hope" - Claudia Alta
"Lady Bird" Taylor Johnson (1912-2007, former US



Lotus pond in Puttlam, North West Sri Lanka [humanityashore.org]

social consciousness among youth while preserving faith and heritage, for seeing the project through to fruition.

The Prime Minister also thanked His Divine Holiness Pramukh Swami Maharaj, the Inspirer of the Swaminarayan Complex, saying that he has given a great and wonderful gift to the people of Canada.

"This awe-inspiring work of architectural brilliance will serve as a source of pride for not just Indo-Canadians, but indeed all Canadians," said Prime Minister

## UN relief chief calls on Sri Lanka Government to probe aid workers' murders

Terming the killings a year ago today of 17 Sri Lankan aid workers "probably the single worst crime committed against humanitarian workers in recent history," the top United Nations humanitarian official called on the Government to investigate "with the full weight and force of the justice system" the crime that has seemingly become a cold case.

"A full year has passed since this crime. No one has been apprehended or charged, and in many ways we seem little nearer to the truth," UN Emergency Relief Coordinator John Holmes said at a ceremony marking the anniversary of the execution-style killings of the workers from the

French organization Action against Hunger in northeastern Sri Lanka, where Tamil separatists and the Government have waged a decades-long war.

"What we need to know is who did this and why if we are to have any chance of preventing a repeat in the future. Revealing the truth about this crime is not only important for its own sake, but because the massacre was a terrible assault on the key principles of humanitarian action throughout the world," he told those gathered at UN headquarters in Colombo, Sri Lanka's capital.

He stressed that humanitarian assistance is neutral and impartial. "We help people regardless of



ethnicity and religious background, and try to help them solely on the basis of their needs in their hour of distress," he said. "I cannot think of another incident where so many members of a single humanitarian agency were murdered at the same time in such a dreadfully deliberate and calculating way," he added.

The aid workers, who were

providing assistance to survivors from the devastating 2004 Indian Ocean tsunami, were in the town of Muttur when they were forced to lie on the ground and shot in cold blood.

"The killers should remember what these humanitarian agencies did for Sri Lanka in one of its darkest hours — in the hours, weeks and months after the tsunami struck. Humanitarian organizations, staffed overwhelmingly by Sri Lankans, provided food and shelter, rebuilt homes, helped people restart their livelihoods. Political beliefs did not matter, nor did race or religion," Mr. Holmes declared.

Continued in Page 3

## **WALK-IN DENTAL CLINIC**



Dr. Iru Vijayanathan

3150 Eglinton Ave East Markham & Eglinton 416-264-3232



**Excellent career opportunity** 

Are you an experienced IT Professional or a Fresh Graduate?

willing to work In the USA!

FREE Training

Apply: careers@wintlt.com 416-223-2800

# Next Issue will be released on September 12th which features special relegious sections, Election specials, Monsoon Arts, Health, Cinema and other interesting articles.





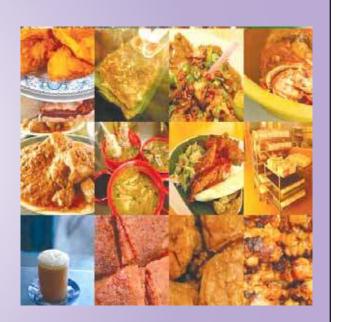




1201 Ellesmere Road (North West of Brimley) Scarborough, ON

Biriyani, Thali, Masala Dosa, String Hopper, Pittu, Plain Roti, Kothu Roti, Fried Noodles, Fried Rice, Deviled Chicken, Chilli Chicken, Chicken65 & all kinds of short eats

Tel: 416.757.4494, 416.499.1994





## John Tory puts faith in school religion

Ontario is the only Western democracy that fully funds faithbased schools of one religion to the total exclusion of all other religions, said Kanayalal Raina. The Conservative leader said he supports the public and Catholic school systems but believes in the interest of fairness that other faiths should have an opportunity to receive public funding if they agree to follow the provincial curriculum, use accredited teachers and participate in standardized student testing. Ontario currently provides full funding for 93 percent of its faith-based schools, but this funding goesexclusively to Catholic schools. The other seven percent, the faith-based schools of non-Catholic religious minorities, receive no funding. There are some 53,000 students attending religious schools outside the public system and they deserve the same support as children who currently attend Catholic schools. British Columbia. Alberta. Manitoba and Quebec all provide some public funding for independent schools that meet provincial standards, so extended funding would just bring Ontario inline with this system. The Multi-Faith Coalition for Equal Funding of Faith-Based Schools consists of representation from Armenian Orthodox Schools, Coptic Orthodox Schools, Evangelical Christian Schools, Greek Orthodox Day School, Hindu School, Islamic Schools, Sikh (Khalsa) School, Jewish Day Schools, Seventh Day Adventist Schools, and Mennonite Schools who are currently victims of religious discrimination in the funding of education in Ontario. Our mandate is to publicize this issue to Ontarians and our goal is to obtain government funding for our schools. The following representative's attended the press conference conveyed by John Tory on 23rdJuly 2007 at Queen's Park Toronto. 1. Kanayalal Raina, Hindu Heritage Centre 2. Jim Agban, Philopateer Christian College (Coptic Orthodox) 3. Anna Saradidis, Metamorphosis Greek School 4. Ripsodhak Singh Grewal, Khalsa (Sikh) Community School 5. Mustafa Rawji, Islamic Society of North America and As-Sadiq School All the religious groups present at the press conference said that they are discriminated against under the current system and deserve a share of public funding. While the prospect of a commission to examine the issue was welcomed by all religious groups, it was shot down by **Education Minister** 

Kathleen Wynne and public school advocates who say extending public funding will take away precious dollars from the current system and encourage segregation. It's time Ontario figured out how to expand public funding to religious schools that hire accredited teachers and teach the provincial curriculum, Conservative Leader John Tory said as he vowed to appoint former premier Bill Davis to examine the issue if the party is elected in October. Extending public funding



Ontario Conservative leader Mr. John Tory, seen here in Toronto on 23rdJuly 2007 with Mr. Kanayalal Raina, representative from Hindu Community at the press conference.

based schools, where over 53,000

students are enrolled for studies

as per Canadian curriculum. Gila

Martow, a Toronto parent with

Parents for Equality in Education

Funding, said she went to a

Jewish school and she dares "any-

one to say I'm not integrated."

Still, the optometrist said she

looks at her Catholic counterparts

with envy. "Their children can go

to a faith-based school that's part

of the public school system and

my kids are denied entry into the

public school system if they want

to study within their faith," she

said. "They shouldn't have to

choose one or the other. We

should all be included in the pub-

lic school system." Mustafa Rawji,

with the Islamic Society of North

America, said many parents are

having trouble making ends meet

because of the cost of sending

their children to religious schools.

Those parents are taxpayers who

support the public system and

deserve to reap the benefits of it,

he said. "We want to be included

in that system," Rawji said.

to Islamic, Hindu, Jewish and Christian schools would bring Ontario more in line with other provinces and cost an extra \$400 million each year if all the schools agree to teach the curriculum, participate in standardized testing and hire accredited teachers, Tory said. Extending public funding to Islamic, Hindu, Jewish and Christian schools would bring Ontario more in line with other provinces and cost an extra \$400 million each year if all the schools agree to teach the curriculum, participate in standardized testing and hire accredited teachers. A John Tory government would appoint a commission led by former premier Bill Davis to determine how to integrate religious schools into Ontario's public education system. Tory said that extending full funding to faithbased schools could eventually cost about \$400 million a year if there is full take upby the 53,000 kids currently attending over 100 private religious schools. "We welcome the discussion on this issue," Kanayalal Raina of the Canada Hindu Heritage Centre said. "It certainly would support our cause and Hindu community supports strengthening the publicsystem by bringing faithbased education within that system and be part of the Ontario curriculum which will ensure that the Ontario government will continue to monitor and control what is being taught in the name of religion and prevent abuse of this privilege by any multi-faith schools. Publicfunding is badly needed by Hindu schools as well, which have thousand of students wanting to join our schools but many families who want to send their children to our schools can't afford the \$4,000 to 5,000 perchild cost and in absence of these funds we can not afford to expand, Kanayalal Raina, said at Tory's news conference. He asked why we are denied such funds when thousand of studentswho have graduated from faith based schools, are a part of the society and are fully integrated in the main stream. Is there anything legally preventing the Govt to extend this facility to other faith

# Canada provides emergency aid to flood survivors in Bangladesh, India and Nepal

The Honourable Peter MacKay, Minister of Foreign Affairs and Minister of the Atlantic Canada Opportunities Agency, and the Honourable Josée Verner, Minister of International Cooperation and Minister for La Francophonie and Official Languages, today announced that Canada will contribute \$1 million to provide immediate assistance to the people affected by recent storms and floods in Bangladesh, India and Nepal.

"Canada is deeply saddened by the tragic loss of life and by the destruction that has occurred over the past few weeks in Bangladesh, India and Nepal. Canada stands with these countries as they carry out their relief efforts," said Minister MacKay, "On behalf of all Canadians, the Government of Canada extends its sympathies to those individuals and communities affected by the flooding."

"The Government of Canada has set aside \$1 million in response to the flooding in South Asia," said Minister Verner. "We will continue to monitor the situation closely in the days ahead and we are ready to provide assis-



tance when called upon to do so.'

The latest reports estimate that more than 1,300 people have died and that the lives and livelihoods of up to 20 million have been disrupted. Canadian officials continue to be in close contact with the governments of Bangladesh, India and Nepal and with international relief agencies on the ground as they assess the needs of those affected and clarify how best the international community can respond. Canada supports the survivors of disasters through core funding to international humanitarian agencies, enhancing their capacity to respond immediately to such disasters and allowing them to perform needs assessments rapidly.

For more information on how Canadians can help, please visit http://geo.international.gc.ca/cip-pic/library/howcanadians-

#### JN relief for Sri Lanka - Cont. from Page 1

"We must together say 'enough.' Enough of the murder of humanitarian workers, wherever they take place. Enough of the idea that they should ever be a legitimate target for any side in a conflict. Enough of denying them the protection and support that every side should provide, no matter how intense the conflict."

Noting that the deaths of the 17 had not, sadly, been the last, Mr. Holmes voiced the hope that that the anniversary would finally serve as a wake-up call to all those who take too lightly the unique role of humanitarian work-

ers.
"Their sacrifice must not be in

vain," he concluded. "So we owe it to them and to their memory to continue this work, to keep helping those in need in Sri Lanka. We must go on upholding the principles to which they dedicated their lives. Sri Lankans, with the international community, must continue to strive to help and heal, rather than divide and destroy. The devotion of these 17 humanitarians, and the price they paid for it, demand no less."

[un.org]

# The Law Offices of YASO SINNADURAL



Barrister & Solicitor, Notary Public

- Real Estate Law
- **Business Law**



2100, Ellesmere Road, Suite 202 Scarborough, ON, MIH 3B7

**TEL: 416.265.3456** FAX: 416.265.2770

#### **Monsoon Journal**

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

" If one always finds fault with others, will not be surrounded by relatives, kith and kin " -Auvaiyar - Sangam era poetess

Managing Editor & Publisher 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 Harish . G K.T. Kumaran Krishni, L Kumar Punithavel Nate. V

Raymond Rajabalan Rudy Ruthran Shiyam. L

**Circulation Co-ordinator** S.S. Mathavan

#### **Publishing Desk &** Advertising:

toronto@monsoonjournal.com Telephone for Advertising: 416-358-3235

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

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

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

#### Calling Students

"Earn Pocket Money during your spare time" helping with "Monsoon Journal" Subscriptions "Monsoon Journal", the monthly English publication for the South Asian community is recruiting students to canvass subscriptions for the paper during their spare time. Students will be provided leads and lists of prospective subscribers to make their job easy. They will be compensated for every subscription obtained.

Interested applicants, please call: 416 358 3235

Or e-mail: info@monsoonjournal.com "Source for Multi Ethnic Exposure"

#### From the Publisher's Desk ...

## Global outlook two millennia before globalisation!

India is celebrating 60th Anniversary of Independence on Aug 15th. The country is very much drawing the attention of the world all over these days. From being a recipient of foreign technology, India has today made tremendous progress in technolo-

Its fast growing economy boasts of vast talents and pools of resources in several aspects. Its political system of democratic pluralism has withstood several tests. It's a shining beacon indeed on the globe today.

The Monsoon Journal sends greetings and best wishes to the people of India and Indo-Canadians on the 60th Anniversary of the Independence

India's population of 1 billion people consists of a vast majority of who are of less than 25 years of age. This is a tremendous advantage in the global arena where the aging of industrialized

nations' citizens poses an economic down turn in the future. So the boom that India is experiencing is at an early stage today, will undoubtedly be in a position to provide leadership roles in the affairs of the world in years to come; be it economic, political, security and stability.

The economic boom nevertheless has its fair share of those still being left out within India, analysts point out.

The fears include a loss to farming and villages and a neglect of the rural community. And threat to small industries from global conglomerates. Yet the strength of India lies in the firm foundation laid by the founding fathers of India; thousands of martyrs, Mahthma Gandhi and the early governments clearly set out the course of India in domestic and international matters for the long run. They ensured that the past, present and future coexist in remarkable harmony in India.

Former President Abdul Kalam continued to emphasize that vision in persistent ways by stressing that India's full development is centred in the well being of its villagers.

The leadership of India's first Prime Minster Jawaharlal Nehru laid the ground work for greater understanding of the developing world and cooperation with larger powers through the active leadership in the Non-Aligned Movement.

And India is showing flexibility to adopt and accept the globalization phenomenon rather quickly, after some initial shyness.

After all India is the home of the Tamil poet of Pre-Christinan 'Sangam' era - Kaniyan Poongundranar who sang "Yaathum Oore, Yaavarum Kelir; which the renowned Catholic TamilScholar Rev Fr. Xavier Thaninayagam translated as "All the world is my world, all humanity is my fraternity".

A Tamil poet was able to evolve a global consciousness and conceptualize such lofty maxims at a time when the greater mass of humanity had not transcended tribal tendencies and parochial perspectives.

Global outlook two millennia before globalisation!

Former Indian Prime Minister Indira Gandhi provided a sense of pride when she quoted these memorable lines of Kaniyan Poonggundranaar when she addressed the United Nations in

Thus one could expect that its brand of secularism in socio-political-economic terms within India today will feature it across all spectrums on a global scale as

The global community can now anticipate that India's economy, now with an upward momentum will extend and share the better outcomes not only within India but also around the world.

## **Birth Anniversary of Pandit Roopnauth Sharma** - Spiritual Leader

The Executive members of Shri Ram Mandir cordially invite you to join in celebrating birth anniversary of Pandit Roopnauth Sharma from August 21st to August 25th 2007.

To commemorate this special event the following spiritual leaders will be officiating as per programme (Pooja 6.30 PM and Pravachan - 7.30 PM), followed by Preeti Bhoj.

- 1.Tuesday August 21- Pandit Bhojnarine Sharma
- 2. Wednesday August 22 Pandit Kishore Jani
- 3. Thursday- August 23 Swami Aksharananda
- 4. Friday August 24- Swami Aksharananda
- 5. Saturday August 25- Pandit Roopnauth Sharma and Pandit Kishore Jani

For more information please contact The Mandir @ 905-696-8886

Kanayalal Raina **Executive Director Projects** Canada Hindu Heritage Centre 270 Export Blvd Mississauga ON Canada

647-296-4310

#### Vande Mataram - India's 60th Independence Day

Shri Ram Mandir Mississauga will be celebrating India's 60th Independence Day on 15th August 2007 starting at 7.00 PM to 9.00 PM at banquet hall. To celebrate India's Independence Day, the children from MRM Summer Camp along with the help and dedication from the volunteers are going to present an evening show with music, dances, and singing in tribute to our motherland. Preparations for the event are in full swing. All are cordially invited to participate in this function.

**India's 60th Independence Day Celebrations** on August 19th, 2007 Starts at 10am **Dundas Square** 

#### **World Tamil Business Leaders** Conference

"Sharing Success" November 23 - 25, 2007 **Conference Secretariat** 96 Adderley Street, Sydney2144, AUSTRALIA Ph 61-2-97370215, 61-2-97492390 Bala S. Balendra (Convener) **World Tamil Business Leaders Conference (WTBLC)** M: 0416247777 Ph: +61 2 9737 0215 www.worldtamilconference.org

every language

heaven's rehearsal air canada centre, toronto **SEPTEMBER 15, 2007** www.HeavensRehearsal.com

> every people every nation • every tribe





அனைவகுக்கும் இங்கு ஒரே ஞாயிறு அதனால் என்றும் மனிதனாயிகு " வீடு விற்பனை முகவர் Ruthran Cell 416-587-5583 A1 Digital Video & Photography





Question:
Are you Financially
Secure?

# **Medical Professionals Build a Financial Freedom Through Real Estate**

**Poor Dad:** "Go to school, get good grades and find a safe secure job or run your own business" --- He is recommending --- Earned Income

Rich Dad: "The rich don't work for money; they have their money work for them"
--- He is talking about --- Passive Income & Portfolio Income.

Passive Income is mostly Commercial real estate investment

Portfolio Income is income that makes Bill Gates the world's riches man, not earned income.

## Act Now!

THE REAL PROPERTY AND RESIDENCE AND PARTY OF THE PARTY OF

Brand New Condo Retail Plaza (opening summer 2008)

## **Chand Morningside Medical Centre**

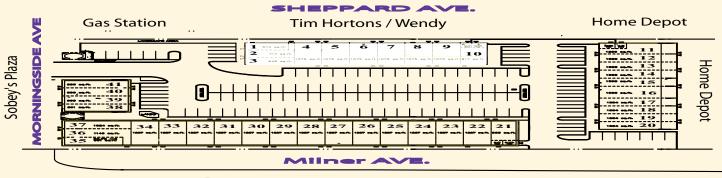
45,000 Sq.Ft. / 4 Building / 41 Units

1145 Morningside Ave. East Morningside / Sheppard **Option 1: Buy** the Condo Unit -- **operate** your own.

**Option 2: Joint Partnership** % share ownership basis.

**Option 3: Invest -Buy** the Condo Unit and **Lease** it out

**Option 4:** Lease your space & operate your own.



## For Sale or Lease

Physicians & Surgeons / Pharmacy with Walk-in Clinic / Optometrist / Podiatric / Dentist x-Ray Clinic / Homeopathic / Physiotherapy—Chiropractic / Dermatologist & Other Professional Offices. Lawyers, Real Estate, Mortgage & Insurance Offices. Plus Resturants, Pizza, Hair Salon, Nails, Computer, Cellular, Jewelry, Bakery, Textiles, Driving School,

Rich People: acquire Assets

Poor and Middle Class: acquire Liabilities and they think they are assets.

**Good debt:** is debt that makes you rich. Good debt is the COMMERCIAL CONDO UNIT, you will be investing in. MONEY BORROWED to buy the Condo = Good debt. Plus a Tax write off!

**Bad debt:** is debt that makes you poorer. HOME MORTGAGE is bad debt, because you are the one paying on it. Other forms of bad debt is RENTING YOUR MEDICAL CLINIC.

The key to financial freedom and great wealth is a person's ability to convert earned income into passive income.

Be a part of co-ordinated Professionals / Medical Centre. Do yourself a favor

Book Your Condo Today!

Option 1 -2-3-4? Let's Discuss



Hannif Highclass @ 416.444.4252 MONSOON JOURNAL

# **Monsoon Living**



# A kid friendly closet

Help children get the hang of getting dressed and staying organized by tailoring a closet to their needs

Leading Household products maker Rubbermaid offers tips:

It's a milestone when a child first learns to button her shirt or tie her shoes. And it's not long before she's choosing her own outfits (often in very colorful, mismatched combinations). Make picking out clothes-and putting them away-as easy as ABC by customizing a closet to suit their needs with low racks and rods that keep favorite clothes and accessories well within your child's reach.

#### "A" is for Adjustable Parts

Do-it-yourself expandable closet kits are ideal for kids rooms because they let you configure everything in an age-appropriate way, then rearrange the setup as your child grows. Extend the upright rails so you can take full advantage of the vertical space and hang components close to the ground.

#### "L" is for Low Hanging Rods

Bring clothing down to kid height. With a double-rod layout, you can place shirts on the higher rod and pants and skirts on the lower one; or put everyday clothes on the bottom with dressier items on top. For girls, be sure to leave room for long dress-



The Configurations Classic Closet Kits made by Rubbermaid is easy to customize for youngsters - and it's simple for grownups to assemble.

es. Inexpensive child-size hangers are best for helping small outfits keep their shape.

"O" is for Out-of-the-Way Storage

Reserve higher shelves for storing sleeping bags and extra blankets. Clearly labeled sweater boxes resting on a shelf can hold off-season clothes or hand-me downs your child has yet to grow

"S" is for a Splash of Color Supplement practical storage pieces, such as canvas bins or a hamper, with splashes of color in the form of a striped rug or a cheerful framed picture.

#### "V" is for Vanity Table

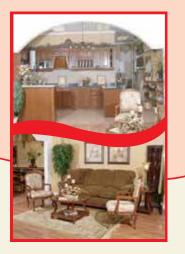
Three-shelf units made by Rubbermaid could be converted into a vanity for a girl's closet, complete with a mirror. A colorful desk-accessories set holds sunglasses and hair accessories. A small wooden stool can be pulled close for primping. The unit's lower shelves can hold T-shirts and shoes; a small bin on one shelf keeps socks and purses tidy.



#### Make your home the most beautiful







**ACCESSORIES CUSTOM MADE DRAPERY & BLINDS CUSTOM MADE KITCHEN CABINETS** 

**Information Line:** (416) 284 – 7464

Visit Our Newly Renovated Convenient Showroom 885 Progress Avenue, Unit #106, Scarborough, ON. M1H 3G3 Take Markham South Exit from HW 401. Take first right along McDonald's

#### ALANKAR DECOR

Elegant interior decorators



**General Contractors** 

Sales • Service **GAS FURNACE** 

Installation

**CENTRAL AIR CONDITION** HUMIDIFIERS **AIR CLEANERS** CENTRAL VACUUM

SECURITY ALARM SYSTEMS

We deal in all makes & models and Repair

**Commercial Alarm** 



Show Room: 3021, Markham Rd, Suite #51 Scarborough, ON

416.930.5117 / 416.332.1989



## GOSHEN ENTERPRISES INC.

Office, Kitchen & Bathroom Renovations **Interior & Exterior Painting** Carpet, Hardwood, Tile & Marble Flooring-Installation & Refinishing **New Windows & Shutters Electrical & Plumbing Upgrades** Eavestrough Installation & Repairs Brickwork & Tuck Pointing



FREE ESTIMATES

**Call for Appointment:** 

Serving All Homes & Businesses in GTA All jobs backed by 100% workmanship guarantee AFFORDABLE PRICING

## Tamils observing Black July thank Canada for providing safe refuge

More than 5000 Tamils from all walks of lives thronged the Markham Civic Centre, Wednesday July 25th evening at 6:00 p.m. to attend a rally titled "We will live among the dead" to remember the state sponsored pogrom of July1983, referred to as Black July and to pay homage to the hundreds who lost their lives during the violence.

Wednesday's event, filled with several other speeches, traditional dances, poetry and skits, were held in gratitude to Canada for opening its doors to thousands of Tamil refugees in the hour of need and providing a safe refuge.

"Sadly, things are not getting better in Sri Lanka, they are deteriorating," Marilyn Churley, NDP federal candidate for Beaches-East York (Former Ontario provincial Minister for Consumer and Commercial relations), told the crowd.

She spoke of killings, abductions and reports of torture in police custody. "We need our government to do more. We need our international government to question (this)," she said.

Several other politicians from all three levels of government speaking at the rally expressed their deepest sympathies to the victims of the genocide in 1983 and called upon all parties concerned to resume talks in order to achieve lasting peace in the island nation of Sri Lanka.

Mr.Anton Philip Sinnarasa, a survivor of the massacre in Welikada prison in his emotional speech emphasised the 53 Tamils killed in the prison lived for their conviction, lived for their dream and died in pursuit of a just

Prof. Fr. J. Chandrakanthan

cause. He appealed to the gathering that all should carry on the dream of the dead.

Prof.Fr.Joseph Chandrakanthan of University of Toronto said that we all carry the burden of memory and we should remember the dead for the sake of living .We should revive our memory for the sake of our future, he added.

The deep scars of the state-sponsored pogrom "Black July" of 1983 painfully etched in the hearts of the Tamils was clearly visible on the faces of the people gathered at the rally ,many of whom recounting the horrors of the past broke down in tears . It is estimated that during the unbridled violence in July close to 1,000 Tamils were killed, thousands of homes were destroyed and Tamils left the country in droves.

The crowd was dotted with Canadian flags and the red and yellow of the Tamil cultural flag.

A large number of representatives from various communities also attended the rally.

Among the galaxy of dignitaries who graced the solemn occasion and spoke passionately at the gathering offering their unreserved support for the cause of the Sri Lankan Tamils were, Markham Mayor Frank Scarpitti, Hon. John McCallum MP (Markham-Unionville) and former Federal Minister of National Defence, Hon. John McKay



A section of the crowd attending the rally

MP(Scarborough Guildwood), Hon.Derek Lee MP(Scarborough -Rouge River), Hon. John McKay Liberal MP for Scarborough-Guild wood ,Hon. Steve Gilchrist (former Ontario provincial Minister for Affairs Municipal Federal Housing)currently Conservative candidate for Ajax-Pickering, Sheila White ,provincial candidate for Scarborough -Rouge River( representing Hon. Howard Hampton-leader of NDP) ,Jack Heath, Regional Councillor for Town Markham ,Prof.Fr.Joseph Chandrakanthan, President of Canadian Tamil Congress, Sri Kugan Sriskandarajah, a peace activist and Ms. Sujany Krishnalingam, President Tamil Students Association , University of Toronto.



Hon.Derek Lee – Liberal MP Scarborough – Rouge River

# Alphonsus & Associate

#### **Chartered Accountant**

#### Services

Assurance Services (Audit and review of financial statements)

Accounting & Book Keeping
Taxation – Corporate and Personal
Business Plan and Forecasts
Financial Statements and Cash Flow Preparation
GST / PST / Payroll services

#### Contact info

308-3852 Finch Avenue East Toronto, ON M1T 3T9

Tel: 416-493-8220 Cell: 647-998-6705 Fax: 416-493-6760

Email: ealphonsus@rogers.com

Call today to get your appointment



Emil Suthahar Alphonsus, CA, CGA, CPA(MI)

# Letters to Editor

#### Usha S Sri Skanda Rajah

The Honourable Jim Karygiannis,

surgery.

The killing with malicious intent of sixty one Tamil school girls (and two staff members) by Sri Lankan President Rajapakse's Government security forces is the first such case ever to have been documented in the world in the new millennium attributed to government forces anywhere.

Not only is this targeted and pre-meditated act a crime against humanity committed with impunity, it is the first case ever heard of where a government through its spokesman not only boasted but also claimed responsibility for such a despicable and cowardly act against the civilian population.

True men in uniform are not only men of valor in my estimate they're decent and dignified in their conduct so much so, they would rather die than ever hurt women and children knowingly.

In my view this is the most unforgivable act of terrorism inflicted on young girls each one

#### Member of Parliament - Scarborough-Agincourt mately \$1,500.00 Canadian), the

Once again, the Canadian Medical Association (CMA) is proposing a two-tiered health care system for Canada. Outaoina President, Dr. Colin McMillan, set out a plan that would permit Canadian doctors to divide their time, as they see fit, between public practice and a private practice for those Canadians with cash or the money to purchase private health insurance. As the owner of the largest private hospital in Canada, the new President, Dr. Brian Day, is vocal critic of Canada's public health care sys-

We do not appreciate our public. not-for-profit health care system. It is only when you start to compare our health care system with the health care system of other countries that we realize that we should build upon and enhance our public health care system. In the introduction to his 2002 Report, Roy Romanow wrote "Strong leadership and the involvement of Canadians is key to preserving a system that is true to our values and sustainable." He concluded that Medicare is far from broken.

In the last year, two members of my family underwent major orthopaedic surgery - one surgery in Canada and one surgery in Greece.

In Canada, a team of orthopaedic specialists gathered in the middle of the night and the patient was given immediate care. The initial care, the surgery and the follow-up care was delivered with care and compassion by dedicated health care personnel. There was no question about my ability to pay - we carry an OHIP

In Greece, which has a twotier health care system, after spending a night in pain and the payment of 1000 Euros (approxiof them just about to bloom into womanhood - the ambitions and goals they would have nurtured were destroyed with them.

Sixty one of tomorrow's potential leaders and intellectuals, the love and life of doting parents, guardians and siblings, the pride and joy of the Tamil Nation were murdered in cold blood by one cruel and barbaric State.

It's such a shame that the State responsible has not been condemned by other States. Rajapakse's will Government and the security men, the perpetrators who committed this dastardly act, the murderers who snatched these young lives in their prime ever be punished and when would these young victims ever receive jus-

As we cherish the memories of these precious young lives let us vow to be loyal to the cause for freedom of our Motherland.

patient underwent the necessary

Our health care system needs to be enhanced. The previous Liberal government dedicated \$5.5 billion to the Wait Times Reduction fund to help provinces reduce the length of time for certain health care procedures.

During the last election. Stephen Harper promised to implement his "Patient Wait Times Guarantee". The concept of the Guarantee was that patients must be able to receive treatment in a medically acceptable maximum time. If the treatment was not available in their own area, patients would be given the option of receiving treatment at another hospital or clinic, even outside of their home province.

Once elected, Harper, Flaherty and the Conservatives downloaded responsibility to reduce wait times to the provinces and territories without investing any new money. This brings to mind a statement by Stephen Harper "Health care will continue to deteriorate unless Ottawa overhauls the Canada Health Act to allow private health care delivery and to experiment with market reforms."

Canada's publicly funded health care system is, once again, under attack. The battles lines are clear - your health card or your credit card. I know which side I'm on.

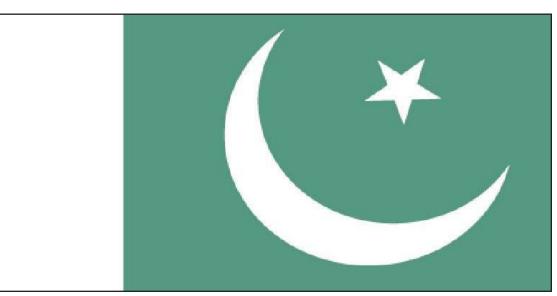
Stephen Harper. the Conservatives and Drs. McMillan and Day are on the side of your credit card.

Canadians must tell the CMA and the Conservative government, loud and clear "Leave our health care alone."

We must make sure that our health care system is enhanced, not butchered.

## Happy 60th Independence Day to Pakistan

August 14, 2007



Pakistan, officially the Islamic Republic of Pakistan, is a republic in South Asia, marking the region where South Asia converges with Central Asia and the Middle East. It has a 1,046 kilometer coastline along the Arabian Sea in the south, and is bordered by Afghanistan and Iran in the west, India in the east and China in the far northeast.

Pakistan is the sixth most populous country in the world and is the second most populous country with a Muslim majority. Its territory was a part of the pre-partitioned British India and has a long history of settlement and civilisation including the Indus Valley Civilisation. Most of its current territory was conquered in the 1st millennium BCE by Persians and Greeks and ruled by them for a few centuries. For the rest of history the region was part of a larger Indian kingdom or under local or regional rulers. Later arrivals and conquests include those by the Arabs, Afghans, Turks, Baloch and Mongols. The territory was incorporated into the British India in the nineteenth century. Since its independence, the country has experienced both periods of significant military and economic growth, and periods of instability, with the secession of East Pakistan (presentday Bangladesh).



PRIME MINISTER · PREMIER MINISTRE

August 14, 2007

Greetings from the Prime Minister of Canada for Pakistan's Independence Day

I am pleased to extend my warmest greetings to all Pakistani-Canadians celebrating the 60<sup>th</sup> anniversary of Pakistan's Independence Day.

In 1947, Muhammad Ali Jinnah's vision of an independent Pakistan became a reality. Today, as you celebrate Pakistan's culture and heritage, you may take great pride in your contributions to the strength, prosperity and diversity of this great country we all call home - Canada.

Canada has always been willing to help Pakistan in times of need, and for more than forty years, Canada has been a proud contributor to Pakistan's economic and social development.

Reflecting our shared interest in a more secure world, Pakistan is an important partner in combating terror and in helping the international effort of building a stable, democratic and self-sufficient Afghanistan.

On behalf of the Government of Canada, please accept my best wishes for a memorable celebration.

Sincerely,

The Rt. Hon. Stephen Harper, P.C., M.P. Prime Minister of Canada



## Fair Appeal for Domestic Worker on Death Row Student magazine editor gunned

#### Sri Lankan Under 18 at Time of Alleged Killing

The Saudi Court of Appeals should recognize that a foreign worker on death row was a child at the time of her alleged crime, when a baby died in her care, Human Rights Watch said recently. The court should also review the fairness of the original investigation into Rizana Nafeek, a Sri Lankan domestic worker, and her

Last month, a Shari'a court in Dawadmi, Saudi Arabia, sentenced to death Nafeek, 19, ruling that she had murdered an infant in her care in 2005. Nafeek filed an appeal last week. International law prohibits the death penalty for crimes committed before the age of 18.

"This case raises many troubling questions about the treatment of children and foreigners in Saudi Arabia's criminal justice system," said Nisha Varia, senior researcher in the Women's Rights Division of Human Rights Watch.

Human Rights Watch urged the appeals court to consider evidence verifying Nafeek's age was 17 at the time of the incident, review her access to lawyers and translators during the interrogation and trial, and examine the conditions under which she made a confession.

Nafeek had been employed in Saudi Arabia for two weeks as a domestic worker when her employers' 4-month-old baby died while entrusted to her care. Human Rights Watch obtained a copy of Nafeek's birth certificate, which shows her year of birth as 1988, although her passport lists it as 1982. Human Rights Watch's research in Saudi Arabia and Sri Lanka in late 2006 found that migrant workers are often unfamiliar with immigration regulations, and labor recruiters routinely falsify workers' passports in order to meet age requirements for jobs abroad.

Saudi Arabia is a state party to the Convention on the Rights of the Child (CRC), which expressly prohibits the death penalty or life sentences without parole for offenses committed before the accused turned 18. Nevertheless, Saudi law gives judges wide discretion to treat children as adults in criminal cases, and courts have imposed death sentences on children as young as 13. Individuals charged with a capital offense rarely have access to lawyers during interrogation and trial, and often do not even receive a copy of the verdict.

"By imposing the death sentence on Nafeek, who was 17 when the baby in her care died, Saudi Arabia flouts clear and specific human rights obligations," said Varia.

Human Rights Watch also urged the government of Sri Lanka to provide stronger protections to its workers abroad. There are approximately 8 million migrant workers in Saudi Arabia, including 400,000 to 500,000 workers from Sri Lanka. Those facing criminal charges often have poor access to translators, legal assistance, and information about their cases. Nafeek, first arrested in 2005, did not have access to legal counsel until after the court sentenced her to death in 2007.

Sri Lankan embassies have begun to provide support services for migrant workers who have either faced workplace abuse or been accused of crimes, but these remain grossly inadequate compared to the demand. The Sri Lankan government should ensure provision of timely legal aid to its nationals facing criminal complaints, and legal aid, shelter and other assistance to nationals who have suffered abuse. The government of Saudi Arabia should provide legal assistance free of charge to criminal defendants who cannot afford to hire a

Human Rights Watch opposes the death penalty in all circumstances because of its inherent cruelty and its finality. Given the possibility of mistakes in any criminal justice system, innocent persons may be executed. In 2007, Saudi Arabia has executed more than 100 persons.

[HRW1

# down at his home in Jaffna

Reporters Without Borders voiced outrage at the murder of Sahathevan Nilakshan on 2nd Aug, a journalism student and editor of a publication linked to a student union. He was shot dead by gunmen who entered his home near Jaffna before the end of a nighttime curfew.

"This latest shooting of a young journalist after the murder of a reporter with the daily Uthayan in April confirms that the Jaffna region is one of the world's most dangerous places for the media," the press freedom organ-

"The fact that this morning's murder took place during the curfew again raises questions about the possible complicity of the security forces. We call for an investigation and an exemplary punishment for those found responsible."

Aged 22, Sahathevan was killed by two men who arrived on a motorcycle at his home in Kokuvil, 3 km from Jaffna, walked inside and shot him several time. He died a few hours later in a Jaffna hospital.

Sahathevan studied at the Media Resource Training Centre (MRTC) in Jaffna, which is supported by UNESCO and Denmark. He was one of the editors of Chaa'laram, a magazine linked to the Federation of Jaffna District Students that is known for supporting Tamil nationalism.

The Free Media Movement, a Sri Lankan NGO, said Sahathevan has just attended a seminar in Colombo in which MRTC students had talked about the situation of journalists in Jaffna. The Tamilnet website, which covers Tamil affairs, said Sahathevan had played an active role in events marking the second anniversary of Tamilnet editor Dharmeratnam Sivaram's murder.

[RSF]

#### Kamalasabayson is no more

By S.S. Selvanayagam

Former Attorney General K.C. Kamalasabayson passed away yesterday morning while receiving medical treatment at Apollo Hospital in Chennai, South India. He was 58.

Arrangements are being made to bring his remains to Colombo for last religious rites. Funeral arrangements would be notified

The late Mr. Kamalasabayson was highly respected in the legal arena. He cut his teeth in the realm of law under the tutelage of legal luminaries H.V. Perera QC and E.R.S.P. Coomaraswamav.

He served as the Attorney General since 1999 till his premature retirement this year. Hailing from Trincomalee, he was a past pupil of S. Thomas' College, Mount Lavinia. He passed his final examination for the admission of Advocate with honours and was enrolled as an Advocate on June 23, 1972.

He practised for two years (1972 - 1974) as an Advocate in both original and appellate courts as private counsel. He joined the Attorney General's Department in August 1974 and served as State



Counsel at the outset and later as Deputy Solicitor General. Additional Solicitor General and Solicitor General before climbed to the zenith as Attorney General. Mr. Kamalasabayson was appointed President's Counsel in 1996 and received his appointment as Attorney General in October 1999.

He successfully completed the Government Legal Advisors' course at the Institute of Advanced Legal Studies at the University of London, a course in International Contract Negotiation from the International Law Institute in Washington, USA and a course in Construction Contracts at the International Development Law Institute of Rome in Italy.

#### returning home IDPs 'fear'

Internally Displaced Persons (IDP) in eastern Sri Lanka say authorities are creating impediments to their return home.

IDPs in a camp in Navatkuda, Batticaloa, told BBC Sandeshaya they would like to go back home but worried about their safety.

The IDPs who were displaced more than a year ago from Muthur due to escalating violence said the security forces are creating fear psychosis among those who are willing to resettle.

#### Photos taken

The Special Task Force (STF) has begun a process of taking photographs of every IDP returnhome, a man from Muttichchenai said.

"A photo is taken for the second time of the suspected males, and they are not allowed to leave from the villages after resettlement. People ask why the photos are taken of their husbands and brothers, who are innocent and have nothing to do with the LTTE. "Out of 374 people of 97 families initially housed in Navatkuda, 75



Refugees say children get diarrhoea after eating 'sticky' rice given as dry rations families (302 people) are still living with mere basic facilities.

#### Three toilets shared

Three toilets are shared by all 302 people while the only one well is shared by all males and females. There is neither a fence nor wall around the well.

A woman from Eachchilampattu says men are prevented from earning their living due to

> facilities should be provided for them to return home, they said.

[bbcsinhala.com]



Poomaraththadichchenai

the village.

there was no guarantee of return-

ing home even if they go back to

destroyed. There is no house.

They told us that there is a camp,

and people who will come under

fifty meters will be relocated in a

"Our houses had been

No home to go back

Devotees taking a dip in the sea on Aadi Amaavasai Day, Sunday, August 12th near the Mutwal Temple in Colombo, Sri Lanka



The well is shared by over 300 refugees. Both men and women take bath in open space

# Tamil American Peace Rally

#### Speech by Dr. Ellyn Shander M.D

Full Text of Speech delivered by Dr. at the Capitol Hill Washington DC Peace Rally on July 23.

First I want to say how honored I am to speak at this rally. I want to express my appreciation to the organizers who had the vision to invite us together for this important cause.

And a heartfelt thank you ,to each of you who took the time to travel from your homes and express your solidarity, here in Washington DC, with the Tamils in Sri Lanka, who dont have the opportunity to be here today expressing their anguish and despair.

I am an American physician that went to Sri Lanka and volunteered my services in the North, 6 weeks after the Tsunami. I returned 6 months later for a follow up visit.

All of us remember the devastation of the tsunami, villages flattened, whole families swallowed up, lives shattered. For a brief moment in time, Sri Lanka was illuminated. I traveled the road from Killonochi, thru the elephant Pass up thru the fishing villages that dot the shore. I met the most beautiful people. And an extraordinary thing happened to me. I fell in Love. I fell in Love with the people, their courage, their strength and their willingness to invite me into their homes and share their grief. I helped the families make sense of the incomprehensible; I treated the children, and met teachers, fishermen, moms, dads, people just like us, trying to hold their families together in extraordinary circumstances.

I took their pictures home with me... and left a piece of my heart there, in a small fishing village on the North east coast.

When the civil war broke out again, I was sad, When the government closed A-9 I was devastated! I have no words for the madness that stalks the north and east today.

You see for me this crisis IS personal. The Tamils who are being bombed, killed, abducted, tortured, starved and denied medical care are family to me. Their pictures are in my home, and I will NOT stop fighting for peace and justice for them.

Today NGO's are denied access to the North and East by a stalled government process. The government refuses to open A-9, the highway that supplies food and medicine to the North. More than 500,000 civilians are being held hostage there. Shelling by government troops continues to rain on civilian areas. If the hospitals are closed and have limited medicines and few doctors, how does a maimed or burned child get help??

What is this madness?

Tamils are being forced to return to areas that have NOT had low mine clearance. They are forced from one camp to the next as the fighting spreads, they have no income and have to depend on food handouts from aid agencies

What is this madness?

International agencies are reporting rampant malnutrition in the northern Jaffna district.

Fisherman are denied access to the sea. In Vavunia last week 4 Tamils were shot. One of them a 14 year old boy. How can this be happening??

What is this madness?

On July 14 and 15th the SL Army launched heavy sustained rocket fire on the PULLY-YOUNG-KULLAM hospital in Vavunia. 2 shells exploded right inside the hospital. It used to serve the needs of 15,000 inhabitants

What is this madness?

What government kills its own civilians? The govt of Darfur, the former govt of Saddam Hussein, and the govt of Sri Lanka.

What is this madness??

The war is reported as a fact sheet of military conquests.. Very little is said about the real victims of this war. The Tamil people who are dying in the thousands

What is this madness?

Children cannot go to school, medical students in Jaffna the future pride of the Tamil people cannot finish their studies, and the youth are being kidnapped and torn from their families

What is this madness?

You know The opposite of this madness is a dream that I have.

Martin Luthur King a great American stood close to here and shared his dream. America is a place of dreams.

Today I want to share mine with you!!

I have a dream that every Tamil can feel the breeze on their cheeks without worrying about being killed

I have a dream that every Tamil can look up at the sky and check the weather without checking to see if their government is raining bombs on them today

I have a dream that every pregnant Tamil will have access to a hospital and only be concerned if she is having a boy or girl and NOT whether a SL Army shell will take her life and her newborns

I have a dream that every Tamil child can laugh and go to school in freedom and not worry that her family will be dead when she returns home or to the refugee camp.

I have a dream that the fishermen I met can go out on their boats again and bring home their catches, and not worry about being tortured and kidnapped.

I have a dream that no Tamil person will ever have to be on rations, or be without .doctors or medicines.

I have a dream of Tamil weddings, birthdays, and festivities in a peaceful self governed state called Tamil Elam.

Land does not belong to people!!

It is people that belong to land.

The Tamils belong to their land.

Please let us work toward stopping this madness.

Let us work towards peace talks.

Let us work towards Justice and Freedom for every human being in Sri Lanka

Denying the right to self determination is a violation of human rights!

Today I ask the Sri lankan govt a question

equally, fairly, or humanely
Then what is wrong with a 2 state solu-

If you don't want to treat the Tamils

TWO STATES IN PEACE IS BETTER THAN ONE STATE IN WAR!!

Stop the persecution of the Tamils!!!

Let us call today for an independent state for the Tamils before it is too late and there are no more Tamils left in Sri Lanka

Please peace for Tamil Elam!!!!! STOP THE MADNESS

THANK YOU



CRITICAL ILLNESS INSURANCE is specially designed to give you the peace of mind that your finances will remain healthy when your life is in transition between health, illness and recovery.

CRITICAL ILLNESS INSURANCE provides you and your family with a cash benefit when you are diagnosed with a critical illness. It allows you to focus your energy on recovery and not worry about your finances.

If you are diagnosed with critical illness, receive up to \$2 Million.

If you stay healthy, receive your entire premium back.

Call me for more detail or visit my website.



Ken Kirupa, AICB
Life Insurance Broker
Direct: 416.830.8191
Liland Insurance Inc,
759 Warden Avenue,
Toronto, ON. M1L 4B5.
Office: 416.759.5453



## **Another Successful Program Conducted for the Graduates**

This year also, in order to help the graduates, particularly of Sri Lankan heritage, the Association of Sri Lankan Graduates (ASGC) conducted a program titled "Career Fair & Networking" from 10 am to 4 pm on Saturday July 28, 2007 at the Scarborough Civic Centre. The admission for this valuable event was free. The highlight of the event was the launching of a "Career Mentorship Program" which would help enormously the graduates to gain entry into their own pro-

Graduates of Sri Lankan heritage who had obtained their university education in grant should take in order to get into the Canadian job market and presented the information about the programs available at Skills for Change for the local Canadian graduates as well as foreign trained graduates. Both presenters then answered many questions put forward by the graduates.

Short speeches made by Ms. Suganya Sinnathamby of the York Region District School Board, Mr. S. Kannan of Scotiabank, Mr. L. Sasidaran of Honeywell, Dr. T. Vasanthakumar and Mr. Kuna S. Kunasekaran of the ASGC contained useful information about available job opportuni-



Canada or Sri Lanka or any part of the world were eligible to get enrolled into the Career Mentorship Program and greatly benefitted.

The Association's President Dr. K. Theivendirarajah in his welcome speech mentioned that it was one of many programs the Association organizes for the benefit of the graduates and he assured that the Association is prepared to help the graduates of Sri Lankan heritage irrespective of where they received their university education. He also added that the Career Mentorship Program will definitely help the graduates obtain jobs in their own professions through powerful mentoring and net-



Following welcome speech, Dr. Jean Augustine, Ontario's Fairness Commissioner from the Ministry of Citizenship and Immigration delivered a greeting spe She expressed her appreciation of the services rendered by the ASGC to the community and assured that her support will be there to the ASGC in their excellent programs that benefit the community.

As the highlight of the event, Mr. Surren Balendran, Vice President of the Association launched the "Career Mentorship Program" that was initiated by the ASGC help graduates to gain entry into their own professions. He explained how the program would efficiently function and stressed the importance of mentoring and the value of networking. An elegant pamphlet containing the details of the mentorship program was distributed to the graduates.

Thereafter, Ms. Mano Vishwa of the A.C.C.E.S explained the details of the programs tailored for the graduates and conducted by A.C.C.E.S. The second presentation was given by Ms. Holly Best of the Skills for Change. She outlined the steps an immities for graduates, what the employers expect from a successful graduate and how the graduates should prepare themselves for their job search.

The Association's Secretary Mr. Ram C. Ramanathan delivered a vote of thanks in which he listed and thanked those who supported the Association in organizing and conducting the event. He also assured that graduates can count on the ASGC to help them out in any of their problems related to jobs in their own professions or membership with their professional bodies or discuss about latest techniques in their professions. A free light lunch was provided to all the graduates and the employers/training

The graduates enthusiastically discussed with the potential employers and the training providers who set up booths in the rotunda area of the Scarborough Civic Centre. The booths in the Career Fair were occupied by The Association of Sri Lankan Accountants of Canada, York Region District School Board, Edward Jones, Scotiabank, Cantam Group, ACCES, Skills for Change and Computek College opened up their booths at the career fair. From morning till 4 pm more than a hundred of graduates visited the career fair, obtained useful information verbally as well as from the pamphlets supplied by the employers / training providers. The graduate participants joined in the Career Mentorship Program, already made contacts with many senior professionals who were present at the fair, collected plenty of information and went home with a confidence that they would get a job soon in their own professions. Similarly, the executive committee of the Association also went home with a great satisfaction that they have rendered an excellent service to the Tamil community. The photographs show the President addressing the participants, some of the participants and some of the presenters.

For Advertisement enquiries contact

MONSOON JOURNAL 416 358 3235

## Computek College

**BUSINESS • HEALTH CARE • TECHNOLOGY** 

www.computek.edu

Providing corner training for 15 years Changing your life begins with us ....



#### MEDICAL OFFICE ADMINISTRATION



26 Wks. Diploma Program Co-op placement (optional)

- Anatomy and Physiology
- Medical Terminology Medical Transcription
- Medical Coding/Billing Patient/Client Relations
- Medical office Admin. Procedure
- Windows XP , MS Office Payrol Administration
- Accounting Practice: QuickBook
- Dental Office Management

#### JOB OPPORTUNITIES

Graduates of this program may find employment in Doctor's offices. Dental officers. Medical clinics, Hospitals, Nursing Homes, Research facilities, Phamaceutical Companies etc. as

- Medical Office Assistant
- Medical Admin. Asst.
- Medical Receptionist
- Medical Secretary ■ Medical Records Clerk
- Hospital ward/unit Clerk

Graduates of this program may find employment in

Child Care Centres, Nursery Schools, Family-

Home Child Care Providers etc. as:

■ Child Care Assistant

Child Care Worker

■ Day Care Worker

■ Day Care Teacher

■Preschool Worker

■ Infant Day Care Worker

JOB OPPORTUNITIES

Graduates of this program may find employment

in financial service indenstries, Govt. services,

Accounting Assistant

Accounts Manager

Payroll clerk

Clinics etc. as

Payroll Administrator

Accounts payable clerk

JOB OPPORTUNITIES

Personal Support Workers may find employment in

Community Health care Agencies, Long-Term Health care facilities, Retirement Homes, Hospitals,

Hospices, Group Homes, Rehabilitation

■ Personal Support Worker

Personal Care Attendant

■ Home Support Worker

Resident Care Aid

Nursing Assistant

Accounts Receivable Clerk

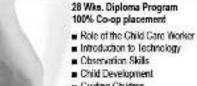
Accounts administrator

manufacturing companies & etc. as

JOB OPPORTUNITIES

Early Childhood Educator Asst.

#### EARLY CHILDCARE ASSISTANT



- 28 Wks. Diploma Program 100% Co-op placement
- Introduction to Technology
- Observation Skills
- Child Development
- Guiding Children
- Children and Technology Communication Skills
- Health and Safety
- Nutrition ■ First Aid/CPR

#### COMPUTERIZED ACCOUNTING



24 Wks. Diploma Program Co-op placement ( optional )

- Wincows XP MS Word MS Expel Level 1, 2 & 3
- MS Outlook
- Bookkeeping . Financial Accounting
   Payrol Administration Simply Accounting Level 1 & 2
- Quick Books Level 1 & 2
- ACCPAC (GIL, A/P, A/R) ACCPAC (Canadian Payot)

#### PERSONAL SUPPORT WORKER



24 Wks. Diploma Program 100% Co-op placement

- Interpersonal State
- Safety & Abuse Assisting a Person with Mobility
- Household Mgt. & Vical Preparation
- a Ougr live impainment. Wentel Health Issues
- Assisting to Manage organig Conditions
   Assisting with Medications
- Assisting a Person who is dying
- CPR & First Aid

## BUSINESS ADMINISTRATION

## **OFFICE ASSISTANT**

#### APPLICATION DEV.

Desktop Applications C/C++, VB

C#, VB.Net, ADO.Net Web Applications

HTML, Java Script, CSS ASP, Net, JSP

QA / TESTING Bug Tracking Ent. Appl. Fundamentals

SQL for Testers VB Scripting QuickTestPro WinRunner

LoadRunner

#### NETWORK

#### Hardware (A+) Assembly

Trouble Shooting CCNA

UNIX Admin I & II

Weekend &

#### Financial Assistance

Financial Assistance may be available for those

#### Welcome to:

- Social Assistance receipients
- Ell currently receiving / received receipients (within 3 yrs)
- Meternity benifits received receipients (within 5 yrs).

Evening Courses Canadian Security Courses, QA / Software Testing, AccPac, Quick books, Simply Accounting, MS Office, VB, Java, C++, Visual C#, Net, A+, MCP, MCSE, CCNA, Photoshop

More Info , Call

Dr. Vasanthakumar (Tham)

#### Kennedy / Sheppard

(North-East Corner)

Tel: 416-321-9911

2347, Kennedy Road, Suite 301 Scarborough, ON., M1T 3T8

#### Kennedy / Eglinton

(N/W Comer, Above Library)

Tel: 416-285-9941

2390 Eglinton Ave East, Suite 248 Scarborough ON M1K 2P5

## TamilNet launches column on the etymology of place names in Sri Lanka

TamilNet.com has recently launched a column on the etymology of place names in Sri Lanka. This feature, titled 'Place name of the Day,' appears on the right column of the first page. TamilNet says "the aim is not only to investigate the etymology, meaning, spelling and pronunciation, but also to kindle looking at the cultures and heritage behind the concepts of nomenclature."

The news site adds that the column on place names is a forum for objective outlook and analysis. TamilNet also wants to publish place names that are not available in maps or official documents. It has requested readers to send names along with details of their

location, village, GS area and

other pertinent information, of

obscure, but revealing place

names, known only to locals to

column every month, courtesy of

TamilNet.com. The following col-

umn appeared recently, about

Chaavakachcheari, largest south-

ern town in the Jaffna peninsula:

Monsoon Journal will feature a

tamilnet@tamilnet.com

Chaavakar

Cheari

meant the people of Java, was also a collective term for all who were later identified as Malays. Javanese (Bahasa Indonesie) and Malay (Bahasa Malayu) are basically the same language.

As a linguistic and ethnic term today, Malay includes the natives of Malaysia, Indonesia and several others in Maritime Southeast Asia and in the Pacific Islands. But the word of identity originated from Malaya-dveepa (Malaya and Malaysia later; The Hilly Peninsula; Malai - hill), which is another Sanskrit / Tamil geographical term.

The interactions between the southern parts of South Asia and Maritime Southeast Asia is of

remote antiquity, perhaps going

the geography of the maritime

The determining factor was

back to prehistoric times.

The settlement of the Javanese

Maritime Southeast Asia)

Javanese (the word meant the entire Malays in general);

Chaavakam: Java (generally stood for the whole of

Settlement, hamlet (usually non-agricultural)

coastline of Jaffna, which is nine degrees forty two minutes, and proximity Naakappaddinam, allowed Jaffna to play a role in this South -Southeast Asia communication.

The earliest reference to Southeast Asia in Tamil literature is related to the trade with Kaazhakam (Paddinappaalai, a Changkam anthology).

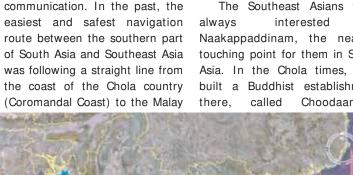
Kaazhakam was the country of Kadaaram according to early Tamil lexicons (zha and da interchange). It was also known as Kidaaram and identified with Kedah in the Isthmus of Kra

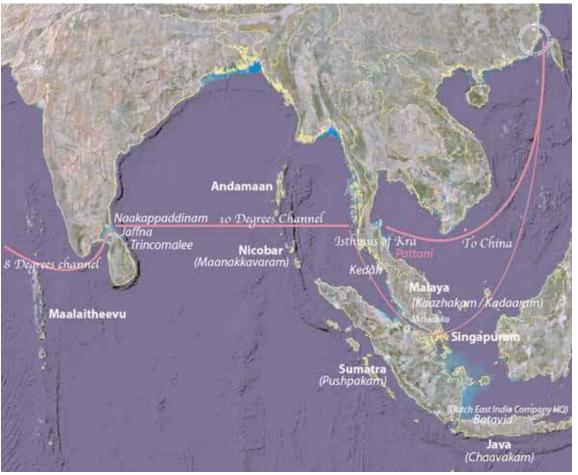
from Naakappaddinam are well recorded in History.

The Southeast Asians were interested Naakappaddinam, the nearest touching point for them in South Asia. In the Chola times, they built a Buddhist establishment Choodaama'ni

region of today's Malaysia. The long impact of Tamils and Tamil culture on Southeast Asia through religion, language, writing system (Tamil Brahmi and Pallava Granta), literature, art and architecture, ruling dynasties, trade guilds, expeditions of the Cholas and the foundation of the Sultanate of Malacca by a prince

But, such contacts and impacts were never one sided.





South India, Sri Lanka and Southeast Asia: Navigation Routes [Image outline courtesy: Google Earth]

#### Chaavakachcheari

(Chaavaka+chear)i

Chaavakam is the Tamilized name for the Island of Java which is a part of Indonesia today. Yaava-dveepa or Jaava-dveepa is the Sanskrit name for that island.

The name, which means The Island of Millets, is found in early literature like Ramayana.

For a long time in history, Java remained the political and cultural centre of maritime Southeast Asia. Hence, the word Chaavakam stood for the entire region that included today's Indonesia, Malaysia, Singapore, Brunei, Phillipines and East Timor.

Chaavakar, which originally

Peninsula, passing through a gap in the archipelago of Andaman and Nicobar Islands.

This route corresponded to ten degrees north latitude, and today called by that name as Ten Degrees Channel. It was also the route to go to China, either by traversing the Isthmus of Kra by land and then boarding another ship, or by navigating the Malacca Straits and passing through

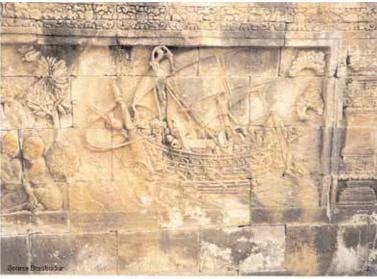
The shortest contact points in this route were the Kedah region of Malaysia (Kadaaram) in the east and Naakappaddinam in Tamil Nadu in the west.

The latitude of the northern

Panma Vihaaram.

Around mid 13th century ACE, Chandrabhanu, a Chaavaka (Javanese) ruler of the kingdom of Tambralinga, invaded Sri Lanka, twice. According to Sri Lankan chronicles, his armies, wielding blow pipes and poisonous arrows, landed and attacked Trincomalee Polonnaruva.

Tambralinga is identified with Ligor, which is in the Isthmus part of Thailand, close to Kedah (Kadaaram) of Malaysia. The capital was Pattani (pronounced Paddani). In Tamil, Paddinam means city, especially a coastal



An ocean going sail ship of the maritime legacy of South and Southeast Asia, from the sculptural panels of Borobudur, Central Java. [Courtesy: WWW Virtual Library South China Sea, Middlebury College, Vermont]

It is often pointed out that Chandrabhanu invaded Sri Lanka from a Southeast Asian kingdom, which at that time was Javanese, but heavily influenced by Tamils.

He succeeded in occupying Northern Sri Lanka and ruling it from Jaffna. The Chaavaka rule of Jaffna seemed to have lasted three decades.

Note the strategic importance of Jaffna to a ruler of the Isthmus of Kra for the control of navigation routes. It is exactly for the same reason the Dutch, who had their colonial empire in the East Indies, paid a special attention to Jaffna and maintained their colony at Naakappaddinam for a long time.

The Chaavaka rule was brought to an end by the defeat of the son of Chandrabhanu by the Pandyas, which paved way for the beginning of the rule of Arya Chakravartis as kings of Jaffna.

Thus, the beginnings of the last Kingdom of Jaffna, which fell to the Portuguese nearly four centuries later, are often traced back to the Chaavaka rule of Jaffna.

Chaavakach-cheari, and Chaavaang-koaddai (the fort of Javanese. located near Naavatkuzhi in Jaffna) are remnants of the Javanese or Malay legacy in Northern Sri Lanka.

The Malays, who have become Muslims in the time spanning between 13th and 16th century ACE, continued to play a role in the affairs of Sri Lanka. The Malay mercenaries participated in the expeditions of the Portuguese and the Dutch in Sri Lanka. They played an important role in the capture of Jaffna and Mannaar by the Dutch in 1657.

From 1706 on wards, a large number Malay nobility and their families was brought to Sri Lanka

as war prisoners by the Dutch, as the Dutch were expanding their colonial empire in the Dutch East Indies. Such immigrants constituted the Malay ethnicity, which today make 5% of the Muslims of Sri Lanka.

Those who founded the settlement of Chaavakachcheari were Malays prior to their adoption of Islam. They were Buddhists and Hindus at that time and were assimilated with the local popula-

The suffix of the place name Cheari, is an old Tamil word for settlement, found used since Changkam times.

Cheari means a cluster of houses or a place where people gather (chearum idam). In this sense, it also meant a street in the Changkam diction.

The lexicons Thivaakaram and Pingkalam note Cheari as a campsettlement.

In literary and inscriptional usages, a Cheari is usually located at the outskirts of a city or a large village, and is inhabited by communities such as cattle herders, drummers, toddy sellers etc.

Tholkaappiyam, the oldest available Tamil grammatical text, refers to Cheari mozhi (the language prevalent in chearis), which means, corrupt Tamil.

Perhaps, the foreign and military characteristics of the settlement were implied by the choice of the suffix cheari for the place

Chaavakachcheari is the headquarters of Thenmaraadchi division of Jaffna district.

A comparable place name nearby is Maaseari (Maa-cheari) which means the big settlement. Maaseari is a GS area in the Thenmaraadchi division.



# Monsoon Arts

## An Arangetram with a difference

by Devi

It was the 28th of July 2007, and the Markham Theatre for the Performing Arts was packed to capacity for the Bharathanatya Arangetram or solo debut performance of Ms. Aarani Kandeepan the seventeen year old daughter of Kandeepan and Meera. Aarani took the audience by storm with her scintillating, graceful and precise performance. Being a pupil of Srimathi Nirmala Suresh, herself a student of Dr. Padma Subrahmanyam, Aarani follows her unique and unmistakable style. There was a hush as the curtain opened for the Salangai Pooja or invocatory religious ceremony by Aarani's.spiritual guru, Haran Aiya of Rochester, New York, who has known her since childhood. After paying obeisance to her other Gurus and musicians the performance commenced with the traditional invocation to Lord Ganesha

Mallari and Thevaram in Gambera Natal, to the accompaniment by Sri Parameswaran on Nathaswaram (Indian Oboe) and Nadarajan on Thavil (an Indian version of mid sized powerful drum), commenced the programme. Garbed in orange and white, Aarani made a prayerful

Thalam in itself is complicated, but Aarani was equal to its pure Nritta and carried it through with ease, all the while exuding a confidence that grew with the progression of the dance.

In the next item - Kavadi Chindu (literally Kavadi song) composed by the great poet Subramanya Bharathi, Aarani tripped in and performed with verve and joy. The male and female voices of the vocal duo blended beautifully and added luster to this folk item which in turn had a relaxing effect on Aarani. At this juncture Shrimathy Sangeetha Kokulan provided a musical interlude with the song "Kumara Malai Kuilinangal", which provided a much-needed respite for a costume change for Aarani.

On the heels of Kavadi Chindu came Varnam, in a garland of nine Raagas namely Raagamalika to set to the Adi Thalam. Varnam is the piece de resistance of any Bharathanatya Arangetram. This piece presented the nine moods or Navarasas, with episodes from "Siva Puranam" and "Thiruvilayadal Puranam" interspersed with Jathis, thus covering the Nritta (pure dance ryththm and keeping time to the music) Nrithya (dance with Abhinaya or

Jayaraman's motive in this composition. One cannot but praise the Natuvangam artists, Sri Srikanth and Shrimathi Nirmala Suresh, the flutist Ajanthy Madanaakaran, veenayist Jayanthi Ratnakumar, and miridangamist Amritnath, for their expressly spiritual rapport with Aarani.

After the intermission came Maadu Meikum Kanna - a composition by Oothukkadu Venkata Subbaier, set to raagam Tisra Ekam, depicting a conversation between Lord Krishna and Mother Yasoda. Vocalists Arun Gopinath and Sangeetha Kokulan alternated singing the lyric with expressive resonance. This was a cakewalk for Aarani, after a grueling Varnam. I was reminded of a famous poet's words "Come and trip it as you go, On the light fantastic toe". In this piece too, her Abhinaya was excellent.

Padam Thagath Thagath in Raagam Sivasakthi, set to Adi Thalam by Bharathiar, accents the compassionate nature of Sakthi, Siva's consort. Subramanya Bharathi's passionate words divinely vocalized by Gopinath, activated Aarani to sublime heights of Bava, which culminated in serene surrender to the muse of dance. The item concluded with a Thani Avarthanam or a few intense minutes where the dancer is required to keep perfect time to a complex rhythm pounded out by the drummer. Aarani's ability to perfectly follow the fast beat was well appreciated by the audience who burst into spontaneous applause. The following item Deena Saranyane in Raagam Karna Ranjani, set to Adi Thalam composed by Neela Ramamoorthy, describes the beauty and irresistible qualities of Lord Krishna. This item was skillfully executed with finesse by Aarani, in a relaxed mood.

During a change of costume, Gopinath gave a serene rendering of "Enna Thavam Seithanai", at the specific request of Aarani. Following this, the dancer performed a fusion item called Vismayam, which in my opinion, struck a rather discordant note in the hitherto melodious proceedings, as the instrumental music was loud, soulless and jarring, in spite of the excellent acoustics prevalent in the theatre. Aarani performed as well as she could, under the circumstances. A lot was left to the imaginative ability of the dancer. Though out of place in a traditional Arangetram, the reason given was that she was Canadian-born and therefore reasonable latitude was permissible in the composition of the Arangetram program. Weighing the pros and cons of this argument, in spite of myself, I have to accede that, whether in religion, fine arts or in any other field, a



informed that members of the

audience around Aarani's age

indicated that the fusion was their

favorite item thus convincingly

illustrating the generation gap.

At this juncture, as if to recapture the divine atmosphere that prevailed earlier, Aarani's Spiritual Guru, Haran Aiya's (Sri Chaitanyananda Saraswathy) exposition of Nadarajar - the Cosmic dancer, took centre stage, while the entire auditorium listened in hushed silence. He explained that the right male half of the dancing Deity with standing foot denoted the Nirguna Brahman or transcendental supeme God-head, while the left female half, with the raised foot and left hand pointing towards it, stands for the Satguna Brahman or the visible world in the form of Sakthi. Tandu was the demigod, who learnt the energetic masculine style form Shiva and taught it to his pupils. Hence this came to be known as Thandava, while Lasya formed the feminine style, mastered by Sakthi, who in this instance symbolizes the soul of the dancer. As dance and spirituality are integral Bharathanatyam, this profound sense of union with the deity in the journey of dance elevates the artist to a level of ecstasy, resulting in a hypnotic performance.

With this rapt silence vibrating around her, Aarani came on the stage to perform the Thillana, in Raagam Revathi, Thalam Adi, composed by Maharajapuram Santhanam. One could sense the transformation wrought by Haran Aiya's speech on the musicians and Aarani in the exuberance and delight with which the Thillana - a pure Nritta - was executed. The vocalists sang the Sahithya in unison while the dancer rendered elaborate dance sequences, interspersed with statuesque poses, capturing the forceful energy of

A rendering of Arunagirinather's Thirupugazh (a great poem on Lord Muruga written during the fifteenth century) in Ragamalika, set to Kanth Ekam, was interpreted in the same rapt mood, which was prevalent in the Thillana. Lord Muruga's anklets were the objects of devotion in this item.

A supplication to the Guru as Guru Vandanam with a verse from Thirumanthiram was next on the program, with the dancer proffering her thanks to all her Gurus, earth, musicians, her parents, and well-wishers who contributed to a successful conclusion of her'.Ranga Pravesar Arangetram. Aarani next danced the Mangalam, which is always the concluding item of any performance. In this instance, she closed with a prayer of praise to Sakthi, imploring Her Grace for the well-being and sustenance of the entire world.

I call this an Arangetram with a difference because one senses a dancer's spiritual attainment blossoming with the dance. The other factor that made a difference was that Aarani specifically requesting only cash donations from those wanting to make gifts donated the entire amount collects to the Summer Camp in Rochester run by her Spiritual Guru Haran Aiya, and an orphanage in the war torn North of Sri Lanka in which her pen friend resides.

It was also refreshing to see an Arangetram where all concerned, the dancer, her teachers Shrimathi Nirmala Suresh, Shri Srikanth and Shrimathi Aswathy Srikanth, the orchestra and Aarani's parents understood the need for continued effort and dedication to present a performance that was nothing short of excellent. I was informed that for the five weeks preceding the Arangetram, Aarani was practic ing 5 to 6 hours daily, the results of that intense schedule were readily apparent in her perform-

Last, but not least, Ms. Priya Parameswaran and brother Doctor Sridevan Parameswaran were excellent masters of ceremony while the latter's explanation of Raga and Thala was much appreciated by the audience.

In the final analysis, Aarani, her teachers and her supporting artists elicited a standing ovation for holding the audience in thrall for the entire program.

{ Devi is the pseudonym of a retired school teacher from Sri Lanka, well versed in both Bharthanatyam and Karnatic Music}



entrance in keeping with the ethereal ambiance pervading the auditorium, enhanced by the huge pictorial presence of Kamakshi (Shiva's consort) in the background, surrounded by the winking 3-tiered hanging lamps. One felt as if one was in a temple. The measured Adavus or beats of the dancer's feet in time to the music soon accelerated as Aarani gave promise of an excellent performance to follow. This first dance was Nritta (pure) dance with no gestures or expression and went to demonstrate her mastery of Thala (rhythm).

Next followed Jatiswaram, a composition by Dr. Padma Subrahmanyam, in Raagamalika and Thalam.Misra Chapu. The

facial expressions) Natya (dramatic gestures) aspects of Bharathanatyam and tested the dancer's all-round ability to the utmost. Resplendent in a beautiful lime-green and red costume, Aarani excelled in all three aspects, with eyes going where the hands went, precisely synchronized by the leg movements. The Abhinaya aspect held centre stage. One could see her spiritual inward journey, encompassing her whole being, as she abandoned herself to the soulful dance, oblivious of all else. In that moment, it was evident that the spirit of Nadaraja or Shiva the divine patron of dance reigned supreme and held her captive, bringing to fruition Lal Kudi

# Monsoon Health



## **Posture Perfect**

#### By Mithura Anandarajah (Registered Physiotherapist)

As we grow into adulthood, the words from our past inevitably return to haunt us. Besides the "I told you so ... " and the "your parents know best...", the words "stand up straight" and "don't slouch", sound resoundingly familiar. Surprisingly, these words like many old wives' tales have a simple truth. Having good posture not only adds presence and grace as you walk down the catwalk, it also allows your body to work at its optimum performance. Good posture promotes movement efficiency and endurance.

To best appreciate this concept, perhaps you should think of your car, which like all machines, requires its maintenance. In addition to all the services we empty our pockets for, the alignment of the car affects its performance. If neglected, we suddenly start hearing distressing squeals and screeching that impact its performance and will shorten its lifespan. Our body is also a machine and if its alignment is askew, well then we feel those creaks and clicking in the years to come.

Maintaining good posture is good prevention. It allows bones

to properly align and muscles to develop and strengthen in their optimum position. It decreases the stresses between our joints. Faulty posture causes fatigue, muscular strains and later results in pain. Many people with low back pain or repetitive strain injuries had years of poor postural habits.

Good posture involves maintaining your back, muscles and joints. Your spine consists of three natural curves: a slight forward curve in your neck, a backward curve in your upper back and a slight forward curve in the low back. Too much or too little of these curves will result in an imbalance of the muscles that support the spine and thereafter may cause strains. Strong muscles maintain the joints and thereby the alignment. Good posture can best be determined from the side view, where an imaginary line should align with the ear, shoulder, hip, knee and ankle. The three curves in the spine should also be obvi-

Poor posture is indicated when you see slouching, rounded shoulders, an increased lordotic curve, locked knees. In sitting, it can be observed if a person is slumped forward and the head is excessive-

ly forward.

The best way to assess your posture is to have a qualified health professional, like a physiotherapist, evaluate it. This is especially important if you're feeling those creaks or aches already. As a rough guide you can assess it by standing with your back against a wall, heels about three inches away from the wall. Place one hand behind your neck and the other behind your back. If there is an excessive space between the wall and your hands, you may be demonstrating poor posture. Also, look at yourself in the mirror for symmetry and proper alignment.

## Tips for maintaining good posture:

Throughout the day, try to maintain your three natural curves in your back in proper alignment.

Keep your overall body weight to its optimum – excessive weight when distributed throughout your body will alter the forces and strains on the joints.

Avoid staying in one position for a long time

Sleep on a firm mattress and use a pillow that maintains a natural curve in your spine. Avoid using several or oversized pillows.

Exercise regularly – this maintains your flexibility and your alignment.

Demonstrate good body mechanics when lifting - maintain the curve in your low back, keep the load close to your body and use your legs to lift the weight.

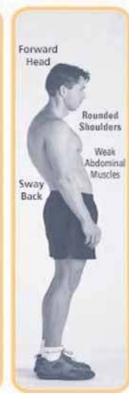
#### Poor Posture



Poor Postu







Wear comfortable and supportive shoes that facilitate proper alignment. You may benefit from orthotics, which are insoles in your shoes that facilitate overall body alignment. Consult with a chiropodist or podiatrist.

Walk with good posture with your head held high, chin parallel to the floor and shoulders back.

Correcting poor posture may involve muscle retraining, to strengthen the weak muscles and to stretch the tight ones. It may involve changing the work environ-

ment and your behaviour. It is certainly not as easy as it sounds. However, when you do hurt yourself and pain starts to impact your quality of life, those words of your parents or teachers, come echoing back.

Mithura Anandarajah is a registered physiotherapist working at Rathburn Physiotherapy and Sports Medicine clinic. Located in the heart of Mississauga, please call (905) 566-4533 for further questions or to book a consultation appointment.

## **BUR OAK DISCOUNT PHARMACY**



20 Bur Oak Avenue, #6, Markham (Kennedy / Bur Oak)

----

(905) 887-9005

Near Dr. Raj Kiruba & Dr. Komathy Jeyashankar 905 887-0042



Call Your Pharmacist: VELU

- All Drug Plans Accepted
- We Speak Tamil, Hindi, Gujarati, Urdu
- Seniors 15% Discount (No tax)
- No \$ 2.00 Fee for Those Receiving Govt.
   Benefits
- Free Delivery

Denison Discount Pharmacy 7380 McCowan Rd., #9A (McCowan/Denison)

Near Dr. Rajes Logan 905-944-0100 Markham, ON

Tel: 905 479-8999 Fax: 905 479-8885 Fenton Discount Pharmacy 2 Fenton Rd., #5A (Steeles/Fenton) Near Dr. Raj Kiruba 905-948-9455 Markham, ON

Tel: 905 948-9110 Fax: 905 948-1243

## chat with Dr.Devi Shetty, Narayana Hrudayalaya

A chat with Dr.Devi Shetty . Narayana Hrudayalaya ( Heart Specialist) Bangalore, India was arranged by WIPRO (a leading software company) for its employees.

The transcript of the chat is given below. Useful for everyone.

Qn: What are the thumb rules for a lavman to take care of his

Ans: 1. Diet - Less of carbohydrate, more of protein, less oil

- 2. Exercise Half an hour's walk, at least five days a week; avoid lifts and avoid sitting for a longtime
  - 3. Quit smoking
  - 4. Control weight
- 5. Control blood pressure and

Qn: Is eating non-veg food (fish) good for the heart?

Ans: No

Qn: It's still a grave shock to hear that some apparently healthy person gets a cardiac arrest. How do we understand it in perspective?

Ans: This is called silent attack; that is why we recommend everyone past the age of 30 to undergo routine health check-

Qn: Are heart diseases hereditary?

Ans: Yes

Qn: What are the ways in which the heart is stressed? What practices do you suggest to de-

Ans: Change your attitude towards life. Do not look for perfection in everything in life.

Qn: Is walking better than jogging or is more intensive exercise required to keep a healthy

Ans: Walking is better than jogging since jogging leads to early fatigue and injury to joints.

Qn: You have done so much for the poor and needy. What has inspired you to do so?

Ans: Mother Theresa, who was my patient.

Qn: Can people with low blood pressure suffer heart dis-

Ans: Extremely rare

Qn: Does cholesterol accumulates right from an early age (I'm currently only 22) or do you have to worry about it only after you are above 30 years of age?

Ans: Cholesterol accumulates from childhood.

Qn: How do irregular eating habits affect the heart?

Ans: You tend to eat junk food when the habits are irregular and your body's enzyme release for digestion gets confused.

Qn: How can I control cholesterol content without using medi-

Ans: Control diet, walk and eat walnut.

Qn: Can yoga prevent heart ailments?

Ans: Yoga helps.

Qn: Which is the best and worst food for the heart?

Ans: Fruits and vegetables are the best and the worst is oil.

Qn: Which oil is better groundnut, sunflower, olive?

Ans: All oils are bad .

Qn: What is the routine checkup one should go through? Is there any specific test?

Ans: Routine blood test to ensure sugar, cholesterol is ok. Check BP, Treadmill test after an

Qn: What are the first aid steps to be taken on a heart

Ans: Help the person into a sleeping position , place an aspirin tablet under the tongue with a sorbitrate tablet if available, and rush him to a coronary care unit since the maximum casualty takes place within the first hour.

Qn: How do you differentiate between pain caused by a heart

attack and that caused due to gastric trouble?

Ans: Extremely difficult with-

Qn: What is the main cause of a steep increase in heart problems amongst youngsters? I see people of about 30-40 yrs of age having heart attacks and serious heart problems.

Ans: Increased awareness has increased incidents. Also, edentary lifestyles, smoking, junk food, lack of exercise in a country where people are genetically three times more vulnerable for heart attacks than Europeans and Americans.

Qn: Is it possible for a person to have BP outside the normal range of 120/80 and yet be perfectly healthy?

Ans: Yes.

Qn: Marriages within close relatives can lead to heart problems for the child. Is it true?

Ans: Yes, co-sanguinity leads to congenital abnormalities and you may not have a software engineer as a child

Qn: Many of us have an irregular daily routine and many a times we have to stay late nights in office. Does this affect our heart? What precautions would vou recommend?

Ans: When you are young, nature protects you against all these irregularities. However, as you grow older, respect the biological clock.

Qn: Will taking anti-hypertensive drugs cause some other complications (short / long term)?

Ans: Yes, most drugs have some side effects. However, modern anti-hypertensive drugs are extremely safe.

Qn: Will consuming more coffee/tea lead to heart attacks?

Ans: No.

**Qn**: Are asthma patients more prone to heart disease?

Ans: No.

betes. A person with a fasting blood glucose level of 126 mg/dl or higher has diabetes.

blood glucose level is measured after a fast and two hours after drinking a glucose-rich beverage. mg/dl, the person tested has prediabetes. If the two-hour blood pressure. glucose level is at 200 mg/dl or higher, the person tested has dia-



Qn: How would you define junk food?

**Ans**: Fried food like Kentucky , McDonalds , samosas, and even masala dosas.

**Qn**: You mentioned that Indians are three times more vulnerable. What is the reason for this, as Europeans and Americans also eat a lot of junk food?

Ans: Every race is vulnerable to some disease and unfortunately, Indians are vulnerable for the most expensive disease.

Qn: Does consuming bananas help reduce hypertension?

Ans: No.

Qn: Can a person help himself during a heart attack (Because we see a lot of forwarded emails on

Ans: Yes. Lie down comfortably and put an aspirin tablet of any description under the tongue and ask someone to take you to the nearest coronary care unit without any delay and do not wait for the ambulance since most of the time, the ambulance does not

Qn: Do, in any way, low white blood cells and low hemoglobin count lead to heart problems?

Ans: No. But it is ideal to have normal hemoglobin level to increase your exercise capacity.

Qn: Sometimes, due to the hectic schedule we are not able to exercise. So, does walking while doing daily chores at home or climbing the stairs in the house, work as a substitute for exercise?

Ans: Certainly. Avoid sitting continuously for more than half an hour and even the act of getting out of the chair and going to another chair and sitting helps a

Qn: Is there a relation between heart problems and blood sugar?

Ans: Yes. A strong relationship since diabetics are more vulnerable to heart attacks than non-

Qn: What are the things one needs to take care of after a heart operation?

Ans: Diet. exercise, drugs on time, Control cholesterol, BP. weight.

Qn: Are people working on night shifts more vulnerable to heart disease when compared to day shift workers?

Ans: No.

Qn: What are the modern anti-hypertensive drugs?

Ans: There are hundreds of drugs and your doctor will chose the right combination for your problem, but my suggestion is to avoid the drugs and go for natural ways of controlling blood pressure by walk, diet to reduce weight and changing attitudes towards lifestyles.

Qn: Does dispirin or similar headache pills increase the risk of heart attacks?

Ans: No.

Qn: Why is the rate of heart attacks more in men than in

Ans: Nature protects women till the age of 45.

Qn: How can one keep the heart in a good condition?

Ans: Eat a healthy diet, avoid junk food, exercise everyday, do not smoke and, go for health checkup s if you are past the age of 30 (once in six months recom-

## What you have to know about Diabetes

the body does not produce or Diabetes Association recommends properly use insulin. Insulin is a the FPG because it is easier. hormone that is needed to con- faster, and less expensive to pervert sugar, starches and other food into energy needed for daily life. The cause of diabetes continues to be a mystery, although both genetics and environmental factors such as obesity and lack of exercise appear to play roles.

There are 20.8 million children and adults in the United States, or 7% of the population, who have diabetes. While an estimated 14.6 million have been diagnosed with diabetes, unfortunately, 6.2 million people (or nearly one-third) are unaware that they have the disease

In order to determine whether or not a patient has pre-diabetes or diabetes, health care providers conduct a Fasting Plasma Glucose Test (FPG) or an Oral Glucose Tolerance Test (OGTT). Either test can be used to diagnose pre-dia-

Diabetes is a disease in which betes or diabetes. The American form

With the FPG test, a fasting blood glucose level between 100 and 125 mg/dl signals pre-diaIn the OGTT test, a person's

#### FREE DIABETES CLINIC Kennedy Road Pharmacy 2 Antrim Cres, Scarborough, ON 416-298-2222 SPEAK WITH A NURSE... have your blood glucose tested one-on-one consultations on managing your diabetes FREE Blood Glucose meter with test strip purchase FREE clinic day bonus gift with Blood Glucose meter WEDNESDAY SPETEMBER 19<sup>TH</sup>, 2007 10:00am - 3:00pm Call the pharmacy to book your appointment with the nurse-SPACE IS LIMITED

## Bad posture could raise your blood pressure

Scientists have found a direct If the two-hour blood glucose link between the neck muscles level is between 140 and 199 and an area of the brainstem that controls heart rate and blood THAT office job might be rais

ing your blood pressure in more ways than one. A link between the muscles in the neck, blood pressure and heart rate has long been suspected. Now Jim Deuchars and colleagues at the University of Leeds, UK, have found a direct neural connection between these neck muscles and a part of the brainstem - called the nucleus tractus solitarius (NTS) - which plays a crucial role in regulating heart rate and blood pressure. Deuchars's team was using mice to investigate how the brain responds to a variety of stimulatory and inhibitory proteins. They noticed that a group of brain cells connected to the neck muscles kept firing in response to both types of proteins, suggesting the cells played a very active role in the brain.

"The cells lit up time and time



again, so we looked at what they were doing," says team member Ian Edwards. It turned out that these cells are also connected to the NTS (The Journal of Neuroscience, DOI: 10.1523/jneurosci.0638-07.2007).

The finding could explain why blood pressure and heart rate sometimes change when the neck muscles are injured - through whiplash, for example. Similarly, it is possible that hours spent hunched over a computer may raise blood pressure. The pathway exists for bad posture to really have an effect.

## Samy Appadurai's Manifesto for the upcoming provincial elections

Samy Appadurai will be a strong and experienced voice for Scarborough Centre. He brings successful years of experience in education and extensive involvement in community services. In three continents, Samy is experienced as a community worker, educator, broadcaster, orator, guest speaker, author and a freelance journalist. He believes Ontario requires a dynamic leader like Hon. John Tory.

As a committed, accountable

Samy Appadurai will be a and reliable worker, Samy will ong and experienced voice for represent the unified voice of the rborough Centre. He brings people of Scarborough Centre at cessful years of experience in Queen's Park.

Samy's Goals for Scarborough Centre and Ontario are:

and rule of law,

Quality education for a better

Respect individual freedom

future,

Better universal health care

services,
Respect for family values and

Respect for family values and Care from babies to baby

boomers and seniors

Samy has won the admiration from all corners of the multi cultural society. His services has been recognized and appreciated by the government and various organizations.

He has been awarded numerous times. He won the medal and certificate of Golden Jubilee celebration of Her Majesty Queen Elizabeth II, Community service award by National ethnic press and media council of Canada,

Recognition of service as council member of Ontario College of Teachers, Volunteer service award by the Citizenship and Immigration Canada, Recommended author award by Library Board of Scarborough, Honorary Doctorate by Marshal Arts University, Japan, Man of the year 2003 by ABI, USA, five time gold medallist for his community work in Ontario and many more.

Samy has been a member of the Progressive Conservative

Party of Ontario for many years. He became a conservative because of the he values family, education, hard work, health and tradition as these are the essential cornerstones of any thoughtful and caring community.

Samy is married to Gnana Amma and has three grown-up children. They all live in Scarborough.

Pictures shown below were taken at the press conference and dinner held on Friday, Aug 10th.

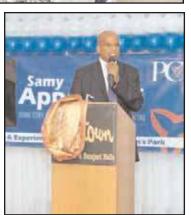












## The Law Office of

# T. Jegatheesan

Barrister, Solicitor & Notary Public (On.)

- Real Estate Law
- Business Law

2620 Eglinton Ave. East, Suite 201 Scarborough, ON, M1K 2S3

TEL: 416 266 6154

FAX: 416 266 4677

## VILLA KARUNA



an affordable, personal and a caring service for seniors

Private room / 3 nutritious meals daily /
housekeeping / linen service / 24 hours health
care / doctors visit / security presence / an
abundance of programs / activities / excellent
location and more some suites available now

E-mail: villakaruna@sympatico.ca Web: www.hhseniorcare.com

730 Brimley Road, Scarborough, ON M1J 1C2

Call For A Tour: Indrani Nagenthiram

(416) 266-6473

(416) 200 6971

Fax: (416) 266-0323

# Monsoon Travel



## Naadi Shastra, in Vaitheeswarankoil, near Chidambaram - Tamil Nadu



Naadi Shashtra or Palm leaf Astrology is an ancient Indian method of recording data. It is believed that by reading through the writings on these leaves one can learn about one's past, identify the present and predict the future. It is said that thousands of years ago, the great sages of India had the power to look into the past and future of the entire universe. It is believed that they done this and recorded the life of each human being who has lived, is living and of some one who is yet to be born. These predictions were written on palm leaves in an ancient Tamil script, which can now only be deciphered by expert Nadi astrologers.

Naadi in Tamil means in search of. It is believed that an individual goes in search of his details of his past and seeks to know more of the unknown future. Hence it is a search. These palm leaf inscriptions are scattered throughout India. Some of these inscriptions can be found in Tamil Nadu. These ancient scripts were standardized, ordered and classified in Tamil Nadu nearly 1000 years ago during the reign of the Cholas in South India. There are a number of Nadis who

Property

Mortgages

are named after the rishis. They are the Agasthiva Naadi. Suka Naadi, Brahma Naadi, Kaushika Naadi and others. There are only a few Naadi readers available who can interpret the inscriptions that are written in in poetic Tamil.

Each Naadi or set of leaves is made up of ola or palm leaf, written in Vatta ezhuthu, a Tamil script, with a sharp, nail-like instrument called ezhuthani. Rubbing peacock oil on auspicious individual can be identified as being meant for the person by lifting a copy of one's thumb impression. It is well known that the whirls and loops of the fingers of people on the earth are unique and they cannot be replicated. It is believed that these prints are classified into 108 types. The Naadi palm leaves are arranged according to these types. The Nadi readers identify the particular types of lines on the thumb



occasions preserves the palm leaves. These palm leaves are still preserved in the Saraswati Mahal Library in Thanjavur. The primary centre for Naadi Shastra is in Vaitheeswaran Koil.

The palm leaf inscription of an

and finding the corresponding set of palm leaves are taken. The time duration to pick up your leaf depends upon the identification of the thumb impression. Some impressions are identified easily and the corresponding leaves are found soon, there are others that may take months or even years to

The leaves are not just records for Indian nationals but also for people of other nationalities, religions and creeds. It is also stated that about 40% of the people in the world are likely to get these results. The other leaves might have been damaged or may have been lost in the course of time.

#### History

inscriptions can be traced back to approximately 2000 years ago. It

is said that the ancient Indian rishis or sages had written the life patterns of each person on palm leaves using their yogic and intuitive powers.

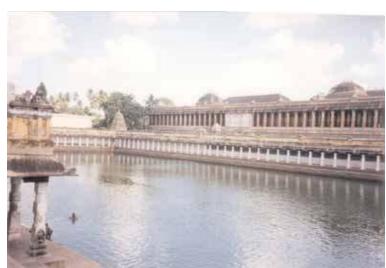
During the British Rule, the British sold these leaves to the locals who were interested in getting them. People belonging to the Valluvar community in Tamil Nadu and were specialized in astrology bought most of these leaves. The astrology families in Vaitheeswaran Koil also acquired some of these. The leaves were found in Vaitheeswaran Koil around the 13th century. Those interested in Astrology realised their values and copied the contents on palm leaves and made exact replicas. These leaves have been handed down over generations to make predictions about the future. They earned their livelihood through Naadi Shashtra. They got trained by their elders to do the reading.

The then Mahratta Sarabhoji and Chola Kings patronized this form of astrology and translations. It is said that the Naadis had originally written on animal skins and it was later copied on palm leaves.

The primary centre for Naadi Shastra is in Vaitheeswarankoil, near Chidambaram in Tamil Nadu, a state in South India. Here Lord Shiva is said to have assumed the role of a vaidhya or doctor, who alleviated the miseries of his devotees.

Vaitheeswaran Koil: 24 km from Chidambaram, the place is famous for the Siva temple dedicated to Vaidyanatheeswarar, the healer of all diseases and his consort Thaiyalnayaki. It is believed that a bath in the holy waters of the Siddhamirtham tank within the temple complex will cure all diseases. Nadi Jothidam is a traditional skill popular here.

[tamilnadutourism]



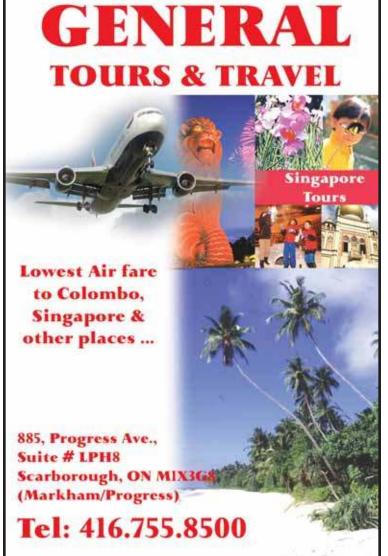


The origin of the Naadi

#### **KESAVAN LAW OFFICE** THANGAVEL M. KESAVAN **Barrister & Solicitor** Specializing in: CORPORATE/COMMERCIAL LAW **REAL ESTATE LAW** Buying & Selling Business **Buying & Selling** Franchise Agreements Residential/Commercial Incorporation Partnership **Business Registration** Commercial Leases

Tel:(416) 754 -9843, Fax: (416) 754-2362

Visit us at www.lawyers.com/kesavanlaw 5200 Finch Ave. E. # 302, Scarborough, ON. M1S 4Z5 (MIDDLEFIELD / FINCH)



# A Rough Passage to Independence

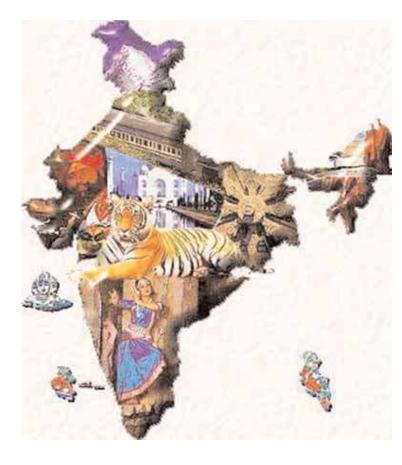
#### **Kuldip Nayar**

Nothing can be more futile than an argument on who was responsible for the Partition of the subcontinent. With the sequence of events stretching back 60 years, such an exercise can only be an academic distraction. But it is clear that the differences between Hindus and Muslims had become so acute by the beginning of the Forties that something like Partition had become inevitable.

To those who regret the division, I can only say that the British could have probably kept the subcontinent united if they were willing to ladle out more powers in 1942 when Sir Stafford Cripps tried to reconcile the demand for Independence within his limited brief. The Congress party could also have avoided the division if it had accepted in 1946 the Cabinet Mission proposals of a Centre with limited powers and zonal and provincial autonomy. But these are ifs of history which at best are hypothetical and at worst subjective.

Has Partition served the purpose of Muslims? I do not know. Even Mohammad Ali Jinnah, Pakistan's founder, said in an interview to a foreign journalist, "On both sides, in Hindustan and Pakistan, there are sections of people who may not agree with it (division), who may not like it, but in my judgment there was no other solution and I am sure future history will record its verdict in favour of it." He, however, conceded, "Maybe that view is correct; maybe it is not; that remains to be seen."

I was in my hometown of Sialkot in Pakistan when I heard Jinnah on Pakistan Radio assuring, "You may belong to any religion or caste or creed, that has nothing to do with the business of



the state... We are starting with this fundamental principle that we are all citizens and equal citizens of one state."

Still, I had to leave Sialkot because I was a non-Muslim, as was the case with Muslims living in East Punjab and elsewhere. One million people were killed and 20 million uprooted in the wake of the forced migration. The governments of India and Pakistan refused to accept the exchange of population when they agreed to divide the subcontinent on the basis of religion. The Punjabis on both sides suffered the most. The minimum that Parliaments of the two countries can do now is to say "sorry" to each other. They should pass a resolution to express regret over what happened. Now that the relations between the two nations are on the mend, a formal apology may bury the past quicker than it has been possible otherwise.

I left Sialkot on September 13, 1947, almost one month after the birth of Pakistan. We, the family, decided to visit India and stay there until disturbances subsided. Even when I packed a small handbag, I was sure that I would be back soon. The parting was short and quick. A Hindu military officer, on transfer, who had agreed to take me to India on his jeep, was in a hurry. I still had not reconciled to the prospect of leaving my family behind.

Sialkot is 15 kilometres away from the main road. After reaching the main road going to Lahore and then to the Indian border, I realised that there was no going back. Thousands and thousands of people thronged the road. A small stream of people was coming from India, the Muslims. And a big stream comprising Hindus and Sikhs was going towards India. I could not imagine how my aged parents would make it.

People rushed towards us. Some determined men and women stood on the road. They wanted us to listen to them. It was an avalanche of migration. No one expected it. No one wanted it. But no one could help it. The two governments blamed each other as they tried to grapple with the problems of migration and rehabilitation. An old Sikh, with a flowing beard flecked with grey, nudged me and tried to hand me his grandson. "He is all we have in the family," he begged. "Take him to India. At least he should live." A middleaged woman tried to put her child in the jeep. "I will trace you and collect my son," she said. How could I take their children with

Every human being has limits to what he or she can take, grief or joy, good or bad. I reached a level where I could take no more. My feelings were dulled. It was as if I was left with no emotions to react. A story of brutal murder or gang rape did not move me anymore. I just listened to the gruesome happenings as if it were just a daily exercise. The people probably felt better after sharing their sufferings with us and withdrew to let the jeep pass.

The major did not want to lose the daylight. The jeep sputtered into motion. I looked back. I could see outstretched hands asking for help. That spectacle jolted me out of my wishful thinking that things would normalise. As the jeep drove along the Grand Trunk Road, I saw dead bodies on

both sides, smouldering remains of burnt vehicles and pieces of luggage strewn all over. More hideous was the sight of children impaled on swords or spears and women and men cut into pieces. They bore testimony to the hell that the people on both sides had gone through. And all in the name of religion which was supposed to represent values. The subcontinent's composite culture and pluralistic society going back to hundreds of years lay in tatters.

It was late in the afternoon when the jeep reached the outskirts of Lahore. We were told that a caravan of Muslims had been attacked at Amritsar and that Lahore's Muslims were waiting to take revenge. We got down, and waited in fear and silence. There were some stray shootings in the distance. The stench of decomposed flesh from nearby fields hung in the air. We set off again. There was nervousness but we reached the border safely.

It was great to be alive.

It was still daylight. As I looked out, relieved and happy, I saw people walking in the opposite direction. They were Muslims. I saw the same pain etched on their faces. They trudged on with their belongings bundled on their heads and their frightened children trailing behind. They too had left behind their homes, hearths, friends and hopes. They too had been broken on the rack of history. It was a caravan of people who were going to Pakistan. We stopped to make way for them. We looked at each other with sympathy, not fear. It was a strange link which I felt. It was spontaneous kinship, of hurt, loss and helplessness. Both were refugees.

Courtesy: Deccan Chronicle

## Monsoon Journal

expresses its Thanks to TamilOne, TVI and ATN for

telecasting the coverage of the anniversary celebrations that was

held on July 22nd.

We also thank the Print media, Tamil Mirror, Sri Lanka Reporter,

Uthayan, Senthamarai and Sri Lankan Newspaper Virakesari for

the Coverage and all those who attended the function.

Monsoon Journal

wishes its Readers &

Advertisers a Happy 60th

Indian Independence

Day.



# "India is an example that Democracy and Development can go hand in hand"

Satish Mehta, Consul-General for India

An interview with Siva Sivapragasam – Monsoon Journal's Editorial Consultant

A Question & Answer Interview with His Excellency Satish C. Mehta-Consul General of India, by Siva Sivapragasam – Editorial Consultant, Monsoon Journal......

Question: On the eve of Indian Independence in 1947, your first Prime Minister Mr. Jawarhalal Nehru, in his historic speech to Parliament, referred to a "tryst with destiny" and a dream that the country will step out from the "old to the new". Today, India is described as "Incredible India". What factors influenced India to achieve this remarkable growth.

Answer: India's growth has spectacular Independence. There has been a growth rate of 6 per cent during the past 15 year period and 8 per cent during the last four-years. During this time, we have created a Democracy, a Republic and a secular state. Factors that influenced the growth is the rule of Democracy-a Free Press, an Independent Judiciary and followthe fundamentals of Democracy. We created quality education and this resulted in the creation of a pool of talented professionals to help in the growth development. We also focused on Science Technology. We have invited investors from all over the world. According to a Report, India is today the second most attractive country for investment. The country is an open, level playing field for investors. Most of the large Fortune Group firms have invest-



ments in India.

Question: In the recent Presidential elections, for the first time, Indian legislators have elected a woman President. She now joins the ranks of women leaders in India-like Indira Gandhi and Sonia Gandhi. Is this an indication that more women are likely to lead the country in the future

Answer: India has always given pride of place to women. Look at our history! Most of our Hindu gods are women goddesses. We have had a woman Prime Minister-namely, Indira Gandhi. And now Sonia Gandhi is the leader of the Congress Party that runs the Government. We have had women leaders in all walks of life.

Mr.Sivapragasam: Incidentally, you maybe proud that Ms. Indra Nooyi, the Chairperson of the U.S. multi-national business empire-Pepsi Cola is also a lady of Indian origin.

Mr. Mehta: Exactly! We are proud of it.

**Question:** What measures does the Consulate office take to promote trade between Canada and India?

**Answer:** The Consulate-office is in constant contact with

Canadian Companies and keeps them up-dated with all developments in the Indian Business sector, and offering them the Trade opportunities available. We keep them up-dated with information about investment information and potential. The mission in a sense acts as a "mid-wife.

**Question:** Your Excellency, as a final question-Is there any special message you would like to convey to the Indo-Canadians in Toronto?

Answer: We take pride in what India has achieved over the past 60 years since Independence. Equally, we are indeed proud of what our expatriate community has achieved in foreign countries. They have made India proud by their achievements. My advice to them is to work hard and to be proud of their country of origin and to keep a close contact with their motherland

At the end of the interview, Mr. Sivapragasam thanked Mr. Mehta on behalf of Monsoon Journal and Tamil One TV for the interview he gave. Mr. Logan Velumailum, the Publisher and Managing Editor of "Monsoon Journal" was also associated with the interview.



#### MESSAGE

On the happy and auspicious occasion of the 60<sup>th</sup> anniversary of India's Independence Day, I have great pleasure in extending my best wishes to all readers of the *Monsoon Journal*, along with their families, and well-wishers.

On the 15<sup>th</sup> of August every year, we rededicate ourselves to the bedrock of ideals, values and objectives on which our country was founded. We remember afresh the sacrifices and struggles of our forefathers which made it possible for us to live in an independent country. On this occasion, we can justifiably look back with pride on our history as an independent, sovereign and democratic nation and also look forward to the future with optimism and confidence.

The Monsoon Journal has played a commendable role in interpreting India, with all its complexities and diversities, to the Canadian people and in informing its readers about the rapid changes which are taking place in India. We greatly value your contribution to the development of our ties with Canada. I wish you all success in the future.



The Hongan

[R.L.NARAYAN]



PRIME MINISTER - PREMIER MINISTER

August 15, 2007

Greetings from the Prime Minister for India's Independence Day

I am pleased to extend my warmest greetings to everyone marking the 60th anniversary of India's independence.

India's independence in 1947 has been an inspiration to the world. Using its great diversity to its own advantage, India has evolved into a vibrant democracy. Now, India is rising to global prominence and Canada stands ready to deepen our partnership with India to advance our common interests and to promote new opportunities for economic development and international trade for the benefit of both our peoples.

Today, as you gather together with family and friends to celebrate your heritage, you have an opportunity to reflect on India's hard-won independence while celebrating the cultural diversity of our society. As Indo-Canadians, you can take great pride in the contributions the members of your community have made to the social, economic and political fabric of our great nation.

On behalf of my colleagues in the Government of Canada, please accept my best wishes for an enjoyable and fun-filled celebration.

Sincerely,

Stephalty

The Rt. Hon. Stephen Harper, P.C., M.P. Prime Minister of Canada





## Bharatnatyam gaining popularity in China



China's leading Bharatnatyam dancer, Jin Shan Shan, with her daughter Jessie in Beijing, where Jin has opened an Indian dance school.

After Bollywood films, classical Indian dance has caught the imagination of the Chinese, with a young woman actively promoting Bharatnatyam among her compatriots, especially the tiny-tots.

For 33-year-old Jin Shan Shan, a Jawaharlal Nehru University alumnus, it has always been a passion to become an exponent of Bharatnatyam. She has established a school for Bharatnatyam here.

While Bollywood films, Indian cuisine and yoga have become popular in China, learning classical Indian dance is also gaining ground here, Ms. Jin said. Around 50 Chinese children were attending classes every week to learn the intricacies of the classical dance.

Ms. Jin said the situation was ripe for starting the school since Bollywood and its music are becoming popular among the Chinese, especially among the youngsters, who could play a vital role in future in promoting India-China cultural linkages.



MegaPro Designers President Mr. Varathes with Geetha and Kala. Picture taken at Monsoon Journal Anniversary on July 22nd, 2007. Photo: Rudy and Gnane

#### Stability, Savings...Service ecializing in Low Rates

6.60% 1 Year 5.60% 2 Year 5.65% 3 Year 5.70% 4 Year 5.80% 5 Year 5.74% 7 Year 5.89% 6.05% 10 Year

Variable Rate\* (Prime - 0.95% for 5 years) 5.30% Al rates guaranteed upto 4 months. \*Rate is valid until August Rates subject to change without notice.

Bernadine Ponniah

416-550-1364

#### REGAIN CONTROL OF YOUR FINANCIAL LIFE!

#### Residential 1st & 2nd Mortgages

As heard on

> Credit Problems

As seen on

680 News

➤ Self-employed / Non Verifiable Income

640Toronto

> Financing Available Up To 100%

> Debt consolidation

i.e.: we can show you how to increase your cash flow by up to 75% (on o.A.C.)

OVER 100 LENDERS TO DEAL WITH

**Call NOW, Start Saving Money Today!** 



South Indian Vegetarian Specialties

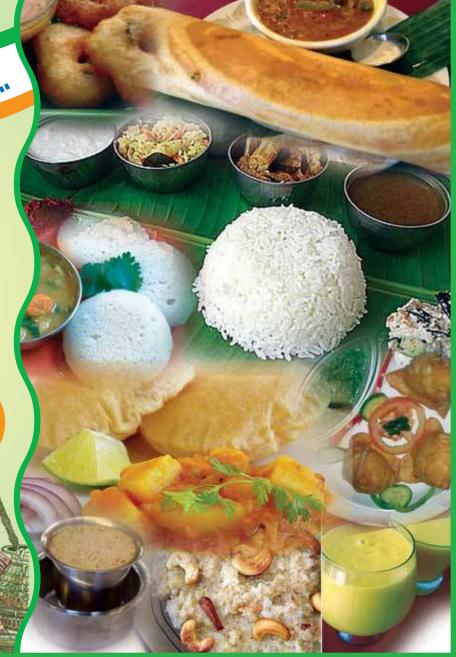
Restaurant & Take-out facilities available

Brunch Buffet (Breakfast & Lunch) with a variety of South-Indian delicacies during Week-ends

Open seven

## **Uduppi Madras Café**

265, Enfield Place- Unit 202 (Burnhamthorpe & Hurontario), Missisauga Phone 905 277 0010



## Indian Presidency Reflects Diversity and Symbolises Pluralism

By D.B.S Jeyaraj

India will be celebrating her 60th anniversary of Independence from the British on August 15th. Three weeks prior to that on July 25th Pratibha Patil was sworn in as the first woman President. of India.

India's new President was



[Pratibha Patil]

born on 19th December 1934 in the district of Jalgaon in what is now Maharashtra state. Her father was Narayana Rao Patil. She has an MA and LLB degree and practised as a lawyer before taking to active politics.

Pratibha married on July 7th 1965. Her husband is Dr. Devisingh Ramsingh Shekhawat who incidently is a Rajput from Rajasthan like her presidential rival Shekhawat. Her appearance of wearing a large vermillion "thilak" and draping the saree around her head like a veil conveys an impression that she is an old fashioned conservative woman.

#### Quiet Feminist

But appearances are deceptive and Pratibha is a "quiet feminist" with an independent mind. She never adopted her husband's name and has always been Pratibha Patil. She has a son and daughter.

Pratibha Patil was a member of the Maharashtra legislative assembly from 1962 to 1985. She was a deputy minister in the state administration from 1967 to 1972 and a full - fledged minister from 1972 to 1978. and again a minister from 1982 to 1985. She was opposition leader in Maharashtra from 1979 to 1980.

The present Central minister for Agriculture Sharad Pawar was chief minister then. Pawar's wife's name was also Pratibha. Once in a verbal duel Patil silenced Pawar by quipping" By now you should know what we Pratibhas are made of".

She was elected to the Rajya Sabha (upper house) in 1985 and Lok Sabha (Lower house) in 1991. In 2001 she was appointed Governor of Rajasthan As Rajasthan Governor Pratibha made headlines in May 2006 when she refused to endorse the BJP's controversial "freedom of Religion" Bill banning conversions.

Initially the Government was wrangling over a male to be made Presidential candidate. In a bid to break the deadlock the idea of a female candidate was welcomed. Pratibha had the most impressive CV of the short - listed 10 candidates.

She also fitted the Left party

requirement that the choice should be "political" and of "stature" Her greatest qualification however was her consistent loyalty to the Congress and the Nehru - Gandhi dynasty. Just as Manmohan Singh was handpicked by Sonia Gandhi, Pratibha too was the personal choice of the defacto "empress" of India.

The contest saw the presidential stakes sink to an all time low with the candidates being slandered and vilified. Pratibha herself was accused of corruption and nepotism. Some of these allegations were disproved.

#### Victory assured

Her victory however was a foregone conclusion given the power balance in Central Parliament and state legislatures. The Indian President is elected through an electoral college comprising MP at the centre and MLA, MLC's at the state level. The value of votes differ according to the different levels.

When the result was out on July 21st it was found that Patil had got 65. 82 % with 2931 votes to Shekhawat's 33. 18% with 1449. This amounted to 633, 116 for Patil and 331, 306 for Shekhawat in Electoral College value terms. This meant a 306, 810 majority in an electoral College total of One million and 98 thousand.

Pratibha Patil was sworn in as President on July 25th. She set another precedent by delivering her speech in both languages. She first spoke in English and then Hindi. Being the first woman president was a historic achievement.

#### Indian Presidency

The Indian Presidency unlike that of Countries like Sri Lanka, USA, Russia or France is not an executive Presidency. It is more of a ceremonial post like that of the Governor - General when Sri Lanka was Ceylon or that of the President before Junius Richard Jayewardene transformed it as an Executive President.

Even though titular the Indian head of state does have prestige and stature as the President of the world's largest democracy. More interesting and important perhaps is the fact that the Indian presidency has evolved over the years as a symbol of that Country's vast diversity and ethnic pluralism.

Despite various challenges from within and without India has remained strong and united. India has fourteen major national languages and over 250 minor languages and dialects. All the major religions of the world are found there. Its regions are widely disparate and unevenly developed. Moreover India is plagued by caste differences.

Fissiparous tendencies were galore in the early years of Independence. Many analysts predicted fragmentation within years. The Indian state and elite were so paranoid about divisive tendencies that they downplayed the "federalism" of its Constitution and instead emphasised "on its unitary characteris-

ics".

### Tamil Nadu and Tamil "Eelam"

Sri Lanka has only two premier languages, three major ethnicities and four chief religions. Sadly political muddling and lack of vision has led to disintegrating



[Rajiv Gandhi with Dr M. G. Ramachandran and President R.Venkatraman at the unveiling of the statue of Poet Subramania Bharatiyar: Ramaswamy Venkataraman (born 1910) was the President of India between 1987 and 1992]

chaos and a destructive civil war.But "Mother" India was fortunate in having enlightened children to lead the nation.

The Nehruvian vision of accommodating diversity and forging unity in practical terms laid the groundwork for a strong, united India to emerge. Reorganizing states on a linguistic basis, secularism and co-operative federalism were the key elements that went into re - inventing modern India.

In Sri Lanka it was the opposite with Sinhala being imposed as sole official language, Buddhism being given foremost place and rabid opposition to any meaningful form of the federal idea. The end result of this process is now clearly and tragically visible.

In the early years of Independence it was Tamil Nadu (then known as Madras) state that had a flourishing separatist movement spearheaded by the "Dravda Munnetra Kazhagham" (DMK). Today the DMK shares power at the Centre as well as the state.

The DMK and its breakaway ADMK have been ruling Tamil Nadu since 1967. The DMK as well as ADMK have been at times members of coalition central cabinets. Currently there are twellve cabinet ministers from Tamil Nadu representing the DMK, PMK and Congress in the Central government

Contrast this with Sri Lanka where the Tamils of the North -East were well integrated as Ceylonese at the time of Independence. The Tamils did not "Pakistan" demand Mohammed Ali Jinnah or "Dravida Nadu" like "Perivar" Ramswamy Naicker from the British.All they wanted was "balanced representation" between the Sinhala majority and the rest of the minority communities.

They did not even demand

federalism then. When the federal demand was raised after Independence the newly formed Ilankai Thamil Arasu Katchi (ITAK) known as Federal Party was routed at the 1952 elections. Today the situation is different. Secessionism is the dominant demand of the Sri Lankan Tamils. An armed struggle is on to achieve it.

An important reason - if not the only one - for this contrasting state of affairs between India and Sri Lanka is the accommodative spirit displayed by Indian policy makers and administrators in celebrating diversity and practising pluralism. This spirit was absent among the dominant political class and bureaucracy in Sri Lanka.

#### **Binding Together**

It is said in lighter vein that the cohesive bonds keeping India together are the Indian civil service, Railways, Cricket, Hindi Cinema, English language and the Institution of Indian Presidency.

The "Rashtrapathy" though a ceremonial post has developed over the years into an institution symbolising pluralism and reflecting diversity.

This process has been strengthened not through legislation or litigation but through an interesting on going process of usage and convention. The spirit of accommodation has through practice forged a rough pattern in selecting Presidential candidates.

The idea has been that of giving recognition and representation to all of India's diverse ethnicities, regions and religions. This unwritten procedure has more weight than written laws or rules.

The evolution and growth of the Indian presidency and the different strands of society reflected and recognized by that Institution is an interesting tale.

#### First President

After Independence, the first Indian to be Governor - General



[Dr Rajendra Prasad (1884-1963)]

of the Dominion was C. Rajagopalschari or Rajaji. Meanwhile a Constituent assembly presided over By Dr. BR Ambedkar drafted India's Republican Constitution. India became a Republic formally on Jan 26th 1950.

The first President was Rajendra Prasad. He was a Hindi speaker. Prasad was a man of great stature and a political personality on par with Jawarhalal Nehru. In the old days of "left"

and "right" Prasad was a "rightist" and Nehru left of Centre.

With Prasad's elevation to the Presidency a potential rival to Nehru was sidelined. This in a sense is reminiscent of DS Senanayake's stratagem in persuading Sir Baron Jayatilleke to become Envoy to India.

Pratibha Patil is the 12th President of India. Actually she would have been the 13th but for Rajendra Prasad becoming President for a second term in 1957. He is the only President to have served for two terms.

#### South Indian President

In 1962 the eminent scholar and thinker Dr. S. Radhakrishnan became President. He was vice president earlier. Radhakrishnan though a resident of Chennai was



[Dr Sarvepalli Radhakrishnan (1888-1975)]

a Telugu by ethnicity. The South Indian Radhakrishnan was the President when Nehru died in 1964 and his successor Lal Bahadur Shastri passed away in 1966.

This was a trying time for India as the "giant" nehru was no more. There was that tricky question "After Nehru, Who?" looming large. But the Congress had the "kala Gandhi" Kamaraj Nadar president.

Kamaraj who was Chief Minister of Madras state from 1954 to 1963 had resigned his post due to a scheme he had devised himself. Known as the K. plan it entailed senior chief ministers and cabinet ministers resigning and doing grass roots party work

Thanks to Kamaraj's "iron hand in velvet" approach and the active cooperation of Gulzarilal Nanda who served as caretaker prime minister on both occasions , Shastri and then Indira Gandhi became premiers. Radhakrishnan presided over this smooth transition of power in 1964 and 1966.

#### **Muslim President**

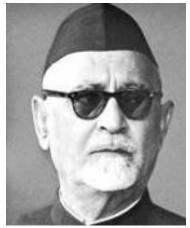
After Radhakrishnan another scholar and educationist Dr. Zakir Hussain became President in 1967. Needless to say he was a Muslim . A member of a regional and linguistic minority was followed by a member from a religious minority.

The Prime Ministers up to that time were from the majority Hindi speaking Uttar Pradesh. But the Presidency was rotated to accommodate Minority members.

Continued in Page 22

## Indian Presidency Continued from Page 21

Zakir Hussain died in office in 1969. The Presidential stakes became a power struggle. On the one hand was the "old guard" party hierachy known as the "syn-



[Dr. Zakir Husain (1897-1969)]

dicate" while on the other was Indira Gandhi attempting to break free of those who had installed her in office.

The "syndicate" consisting of people like S. Nijalingappa, Kamaraj, SK Patil, Atulya Ghosh etc wanted the speaker N. Sanjiva Reddy to be President; Indira wanted the vice - president VV Giri to succeed Hussein.

The elections saw Indira calling upon Congress members to defy the party high command and vote for Giri. There was a third candidate C. Deshmukh fielded by Rajaji's Swathantra party. Giri won. The Congress party split.

VV Giri a former High Commissioner to Sri Lanka was a Kannadiga from the Karnataka state. The Muslim Hussein was succeeded by a linguistic and regional minority member.

1974 saw Giri's term of office ending. He was succeeded by Fakhruddhin Ali Ahmed a North Indian Muslim. He was a cabinet minister and Indira Gandhi loyalist. So India had a religious minority member as President again.

1977 saw Ali Ahmed passing away just as Zakhir Hussein. Meanwhile Indira Gandhi was defeated in the polls. A Janatha coalition was in power with Morarji Desai from Gujerat as Prime Minister.

Neelam Sanjiva Reddy was made President. He was the man defeated in 1969 by VV Giri. Reddy was a Telugu from Andhra Pradesh. Once again a regional and linguistic minority member was President.

#### Sikh President

Indira returned to power in 1980. In 1982 Giani Zail Singh was made President. He was a Sikh from Punjab and a devout



[Giani Zail Singh (1916-1994)]



[Dr. Shankar Dayal Sharma (1918-1999)]

loyalist of Indira Gandhi. So another religious minority community member was President.

1987 saw the Vice - president R. Venkatraman succeeding Zail Singh. Venkatraman was a Tamil brahmin from Tamil Nadu and been a cabinet minister earlier. Thus a regional cum linguistic



[Kocheril Raman Narayanan (1921-2005)]

minority community members was President.

Rajiv Gandhi was killed in 1991. The new Congress government had PV Narasimha Rao as Prime Minister. Rao was from Andhra Pradesh. For the first time a South Indian was Prime Minister

In 1992 it was time for Venkstraman to step down. His Vice - president was Shankar Dayal Sharma, a hindi speaking North Indian. With the PM being a South Indian, the North Indian Sharma became President.

The prevailing tradition of appointing minority community members was broken. But the Premier was South Indian. In 1966 another South Indian Deve Gowda from Karnataka became Premier

In 1997 KR Narayanan the vice - president succeeded Sharma. Narayana a former career dilplomat hailed from the South Indian state of Kerala. Once again a regional and linguistic minority community member as President. Now all four "dravidian" states had enjoyed stints as

#### Dalit President

Narayanan also set another precedent. He belonged to the so called low caste "Dalit" community. Thus after fifty years of Independence "casteist" India had a "Dalit" as President. Besides Narayanan also had "christian" links because of his wife and siblings who had conveted

When Narayanan stepped down in 2002 the Bharatiya Janata party led coalition was in power. Jayalalitha Jayaram the actress turned politico was chief minister of Tamil Nadu. She proposed Abdul Kalam the famous nuclear scientist as President.

Kalam is a Tamil speaking Muslim from Rameshwaram in the South of Tamil Nadu.. Hussein and Ali Ahmed were Urdu speaking Muslims. Abdul Kalam was a celebrity in his own right as the scientist credited with India's nuclear capability.

It made political sense for the Hindu rightist BJP regime to re-



[Avul Pakir Jainulabdeen Abdul Kalam b. 15 Oct, 1931]

furbish image by making a Muslim the President. Jayalalitha was happy about a "Thamizhan" becoming President.

Tamil speaking Muslims in Tamil Nadu perceive themselves as Tamils observing Islam as a religion. They do not see themselves as separate from Tamil Hindus or Christians on account of their religion.

2007 was time for Abdul Kalam to end his term of office. The vice - president was Bhairon Singh Shekhawat a Rajput from Hindi - speaking Rajasthan. He was a former BJP Chief minister of Rajasthan.

The Congress did not want a BJP politician as President. So it selected Pratibha Patil who was then Governor of Rajasthan as the Govt candidate with the approval of its allies like the DMK and the Communist and Marxist parties. Shekhawat himself contested as an "independent".

#### Woman President

The Presidential poll saw Pratibha Patil defeating her rival easily. Pratibha hails from Maharashtra state and is ethnically a Mahratta. Maharashtra is neither North nor South but in Central or West of India. The Mahrattas are a distinct entity speaking the Marati language.

Thus a a regional and linguistic minority community has become President again. More importantly she is the first woman

to be elected as President of India. This is indeed a commendable milepost.

50 years of Independence saw a Dalit President of India. 60 years of Independence has seen the first woman president.

We see therefore, that India has through a deliberate process of selection ensured that members of the regional, religious and linguistic minorities are rotated as Presidents of India. In recent times caste and gender too have become relevant factors. This is an evolving tradition of recognizing the diversity and plurality that is India in a symbolic manner.

#### **Majority Domination**

Contrast this with Sri Lanka. In Sri Lanka all Prime Ministers and Presidents with a solitary exception have been from the "majority" Sinhala race, Buddhist Religion and Goigama caste. The only exception was Ranasinghe Premadasa who was a Sinhala Buddhist but not from the dominant Govi caste.

The first Ceylonese Governor - General in 1954 was Sir Oliver Goonetilleke a Sinhala Govi protestant Christian. In 1962 Sir Oliver was replaced by a Kandyan Radala William Gopallawa as G-G. Gopallawa again became President in 1972 after the Republican Constitution was promulgated.

In 1978 came the executive Presidency. Thereafter the Prime Minister post became relatively "powerless". Even then it has been a Sinhala, Buddhist, Govigama preserve with the exception of Premadasa who shattered the glass ceilings of both the Premiership and Presidency.

CP de Silva was the only non -Govigama caste member who could have become Prime Minster in 1960. But the "party" preferred Sirima Ratwatte Bandaranaike from Balangoda to Charles Percival de Silva from Balapitiya.

If this is the plight of persons who are "Sinhala" and "Buddhist" but not "Govikula" what chances do the ethnic and religious minority community members have? None whatsoever. Lakshman Kadirgamar learnt a bitter lesson when Chandrika Kumaratunga wanted to make him Prime Minister.

Mahinda Rajapakse sabotaged it. But it was possible that Rajapakse may have made Kadirgamar Premier for "cosmetic" purposes at least after attaining the executive presidency. That however is irrelevant as the tigers

killed Kadir before the Presidential elections itself.

#### The Speaker

Recent history shows that a healthy tradition of accommodating minority community members was partially evolving as far as the office of speaker was concerned. Sir Vaithilingam Duraiswamy was speaker of the State Council. Sinhala Catholics like Sir Albert Peiris, Shirley Corea, Hugh Fernando and Joseph Michael Perera have been speakers; So have Muslims like HM Ismail, Bakeer Markar, MH Mohammed .M. Sivasithamparam was deputy - speaker.

But what could have evolved as a tradition of accommodating diversity was impaired by the election of majority community members as speakers. Sir Francis Molamure, RS Pelpola, Stanley Tillekaratne, Anandatissa de Alwis, EL Senanayake, KB Ratnayake, Anura Bandaranaike and now WJM Lokubandara are all from the majority community. It may be recalled that Buddhist prelates pressured Jayewardena to replace Bakeer Markar with EL Senanayake

This then is the sad story of Sri Lanka where political power is entrenched with the Sinhala Buddhist majority that sees it almost as a divine right. Not only is there unwillingness to share power with the minorities but even symbolic recognition of the Island's diversity and plurality seems impossible.

Of course we can always talk of the time when Sharvananda was Chief Justice, Shiva Pasupathy was Attorney - General and Rudra Rajasingham was Inspector - General of Police.

#### Core of the Crisis

It is this reluctance to share power even symbolically and the gross insensitivity of the ruling class to issues like this that lie at the core of the crisis in Sri Lanka. The unwillingness of the dominant group to share power is manifest in the election/appointment of the President and Prime Minister.

It is the celebration of diversity and the conscious effort to recognize plurality that lies at the core of India's comparative success in crisis management. The tradition of rotating the Presidency among regional, religious, linguistic minorities is a healthy expression of that mindset. [Federalidea.com]

DBS Jeyaraj can be contacted on djeyaraj@federalidea.com





THREE locations. ONE great taste.

## The Original Taste of South India

Your favourite restaurant

## **SARAVANAA BHAVAN**

## **NOW at Richmond Hill**

670 Highway 7 E, Unit 8 (at East Beaver Creek and Hwy 7) Sheraton Parkway Complex Richmond Hill, ON, L4B 3P2 Tel: 905 709 5677

Dine In
Take Out
Catering
Weekday Lunch Buffet
Weekend Breakfast Buffet
Tandoori Delights

Richmond Hill - Restaurant Hours

Mon to Fri: 11:30 AM to 3:00 PM and 5:00 PM to 10:00 PM Sat & Sun: 10:00 AM to 3:00 PM and 5:00 PM to 10:00 PM



## Authentic South Indian Vegetarian Restaurant

Visit our web site for HSB news, celebrity visits and community directory.

4559 Hurontario Street . Unit 12B (Hurontario and Eglinton) Mississauga Market Place Mississauga L4Z 3L9 Tel: 905.290.0769

1571 Sandhurst Circle . Unit 153 (Finch and McCowan) Woodside Square Scarborough M1V 1V2 Tel: 416.293.7755

www.saravanaabhavan.ca for exclusive offers and special events

Restaurant Hours: Monday to Friday 11:30 am to 10 pm Saturday and Sunday 10 am to 10 pm



# Spicy Delicious Indian Veg & Non-Veg Food

Lunch Buffet with 30 items
11:30am to 3:30pm



Tasty Weekend Breakfast Buffet

## Anjappar now open in Brampton

Bartleys Square 01, Bartley Bull, Unit 5 Brampton, ON (Adjacent to FOODBASICS) HWY 10 / Steeles  $905\ 450\ 7575$ 

## **Business Hours:**

Weekdays: 11:30 am to 11:00 pm Saturdays/Sundays: 10:00 am to 11:00 pm

INDIA UAE DUBAI ABUDABI CANADA SRILANKA SINGAPORE MALAYSIA



3090 Eglinton Avenue East, Toronto Ontario

(Between Markham & Bellamy)

Telephone - 416-265-2695

The finest in South Indian Cuisine

# THE LAW OFFICES OF MELENI DAVID BARRISTERS AND SOLICITORS



**Motor Vehicle Accidents** 



Slip & Fall Accidents

**TTC Accidents** 

**Manufacturing Defects** 

Power of Attorney, Notary Public & Commissioning

**Free Initial Consultation** 

885 Progress Avenue, Suite 205 Scarborough, Ontario M1H 3G3

> Tel: (416) 430 - 0044 Fax: (416) 430 - 0049



3085 Hurontario Street, Suite 205C Mississauga, Ontario L5A 4E4

> Tel: (905) 290 - 9249 Fax: (905) 803 - 0943





## 

## Instant Life Insurance with No Medicals

- **Acceptable conditions**
- Heart Disease • Bypass Surgery
- Angioplasty
- Cancer
- Diabetes with insulin
- Kidney Disease
- Declined by other Companies

#### Mahesan Kathirgamanathan

Insurance Advisor We represent All Leading Insurance Companies

Cell: 416-884-1479 Tel: 905-209-1479

> Email: mahesan@rogers.com www.insuranceshop.ca





585 Middlefield Rd Unit # 3, Scarborough, ON., M1V 4Y5



## **STEELWORKERS** DENTAL SERVICE

**Complete Dental Care** for the whole family ...



Steelworkers Dental Service locations 390 Steeles Ave West, Unit # 15

Thornhill, ON L4J 6X2 905.762.1175, Toll Free: 1.866.404.9926

33 Cecil Street, Toronto (416) 343-0086

2285 St Laurent BI, Ottawa, ON (613)731-2111

1158 Aerowood Dr, Mississauga, (905) 238-1414

1031 Barton Street East, Hamilton Phone: (905) 545-1041 Toll free 1-888-251-0845



**New Patients &** emergencies welcome

## **Dentists**

Dr. Sivanesan

Dr. W. Chen

Dr. D. Uluca

Dr. M. Little

Dr. T. Lehri

Dr. Shaheen

We speak Tamil, Persian, Chinese, Spanish, Turkish, Urdu, Hindi

Call us today to make an appointment

## **India's Booming Markets Attract Young New Investors**

By Anjana Pasricha

India's booming stock markets are attracting many new investors in the country as they continue to reach new highs.

Monica Gupta, 26, began working three years ago in a consultancy company. She puts more than half her savings in stocks and mutual funds.

"I have got great returns on my investments. It's so much better than putting money in a bank," Gupta said.

Like Gupta, many young professionals are investing heavily in the stock market.

Prithvi Haldea heads New Delhi's Prime Database, which tracks trends in the markets. He says many first-time investors have been encouraged by countless stories of people who have doubled or tripled their investments, as the Mumbai stock exchange's Sensex index soared from 4,000 points in 2003 to more than 15,000 points in July 2007.

"The young generation has tasted blood in the sense that they have huge earnings, and whatever investment they have made, they have been able to in a

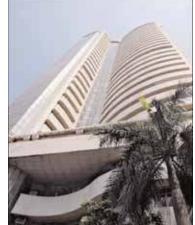
large number of cases, turn them into profits," Haldea said. "The numbers that are growing in terms of investor base, basically it is coming from this young generation."

Young professionals are not the only ones attracted by the buoyant stock markets. Many others in the expanding middle class have diverted savings to stocks and mutual funds as confidence grows in the future of corporate India.

As a result, household savings invested in equities and mutual funds have risen to about five per cent compared to just one per cent four years ago.

Market analysts however point out that this is still low compared to developed economies. They say many people are still hesitant to tie their fortunes to the stock markets as debate rages about the sustainability of their massive rise in recent years.

Prithvi Haldea is among those who believe that share prices have risen too high, too fast. He says the economy is on a roll and many companies are doing well but advises caution.



"Our market is slightly skewed in the sense that we lack both the width as well as the depth," Haldea said. "The number of companies that are listed of good quality, that number is still very small, and the floating stock that is available is very, very small, so any buying interest from large buyers basically shoots up the prices dramatically."

Other market watchers simply point to the statistics - Indian stocks offered an average annual return of 38 per cent in the last five years - and say the risk is worth it.

[VOA

# Indian economist Amartya Sen wins German prize

Leading Indian economist and Nobel laureate Amartya Sen will be awarded Germany's Meister Eckhart prize for his work on human development theory, the country's Identity Foundation said recently.

Sen is being honoured with the prize for having enriched philosophical and cultural discourse with an economic perspective, the foundation said in a statement.

"For Amartya Sen the development of man is linked to the extent to which people are free to allow their true identity to unfold," it said

"The unusual merging of economic and philosophical enquiry which graces his work leads to the acknowledgment that identity is not merely a personal question, which every individual should pose himself, but a worldwide

Sen, 73, won the Nobel prize for economics in 1998. He has worked on welfare economics, famine, gender inequality, the underlying mechanisms of poverty



and political liberalism.

His books have been translated into 30 languages. Past winners of the Meister Eckhart prize, which is named after a 13th century German theologian and mystic, include US philosopher Richard Rorty and French anthropologist Claude Levi-Strauss.

It comes with prize money of 50,000 euros.

Sen will receive the prize in the western German city of Cologne at the end of November

[PTI]

#### " Indian real estate stocks most expensive"

Real estate stocks in India are the most expensive in the world even as they give lower returns than most of the emerging as well as developed markets including China, Singapore, Hong Kong and Australia.

The revelation has come in the backdrop of a seven-year bull run in the global property stocks coming to an end in the second quarter of 2007, although emerging markets bucked the trend, according to second-quarter review of property sector by international investment services firm Standard & Poor's.

A comparison of price to earn-

ings ratio of stocks from various countries showed that valuation of property stocks from the US and UK moved lower, while those from emerging market continued to grow.

P/E ratio is considered as valuation benchmark of a stock where a higher ratio indicates an expensive stock, while lower P/E signifies a cheaper stock.

P/E ratio for Indian stocks for the trailing 12 months was highest among all countries, while return on equity (ROE) was second lowest among all emerging markets and lower than most of the developed markets. The S&P study put the last 12-month P/E for Indian stocks at 209.30, against just 29.69 in China, 39.90 for the US and 3.18 for the UK. On ROE front, Indian stocks gave a 7.15 per cent return, lower than the global average of 7.3 per cent.

While India's ROE was higher than that of the US (6.2 per cent) and the UK (3.05 per cent), it was the second lowest among emerging markets after Turkey's 4.2 per cent.

Besides, ROEs were more than 20 per cent for stocks from markets like Denmark, Egypt, Israel and Poland. [PTI]

# Ramar Sethu not a man made structure, says EarthWeb

EarthWeb, a division of NASA that hosts astronaut photography of the Earth, has said that the 'Ramar Sethu' or Adams Bridge was not a man made structure and that their occurrence was not evidence of any human activity.

This was in reply to an e-mail sent by the Sethusamudram Corporation on July 26, 2007 to clarify whether it was a man made structure or not.

"Our office supports only astronaut photography of the Earth. The chain of small islets connecting India and Sri Lanka are real geographical features that have been mapped for centuries. Chains of islands form a variety of natural geological processes and their occurrence is not evidence of any human activity," EarthWeb

An official of the Sethusamudram Corporation had mailed Earthweb on the satellite image of Adams Bridge.

"In India a burning question is going on whether this bridge is man made or not. Religious fundamentalists insist that the bridge was once constructed by human



beings in order to invade Sri Lanka long ago. Some say it is not man made and the area is covered by shallow water and the sediments under the water appear like a narrow bridge.

"The third group say that the Bridge is nothing but a peak of a large mountain that has submerged," the Email said and asked for a clarification on the issue.

A copy of the Email was circulated to the media during a press conference addressed by N K Reghupathy, Chairman, Tuticorin Port Trust and Chairman and Managing Director, Sethusamudram Corporation Ltd on July 28th.

## US Scientists say pollution accelerates melting

## of Himalayan glaciers

By Heda Bayron

U.S. scientists say clouds of man-made haze that blanket southern and eastern Asia are helping accelerate the melting of the Himalayan glaciers.

A team from the Scripps Institution of Oceanography in California used unmanned aircraft to measure heat in the atmosphere high above the Indian Ocean, a part of Asia often blanketed by "brown clouds" of manmade pollution.

Brown clouds are known to cool the land or sea below them because they trap sunlight, not allowing it through to the earth below. Until now, however, little has been known about the clouds' effect on the air immediately around them.

The Scripps team found that the brown clouds increased the heat of the air around them by around 50 percent. The team says the clouds have contributed roughly half of the temperature increase that has been blamed for the melting of the Himalayan glaciers.

"What we discovered from our measurement was the brown cloud was absorbing a lot of sunlight and was contributing to heating of the air," said V. Ramanathan, the chief scientist of the research team. "We put this data in a climate model and that model suggested that the warm air was contributing to glacial melt."

Brown clouds are made up of tiny particles called aerosols that come from, among other things, forest fires, vehicle and industrial emissions, and the burning of wood and cow dung for cooking that is common in many households in developing Asia.

"It's basically the smoke. The smoke carries these particles, and the atmospheric winds transport it so that we see [in] satellite data the brown cloud covering [the] entire South Asia and East Asia region and go over the ocean so



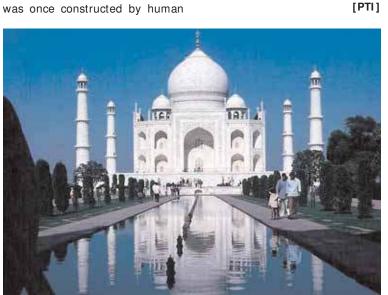
that they intercept sunlight and modify the climate," added Ramanathan.

Experts say the loss of the Himalayan glaciers could mean water shortages for millions in Asia. The glaciers of the Tibetan plateau are the main source of the region's major rivers such as China's Yellow River, Southeast Asia's Mekong and India's Ganges.

In May, Greenpeace in China said Mount Everest was heating up at triple the world's average. Some scientists say at the current rate of warming, the Himalayan glaciers could disappear by 2035.

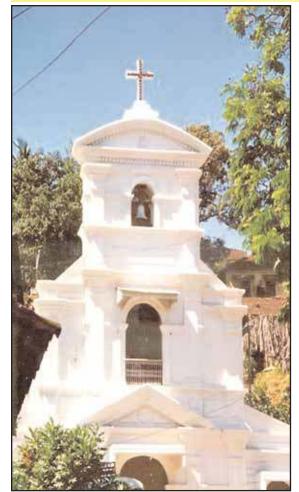
Ramanathan says one way to reduce brown clouds is to start using solar-powered cookers in millions of Asian households.

[VOA]



## **Monsoon Food Court**





# GOAN CUISINE

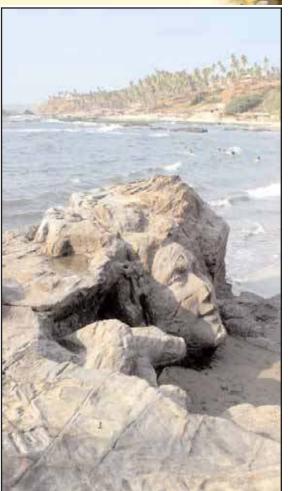
#### By Chef Nate

This tiny state is situated on the west coast of India, between the borders of Maharastra and Karnataka and is better known to world as the former Portuguese enclave on Indian soil. With the rule of the Portuguese for over 450 years and the consequential influence of the Latin culture, Goa presents a somewhat different picture to the foreign visitor than any other part of the country. The state of Goa is famous for its excellent beaches, churches, and temples. The Bom Jesus cathedral is another famous attraction in Goa.

Goan cuisine is a blend of different influences the Goans had to endure during the centuries. The staple food in Goa is fish, both among the Hindus as well as the

Catholics. On other fronts however, there is a vast difference in the foods of these two communities, the main reason being that the Christians also eat beef and pork which are taboo in most Hindu households.

While Hindu Goan food does not seem to have picked up any Portuguese influence, Christian food has been influenced not only by the Portuguese, but also by its overseas settlements. However, it has not been a one-way transfer. An example is canjade galinha, which is a type of chicken broth with rice and chicken pieces, and is originally a Goan recipe. Another is arroz doce, which is a Portuguese adaptation of pais or kheer (sweetened rice) found in India.



# Chicken Xacuti

#### Ingredients:

1 lb chicken Thigh Meat(1 1/4 kg)

salt to taste

one cup grated coconut and 1 tbsp fresh, diced coconut

- 1 tbsp coriander seeds
- 1 tbsp cumin seeds
- 1 tbsp poppy seeds 1 tsp turmeric seeds
- 8 red dried chillies
- 1 tsp grated nutmeg
- 4 aniseed
- 2 tsps fennel seeds
- 1/4 cup oil
- 3 large onions, chopped fine 8 green chillies, chopped fine
- 3 tbsp tamarind pulp
- 2cups water

#### Method:

than strawberries.

Wash, clean the chicken. Apply salt and keep aside. In a Remove from fire.

flat/ griddle, on medium heat brown the grated coconut, and all the spices except the nutmeg, green chillies and diced coconut. You will get a strong fragrance when the spices are done (approx. 2 -4 mins.). Remove from heat and grind this mixture of roasted spices to a paste in the blender/grinder. Heat oil in a pan on medium heat and saute all the ground spices along with the green chillies, and 1 large onion chopped fine. Add the chicken pieces, diced coconut, nutmeg and salt to taste along with the tamarind pulp. Lower the flame and add the water gradually, stir cooking, as you do so in an open pan. After 15 minutes, raise the flame and shake the pan gently. The oil will rise to the top.

UN FOOD FACTS Lemons contain more sugar Marco Polo returned to his home-

Half of the world's population live on a staple diet of rice. "Fast Food" I sn't New!

The remains of fast-food shops have been found in ancient ruins! Even ancient Greeks enjoyed take-out. The only thing that is new is the mass production, standard menus and recipes of fast-food "chains." Wow!

During a lifetime the average person eats about 35 tonnes of food

#### I ce Cream Is Chinese Food!

When the famous explorer

land of Italy, from China in 1295, he brought back a recipe (among other things). The recipe, was a Chinese recipe for a desert called "Milk Ice." However, Europeans substituted cream for the milk, and voila..."Ice Cream." Ice cream has been a hit ever since!

In France, people eat approximately 500,000,000 snails per vear

#### Carrots Really Can Help You See In The Dark!

Vitamin A is known to prevent "night blindness," and carrots are loaded with Vitamin A. So, why not load-up today!

Cream is lighter than milk







Panjim Church in Goa

#### There are about 100,000 baceria in one litre of drinking water

Over 1,000 litres of beer are drunk in the House of Commons each week

Sometimes Frozen Fruits And Vegetables Are More Nutritious Than Fresh!

The longer that fruits or vegetables sit around waiting to be sold or eaten, the more nutrients they lose. But fruits and vegetables grown for freezing are usually frozen right after they're picked. Therefore, they have less time to lose their nutrients.

The dish chop-suey does not come from China. It was created by Chinese immigrants in California.

# k Vindalho

#### (Pork cooked in pungent red gravy)

#### Ingredients:

- 1 lb lean pork, cleaned
- 8 dried red chillies/peppers
- 8 peppercorns 8 cloves garlic
- 2 inch piece ginger
- 6 cloves 1/2 inch piece cinnamon
- 1 tsp cumin seeds
- ½ mustard seeds
- ½ tsp sugar
- ½ tsp vinegar 2 tbsp oil
- ½ peg coconut feni
- 2 medium onions, chopped fine

#### 2 cups water Method:

Cut the cleaned pork into bitesized pieces and keep aside. Grind all the spices in the vinegar, adding the ½ tsp sugar. Apply the ground spices to the meat and keep aside for 4 hours.

Heat the oil in the pan on medium heat and add the meat. Stir fry the meat for 5 minutes, then add the chopped onion, coconut feni, rest of the vinegar and the water gradually. Cover the pan and lower heat. Stir cook till meat is tender and the oil rises to the top (approx. 30 minutes).

Note: Chicken or beef can also be used in the recipe given for Pork Vindaloo.

Send your comments to chef@monsoonjournal.com

# New Hygienitech Process Brings Relief to Allergy Sufferers

If you or anyone in your family is suffering from any of the following symptoms, the problem may be dust mites that have made a home for themselves in your mattress!

Asthma Hay Fever
Bronchitis Itchy Red Eyes
Eczema Headaches
Fatigue Depression



These microscopic creatures are a real menace to good health, they're everywhere and their favorite breeding ground is your mattress. They feed off the skin we all shed and they can cause all kinds of health problems. But now there's a safe, all natural, chemical-free way to destroy them. It's time to call the Mattress Cleaning and Sanitizing professionals. It's time to call:

## Hygienitech Canada Inc.

King or Queen sized Mattresses cleaned and sanitized

Save 20% with this AD

Call 416-332-9984

Ask about our **FREE**, In-Home, Dust Mite and Allergen Test



Canadian newspaper primarily targeting the South Asian community celebrated it's first Birthday with its Advertisers, well-wishers and other friendly Media personnel, recently at Kings Banquet Hall.

"Monsoon Journal"'s Anniversary issue carries

messages of good wishes from the Canadian A vote of thanks was proposed by Mr. Siva peering the program. Shiyam Logan welcomed Prime Minister, Ontario Premier and the Mayor

Mr. Kandasamy Siyapragasam, the former Chief Editor of Express Newspapers (Ceylon) Ltd. who is now a U.S. based lawyer, was the guest of Sivapragasam, the Newspaper's Editorial and Marketing Consultant. He thanked the columnists, contributors and advertisers who had made Monsoon Journal to establish itself successfully in the Publishing field.. Ms.Krishni Logan, Ms. Mithila Ruthran show-cased their talents in comthe guests.

At the end of the function, Mr. Logan Velumailum, the Publisher of "Monsoon Journal" was presented with a bouquet of flow-

Photo Courtesy: Rudy & Gnane



Krishni Loganathan (Right) and Mithila Ruthran (Left) show-case their MC talents



Shiyam Loganathan welcoming the guests by giving a brief introduction of Monsoon Journal



Guest of Honor U.S. based Attorney-At-Law Kandasamy Sivapragasam,for-mer Chief Editor of Sri Lanka's Virakesari Newspaper presents an Award to Siva Sivapragasam, Media Professional and Monsoon Journal's



Gnanendran receives Award from Sadia Qureshi



Presentation of Award to S. S. Mathavan, Monsoon



Dr.Sri Sri-Skanda Rajah and his wife Usha expressing appreciation to Siva Sivapragasam on his Vote of Thanks



Abdul Hai Patel, Lanka Jeganathan and Dr. Siva Sivanesan



Little Anjali presents a "Happy Anniversary" bouquet of flowers to Monsoon Journal Publisher Logan Velumailum, standing from L-R: Ravi Varman, Mohan Thurairajah & Charles Deva of Tamil Mirror



Presentation of Award to Monsoon Journal's Editorial Executive and Journalist Raymond Rajabalar



Ranga Velumailum receives Award on behalf of "Chefnate" Kuhan Velumailum (Monsoon Journal's Cuisine Columnist)



Guest of Honor, Former Virakesari Chief Editor Kandasamy Sivapragasam



Left to Right - Insurance Advisor Vany Jaganmohan Realtor & Mortgage Specialist Nilani Ravindran, Scotia Monsoon Journal Editorial & Marketing Consultant proposing a Vote of McLeod's Kalyani Nathan, Monsoon Journal Promotion Co-ordinator Senthi Senthivel & Realtor Deva Gasperson



Real Estate Agent Ramesh Thurairajah, Santha Panchalingam of Santha Electrical & Plumbing Services



Sadia Qureshi being interviewed for the TV. Suresh



Award presented to writer Kumar



Mr. Sivakumar, President-Waterloo Tamil Cultural Association presenting an Award to Monsoon Journal's Graphics & Layout Specialist Santosh Kumar



Harry Jeganathan, Markham-Unionville PC party riding Vice President, Ki Kit Li. Candidate for Ontario PC party. Raymond Raiabalan and Siva Sivapragasam



CTCC Secretary Raj Rajsri, Realtor & St. Johns College OBA Co-Chair, Yoga Arulnamby and Chartered Indrani Nagenthiram of Helping Hands Senior Care Centre Accountants Umesh Vallipuram & Ram Thirugnanam







Sadia Qureshi, Regiona Communications Advisor attached to Federal Ministry of Finance, makes an Award presentation to Monsoon Journal's Cinema Columnist Anand Jayachandran



Award presentation to Monsoon Journal's Photos, Audio, Video consultant Rudy Ruthran by Ki Kit Li of Yee Hong Ki Kit Li Rehab Centre & candidate for Ontario PC party for Markham-Unionville



Left to Right - Siva Sivapragasam, Campaign Manager David Ramalho, Samy Appadurai, Candidate for Ontario PC party-Scarborough Centre, Journalist Pudhuvai Raman, Logan Velumailum & Businessman Mr. Vivekanandan



Guests Premilla Siva, Rani Siva and Aniali



Realtor & Insurance Agent Ken Kiruba with AirComPlus



Mohan Sundaramohan - Manager, RBC Royal Bank-Morningside & Milner Branch with Insurance Advisor Mahesan Kathirgamanathan

# Ashok Kapur for the Record

India and Pakistan gained independence from British rule in mid-August 1947 and -- 60 years later -- it's time to reflect on their achievements and their problems, where the two nations came from, the paths they have chosen, and where they are now in terms of their development and international position.

Following a hasty British withdrawal from the Indian subcontinent, the two countries were born in violence. Thousands of innocent civilians died in communal carnage, millions moved from Pakistan to India, and visa versa, in a process of a massive involuntary migration. And the British partition of the region into two countries has been followed by war and diplomatic conflict between the two.

The violence grew out of a belief -- widespread among Muslims and shared by the British rulers of India -- that Indian Muslims were at risk living with a Hindu majority, and that a Muslim homeland and Western protection was needed to protect them. Muslim leader M.A. Jinnah, the architect of the Pakistani state. persuaded the British that Hindus and Muslims were two separate nations, that they could not live together in post-British India, and that a separate state was the way to secure their future.

The theory bore little resemblance to reality. India had never functioned as a Hindu majority country even though Hinduism was its main religion, along with Islam, Budhism, Jainism, and Christianity. Since the 11th century the political, military and economic affairs of India were chaotic and subject to several waves of Muslim invasions from Afghanistan, Persia and Central Asia. The invaders became settlers and the rulers in India from 1526 until the mid-1880s.

With the arrival of the East India Company's traders and British military men in India, beginning in the 1600s, a parallel commercial, military and political influence emerged under London's direction. The decline of the status of the Muslim emperors was followed by the rise of the British India empire, beginning in the mid-1800s until 1947.

Without a history of Hindu domination of the subcontinent, and given the prevailing political atmosphere and the fear of communal violence, India's leaders made it a point to emphasize the importance of a secular India -- given that there were more than 150 million Muslims inside India, one of the largest Islamic groups in the world. The protection is in the Indian Constitution.

The belief in an inevitable Hindu-Muslim conflict led to wars between India and Pakistan, over Kashmir in 1947-48 and 1965, and over Bangladesh in 1971. Since the 1980s, there has been a state-supported campaign by

Pakistan to promote insurgency in various parts of India including an attack on the Indian parliament in 2002, and the Mumbai (Bombay) train bombings in 2006. But these wars and external interventions have been checked by Indian military action and international diplomatic pressure on Pakistan.

After the terrorist attacks on the United States on Sept. 11, many international observers believed that Pakistaniinspired support of Taliban and al-Qaida should be checked. Pakistani President Pervez Musharraf has been under constant pressure by the U.S. to curb Pakistan-based terrorists. China, Pakistan's ally, has also criticized Islamabad publicly for its Jihadi training camps, out of concern over the spread of Islamic extremism into its border areas where significant numbers of Muslims live.

Moreover, Pakistan is preoccupied with the problem in Afghanistan and its internal extremism, so war with India is unlikely.

Pakistan's tragedy is that it put all its eggs in the basket of animosity with India and the Hindus, and it forgot to develop a formula and a process to establish internal democracy, to learn to share power among its constituents, and to organize regime change peacefully. For most of its history, it has been under military rule, and Pakistani politicians since the 1980s have functioned with the military's tolerance and support. Its military-civil relations are a matter of opportunism, not conviction about the value of democracy.

For years the military has been the biggest political force in Pakistan and now it controls its economy as well. Despite its powerful position in Pakistani politics, history has not been kind to the generals in Islamabad. Its theory of the Hindu-Muslim divide as the dominant element in the subcontinent and its belief that the army is the guardian of Pakistan and of Islam fell apart in 1971 when Bengali (then East Pakistani) Muslims revolted against West Pakistani exploitation of its revenue producing jute industry (along with other cultural and political grievances) for the benefit of the political and military masters in West Pakistan.

Today, the pattern of intra-Muslim revolt continues, with Baloch nationalists blowing up oil and rail links in western and southern Pakistan. The Pushtoons of Pakistan are allied to fellow Pushtoons in Afghanistan in a campaign to support the Taliban, and the strategic Sind province, with its vital Karachi seaport is unsettled.

So even if Musharraf and former prime minister Benazir Bhutto come together in a power sharing arrangement -- as is widely rumoured -- this is an alliance of two losers. Neither is committed to internal conflict resolution by political and peaceful methods and neither one has the capacity to deliver stability and peace to its people. Islamabad does not have a plan to deal with restive regional nationalities and it does not acknowledge their separate cultural identities and their economic and political domands

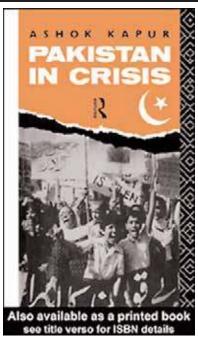
By comparison, India's economic, military and diplomatic position in the region and in the world has grown. No doubt it had baggage. Jawalrahal Nehru's socialism irritated many Indians and Westerners, and a cumbersome and allegedly corrupt bureaucracy with a belief in state controls stifled economic and political life. As well, a leftist orientation toward Moscow and Beijing and an anti-U.S. orientation permeates Indian thinking because Washington is not viewed as a benign force in world affairs. Until the late 1990s this orientation handicapped India's search for international allies and economic growth.

India also has many serious problems - a large pool of rural and urban poor, insurgency in India's northeastern and central provinces, poor infrastructure, and a slow pace of internal economic reforms. India's progress has, nevertheless, been remarkable because of the nation's ability to self-correct and learn from its mistakes and develop the skills and the capacity to compete on different fronts.

Following the war with China in 1962, Indians recognized the importance of military and economic strength to deal with dangerous neighbours. Pakistan's hostility was dealt with by resorting to war and by diplomatic dialogue. But, it is significant that even during war, the lines of communication between Pakistan and India have always remained open.

The Indian government was slow to join the economic globalization process, waiting until 1991. India's information technology entrepreneurs showed the way, despite government restrictions, and the process of Indian economic reforms took off. Today, India boasts a nine per cent annual growth rate with strength in manufacturing, information technology, pharmaceuticals, aerospace, steel, automobiles and other high-skill and technology areas.

It is significant that India has a pool of millions of dedicated, well trained and politically skilled young people who can compete in various sectors of the global economy. They are the doers, compared to the talkers in Indian political parties and the procrastinators in the civil service. When India became independent it was compared with Pakistan. Today, it is compared with China and other major powers in issues relating to



economic growth, military strength, and internal governance within a system of law and a culture of peaceful change.

Because of his fixation with India, Pakistan's Jinnah, his nation's first governor general, argued that Pakistan could not afford the luxury of democracy -- so its trajectory took the path of authoritarianism, first under the direction of its colonially trained civil servants and then its generals. As a result, the idea of democracy, the habit of dis-

course, and peaceful adjustment of political, economic and social conflicts has been shaky in Pakistan. And a self-correct mechanism is lacking.

Lately Pakistan has turned in a respectable performance, with economic growth approaching six per cent, but international political and business leaders rate it as one of the world's least stable countries -- with the likes of Nigeria and Venezuela. Pakistan is now in the category of a failing state, but because of its strategic location in a dangerous neighbourhood it must be propped up by Western aid and diplomatic support.

As such, the Indian story revolves around recent comparisons with China, while Pakistan must find a way to shed its India fixation and fix its domestic arrangements. "The Indian story revolves around recent comparisons with China, while Pakistan must find a way to shed its India fixation and fix its domestic arrangements."

Ashok Kapur is the co-author of a forthcoming book, Government and Politics of South Asia, and he is a distinguished professor emeritus, of the University of Waterloo.

For Advertisement enquiries contact

MONSOON JOURNAL - 416 358 3235

www.monsoonjournal.com



## Partitioning India over lunch

Memoirs of a British civil servant never published until now show how much the partition of India was decided by just two men, according to BBC's Alastair

In a quiet village in the northern English county of Yorkshire, Robert Beaumont rifles through his father's archives.

The various and somewhat tatty pieces of paper he unearths are no ordinary collection of paternal memoirs.

They are the thoughts and reflections of his father, Christopher Beaumont, who played a central role in the partition of India in 1947, which resulted in arguably the largest mass migration of peoples the world has ever seen.

After the death in 1989 of Mountbatten's Private Secretary. Sir George Abell, Beaumont was probably not exaggerating when he claimed to be the only person left who "knew the truth about partition".

#### 'Bending the border'

It is estimated that around 14.5 million people moved to Pakistan from India or travelled in the opposite direction from Pakistan to India.

In 1947, Beaumont was pri-

vate secretary to the senior British judge, Sir Cyril Radcliffe, who was chairman of the Indo-Pakistan Boundary Commission.

Radcliffe was responsible for dividing the vast territories of British India into India and Pakistan, separating 400 million people along religious lines.

The family documents show that Beaumont had a stark assessment of the role played by Britain in the last days of the Raj.

"The viceroy, Mountbatten, must take the blame - though not the sole blame - for the massacres in the Punjab in which between 500,000 to a million men, women and children perished," he writes.

"The handover of power was done too quickly."

The central theme ever present in Beaumont's historic paperwork is that Mountbatten not only bent the rules when it came to partition - he also bent the border in India's favour.

The documents repeatedly allege that Mountbatten put pressure on Radcliffe to alter the boundary in India's favour.

On one occasion, he complains that he was "deftly excluded" from a lunch between the pair in which a substantial tract of



It was a time of mass migration. uncertainty and bloodshed

Muslim-majority territory - which should have gone to Pakistan was instead ceded to India.

Beaumont's papers say that the incident brought "grave discredit on both men".

#### Punjab 'disaster'

But Beaumont - who later in life was a circuit judge in the UK is most scathing about how partition affected the Punjab, which was split between India and

"The Punjab partition was a disaster." he writes.

"Geography, canals, railways and roads all argued against dismemberment

"The trouble was that Muslims, Hindus and Sikhs were an integrated population so that it was impossible to make a frontier without widespread dislocation.

"Thousands of people died or were uprooted from their homes in what was in effect a civil war.

"By the end of 1947 there were virtually no Hindus or Sikhs living in west Puniab - now part of Pakistan - and no Muslims in the Indian east.

"The British government and Mountbatten must bear a large part of the blame for this tragedy."

#### Personality clash

Beaumont goes on to argue that it was "irresponsible" of Lord Mountbatten to insist that Beaumont complete the boundary within a six-week deadline despite his protests.

On Kashmir, Beaumont argues that it would have been "far more sensible" to have made the flashpoint territory a separate country.

According to Beaumont, the "formidably intelligent" Radcliffe "did not get on well" with Mountbatten.

"They could not have been more different," he writes.

"Mountbatten was very goodlooking and had a well-deserved history of personal bravery but, to put it mildly, he had few literary tastes.

"Radcliffe... was very quietly civilised. It was a relationship so like chalk and cheese that Lady Mountbatten had to use all her adroitness to keep conversation between them on an even keel."

Beaumont died in 2002 - his son Robert remembers him with great affection.

"He was also a man of supreme honesty, who spoke out on numerous occasions against the official British version of events surrounding partition without in any way being disloyal to his country," Robert Beaumont recalls.

[bbcnews.com]



#### Noble services by Fr. Paul

Fr. Paul Satkunanayagam is a Jesuit Priest, doing ministries in Batticaloa, a war zone area, for the last 27 years. Because of the war, Tsunami and other natural disasters, the children, women and adults are severely traumatized, and are lacking in basic needs and psychological healing. Fr.Paul, with the help of the lay collaborators and people of good will, is addressing himself to the problems of a war and tsunami affected people.

1. He is creating a " Dream Catcher " counseling centre,in which, with the help of locally trained counselors, who are a paid a salary,25 of them, give psychological counseling and services, from Tirukovil to Vakarai. They travel to these areas for counseling sessions.

He is having a children's program, for 150 children, every year, in the Butterfly

Peace Garden, in which through expressive art and creativity, he brings ethnic harmony and peace making to the traumatized children. It is a very effective children's program for traumatized children,in a war zone

- He has in residence, about 200 children to whom he gives an alternative home, taking care of their nutritional food, medical needs, emotional needs, educational needs and maintenance.
- 4. He has a program for excombatants and in a four pronged approach, he gives them:
  - a. Safety and shelter.

d.Counselling.

- b. Nutritional program.
- c. Vocational training and



5.He has a widows program for whom money is loaned for self employment, like:

- a. Fast food catering.
- b. Poultry farming.
- enterprises c.Business like.making handcrafts for sale, tailoring etc.
- 6. Some people are extremely poor and are unable to take care of themselves. These

People are given a monthly allowance, for their maintenance.

He strictly addresses himself to the problems of the war affected,tsunami affected people and, he is very disciplined as regards to funds and other supports, and waits to be accounted and very,transparent.He is not here to raise funds, but to create awareness of the problems and community,in needs, of the Batticaloa.

Fr. Paul

Contact:

Satkunanayagam, S.J.

- 1. Jesuit Road,
- " Jesuit Residence " Batticaloa,, Sri Lanka.

10வது ஆண்டாக மேரிலேக் திருத்தலத்தில் ரோரன்ரோ தமிழ் கத்தோலிக்க சமூகம் (TCCT) கொண்டாடும்

## மருதமடுமாதா தீருவிழா

ஆவணி மாதம் 18ம் திகதி 2007 சனிக்கிழமை தூய ஆரோக்கிய அன்னை பங்கின் ஆதரவுடன் நடைபெறும்

அனைத்து தமிழ் மக்களையும் 🚾 திருவிழாவில் கலந்து இறைவனை வழிபட அழைக்கின்றோம்.

காலை 11,00 மனிக்கு திருநாள் கூட்டுத்திருப்பலியும் தொடர்ந்து மருதமடு அள்ளையின் நிருச்சுருப பணியும் நடைபெறும் மாலை 4 மணிக்கு தேவநற்கருணை அறாதனையும் ஆசீர்வாதமும் вынь Селинд.

தொடர்புகளுக்கு :

416 258-6759 416 569-5833



#### DIRECTIONS

From the East: Take Highway 404 Ontario, Canada, L7B-IA7 northbound to Bloomington Rd. Go (opposite the western end westbound on Bloomington until you reach of Bloomington Rd.) Keele St. At this point there is an entrance to (905) 833-5368 Marylake straight ahead.

From the West: Take Highway 400 northbound to the King Road. Go cust on King Rd until you reach Keele St. turn left and go Parking \$10.00 north on Keele St for about 2 kms. You will see By Church Management the Marylake gate on the lefthand side of the

13760 Keele St., King City

# Our Lady of Madhu

#### A refuge for many, irrespective of their religious beliefs

"Lift up thine eyes round about thee and see; all these are gathered together; they are come to thee; thy sons shall come from after and thy daughters shall rise up at thy side".

In these words the prophet Isaias describes the vision splendid of the Universal Church.

These words come to our minds when we see the immense concourse of people gather annually from the four corners of Sri Lanka at the feet of Our Lady of Madhu. They come in their thousands to this sacred spot, because it has long been the centre of Marian devotion in the Island and because it has been the nursery of faith - not only for the Catholic community but also for people of various religious beliefs- in times of persecution.

#### The original home of Our Lady of Madhu.

Those who brought Christianity to our shores also planted in our midst the devotion to the Mother of God Almighty. The kingdom of Jaffna in the 16th century consisted of Northern peninsula along with the neighbouring islets, a portion of the adjacent mainland and the sea coast up to the island of Mannar. The first news the people of this kingdom had of Christianity was from the new converts of the Fishery Coast of India. About the year 1544 the fame of the preaching and the miracles of St. Francis Xavier induced the people of Mannar to sent deputation to the saint to visit them. As he was busy in Travancore at the time, he sent them a priest who bore his name, to provide religious instructions and baptize them. Over 600 men, women and children embraced the faith and most of them sealed with their blood their belief in Jesus Christ However, on the orders of Sankily the king of Jaffna, the new converts were massacared in the same year.

Yet, the new religion that was planted in Mannar and its neighbour hood continued to flourish. In 1583 the number of Christians is said to have been about 43,000 with 26 churches. One of these churches was situated in Mantai, a village on the mainland and about six miles from Mannar. This church was the original home of the statue of Our Lady of Madhu, which at that time was called Our Lady of Good Health.

## Our Lady of Mantai comes to Madhu

The conquest of the Island by the Dutch opened an era of cruel persecution against the Catholics and the faithful of Mantai were forced to consider seriously the desirability of removing the statue of Our Lady of Mantai to a haven of safety. There were no priests to provide them any spiritual strength. In the year 1670, twen-

#### Raymond Rajabalan

ty devoted families migrated with the statue of Our Lady of Mantai into the Kandyan territory, where they hoped to save the statue from profanation and themselves from persecution, under the protection of the Heavenly Mother. For some time, the people wandered hither and thither in the thick forest of the Wanni in constant fear of the enemy. After a while, guided by divine Providence, they reached a hamlet called Maruthamadhu located

by the side of an ancient tank on the royal Rameswaram-Kandy route, where there was a customs house belonging to the Kandyan king. In the calm and serene atmosphere of Maruthamadhu the seed of faith started growing under Our Lady's protection, while persecution raged throughout Jaffna.

About the same time, another group of people began moving towards Madhu from the Jaffna Peninsula. To avoid the Dutch persecution about 700 Catholics crossed over to Poonaryn and sought refuge in the Wanni. Having wandered for days in anxiety and fear, they too, as if by a miracle. were led Maruthamadhu. Among the newly arrived Catholics there was a woman named Helena whose fervent piety and edifying life won for her the title of "Santa Lena" (St. Helena). In the course of time she married the officer who was in charge of the customs house at Madhu and the first little church dedicated to Our Lady of Madhu was built by this pious lady. For this good act the Christians have immortalized her memory by call-

ing the place "Silena-Marutha-Madhu" which to the present day continues to be one of the names of the holy sanctuary. From her sylvan shrine Our Lady of Madhu dispensed her spiritual and temporal favours liberally to her

the Mantota district, Silena Maruthamadhu was established as a mission centre in 1706, and Father Pedro Ferrao, a holy and austere Oratorian, was in charge at the time .His association with the place seems to hark back almost to 1695, the year of his arrival in Sri Lanka. The second church at Madhu was built by him and enlarged by another Oratorian, Fr. Antonio De Tavora

With the coming of the British to Sri Lanka religious persecution ceased and a bright era dawned for the Catholics. Already during the time of the Oratorians the Catholics of Mannar and the suburbs appear to have visited Madhu on pilgrimage. Lack of space in the church prompted a pious Burgher gentleman, Mr. Moyce, who was secretary of the Mannar courts, to erect in the year 1823 a small mud hut chapel for the use of the faithful. The development of the church at Madhu was gradually progressing in the hands of the Goanese priests, but a sudden set back was experienced when their Congregation was suppressed in 1834.

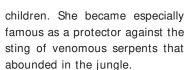
#### Madhu under the Oblates

On the suppression of the Oratorian Congregation, fresh arrangement Vicariate was formed in 1846 with Mgt. Bettachini but he was not able to under take any substantial improvements to the shrine .On the death of Bishop Bettachini , Bishop Semeria was appointed in 1857

Bishop Bonjean succeeded Bishop Semeria in 1868. In the year 1870 the new Bishop arranged an annual festival to be celebrated on the 2nd of July.

Bishop Bonjean paid his first visit to Madhu in 1872 and found things in a deplorable condition. The sight of the mud chapel grieved his heart and he is reported to have uttered the following words. "What sadness assailed

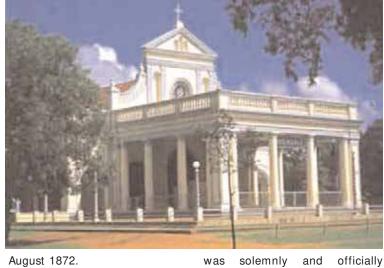
In these troubled times in Sri Lanka, hundreds of thousands of devotees from all walks of life with widely differing religious beliefs hope and pray that the heavenly mother will intercede with Lord God and help peace and happiness prevail in the country so every citizen can co-exist without any malice.



Madhu under the Oratorians

Owing to the expulsion of the Catholic priests during Dutch rule, there was no ministry in Sri Lanka for thirty years 1656-1686. The advent of Father Joseph Vaz in 1695, followed by other Oratorian priests, brought about a Catholic revival, and gradually steps were taken to open mission centres. In

my soul when I saw for the first time the miserable state of this celebrated? I then and there declared that it should not be said that an Oblate Bishop left the house of his Immaculate Mother in such a shameful state. I resolved to build in the wild jungle a beautiful church to the Most Blessed Virgin" Immediately the Bishop blessed the first stone of a new church and thus the corner stone of the present magnificent edifice was laid on the 8th of



The building of the Madhu church started by Bishop Bonjean was continued under Bishop Melizen and completed under Bishop Joulain. The superb façade, the spacious presbytery, the restful chapel of the Blessed Sacrament and the inspiring grotto of Our Lady of Lourdes, each rose in turn to add beauty to the holy shrine, while meeting the pressing needs of the growing number of devotees. The extensive tank which supplies the necessary bathing water to thousands of pilgrims was deepened and strengthened and several wells were sunk to increase the supply of drinking water.

Bishop Brault ordained in 1920 obtained the papal recognition of the shrine of Our Lady of Madhu and made elaborate preparations to have the statue crowned by a Papal delegate, but he died all too soon. His successor, Bishop Guyomar, another great lover of Mary, inaugurated his episcopate with the coronation of Our Lady of Madhu and expanded the Sanctuary into a splendid state. One of his first acts was to build the Majestic portico that adorns the façade and commands the esplanade from where tens of thousands of pilgrims follow the religious services held there. The statue of the pilgrim's Mother at the entrance to the hallowed grounds and the Calvary Group, Christ the king and Our Lady of Fatima at the cross roads in the camp are quite reminders of an atmosphere of prayer.

After 25 years of arduous and fruitful labour Bishop Guyomar, handed over the government of the Diocese of Jaffna and the guardianship of the Sanctuary of Madhu to Bishop Emilianus Pillai, who made our Lady of Madhu still better known and better loved throughout the island and Madhu became the spiritual power-house of Sri Lanka. In January 1973 Bishop B. Deogupillai assumed duties as Bishop of Jaffna responsible for the shrine of Our Lady of

On his retirement, the present Bishop of Jaffna Rt.Rev.Dr. Thomas Savundaranayagam took over the responsibility of maintaining the shrine in 1992.

Mary crowned queen of

In 1924, a hundred years after the statue of Our Lady had been given a permanent habitation at Madhu and the statue of our Lady was solemnly and officially crowned by a Papal delegate. "We have witnessed the grandest sight and experienced the greatest joy we can hope to see or feel this side of heaven" wrote an eye witnesses.

Dr. Coder, Archbishop of Colombo, was met at a distance from the church by the clergy and a vast concourse of people. The papal delegate proceeded to the church with all the pomp and glory. Before the main altar of the church the delegate blessed two golden crowns studded with jewels of fine workmanship, destined to deck the brow of Mary and the head of the Infant Jesus. After the high Mass, celebrated by Bishop Guyomar of Jaffna at which Bishop Roche of Tuticorin preached an eloquent sermon, His Grace, the Papal delegate, explained the significance of the great function to the assembled multitude and proceeded to conduct the solemn ceremony of the coronation. There was a hum of prayer among the vast crowd, followed by the stillness of expectation. Then with the assistance of four Bishops surrounded by fifty priests from all the dioceses of Sri Lanka, before a vast concourse of 150,000 people of various races and creeds drawn from every part of the Island, the Papal delegate solemnly crowned the Holy Image of Our Lady of Madhu in the name of his Holiness, Pius XI.

The bells rang out, the canons boomed, a salute of guns was fired and the heart of Catholic Sri Lanka burst forth in a spontaneous demonstration of faith love, praise, thanksgiving and unbounded joy.

The Consecration of the Church

consecration of Church of Our Lady of Madhu in 1944, though done during the Great war, took place with great solemnity and grandeur. In spite of restrictions on travel and the difficulties of finding conveyance, more than 30,000 people came to the jungle shrine to honour their Divine Mother and to take part in the ceremony that dedicated to God for ever her holy abode. The same year ,on the 25th June Bishop Guyomar, assisted by 30 priests and in the presence of a vast throng of people, consecrated the altar and the Church from where Our Lady continues to pour forth in even greater abundance the choice favours on her devout children arriving from all parts of the island.

# A Glimpse of Life in Ghana

#### Part One of a Three-Part Series

#### by Lidvina Rajabalan

Lidvina Rajabalan received an MA in Legal Studies from Carleton University and a BA Criminology from the University of Toronto. She resides in Toronto.

Beginning last fall, I worked in Ghana, West Africa for ten months, serving as a Human Rights Advisor to the Judicial Service. I was sent on this posting by a Canadian Non-Governmental Organization (NGO) called CUSO.

CUSO has a long-standing relationship with Ghana, having done development projects in the country for over forty five years. In fact, I met many Canadians who had first come to Ghana with CUSO as young adults, often thirty years ago or more, and were now living and working there. Another testament to the strong Ghana-Canada ties was the Governor General of Canada's trip to Ghana last November. I had the opportunity to present my experiences and activities to Her Excellency Michaelle Jean and her delegation.

My work was on a special project aimed at enhancing access to justice for marginalized groups, most notably women and children. Working with the courts, NGOs, traditional rulers, state agencies and everyday citizens gave me rich insight into the

the air. Instinctively, my friend and I clutched each other and our documents. A few minutes later, the power returned. Looking around, I noticed that only those waiting in my line for 'foreigners' were rattled while the people in the 'Ghanaian nationals' line

hearing a dry gurgling sound. You need to take a shower, have your meals and go to work. This happened to me on several occasions and lasted for weeks on end each

In fact, for most of my time in Ghana, water rarely flowed from



My home in Ghana

seemed only mildly annoyed. That was my introduction to

Shortly after settling into my house in Accra, the capital city, I quickly learned that electricity outages were a regular feature of life in Ghana. An office mate promptly equipped me with a box of candles, matches and a flashlight. I soon learned that the the taps. On one occasion, the situation was so severe that I did not wash my hair for seven days. When I finally did, I watched in horror as a thick brown liquid curled into the drain. Coping with this situation required a lot of creative improvisation. This usually involved hiring children to fetch water on trolleys or patronizing the services of an overpriced water tanker.

With the passage of time, not only did I adjust to these conditions, I also grew to appreciate them. Bathing, for example, had to be done over a bucket in order to save the water for flushing the toilet. Washing dishes was done with a racing heart because of the fear of wasting water. Leaving the tap on was nearly heretical. Washing clothes, done by hand of course, was a once-in-three-week luxury that also caused gripping feelings of guilt. With my level of

hygiene at an all time low, I did not know how I would make it.

An attitude shift is what I needed and it made the difference. I decided to embrace the difficulties of everyday life and not allow them to interfere with my experience in the country. I did not want to leave bitter and resentful from a country that had so much to offer. I found nights without electricity calming and pleasant after a while. The water scarcity situation made me realize how precious water is and the daily struggle involved in securing a reliable supply.

There were two aspects of this experience that I want to remark on. The first is that I never imagined that I could adapt to conditions that were so drastically different from life in Canada. Now that I am back home, I have a deep appreciation for the small things, things that I never thought twice about. Everything from turning on a light switch to washing my hands under a faucet means so much more.

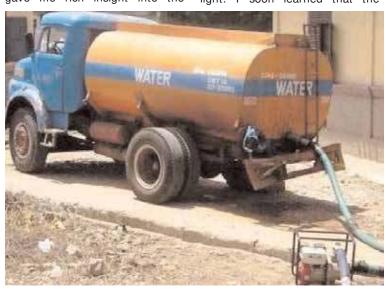
The second point is about the resilience of Ghanaians. Water shortages and power cuts equally irritated them, but they did not allow it to stop their lives. It was treated as a normal part of life and they continued to be happy in spite of them. It was this attitude that inspired admiration in me and made me think much more critically about the luxuries I was so used to in Canada.

As for my preconceptions about life in Ghana, they were wrong for the most part. There were cocoa farms, but I did not see many because I lived in the vibrant capital city. There was delicious chocolate, but I was told that the best quality cocoa was exported. Accra was a far cry from the dense forest conditions I envisaged living in. Not only was it hectic and lively, it was a thriving metropolis that was home to people from all over Africa and the world. Cassavas and plantains were eaten in abundance, but I quickly learned that there were a lot more food options.

In next month's piece, I will write about Ghanaian culture and customs that I found intriguing such as the unique funeral traditions. I will also include more details on daily life such as entertainment and male-female interactions, both of which are quite different from Canada.



A water tanker brings much needed relief



A young man transporting water in old oil containers perched on

tem. Although i had a rewarding professional experience, it was the daily life in Ghana that left a lasting impression.

Admittedly, I knew very little about Ghana before I arrived. I imagined sprawling cocoa farms and delicious chocolate, considering that Ghana is one of the world's top cocoa exporters. I visualized living in a remote village nestled in a dense rainforest. I saw myself subsisting on cassavas and plantains. Otherwise, I relied on foggy images of my childhood in Nigeria to picture what the country would be like.

From the moment I stepped on Ghanaian soil, all of my preconceptions vanished. While waiting to be cleared at customs at the airport, the electricity went out. Soft screams rippled through

country's complex plural legal sys- power was turned off every third day for a period of twelve hours, alternating between daytime and night time.

Sleep was an elusive luxury on the nights without electricity. The combination of the unforgiving African heat, often with one cruel mosquito humming in my ear outside the mosquito net, and a cacophony of loud voices, honking taxis and bleating goats were the source of the problem. On these nights, I would cook by candlelight and play a few games of Sudoku before attempting to go to bed early.

However, the most difficult thing to adapt to was the severe water shortages. Unlike electricity, these were far more crippling because it interfered with so many basic daily activities. Imagine turning on a tap and

## Com4NetInc. E-CommerceSolutionsProvider

.E-DUSINESSCONSUITING .CustomizedSoftwareDevelopment .DatabaseIntegration .P aymentGateways .ShoppingCarts .W ebHosting .W ebDevelopment, Flash, Graphics .InternetSecurity&Network

**\$12.00**cad

WEBHOSTINGASL OWAS \$5.50CAD/MONTHFOR50MB with 250 GBD at a Transfer & 500F reeEmail&50Emailforwarding

withevery **DomainName** Registration

.ChangeofR egistration .P arkedP age .DomainL ocking .StatusAlerts .DomainF orwarding .New!DomainMasking .New!"F orSale"P age .New!T otalDNSControl .New!100EmailF orwards

FormoreinfoPleaseCallUSat:

www.ecom4net.com

## Tenth international conference for Tamil Culture















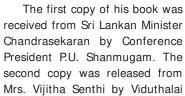












Siruthai Party President Thiru Thol Mavalavan. Other people present at the book release were M.P. Eelaventhan from Sri Lanka, Kanthalakam Sachi and Francis Ranjan.



## Vaanavil - 2007

With sunshine and summer simmering in Toronto, Scarborough, ( - that is little Jaffna ), becomes a hive of activity for Tamil cultural programmes.

Armenian Community Center in Scarborough was the venue recently for the Annual Cultural Programme conducted by the old Boys of Uduppiddy Mission College and old girls of Uduppiddy Girls' School. The Program that took place during the week-end was a lively mixture of Dance, Drama and Music.

The program began with the singing of the schools' song by Naatya Kalashetra students on Saturday and by Abinaya Naatyalaya students on Sunday. This was followed by a musical conducted orchestra Mirudhanga Shetra Director, Mr. Vasudevan Rajalingam. The talented musical group certainly captivated the audience by their performance. Special mention must be made for the excellent rendering of the Mirudangam by Rajalingam who played the notes

extra-ordinarily well.

Two lively debates were conducted on both days where the participants who took part displayed their verbal skills. A Dance recital followed where the central theme was Peace. The performance was by students of Shyamala Thayalan on Saturday and by students of Gowri Baabu on Sunday.

Sukantham - Part 2" was released

during the third of week of July,

The audience was entertained to laughter by two humorous skits presented on both days. The grand finale of the show was a drama based on the plight of our community caught between our culture and the Canadian style of













WATERLOO REGION NEWS

## Physical exercise is just one activity for children at the Shri Ram Dham Hindu Temple yoga camp - Body, mind and intellect

#### MIRKO PETRICEVIC RECORD STAFF

As the children settle down in front of a line of watchful deities, a saffron-robed swami begins to impart some wisdom about divinity.

"Today's lesson -- why Ganesha Ji has an elephant head," says Haripriya Parivrajika, one of two swamis at the Shri Ram Dham Hindu Temple in Kitchener.

In the Hindu faith, Ganesha Ji, a manifestation of the One Supreme God, is represented by an idol in the shape of an elephant. An ornate statue of Ganesha Ji is among other idols lining one wall of the temple's prayer hall.

An elephant has a big head, Parivrajika tells the children, to remind us to have big minds -wisdom and intellect.

An elephant has big ears, she adds, to coax us to listen more. It has small eyes -- narrowed as an example of model concentration.

And the elephant also has a small mouth, she says, as an example to not talk too much.

It's not quite theological language. And it's not what non-Hindus might expect to hear at a summer children's program that's billed as "yoga camp."

But then again, yoga is about much more than exercise, says Chaitanya Jyoti, senior swami at the temple.

"We're teaching, actually, the yogic way of life."

For the past 20 summers or more, the congregation has been running the camp, which was started by several women in the congregation. About 120 children, ages three to 13, attended this year.

In addition to physical exercise, the yogic way of life enhances health by teaching caring, tolerance and the practice of



Swami Haripriya Parivrajika helps Utkarsh Sood, 6, perform yogic exercises this week at the Shri Ram Dham Hindu Temple's annual yoga camp for kids in Kitchener.

serving others.

Yogic practices also nurture the intellect, Jyoti says.

At the Kitchener yoga camp, prayer is ever-present.

Parivrajika leads campers in chanting mantras (prayers) at the beginning and end of the day and before each snack and meal time.

The camp's physical yogic exercises and its healthy lunch and snacks enhance the health of the body. Deep breathing exercises purify the mind and senses as practitioners inhale divine energy and expel toxins.

And meditation nourishes the intellect.

All combined, yogic practices give one's soul the opportunity to be in unity with God, the swamis

The camp also includes teaching on culture, such as folk dances from India, the birthplace of some young campers and many of their parents. There are also seemingly secular pursuits such as painting T-shirts and making things with Popsicle sticks.

Here, summer fun and sacred

faith co-exist in harmony.

As Parivrajika draws the drapes on the deities and clasps her hands together for a daily prayer ritual, children nearby create bookmarks out of Popsicle sticks

Kids chatter and pose for group photos while a volunteer searches for more glitter for the Popsicle-stick art.

Chintan Nathwani, volunteer leader, notes that all the teachings, apart from the mantras, are in English.

"Not all kids understand Hindi (the main language spoken in India)," says Nathwani.

Sunday services at the temple are geared more toward adults, he says.

Yoga camp is one of the few places children can learn about their religion and culture, Nathwani says.

"It's fun," says Kush Gandhi, 13, of Waterloo, who is in his eighth year at the camp.

"It's cool to get to know about vour religion."



Yash Sharma, 5, of Kitchener, and Maahir Gupta, 6, of Waterloo, practise their yogic exercises.



Camper Narayani Thaker, 7, of Guelph, prays during the camp's opening session of



A statue of Ganesha Ji at the Shri Ram Dham Hindu Temple in Kitchener.



Swami Haripriya Parivrajika (bottom) leads a lesson in performing a havan ritual, in which clarified butter and herbs are burned to purify the air. Seated around the flames are Monique Thaker, 10, of Guelph, her sister Narayani, 7, and Ankush Verma, 10.

## Tamil Cultural Association of Waterloo Region, annual Canada Day Picnic













MONSOON JOURNAL ◆ AUGUST 2007

### WATERLOO REGION NEWS

# Performers tell a relevant story, without the beat

#### DANI EL ARI ARATNAM RECORD STAFF

If you think you know what a real poet is, Move to Define wants to challenge your definition. "High energy. Articulation. Re-inventing words."

They're not the typical adjectives associated with poetry, but Kristy Lee Palma is confident when describing Move to Define's Real Poets spoken-word performance, taking place tomorrow at Cesar Martini's Lounge.

"For me, from my understanding of hip hop culture, it began with lyricism and someone having something to say in a repressed environment," explains Palma, known as KLP in the music scene.

"They were marginalized people that wanted to be heard and so they had to step up."

Spoken word, also referred to as a cappella, is a now established art form that emancipates hip hop poetry and lyrical expression from the accompanying music and beat-heavy soundtrack

"They're telling a relevant story without the beat," says KLP.

"It's a challenge to go in front of people a cappella. As a poet they're showing a vulnerable side. I want to show the power in that."

KLP began organizing spokenword performances as an outgrowth of her show on CKMS, the radio station of the University of Waterloo.

"People were calling in and saying, 'Who are they?' "

Receiving inquires about the musicians she was programming, the radio host began to reply, "They're from this city. How come you don't know about them?"

Realizing that listeners weren't connecting with their local music scene, KLP teamed up with the City of Kitchener to put on an outdoor concert at City Hall in June.

Featuring women of the poetry and music scene, the success of the event inspired the Filipino-Canadian to continue promoting alternative events and independent artists through the formation of Move to Define.

For tomorrow's Real Poets performance, KLP was careful in selecting the four featured spoken-word artists.

"I need to know who they are as people. I want to know who the person is behind the music. Believability is a huge thing for me.'

One such artist is Sookdee, a 22-year-old hip hop poet who's currently enrolled at Fanshawe College's music and industry arts program.

"Originally, I was just dedicated towards hip hop culture . . . I started getting into freestyling and writing," explains Sookdee, before revealing the unorthodox path that allowed him to move away from rapping with musical accompaniment.

"I would freestyle over Beethoven and because of this, I would sway away from regular song structure, which resulted in me breaking past the barriers."

"Without instrumentation there is an easier grasp of what the artist is trying to project," says the Kitchener-born youth.

"Because of that, I believe spoken-word artists can stimulate the mind and provoke thought."

The Indo-Canadian poet, in part, gains inspiration from his experiences, interaction with people around him, and personal observations.

"I mostly write about what seems to upset me, because there's lots of things going on on a global level that shouldn't be happening, but are," explains Sookdee, who expanded his global consciousness through travels in England and India.

"In western society we're dying because of obesity and clogged arteries, but in eastern society kids have to walk miles just for something to eat or drink. We take it for granted."

Real Poets will also feature Titus, a veteran of the local hip hop scene, Dox the Doctrine, an MC known for his memorable metaphors and punch lines, and headliner Travis A. Blackman, Canada's first and only international spoken-word champion.

"In terms of culture right now, there's a rawness in hip hop that the kids are digging," says KLP.

"So why not give them people who are conscious and telling a story, the story of what's in front of them?"



## Film festival hopes to

### reel in homophobia

#### DANI EL ARI ARATNAM RECORD STAFF

A group that often faces isolation now has a chance to see its stories told on the big screen.

Pride Pictures: A Film Festival for lesbian, gay, bisexual, transgender and queer youth and their allies, will take place Tuesday through Friday at the Princess Cinema in Waterloo.

The festival was created to start a community dialogue, working toward ending homophobia by raising awareness about the issues facing the queer community, particularly queer youth.

"It's great when queer youth can see themselves and other queer role models on the screen," says Brooke Young, of OK2BME, a not-for-profit support for queer youth in Waterloo Region. This first Pride Pictures festival, organized by Young and OK2BME, is held in conjunction with K-W Counselling Services and Family and Children's Services of Waterloo Region.

"I would hope that someone who has uncertainty about the queer community, perhaps what it's like to be a queer youth, or even a parent of a queer youth, would come out," says Young, who selected the films based in part on the social relevance of the issues and their ability to provide support. "I think a lot of the films will be very applicable to families that are struggling with the issues that queer youth face."

The festival's closing film, the documentary Camp Out, follows teenagers as they attend an overnight Bible camp for gay Christian youths.

"A lot of the youth that I work with are struggling with spirituality because a lot of different religions tell them that who they are,

as a queer youth, is not OK," explains Young.

As the project co-ordinator for OK2BME, Young provides individual and family counselling to members of the queer community and has seen the impact of the spirituality debate on the lives of queer youth.

She believes the subjects that the five feature films examine are important to society at large and are often not talked about because of the isolation and lack of mainstream media representation that the queer community faces

Young is hopeful the festival will become a regular event, perhaps even spawning partnership with other agencies.

PRIDE PICTURES: A FILM FESTIVAL

**Where:** Princess Cinema, Waterloo

**When:** Tuesday through Saturday at 7 p.m. (plus Thursday at 9).

Costs: \$7 adults; \$5 youth (18 and under)

**Films:** Tuesday: Transparent. Explores the stories of transsexuals who have given birth.

Wednesday: Hineini: Coming out in a Jewish High School. A student's fight to establish a gay-straight alliance in a Boston-area high school.

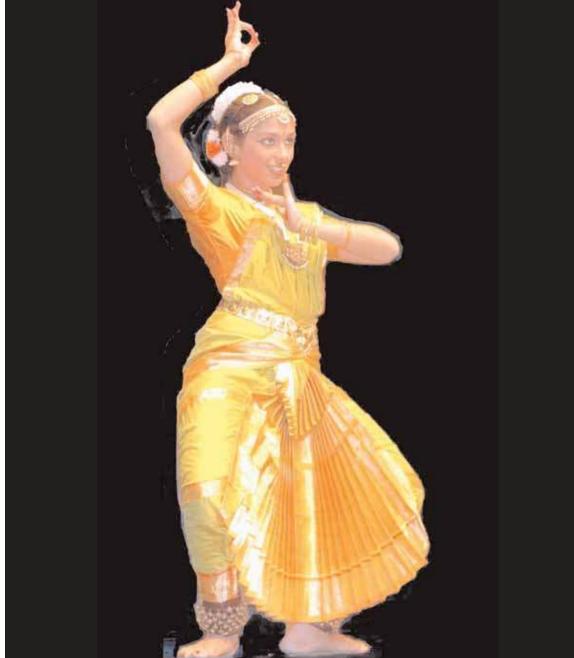
Thursday: 533 Statement. Twenty women from across the country talk about what it's like to be queer where they live.

Thursday: (9 p.m.): Red Without Blue. Follows a pair of identical twins as one changes sex from male to female.

Friday: Camp Out. Highlights the first overnight Bible camp for gay Christian youths.

Short films will precede each.

# **Tamil Cultural Nite 2007**



The Tamil Cultural Nite 2007 will take place on Saturday, 13th October in Waterloo.

Admission is Free.

38 AUGUST 2007 ◆ MONSOON JOURNAL

# Symposium on Indo-Lanka Accord Reflects, Reviews and Seeks Recipe for Success with Future Agreements

The Indo-Lanka Peace Accord was signed on July 29th 1987 between the then Sri Lankan President Late J.R.Jeyawardene and then Indian Prime Minister Late Rajiv Gandhi. It drew a lot of attention locally and globally. It marks the 20th anniversary this year. Number of events has been organized by various institutions to mark the 20 th Anniversary of signing the Indo-Lanka Peace Accord. This year also marks the 50th Anniversary of signing the Banda-Chelva pact.

The South Asia Peace Institute (SAPI) organized a Symposium- Indo-Lanka Accord. "20 Years", to mark the 20 th Anniversary of signing the Indo-Lanka Peace Accord. The Symposium was held on August 2nd 2007 at the auditorium of

Late President J.R.Jeyawardene in his wisdom or lack of wisdom has decided to get into an agreement. The Indo-Lanka Peace Accord itself is historical. Indian Peace Keeping Force (IPKF) was the only authority in North and East after the accord was signed in Then Sri Lankan Government has invited the Indian Government to bring its forces to Sri Lanka. That was the beginning of the Indian Peace Keeping Forces (IPKF).

JVP (Janatha Vimukthi Peramuna) protested in Colombo after signing the accord. Late Rajiv Gandhi was assaulted by a naval soldier, being a Pilot of Indian Air force he managed to escape from being assassinated. Late Ranasinghe Premadasa never accepted the agreement



Colonel R. Hariharan, Shiral Lakthilaka, Bradman Weerakoon and Professor Sumanasiri Liyanage at the head table

Bandaranaike Centre International Studies (BCIS).

Attorney-at-Law Shiral Lakthilaka moderated the symposium. It was attended by diplomats, academics, human rights activists and peace activists.

Col R Hariharan, Mr. Bradman Weerakoon and Professor Sumansiri Liyanage were key speakers at the symposium. Political parties and civil society representatives presented their views too.

Presentations of the attendees are as follows:

### Bradman Weerakoon:

Mr. Weerakkon is a retired civil servant and he made a presentation on "Relevance of the Indo-Lanka Peace Accord in the current context":

"Indo-Lanka Peace Accord is on the verge of collapse now. My first recollection prior to signing of the Indo-Lanka Peace Accord is 1983 July riots in Colombo. I was then the secretary to President Ranasinghe Premadasa. I was appointed as the Commissioner General of Essential Services. There were 20 welfare camps, where Tamils sought refuge. We sent as many as Tamils to North and East by ships ,planes and trains to prevent more loss to lives.

There was a feeling of something should be done at that time.

for whole heatedly. The IPKF was sent back soon after he assumed office as the President. He made sure that the IPKF was sent back, plobecause JVP was causing some problems in the South of the country. The IPKF left the Island with reluctance and regret. About 1,200 soldiers have lost their lives

The LTTE (Liberation Tigers of Tamil Eelam) opened its political offices in North and East during Ranil Wickremasinghe's time as the Prime Minister. PTOMS continued during the Former President Chandrika Bandaranaike's regime. The East was won. The foundation for the peace talks has to be laid again" said Bradman Weerakoon.

### Colonel R. Hariharan:

Colonel R. Hariharan is an intelligence specialist on South Asia and is a retired Military Intelligence officer. He served as the Head of the Intelligence unit of the IPKF in Sri Lanka from 1987 to 1990. He spoke on "Perspective on the forgotten accord and the unwanted war":

"The lives of 64,000 people have been lost; 3 million people have been affected from 1987 to 2007. The country is paying the price to human rights violations. The year 2007 marks its 20 th Anniversary of signing of the Indo-Lanka Peace Accord, 50th

### by Dushiyanthini Kanagasabapathipillai

Anniversary of signing of Banda-Chelva Pact and 30th Anniversary of founding the LTTE.

I had an Aunt, who was a Sri Lankan. She went to the market, when the riots began in Colombo in 1983. She went to airport without a ticket, and landed at Chennai airport. She called us for help on arrival to par the porter at the airport, because she left in panic.

The Indo-Lanka Peace Accord was signed July 29th1987. I was at the Army Headquarters on some other work. My superior called and told me that, there was likely to be an agreement signed. He himself did not know. He also asked me to prepare a list of Tamil speaking intelligence officers. We did not know the troop would be deployed to North and East of Sri Lanka.

I was sent to Sri Lanka on August 3rd 1987. I was asked to go, and I had only two pairs of uniforms. I was told that, I need to spend three or four days as the Leader of the LTTE Pirabhakaran is going to speak, but my stay in Sri Lanka lasted for three years. I know Tamil and I was sent to Jaffna. I walked all around Jaffna Peninsula on arrival. We were neither sent to fight nor to invade. The Indo-Lanka Peace Accord was sprung on us. The Indian Army itself did not know. We were confused; we did not know what

The Indo-Lanka Peace Accord was not debated at that time, like we debate the Indo-US Nuclear Accord. The LTTE did not carry out any operation after the Niththikulam operation in October 1988, because they could not. After the IPKF was sent to North and East of Sri Lanka, the train services were restarted, telecommunication links were established and banks were reopened. How can we quantify success? By a head or body count? I do not agree with it.

The Indo-Lanka Peace Accord was not allowed to bloom by the politicians of both countries. There should be room for the other voices of views. Everyone must trust the Government. There were failures and killings.

Our Army is not perfect. You have got a modern Army, which has taken control of the Eastern Sri Lanka recently. When you have military operations without political process, it will be hijacked by the military. This is currently happening in Iraq. Don't let military victories or failures to hijack.

Militaries are killing machines. Will you kill your own people? It's like having a shave with a sword. And we should pay attention to indications. When we were in

control of the Jaffna Peninsula, LTTE cadre Thileepan started to fast undo death. His was one of the indications. The LTTE is like old Chinese Army. LTTE cadre Mahaththaya, who was later killed in an internal dispute never spoke to me in Tamil. Late Colonel Shankar translated for him whenever I had to discuss some issues with him.

The parties involved in conflict should have the ownership in accords unlike the 1987 Indo-Lanka Peace Accord. It's disappointing because it turned out to be a war. Do not go for military solution".

### Professor Sumansiri Liyanage:

Professor Liyanage of University of Peradeniya spoke on "Going Beyond the 13 th Amendment":

"I was in Australia, when the Indo-Lanka Peace Accord was signed. I was too optimistic that peace will be achieved and returned to Sri Lanka. I rejoined my party LSSP (Lanka Samasamaja Party). Number of my colleagues was killed.

The most single important event in post colonial peace building was signing of the Indo-Lanka Peace Accord. Banda-Chelva Pact was signed in 1957. Dudley-Chelva Pact was signed in 1966.

The political leaders of the major parties in Sri Lanka did not want to take the initiative during the period of pre and post 1987. The Leader of Opposition marched to Kandy after the Banda-Chelva Pact was signed in 1957. When the former President Chandrika was in power during 2000, the Leader of the Opposition Ranil Wickremasinghe did not support the 13th Amendment. The political leaders are elected by the people fortunately or unfortunately.

When we speak of the international community it means USA, Canada, European Union, and marginally Japan. What about the other countries? The pressure needs to be put on political parties to resolve the problem.

The civil society was active during the time of peace, but very inactive now, because of the Government. The business community in Sri Lanka should actively be involved peace building. And also India has to play a role, although it has got its priorities. There is a pressure within India to play a role in Sri Lankan issue.

There are three reasons for the failure of the Indo-Lanka Peace Accord. The first reason is India put a lot of trust in J.R.Jeyawardene 's Government. India tried to defeat or marginalize the LTTE, but did not put pressure on the Government in Colombo. The second reason is the TULF (Tamil United Liberation Front) did not play a role. And the third reason is the 13 th Amendment. The APRC (All Party Representative Committee) is carrying on with its duties. But I do not think that, it will produce any better results".

#### Kabir Hashim M.P:

United National Party's views were expressed by one its parlia-



[Bradman Weerakoon]

mentarians Kabir Hashim.

"The Indo-Lanka Peace Accord and Ceasefire Agreement have brought partial peace to Sri Lanka. After the 1983 riots in Colombo , space was created for the Tamil militancy. The UNP (United National Party) has begun rehabilitation work in North and East after signing the Ceasefire Agreement with the LTTE.

After 1983 July riots 122 factories were closed down, 2,300 businesses were shut down, 22,000 houses were destroyed. Then Prime Minister of Sri Lanka Ranil Wickremasinghe initiated yet another effort for peace in Sri Lanka. The incidents which are



[Colonel R. Hariharan]

taking for place for nearly two years clearly show that, we are not moving forward. Talented men and women are killed".

#### Professor Tissa Vitharana M.P:

Minister of Science and Technology and a member of Peoples Alliance, Professor Tissa Vitharana, who is also the All Party Representative Committee

(APRC) chairman, expressed his party's views.

"The signing of the Indo-Lanka Peace Accord was cardinal to concept. I have observed some changes in Yattiyanthotta and Ruwanwella after the devolution of power through provincial councils. The aspirations of the Tamils can be achieved within a framework of one country.

The Tamils were saying that they depended on the majorities to have what they wanted. Now

after the other, if they are forced on solution and not convinced. We are not convinced by bombs and guns. The LTTE is not ready to compromise.

The LTTE lost less than 6,000 cadres while fighting with the IPKF, one of the active army in the world. Sri Lanka was interested in Tamil Nadu politics. The Indian High Commission in Sri Lanka at that time was concerned only about the Tamils. After learning good lessons in 1987, they have



[Sutharshan of University of Jaffna is expressing his views]

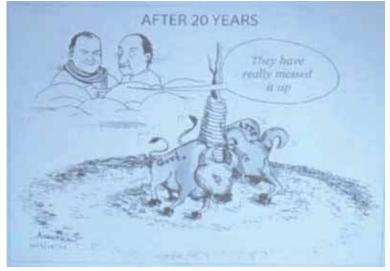
they say that they want more powers to their hands. Some are fear of separation and the rest is desired to have adequate powers. I am hopeful that, we have reached consensus. We are still to arrive for compromise. The Tamil people can depend on it, but not on the agenda of the LTTE".

### Udaya Gammanpila:

Udaya Gammanpila Legal

become concerned about the Sinhalese and Muslim communities in Sri Lanka. India strongly and openly supported the Tamil militants. Sri Lankans are a bit suspicious of the India, because of the bitter past.

We must develop the east and hand over it to the people. Nearly 2,000 Indian soldiers sacrificed their lives for the territorial



[A cartoon which appeared on the Daily Mirror of August 2nd 2007 related to Indo-Lanka Peace Accord was shown on wide screen to the audience]

Adviser of Jathika Hela Urumaya, integrity of Sri Lanka. War memoexpressed views of his party.

"Sri Lanka has surrendered its sovereignty to India by signing the Indo- Lanka Peace accord. Sinhalese are ready to die one

rial for the IPKF should be established"

### A.M.Faaiz:

The views of Sri Lanka Muslim Congress were expressed by A.M.Faaiz.

"The signing of indo - Lanka Peace Accord was significant at that time. It can be revived. It also provided merger of North and East, although it was imposed on Muslims without prior consultation. The accord paved the way for Muslims to play politics in provincial and National level.

The Muslim community was neglected before signing the accord, never consulted. The Muslims, who were with the UNP were hurt by the signing of the accord. But they were told either to accept it or leave the party".

### Professor Shantha Henn-

Professor Shantha Hennayake of the Department of Geography at the University of Peradeniya expressed his views as a civil society representative.

"Two different texts were used in the Indo-Lanka Peace Accord. "Agreement reached between us" was mentioned in Rajiv Gandhi's than earlier ages? letter. But J.R.Jeyawardene's letter had "The understanding reached between us". Was it an agreement or understanding?

Geo- Politics underlies the international relations. India is Regional Super Power. The real reason behind the Indo-Lanka Peace Accord was Geo-Politics. The LTTE is not a local problem; it's a regional problem if not a global problem. Disarming of the LTTE remains an unresolved prob-

#### Dr. Pakiasothy Saravanamuthu:

Dr. Pakiasothy Saravanamuthu is the Executive Director of Center for Policy Alternatives.

He said, "the Provincial Council is dead. The LTTE does not accept it. Some Tamil parties may stick to it faithfully. There was no political will and commitment to make it work. The Indo-Lanka Peace Accord must and will remain. It might take another ten years to get another accord. The life time of the Indo-Lanka Peace Accord in twenty years.

Indian interest had always been economic. We cannot remain one country if the powers are not generously shared".

Various views were exchanged by the audience during the question and answer session.

The Tamil National Alliance was invited to express its views, but did not participate.

[HumanityAshore.org]

# Reflections in History: Kumar Ponnambalam

### - A Tragic Loss -



by Siva Sivapragasam

This article is being published in commemoration of Late Kumar Ponnambalam's Birth Anniversary which falls this month.

"Why is this age worse

In a stupor of grief and

Have we not fingered the foulest wounds

And left them unhealed by our hands?"

#### - Anna Akhmatova, Russian Poet

Kumar Ponnambalam was the proud son of a more proud father.

Kumar's brutal killing by an assassin's bullet was indeed a tragic loss to the Sri Lankan Tamil community and it stifled the independent voice of a leader who expressed his opinions without

My association with Kumar dates fifty years ago when we were both schoolmates at Royal College, the prestigious educational institution in Sri Lanka. As a youngster, Kumar was a nonassertive, shy boy quite often smiling away at the school boy pranks of his fellow mates. But even at the tender age of ten, he displayed a certain amount of forthrightness and frankness in whatever he spoke or said. It is perhaps these traits in his character that blossomed in later years of his life as a lawyer and politi-

father the late G.G.Ponnambalam, the silvery tongued orator and brilliant criminal lawyer cum politician, was the founder champion of the Tamil cause with his famous political slogan of the fifty-fifty campaign, a cry for equal representation for the Tamil minorities in the Legislature. This had its effect in the classroom when Kumar was nicknamed "fifty fifty" by his Math teacher "Conner Rasa".

In later years, Kumar once told me that he was unaware at his young age what this "fifty-fifty" was, and he gathered guts to ask Appu (fondly referred by him of his father) what was all this fuss about "fifty fifty". The little lecture the son received from the patriarch was perhaps the foundation on which he built his political career and understanding of Sri Lanka's chequered political history .Ponnambalam Snr. was so wedded to this fifty-fifty theory that he put forward this political dogma

before the Soulbury Commission on constitution making and laboured for two long days to prove his point This is reminiscent of what the powerful and controversial former Indian Defense Miinister Krishna Menon did when he championed India's cause for hours before the United Nations General Assembly on the Kashmir issue.(incidentally, Menon, who was running a high temperature when he spoke, slumped in his chair after the marathon speech and was wheeled out of the U.N. Assembly (source: Krishna Menon T.J.S.George)

History is now repenting that reasonable requests of minorities in a multi-racial country had been ignored at an early stage and now resulting in much bloodshed and almost a parting of the ways for the two communities. Astute political leaders like Dr.Colvin R.De Silva and Mr.S.J.V.Chelvanayagam were prophetic when they remarked in the Legislature on more than one occasion that if reasonable requests of minorities are not granted it could well lead to more drastic demands which can end up in requests for a separate state. Unfortunately we have now reached that stage in Sri Lanka's troubled and chequered political history.

Kumar's tragic death is in a way a reflection of violence in politics for differences in opinion and political thinking. Perhaps his boldness and frankness in his thoughts, speeches and writings made him pay the supreme sacrifice with his life. It is very unfortunate that our politicians have not arisen to a level to at least give the opponents their right to differ

The great French philosopher Voltaire once remarked "I may differ from what the other man says but will defend till death his right to say it". Kumar's contribution to the Tamil community and political thinking is that he expressed his thoughts publicly in a forthright and frank manner. Whether we agree with his thinking or not is a different question. Speaking from the capital, in an environment of fear psychosis, among the minority community, he did not mince his words or camouflage his thinking when it came to espousing the cause of his community's rights and obligations.

Kumar's loss to the community at this juncture of its history is both tragic and irreparable. Let us sincerely and truthfully hope that his cherished vision of fair and just rights for his community will one day come true in the near future. The future pages of History will only reveal that .In conclusion it could be said that 'His life was gentle, the elements were so mixed in him that Nature would stand up and say-This was a man'.

### NATIONAL DRIVING SCHOOL



S.S. MATHAVAN (PROFESSIONAL DRIVING INSTRUCTOR) LICENSED BY THE ONTARIO GOVT.

CELL: 416.939.4913 HOME: 905.209.0507

2900 Eglinton Ave. East, #209 Scarborough, ON M1J 2E4

40 AUGUST 2007 ◆ MONSOON JOURNAL

# Chad Hanna appointed new President and ŒO of Rouge Valley Health System Foundation

### Formerly of Sunnybrook and Markham Stouffville



Patrick McNeil, Chair of the Board of Directors of Rouge Valley Health System Foundation, today announced the appointment of Chad Hanna as the Foundation's new President and Chief Executive Officer.

The announcement follows an extensive search process of the last several months. Hanna comes to the Foundation with years of experience in fundraising in the health-care field. McNeil says, "He is a professional in healthcare philanthropy and a demonstrated achiever in capital campaigns." Hanna has held similar roles at Sunnybrook Health Sciences Centre and Markham Stouffville Hospital.

"The announcement comes at a good time," adds McNeil. "The Foundation is going through a period of significant change. We have completed the capital campaign for a major expansion to the Rouge Valley Ajax and Pickering hospital site, which is currently under construction. We are in the midst of the Labour of Love Campaign in support of the Regional Birthing and Newborn Centre at the Rouge Valley Centenary hospital site, which has also been recently approved by the province."

Rouge Valley Health System Interim President and Chief Executive Officer Rik Ganderton wishes Hanna well in his "vital leadership" fundraising role. "We look forward to the strong support and future initiatives of Chad Hanna and his Foundation team."

Hanna is excited about his new role and the potential for engaging donors. "Building new facilities for servicing the growing population of Rouge Valley Health System's catchment area definitely remains the number one priority," he says. "A close second is to assist Rouge Valley Health System in equipping these facilities with state-of-theart equipment in support of its Centres of Excellence."

Hanna says he is very optimistic regarding the Foundation's potential to support Rouge Valley Health System. "This community is culturally and ethnically diverse and it is our role to engage support for our hospitals," he says. "I am pleased that this has already begun at the board level and I look forward to working with the board, the staff, physicians, volunteers, the auxiliary, community leaders and donors to make fundraising for the Rouge Valley Health System a rewarding experience." he says. "The end goal for all of us is to make effective healthcare delivery a priority." Hanna starts in his role on Aug. 20.

# **Evans: War in north could devastate Lanka**

Former Australian Foreign Minister Gareth Evans has warned if the war moves into the LTTE-controlled areas in the north, it is likely to be much more fierce than the recent fighting in the east, and the impact on civilians is almost certain to be devastating.

Delivering a speech at the eighth Neelam Tiruchelvam Memorial Lecture in Colombo, Mr. Evans who is also the President of the International Crisis Group said as the war grew more vicious, it could well spill over into areas outside the north – perhaps through deliberate attacks on civilians designed to provoke excessive and politically damaging replies from the other side.

"Such attacks and the communal tensions they are sure to increase, could well lead to the further erosion of the remaining elements of the rule of law," he said.

Mr. Evans said history as well as informed analysis of present political dynamics showed there were plenty of reasons to fear that things could get much

worse especially if the war turned from the east to the north, as it appeared to be already happening.

"Recent Sri Lankan history offers all-too-many examples of large-scale atrocities, mass-graves, serious war crimes, and ethnic cleansing. And there are disturbing signs that the restraint on both sides such as it has been could be eroding. The rhetoric and threats from both sides are increasingly dire and suggest the next round of fighting could well be extreme even by Sri Lanka's standards," Mr. Evans said.

He said the government's responsibility was to seriously seek an ultimate political settlement that was responsive to such justice as there was in the Tamil cause and noted that the "fight now in order to negotiate later" strategy would work only if the government was ready with a package of political and constitutional reforms that appeal to non-sep aratist Tamils and non-LTTE Tamil parties and were at least capable of discussion by the LTTE itself. (ER)







## **Our Special Services**

Consumer proposal - Mainly to avoid bankrupcy

No more phone call nunsance to you residence or work place.

No garnishment of wages or legal proceedings - FREE consultation for

all credit problems

Release your debits - increase savings and relax

We are here to solve any sort of finance problems



1200 Markham Road, Suite # 527
Scarborough, Ontario M1H 3C3
Tel: 416 439 4500
Fax: 416 439 5400

www.creditrecoverycentre.com crcentre@gmail.com

MONSOON JOURNAL ♦ AUGUST 2007



### Choose your CAREER

#### Office/Business

Accounting Assistant
Office Assistant
Administrative Assistant
Office Administrator
Computerized Accounting
Executive Assistant
Desktop Publishing

### IT/ Computer Technology

MCSE / A+ Certified Network Administrator CISCO Certified Technical Support Help Desk Analyst Web Design

#### Health care

Medical Office Admin Medical Receptionist Personal Support Worker Personal Assistant

We will train you

Microsoft | IT Academy Program

### IT/ Computer Technology

When it comes to IT training, especially the Networking sector of IT, we are proud to say that we are one of the pioneers in Toronto, We started our Network training with Novell system in Dec. 1992. Since then the program has under gone many phases of changes as per the industry demand. At present we have three popular diploma programs.



### Network Engineering

. A+, MCSA, MCSE, CCNA, Linux

### Enterprise Network Engineering

◆ A+, MCSA, MCSE, CCNA, Linux, CCNP, MCDBA

### Medical Office

Our Medical Office Assistant program is specialized, and is focused on hands on training. Computer's years of providing computerized office administrative training, a modernized computer lab facility and the Instructor's industry experience has made this program very successful.



### Office/ Business/Accounting

Our Computerized Accounting training is well designed and modified as per the market demand. This program has been offered since 1992 and the program has gone through many phases of change to meet the job market demand with the latest version taught in the class room.



Our Office Assistant / Business Administration program has been offered since 1991 and the program targets anyone who wants the latest skills in office administrative position

### JOB Placement Services

Our goal at Computek is to assist our students with employment or placement opportunities. We have implemented a new service that provides all our students new and graduated access to our workshops and Employment Resource Center which helps in the following areas:

This 2-3 week intensive workshop is taught by an experienced instructor and this service is exclusively available only to Computek students. Our graduates are grouped for these workshops according to their career selection.

### Why Us

#### Career Selection

"Before you start on a Coreor Program, Research the Program and the College you want to attend"



#### About Us

There may be a number of reasons why you want to select a particular training provider. Here are the reasons why many students selected us for their training needs.

- 2005 Highest employment rate in Ontario http://osap.gov.or.ca/eng/PDF/0405/default%200405%20-%20pcc%20programs.pdf
- 2004 Lowest OSAP default rate at 0% http://osap.gov.on.ca/eng/PDF/0405/PCC\_gradrates\_0405.pdf
- 100% Instructor-Led, Lecture type hands-on training: Instructor explains the subject matter using white board and projector connected to computer, students perform the lab exercises at the same time
- Small Class Size (<12 students) and all students follow the same subject matter: Instructor - Student interaction is maximized.
- Authorized Training Provider, most of our training programs are authorized by the vendor. You will be taught with the latest software environment, in some cases students may receive the student program CD as part of the package for them to study at home.
- One on One Job Placement Guldance Each student will get time with an employment counsellor for Job placement assistance.
- Class Room / Lab Facility; Visit us and request for a no obligation class sit in.

### Financial Aid

You have decided your career, Need financial assistant to reach your career goal, we can help you.

### Who may qualify for Financial Assistance?

- Those currently receiving or received Employment Insurance (E.I.)Benefits during the last 3 years
- ◆ Those who qualify for financial assistance from OSAP
- Those who could have received maternity benefits any time during the last 5 years
- Those recommended by WSIB for labour market re-entry training
- Those recommended by ODSP Employment Support for labour market re-entry training
- Those who want to use their RRSP/RESP funds for career development
- Those who want to apply for bank or third party financial support

### Our classroom





### Microsoft | IT Academy Program

Other Authorized Education Partner Programs: ACCOUNTING: ACCPAC, Simply Accounting, Quickbooks MEDICAL: ABLE MED, ABLE DENT, A&L BILLING



801 York Mills Road, Suite 200, Toronto, M3B 1X7



Tel: (416) 441-2900

www.ComputekCollege.ca

(Registered as a Private Career College, under the Private Career Colleges Act.)

AUGUST 2007 ♦ MONSOON JOURNAL

# Monsoon Photo Journal



## Fire Walking Festival at North West Sri Lanka Hindu Temple

### By Dushiyanthini Kanagasabapathipillai

Udappu is a traditional Tamil fishing hamlet, situated 150kms North of Colombo, Sri Lanka. Udappu, has a population of 15,000 and is situated the in North West Province-Putlam district.

The fishing folk of this pristine coastal village have a different custom compared to the other fisherfolk living in rest of the country. Devotees flock here during this time of the year, to attend the festivals of Thiraupathathevi Devasthanam.

Rukmani Sathyapama Same-tha Sri Paarthasaarathy Thiraupathathevi Devasthanam's first day of annual festival began with flag hoisting, on July 25 th 2007 and ended in the night with fire walking.

The annual festival of the temple is 18 day long. Devotees call Poo Mithippu (flower walking) instead of Thee Mithippu (fire walking). Male devotees walk barefoot on orange colour fire. Thousands of devotees gathered to witness this rare event. The fire walking ceremony continues till late night. Fire walking at Rukmani Sathyapama Sametha Sri Paarthasaarathy Thiraupa-thathevi Devasthanam is considered the largest in the Island. Thiraupathai is the virgin wife of

Pancha Pandavar (five Pandava Princes).

The male devotees have gathered at the temple at dawn to prepare the bed of fire for fire walking. The tamarind logs were taken away at dusk, and the bed was made. Special poojas were held throughout the day. The Gods were taken on procession after the pooja. They were kept at the main entrance of the temple where the fire walking happens.

With pitch-darkness the silver pot of flags (Karakam) arrives at the venue. No lights were used towards the bed of fire. The devotee who carries the silver pot of flags walks on fire first, followed by the rest of

the devotees, while the other devotees chanted "Narayana", "Govintha" and "Arokara".

The devotee carries a silver pot of flags continues to walk up and down on sand afterwards till all finish walk on fire. He is described as Thiraupathai Amman, who watches her devotees walk on fire and bless the people and place. Young and old walk barefoot on fire without any fear. Some of the devotees carried their children in their arms, while walking on fire. The female devotees who have attained puberty were not allowed go near the fire or walk on fire, because it's considered impure. The villagers of Udappu believe that, their village is blessed by Thiraupathai Amman after fire walking.

Rukmani Sathyapama Same-tha Sri Paarthasaarathy Thiraupa-thathevi Devasthanam in Udappu is famous for the most number of fire-walkers taking part during the fire walikg ceremony. Devotees travel from far away towns and villages to participate in fire walking. Fire-walkers said they did not feel any pain while walking on fire, and most of them want to continue to walk on

Dushiyanthini Kanagasabapathipillai can be contacted on dushi.pillai@gmail.com

[HumanityAshore.org]



Kodi Thambam (Where the flag is tied on flag hoisting day) of the temple



A statue of Thiraupathai Amman is decorated and kept in front of the Kodi Thambam



Petals of Lotus flower are being showered while the main pooja is performed at the Vasantha Mandapam



Devotees thronged the temple to witness the annual fire walking



Thiraupathai Amman is being carried by



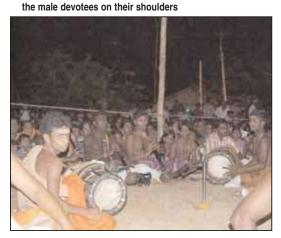
Male devotees carry the Gods on the shoulders



Drummers lead the procession



Tamarind wood is used to make a bed of fire. The fire bed is five metre long, half metre deep and more than a metre wide,



Mela Kachcheri is being performed while the bed of fire



God Ganesh and God Murugan are seated on a vehicle of mouse is kept in front of the fire bed



Thiraupathai Amman is kept in front of the fire bed



Paranthaman carries a silver pot of flags. He is described as Thiraupathai Amman



Rukmani Sametha Sri Paarthasaarathy is kept in front of the fire bed



Females who have attained puberty are neither allowed go near the fire nor walk on fire. Fire-walkers kept pouring water on them before emerging on the fire. 3,000 male devotees have participated if this year's fire walking



Fire-walkers say that, they are stretched like a bed of flowers by the hair of Thiraupathai Amman. They have vegetarian meals only during the festival time.

MONSOON JOURNAL ◆ AUGUST 2007

# Monsoon Real Estate

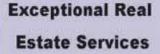


To Buy / Sell - Homes, Condos, Businesses Contact us.

> We speak HINDI, PUNJABI, TAMIL, URDU & GUJARATI



Niro Mahanandan Sales Representative 416-890-2487



Mortgages and small **Business Loans arranged** for qualified clients



Suhumar Nadarajah Sales Representative 416-388-0967

Logan Velumailum

Broker

416-410-1620



Rudy Ruthran Sales Representative 416-587-5583



Yaqub Muhammad Sales Representative 647-895-1489



Cathy B Khatri Salesperson 416-568-8400



Nash Jan Sales Representative 416-657-2710

### MORTGAGE, MORTGAGE. WITH MAJOR BANKS

# & CANAM.V.ASSOCIATES

Name To Remember.....

Deal with Major Banks and Major Lenders



Residential & Commercial

Quick Approvals

You ean approach

24 Hours a day-7 Days a week

For All Your Merigage Needs Call

Senior Financial Consultant

Tel: 416-410-7373 416-261-0070

T.F: 1-866-323-8816 Fax: 416-759-8506

E-mail: vyrakaru@rogers.com

416-410-7373 2637 Eglinton Ave East, Toronto, ON. M1K 2S2

To Place your Ads in

Monsoon Journal Call: 416 358 3235

e-mail: info@monsoonjournal.com











Less than 1 year Old - 2700 eq.fl

### Work With Professional



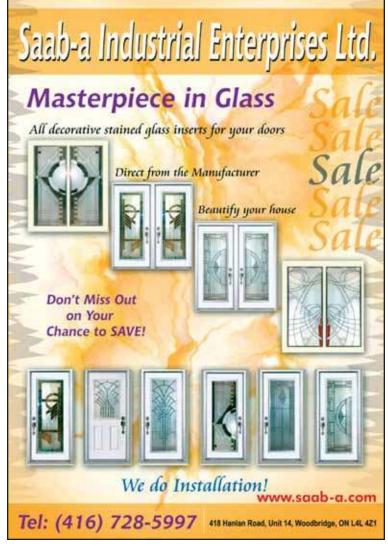
Thurairajah Ramesh (8.5c. Eng.) Sales Representative

Direct: 416.917.9957 Office: 416.321.6969



HOMELIFE/GTA Realty Inc., Brokerage





# Monsoon Auto Mart



### **CAR DETAILING**

- External Car Wash
- Aluminium Wheel
- Engine Shampoo
- Under Coating
- Leather Treatment

We also undertake Auto Repairs and Mainternance Work, Emission Tests are also available

### Internal Car Wash

Rust Proofing



### ALFFA CAR CARE

Tel: 416.640.1255

80, Nashdene Road, Unit A6 Scarborough. ON. M1V 5E4

### ALFFA AUTO CLINIC

Tel: 416.285.9816 / 416.618.5536

Fax: 416.285.1921 1570, Midland Ave. Unit 12, Scarborough, ON. M1P 3C3

### UNDER CARRIAGE SPECIALISTS



### TRANSMISSION REPAIRS

### MULTI NATION TRANSMISSION

Service & Rebuild

Domestic & Imported

Automatic & Standard

Transmissions

Driveline

Transmission Service from \$39.99





Call Riyaz or Kumar 416.439.7198 416.833.0079

780, Markham Rd, Scarborough, ON. M1H 2A9 (MARKHAM / PAINTED POST)

### **AUTO PARTS**

### **AUTO PARTS**

MIDLAND/LAWRENCE

MIDLAND/LAWRENCE SCARBOROUGH

Select Items
10% To 20% Off

Only At This Location

only at 2650 Lawrence Ave. E Part Source Location, output per customer. No cash value. Cannot be less with any other offers or promotions. Please Call 142229 for more details





### **COLLISION REPAIRS**



### RATHNA AUTO WORKS & BODY



- Custom Painting
- Collision Works
- Insurance Claims
- Electrical
- Alarms & Auto General Repairs
- Change Tires
- Oil Change & Brakes

### Rathna

Tel: 416 699 8810, Cell: 416 602 8594

Fax: 416 699 8850, E-mail: rathnaauto@yahoo.ca 3254 Danforth Ave, Scarborough, Ontario, M1L 1C2

To Place your ads Call

Monsoon Journal 416 358 3235 MONSOON JOURNAL ♦ AUGUST 2007

# Identity theft: it's not the money, it's the hassle!

common stereotype about Canadian is that we're nice people. And frankly, nice people don't go around stealing other nice people's identities. Despite the growing problem of identity theft, a full 70% of Canadians think it is unlikely they will be victimized. (TransUnion Survey, Nov. 30, 2005). "People in the States are a little more upset about it than Canadians," says Katherine Vessenes. "Part of it, I think, is that Canadians are such nice people. They don't think anything like this is going to happen to them."

An attorney and certified financial planner, Vessenes is also the co-founder of Vestment Advisors, a consulting firm that helps financial service businesses plan and strategize. Together with her husband, she wrote Building Your Multi-Million-Dollar Practice: 8 Success Strategies of Top Producing Advisors.

Speaking at Mackenzie University 2006, Vessenes explored the problem of identity theft - the fastest-growing white-collar crime in Canada and the United States. In particular, she examined how financial advisors can better safeguard their clients' information from identity thieves.

Quoting from a 2003 Royal Bank of Canada study, Vessenes says that 80% of customers would walk away if they knew the firm had mishandled their personal information. And on average, it is seven to 14 times cheaper to keep a client than to find a new one. "If you want to keep your clients," says Vessenes, "Keep your clients happy."

"My biggest point is that financial

advisors are much more exposed than they realize. You could have documents stolen from your firm and you'd never know about it. " A rich source of information for identity thieves is paper and paper mail. Advisors should shred any sensitive information before disposing of it. Lock up physical files in cabinets. Don't leave incoming and outgoing snail mail in prominent spots such as the reception desk. Encourage clients to get their statements electronically. Don't keep sensitive records longer than necessary; either return them to the clients or shred them. As for computers and laptops they should be locked up when not in use. Files should be saved on secure network drives rather than "C" drives. Teach employees how to develop passwords that are easy to remember but hard to crack. Put a security wall on the company's Wi-Fi. Finally, there's the issue of "inside jobs."

Depending on the statistics you read, employees are either a minor part of the identity theft problem or the weakest link. "One of the statistics I read says that 70% of identity thefts were from employees." Says Vessenes.

"If you think about all the information that's available in your files, it'd be pretty easy for an employee working late to go through it and make a huge list and start selling off that information." Vessenes recommends conducting background checks on all new hires. Temporary employees should never be allowed access to sensitive information. Advisors should also consider being proactive with at-risk employees such those with substance abuse.

These are all things every financial

advisor can and should do to protect their client's privacy. "One study looked at where thieves get this information, and about 50% of the time in that study, they couldn't determine where. I think a lot of that could be coming from their financial advisor. So we have to be ever vigilant to make sure we're doing what we can to protect our clients' privacy, because it's not just good for the client but it's also goof for business.

Tips for Creating Good Passwords

#### DON'T:

- Choose single words from the dictionary
- Use single words written backwards or with a numeral added to it (e.g. cat2)
- Use your name or nicknames of people, pets, places
- Use personal information e.g. address, birthday, hobbies

### DO

- Make it at least 8 characters in length - the longer the better
- Combine letters, numbers and symbols
- Substitute special characters but don't choose look-alike characters (e.g. \$ for S)
- Use mnemonic phrases (e.g. "My son Noah X is a cutie" becomes "msnxiac")

### Example:

- Choose a password that's easy to remember: Mackenzie
- Change the case and/or substitute one or more characters: Macken8ie
- Add symbols to the password: #Macken8ie\$



BOBBY SIVA Financial Advisor 416 410 3274



AUGUST 2007 ◆ MONSOON JOURNAL

**GNE JOURNAL** 

# ....

by Anand J

#### **ARYA**

This is an out and out commercial entertainer from the man who gave us Love today and Thulli Thirindha Kaalam. Director Balashekaran has succumbed to making a movie that is an all out commercial entertainer but has managed to combine romance, comedy and action all into the film in the right proportions.

Madhavan, Bhavana and Prakash Raj play the roles well thus lifting the entire quality of the film. Their performances in the film make it a time pass entertainer. The story is nothing new -



a path taken many a time by many a film director. Deepika (Bhavana) is an arrogant rich girl studying in Chennai Medical College. She acts very intimidating and is feared in the college campus. She even is feared by the college authorities because she is the sister of a local don Kaasi (Prakash Raj). She got a seat in the college after Kaasi killed a merit student with the same name in front of the education minister

Arya (Madhavan) is a final year college student who is studying in the college on transfer from Coimbatore. He is a very peaceful and quite person who doesn't get aroused. On his first day in college, Deepika pulls him up because he didn't wish her and because he parked his bike next to her car in the parking lot. In retaliation to Arya's contempt of her, she kidnaps Arya's sister. Arya retaliates and fights back without buckling under the pressure. Deepika falls in love with Arya and wishes to marry him, something which Arya doesn't want taking her gangster background into rowdy lifestyle and get along with

The fast moving script and director's professional approach to the film makes the film a worthwhile watch. Some of

# Kollywood Film Review

the scenes in the film with Vadivelu are confusing but they have ben met with applause. The comedian's scenes with Bhavana give one a good laugh. Madhavan's energy and comic sense in the film is very good. After Run, this in Madhavan's next action flick. Bhavana's role in the film is similar to that of Vijayashanthi's in Superstar Rajinikanths Mannan. Bhavana handles her role in the film with ease and sensitivity. Prakash Raj's comedy reminds one of his role in Gilli. Devan and Tejashree have acted well in the film.

The music of the film composed by Mani Sharma is one of the film's highlights. The opening song featuring Tejashree has been picturised extremely well. Jillendra Theeye - the dream song in the film - is a peppy romantic melody. The camera work done by cameraman KV Guhan is excellent. Watch the movie if you don't want to use your brains.

Verdict: Time pass.

### **KIREEDOM**

The film has been made out of a short story and making film on a short story is risky business. Some compromises and extra work should be done to make a film racy and entertaining. The classic Rajini film Mullum Malarum is a perfect blend of literature mass entertainment. Debutant directors like Vijay must be aware of this before making a film with a mass hero like Ajith.

If the director wants to tell the story of Kreedom like a novel is written, it would definitely win accolades from intellectuals. But for a mass medium like cinema, it won't work. Kreedom is the story of a dream that a doting father has for his son and is how all his hopes get shattered before his dream can get fulfilled. The film is a remake of the Malayalam hit originally made in the eighties with the same title but it has a few changes incorporated to suit Tail sensibilities. Though the film is basically about the values of a relationship, it fails to grab the attention of the viewers because consideration. But she gets her of the lagging screenplay. Right brother to force to adopt to the from the first scene, Ajith's role is underplayed. He doesn't enact the romantic scenes well. As a matter of fact, Trisha overshadows the actor with her performances in these scenes.

Shakthivel (Ajith) is the obedi-

ent son of an honest head constable, Rajarajan (played by Raj Kiran). Rajarajan's dream is for his son to become a police officer before his retires. Shakthivel makes an effort to realize his fathers dream. He starts working out in an effort to achieve his fathers dream. He even writes the Police examinations. His father Rajarajan, being an honest man, faces opposition from some rowdies when he books a MLA's son for breaking the law. He sends the MLA's son on a punishment transfer to Kodiakkarai where Ajay a local rowdy is running his own parallel government. Want to guess how the rest of the story goes...just as you would expect!!!

Divya (aka Trisha) meets Ajith and falls in love with him. Her accept the proposal to have their daughter marry him as they find him to be a decent boy. By this time, Shaktivel passes his exami-



nations and is waiting for a posting as a police officer. Destiny twists his life and things don't work out as he hopes.

He ends up having to fight Ajay after getting emotional about his fathers difficulty in keeping with t law. His fathers dream is shattered and his name ends up being on the list of criminals in the police station rather than the list of police personnel appointees.

Ajith has played the role of an obedient son with ease and comfort. But he has to concentrate more on his body language, which is not upto the mark in the films romantic scenes. His scenes with Rajkiran are one of the more mature scenes in the film. Rai Kiran's cameo in the film is small - yet it has brought the spotlight on him. Trisha has put up a good show employing the right body language tactics and comedy timing. Comedian Vivek fails to invoke laughter with his role in the film. The films editor Shantaram should have cut out the ambiguous dialogues in the film. These dialogues have caused people to overlook his performance in the film. AR Rahman's cousin GV Prakash has

composed music that is bane to the films credits. He has merely copied his uncle's Dil Se song for one of the films songs and one can easily notice he has tried to ape his uncle's style of music.

Thiru's camera work is a highlight in the film. He has captured the blue and green colours of nature in Kerala and Vizag where the film was shot. Director AL Vijay should take extra care when directing his next film. A negative approach doesn't go well with the Tamil film audience. Even if the script is good, a negative ending spoils the film. After all, people generally try to move ahead and achieve more in their lifetimes. A positive ending only inspires to do

One line Comment Kireedom invites Boredom For comments mail to cine@monsoonjournal.com



## Remembering The Legend...



On His 6th Death **Anniversary** 

Photography For All Your Family & Social Functions

GNANE:



### **GEETHAVANI**

TORONTO TAMIL RADIO ALL DAY - ALL NEWS - MUSIC & TALKSHOWS

720, Taspcott Rd, Suite 101, Scarborough, ON M1X 1C6 Tel: 426.267.1100, Fax: 416.267.7707 www.geethavani.com

Call to place your order 416.707.1236





MONSOON JOURNAL ◆ AUGUST 2007



# Plan • Protect • Preserve

Our knowledgeable team has the expertise to help you **PLAN** for your future, **PROTECT** your assets, and **PRESERVE** what you've worked so hard for.

Everything in your financial life is connected... Why not work with a team who can tie it all together?



Kula Sellathurai
Investment Executive
kula\_sellathurai@scotiamcleod.com

Ph: (416) 296-7377, (416) 984-4938



Kalyani Nathan, FMA, FCSI Investment Executive Kali\_nathan@scotiamcleod.com

Ph: (416) 296- 2619



300 Consilium Place, Suite 101 Scarborough, ON M1H 3G2





### WE HELP CLIENTS

- Of all ages and ethnic group to return to their previous occupations / activities of daily living.
- To lead a healthy active life style.

### BY PROVIDING

An effective and inter-disciplinary rehabilitative environment, with modern and advanced equipment and technology.



- A wide range of professionals speaking English, Mandarin, Cantonese, Indian and Vietnamese.
  - · Physiotherapist
  - · Massage Therapist
  - · Occupational Therapist
  - · Acupuncture Therapist





### WITH SERVICES

- Implementation of a fully integrated and individualized clinical program.
- Treatment to all orthopaedic conditions.
- Special expertise in motor vehicle accidents (MVA) and WSIB injuries.
- Seating and mobility devices assessment.

### **OUR FEE IS COVERED BY**

- · OHIP:
- . Age 65 or over, or under 20
- Overnight hospitalization
- Ontario Disability Support Program
- Ontario Works and Family Benefits
- Motor Vehicle Accident (MVA)
- WSIB
- Extended Health Insurance

We gladly serve with Family Physician Referral



One Dream

One Community

### Yee Hong Rehab Centre

2311 McNicoll Avenue, Lower Level Scarborough, ON M1V 5L3 Tel: (416)298-2278

Fax: (416)298-4834



### Yee Hong Ki Kit Li Rehab Centre

60 Scottfield Drive, Lower Level Scarborough, ON M1S 5T7 Tel: (416)940-4801 Fax: (416)940-4802

