

A parfait media publication
Monsoon *Journal*
VOL 8 ISSUE 5 OCTOBER 2013

Exclusive **TNA sweeps Northern polls**

THEY RECEIVED MORE THAN WHAT THEY ASKED FOR...

By Siva Sivapragasam

The TNA appealed for a two-thirds majority but the Tamil community has generously given them a five-sixths majority at the recently held elections in the North.

TNA's sweep at the polls (30 of the 38 seats) is a reflection of its popularity and the trust of the Northern Tamil community on the TNA to deliver the goods and take them on a new journey.

There is no doubt that the name & image of Chief Minister nominee Wigneswaran played a crucial role in TNA's massive victory and proved that TNA leader Rajavarotheyam Sampanthan's choice was a master stroke that received a perfect hit.

" There comes a tide in the affairs of men which taken at the flood leads on to fortune" - Shakespeare

Mr. Wigneswaran told "Monsoon Journal" that the TNA is willing to engage in a reconciliation dialogue with the Government based on a genuine attempt by the Government to give all support to the powers already provided in the 13th Amendment for provincial councils. According to Mr. Wigneswaran the TNA will focus on some of the measures that need immediate attention - demilitarization, giving back property taken by the military during the war, resettlement where necessary, post war recovery, rebuilding, reconstruction and development initiatives.

"The Tamil community in the North have given us a great responsibility to begin a New Journey", - Chief Minister nominee C.V. Wigneswaran tells "Monsoon Journal"

Tamil National Alliance Chief Ministerial nominee C.V. Wigneswaran topped the preference vote list in the Jaffna district obtaining 132,255 votes. Veteran politician R. Sampanthan (Trincomalee District MP) who spearheaded the TNA campaign is widely believed to be responsible for bringing in former Supreme Court Judge Wigneswaran as the party's chief ministerial candidate. Mr. Wigneswaran's nomination as the party's chief ministerial candidate was a crucial decision in TNA's election campaign. It not only gave hope to the politically starved electorate of the North in reminiscence of Tamil politics in its hey day where politicians were educated and eloquent.

The polls result was also a lesson to be learnt and a strong message to the Sri Lankan Government that while paving roads, building bridges, opening railway stations and providing power helps to develop the Northern territory ravaged by a thirty year old war, but that alone will not suffice to obtain votes from the Tamils at an election. The wounds of a thirty year war can only be healed through a genuine package of devolution and demilitarization in the northern territory.

The Tamil community has received the greatest gift from Wigneswaran by his acceptance of the Chief Ministerial post. At the same time, the TNA and

Wigneswaran have been offered a golden opportunity by the Tamil community in the North to begin their new journey which they want to begin. They must make the best use of it and deliver the goods.

Samuel Chandrahasan, the 71 year old youngest son of S.J.V. Chelvanayagam, father figure of the Tamil community (Chandrahasan is also a school mate of Wigneswaran) returned to Jaffna from Tamil Nadu to vote in the elections told Toronto Star columnist Rosie Dimanno at the Kilinochchi railway station while travelling back to Colombo, "All sides learned lessons the hard ways. But I'm optimistic for the future. I am a dreamer."

Basil Rajapakse Economic Development Minister and brother of Sri Lankan President, speaking on behalf of the Government, had told the Media that the Government was ever willing to talk & work with the TNA in the reconciliation process. The ruling party (SLFP) has also in a Media statement remarked that fresh thinking is necessary on the part of the Government vis-a-vis the aspirations of the Tamils in the North. Mr. Vasudeva Nanayakkara, a Senior Cabinet Minister in the Government has also stated that a Governor who can work with the TNA should be appointed and a person who is prejudiced should not hold the post of a Governor.

The Triumvirate that led the election campaign



Chief Minister nominee C.V. Wigneswaran (Left), TNA Leader R. Sampanthan (Centre) and Secretary ITAK Mavai Senathirajah (Right)
Picture by Dushiyanthini Kanagasabapathipillai

The U.S., U.K. & Indian Governments along with the European Union have also advised the Sri Lankan Government that it should co-operate & work closely with the Northern provincial Government to continue the reconciliation process.

Meanwhile, Indian External Affairs Minister Salman Khurshid is scheduled to meet Wigneswaran sometime early next month when he is on an official visit to Sri Lanka. Indian Cabinet Minister Sudharshan Natchiyappan has stated that future Indian assistance to the North will be based on the recommendations of the new Chief Minister nominee Wigneswaran. Wigneswaran is also likely to meet Tamil Nadu Chief Minister Jayalalitha soon.

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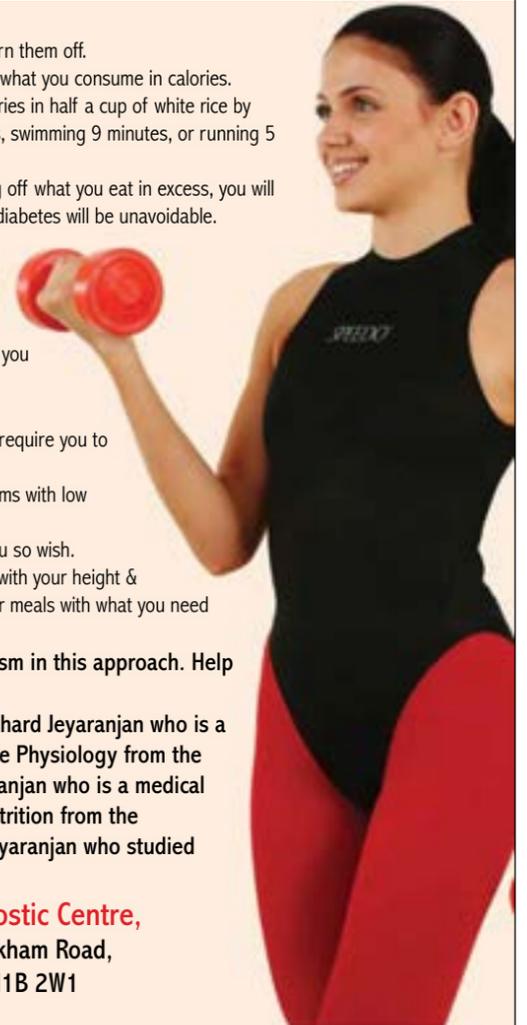
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To be directed and supervised by Dr. Richard Jeyaranjan who is a medical specialist with a Ph.D. in Exercise Physiology from the University of Toronto, Dr. Rushane Jeyaranjan who is a medical doctor with a B.Sc. in Applied Human Nutrition from the University of Guelph, and Mr. Jeshane Jeyaranjan who studied Culinary Skills at the Humber College.

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A Message From Toronto Mayor Rob Ford

Sept 27, 2013

Dear Friends,

This week, I was extremely pleased to welcome the Federal Government as vital partners in the Scarborough Subway Extension project.

Here are a copy of my remarks celebrating the funding commitment from the Government of Canada.

Check Against Delivery:

Today is a historic day for our great city. We now have all three levels of government committed to building new subways in Toronto. I said we would need the Federal Government at the table to build the Scarborough Subway.

Folks, today we have that commitment. Today, the Government of Canada has reaffirmed their commitment to building subways in Toronto. On behalf of the City of Toronto, I want to sincerely thank Prime Minister Stephen Harper and Minister Jim Flaherty for their support. I also want to thank the many thousands of residents in the City of Toronto who spoke loud and clear in support of subways.

This victory belongs to the people of Toronto. Even when it looked like Scarborough would be stuck with the LRT, they told me: "Rob, keep fighting, don't give up." And that's exactly what I did. That's because, I promised that if I was elected Mayor, we would build new subways in Toronto.

Well folks, Promise made, promise kept. Residents in Scarborough have waited long enough for quality rapid transit. That wait is almost over. I want to thank the Government of Canada for their commitment to the residents of Scarborough.

They are investing to get the city of Toronto moving. Together, we are building transit that will benefit Toronto residents for the next 100 years. Efficient, reliable, underground transit. Transit that will improve the quality of life for



commuters, reduce congestion and transform communities. We have brought all three levels of government together as partners in this historic project.

Together, we are investing to stimulate major economic growth and create countless new jobs. And we all know, when Toronto succeeds, Canada succeeds. Toronto is the economic engine of Canada- and one of the most vibrant cities in North America.

Today, we are taking a major step towards a bright and prosperous future for the city of Toronto. With the support of the Government of Canada and the Government of Ontario...

We are building the Scarborough Subway. As always, please do not hesitate to contact my office at 416-397-FORD (3673) or email me at mayor_ford@toronto.ca if I can ever be of assistance to you.

Yours truly,

Mayor Rob Ford

OFFICE OF THE MAYOR

Mayor Ford's Four Priorities:

1. Customer Service Excellence
2. Transparent & Accountable Government
3. Reduced Cost and Size of Government
4. Transportation City

Liberals Support United Nations Human Rights Report on Sri Lanka

MONTREAL— The Liberal Foreign Affairs Critic, Marc Garneau, made the following statement on Thursday, Sept 26th in response to the oral report delivered by the United Nations High Commissioner for Human Rights, Navi Pillay, on the situation in Sri Lanka:

"The UN High Commissioner for Human Rights' report in Geneva reaffirms our long-held concerns about the Rajapaksa regime, and restates the need for an independent, international investigation of human rights violations and humanitarian law in Sri Lanka.

Neither truth nor reconciliation has been achieved since the civil war. Discrimination and violence – particularly against ethnic and religious minorities – are growing unabated. The Rajapaksa regime's abuse of human rights and de-

mocracy continues, and the Sri Lankan government has taken no concrete steps to resolve this persistent state of affairs.

The Liberal Party of Canada continues to advocate for a boycott of the Commonwealth Heads of Government Meeting this November in Colombo, Sri Lanka, and insists that the venue be changed. The Rajapaksa regime has not earned the right to chair the Commonwealth for the next two years, and we call on the Government of Canada to work with other member states to ensure this does not occur.

Canada's Minister of Foreign Affairs must engage fellow members of the Commonwealth Ministerial Action Group to immediately address Sri Lanka's persistent and serious democratic and human rights violations, and insist on an independent, international investigation."

York U's disaster management expert available on priorities for Pakistan and Kenya

Toronto, September 26, 2013 – Emergency preparedness is crucial in this day and age, whether in anticipation of a natural disaster such as the recent earthquake in Pakistan's Balochistan province, or human-made like the siege of an upscale mall in Kenyan capital Nairobi. Professor Ali Asgary of York University's Emergency Management Program in the Faculty of Liberal Arts and Professional Studies is available for media interviews on the priorities under such circumstances, both in terms of emergency management and continuity.

York University is helping to shape the global thinkers and thinking that will define tomorrow. York U's unwavering commitment to excellence reflects a rich diversity of perspectives and a strong sense of social responsibility

that sets us apart. A York U degree empowers graduates to thrive in the world and achieve their life goals through a rigorous academic foundation balanced by real-world experiential education. As a globally recognized research centre, York U is fully engaged in the critical discussions that lead to innovative solutions to the most pressing local and global social challenges. York U's 11 faculties and 28 research centres are thinking bigger, broader and more globally, partnering with 288 leading universities worldwide. York U's community is strong – 55,000 students, 7,000 faculty and staff, and more than 250,000 alumni.



Unbelievably True!

A tiny 230 square-foot home in Toronto which has no running water was sold recently for \$ 165,000 in yet another sign that home prices in Canada's largest real estate market continue to rise.

Tiny 230 Square-foot Toronto Home sells for \$165,000

The detached home boasts one bedroom, air conditioning and is located in Toronto's desirable east-end neighbourhood of Greenwood and Coxwell.

The converted garage was on the market for three weeks before selling and was originally listed at \$229,000 and later reduced to \$195,000 before selling at \$165,000, which is nearly 28 per cent below the original price.

The property will function as an investment for the buyer as opposed to

a primary residence. And while plans have yet to be divulged, the property will see some 'minor' changes in the short term. It is also seen as an interest shown by people for smaller properties.

The property was primarily used as a "little get away place" by the former owner, who lived close by, which makes the lack of functional plumbing a bit easier to bear.

Only in Toronto -- and maybe Vancouver -- would a home the size of a tool shed sell for well over six figures.



from the publisher's desk

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Bittersweet October

Bittersweet October. The mellow, messy, leaf-kicking, perfect pause between the opposing miseries of summer and winter.
 - Carol Bishop Hipps

October is here again, which means the end of summer and the beginning of autumn. But October, with its palette of wonderful colours, is also a time for many events and celebrations worldwide.

Hindus will usually entertain a busy time this month all around the world. Beginning October 5th, the Hindu calendar will enter a 9-night celebration of Navarathri which marks the dawn of the fall season. Navarathri actually stands for "nine nights", which commences on the first day of the bright fortnight during the lunar month. During this time, Hindus worship the female form of the Divine and perform various pujas, depending on the night of Navarathri. On the day following these nine nights Dasara or Vijayadashmi is celebrated, which culminates the ten nights of devotion and marks the beginning of the harvest season. It is believed that invocation to the Mother Goddess at this time of the year sanctifies the fertility of the soil and thus leads to a successful crop. Following with this theme of worship to

the Hindu goddesses, the festival of Deepavali or Diwali will be celebrated not too long after on November 3rd this year. During this time, the Goddess Lakshmi will be revered for wealth and prosperity in the upcoming year.

Back in North America, Thanksgiving Day is a holiday celebrated during the Fall months to mark the harvest season as well. There are many origins of the festival, but usually families prepare Thanksgiving feasts and give "thanks" to God for various reasons. The most common dish served on this day is an oven roasted Turkey with stuffing, which was believed to have been served at the Pilgrim's first Thanksgiving. An interesting fact about Thanksgiving however, is that it is celebrated on different days and different months in Canada and the United States. Cana-

dians are granted a holiday on the second Monday of October for this celebration which will fall on the 14th of this month.

The end of the month of October will mark Halloween here at home. For children of all ages, this festival would include collecting treats, but for adults costume parties and haunted houses will be a fun pastime as well. However Halloween night can also become an unsafe situation and the Monsoon Journal would like to remind parents to be watchful of their children's whereabouts on this night, and also to be weary of the treats that children can gather as well.

Have a Happy Thanksgiving, Halloween & a Happy October this month!

Contributed by:
Tashvir Narine, BSc. (Hons)

Sri Srinivasan sworn in as judge of top US court

Trailblazer Sri Srinivasan was sworn in as judge of the second most powerful court of the United States, on Sep 26th - making him the first Indian-American to be on the bench of the US Courts of Appeal for the District of Columbia Circuit.

Chandigarh-born Srinivasan, 46, whose parents migrated to the United States in 1970s, was sworn in the oath of office in an overflowing court room of US Courts of Appeal for the District of Columbia Circuit by Justice Sandra Day O'Connor, in presence of legal luminaries, friends and families.

The following report on the swearing in of Sri Srinivasan - By Ann E. Marimow appeared in the The Washington Post:

Former Justice Department official Sri Srinivasan was formally sworn in Thursday as the newest member of the influential U.S. Court of Appeals for the District of Columbia Circuit.

A former principal deputy solicitor general, Srinivasan is the nation's first federal appellate judge of South Asian descent and the first presidential nominee confirmed to

the D.C. Circuit since 2006.

Srinivasan, 46, won bipartisan support in the Senate in May in part because of his work in the solicitor general's office on behalf of Democratic and Republican administrations, under President Obama and President George W. Bush.

The ceremony in a sixth-floor, wood-paneled courtroom attracted prominent Washington lawyers and a delegation from Srinivasan's native India. Retired Supreme Court justice Sandra Day O'Connor, for whom Srinivasan once clerked, administered the oath, calling him "fair, faultless and fabulous."

Judge J. Harvie Wilkinson III of the 4th Circuit said Srinivasan has "never believed he has all the answers" and will "revive the lost art of listening" on the court.

A star basketball player at his Kansas high school, former colleagues joked that Srinivasan only loses his judicial temperament when his beloved University of Kansas Jayhawks team is trailing. Srinivasan holds three degrees from Stanford University.

Srinivasan joins a court that is



Justice Sri Srinivasan

often referred to as the nation's second-highest court because of its rulings on regulatory and separation-of-powers issues. In addition, four of the Supreme Court's nine justices served on the D.C. Circuit.

Obama's judicial nominations have faced some opposition, and Republicans have questioned the need for 11 seats on the D.C. Circuit.

Three other nominations to the court — those of appellate lawyer Patricia A. Millett; Georgetown University Law Center professor Cornelia T.L. Pillard; and U.S. District Judge Robert L. Wilkins — are pending in the Senate.

INDEX

| | |
|---------------------------------------|--------------|
| Sri Lanka News | 1 |
| Ads | 2 |
| Canada News | 3&5 |
| Publisher's Info | 4 |
| World News | 6-9 |
| Health & Care | 10-23 |
| Special Feature | 24-40 |
| Op-Ed | 38-39 |
| Business & Finance | 41 |
| Community Watch | 42-54 |
| Jaffna Hindu | 42-43 |
| Miruthanga Debut | 44 |
| Toronto Mela | 45 |
| Lalith Wickramatunga | 46 |
| Rajesh Vaidhya | 47 |
| Chamber Golf | 48 & 49 |
| RJ Multi Litho | 50 |
| Upcoming Events | 51 |
| Royal College Picnic | 53 |
| Canada Sri Lanka Golf | 54 |
| TCASD | 55 |
| DTA | 56 & 57 |
| Regional News | 58-61 |
| Waterloo | 58&59 |
| Whitby | 60 |
| Markham | 61 |
| Classified | 62 |
| Life100 / Action Business Development | 63 |
| Ads | 64 |

Yarl Devi will run from Colombo to Jaffna in six and a half hours before next Tamil New year time

The once popular Yarl Devi express train to Jaffna from Colombo is expected to resume its services by coming Tamil new Year.

This was revealed recently to the Media by Transport Minister Kumar Welgama.

The train service now operates up to Kilinochchi only. It is expected that there will be three services daily and the travel time will be reduced by about four hours as compared to the time taken for bus travel to Jaffna



“Happiness is when what you think, what you say, and what you do are in harmony.” - Mahatma Gandhi (Oct 2, 1869-Jan 30, 1948)

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

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Bank of Canada Calls for Nominations for the 2014 Fellowship and Governor's Awards



The Bank of Canada is calling for nominations under its Fellowship Program for 2014. This Program fosters excellence in research and analysis in Canada, and develops partnerships with experts outside of the Bank.

Canadian universities are invited to nominate exceptional academics for the two prestigious research awards available through this Program: the Fellowship Award and the Governor's Award.

The Bank of Canada promotes the economic and financial welfare of Canada through its activities in four main areas: monetary policy, currency, financial system stability and funds management. The recent experience of the financial crisis and its aftermath has shown that issues related to central banking go beyond traditional monetary policy theory. The Bank therefore wishes to encourage applications from candidates across a broad range of fields.

The Fellowship Award provides fi-

ancial support for a five-year term to professors in tenure or tenure-track positions at a Canadian university who are widely recognized for their expertise and excellence in areas important to the Bank's mandate, and whose leading-edge research contributes to the development of knowledge and research capabilities in those areas.

The Governor's Award provides funding for a two-year term to exceptional assistant and associate professors at a Canadian university who have demonstrated the potential to make exemplary research contributions in fields supporting the Bank's mandate. Candidates must have obtained a PhD within ten years of applying for the award.

Nominations for these awards must be submitted by Friday, 15 November 2013. For more information on the Fellowship Program, award requirements and the nomination process, please visit the Bank's website or call 613 782-8888.

Bank of Canada Governor Stephen S. Poloz Discusses Canada's Return to Natural Economic Growth



Stephen S. Poloz
Governor, Bank of Canada

Canada's economy is moving toward the self-generating, self-sustaining growth it needs to normalize, and business investment will become increasingly solid as companies become more confident, Bank of Canada Governor Stephen S. Poloz in a speech in Vancouver on Sep 18.

"Evidence suggests we are now close to the tipping point from improving confidence into expanding capacity," Governor Poloz told members of the Vancouver Board of Trade. "Stronger investment means more new jobs will be created. It means more capital and better tools for workers, which will increase labour productivity."

Governor Poloz discussed the three economic questions on the minds of many Canadians: how the country will return to natural economic growth; what the economy will look like once it's there; and what indicators will signal that the economy is on the right path.

"I anticipate that the Canadian economy will normalize and growth will become

natural, in contrast to the economic activity of the past six years, which has been fuelled by policy, including record-low interest rates," the Governor explained. "Natural growth will be self-generating and self-sustaining, and the economy will be growing at its potential, as its productive capacity expands."

Governor Poloz reiterated the Bank of Canada's commitment to conduct monetary policy that is appropriate and consistent with achieving its target of 2 per cent inflation.

"As global demand improves and investment growth strengthens, we should see higher potential output growth - that is, an increase in the speed at which the Canadian economy can grow without causing inflationary pressures," the Governor said. "The message here is that the economy should be able to support stronger activity without stoking inflation as investment ticks upward. Such an endogenous response of potential to stronger demand would be natural, given the slack that we see in our labour market."

Canada Mourns Loss of Canadian Public Servant in Kenya

September 21, 2013 - Foreign Affairs Minister John Baird, Citizenship and Immigration Minister Chris Alexander and Public Safety Minister Steven Blaney today issued the following statement:

"It is with heartfelt sadness that we learned of the death in the service of our country, one of our own, Annemarie Desloges, a distinguished public servant with Citizenship and Immigration Canada who served at Canada's High Commission in Kenya.

"We send our thoughts and prayers and those of all Canadians to Ms. Desloges' family, friends and colleagues during this most difficult time.

"Canada condemns this senseless act of violence in the strongest of terms, and we call on Kenyan authorities to bring the perpetrators of this terrorist attack to justice.

"Canadian public servants around the world selflessly serve our country proudly. Like Annemarie, they do so because they believe in the cause of humanity. They believe that their work will better the lives of many at home and around the world. They believe in the values that Canada represents.

"We have no doubt that Annemarie touched the lives of many, and it is for that, that she will always be remem-

bered."

Annemarie Desloges worked as a public servant for the Canadian government since 2006 and became a Foreign Service officer in 2008. Previously posted in Delhi, Annemarie was serving both Citizenship and Immigration Canada as well as the Canada Border Services Agency in Nairobi for the past two years.

Annemarie is survived by her husband Robert Munk. She was 29 years old.

The thoughts and prayers of the Government of Canada are with Annemarie's family, friends and colleagues.



Annemarie Desloges, 29 year old Canadian public servant killed in Nairobi Mall



'Multilateral efforts must guide our quest for peace and security,' India tells UN



Manmohan Singh, Prime Minister of the Republic of India. UN Photo/Ryan Brown

At a time when the world faces multiple challenges, the Prime Minister of India on September 28th urged a renewed focus on the role of the United Nations as a forum for multilateral action to ensure inclusive growth and development, and to combat terrorism and other "grave" security threats.

Warning that the world today appears equally sceptical both of the capacity of the UN to achieve its goals and of the state of international relations in general, Manmohan Singh told the General Assembly that for multilateralism to remain relevant and effective, multilateral institutions need to be reformed.

"Multilateral efforts must guide our quest for peace and security, wherever they are threatened. And the centrality and contribution of the UN system to development must be restored," he said.

"The place to begin is right here," Mr. Singh declared, telling delegations at the Assembly's annual General Debate that the UN Security Council must be reformed and restructured to reflect current political realities, particularly to include more developing countries as both permanent and non-permanent mem-

bers.

In addition, global multilateral financial institutions should allow more space in their decision-making structures for the voices of developing countries. "These objectives require the building of a new international consensus, suited to our time and rooted in today's realities," he said, underscoring that it is only such a plan of action that will enable the UN to meet the twin tests of legitimacy and efficacy.

"We need to renew our commitment, especially here at the UN, for concerted, cohesive and continuing global action against terrorism," Mr. Singh continued, urging zero tolerance for States that shelter, arm, train or finance terrorists. "Nor can they absolve themselves of the responsibility to prevent their territories from being used to launch acts of terrorism."

India, he said, was particularly concerned about the threat of State-sponsored cross-border terrorism in its region, and he urged that "the terrorist machinery that draws its sustenance from Pakistan be shut down."

- UN.org

First Indian-American Winner of Miss America Crown

Nina Davuluri of New York state has won the 2014 Miss America pageant in Atlantic City, New Jersey, becoming the first woman of Indian heritage to win the legendary contest.

The 24-year-old Davuluri from Syracuse will use the \$50,000 scholarship she won to attend medical school.

Davuluri performed a Bollywood fusion dance for her talent demonstration. She and the other 52 contestants -- one from each state, plus the District

of Columbia, Puerto Rico and U.S. Virgin Islands -- were also judged by a personal interview, their answers to an on-stage question, and their appearance in formal evening gowns and swimwear during the nationally-televised pageant.



Nina Davuluri
-pic: facebook.com/NinaDavuluriMA

Joint defence declaration brings India at par with closest US allies

Taking their defence ties to a new level, India and the US have decided to undertake joint development and production of military hardware, involving transfer of high-end technology from America, a move aimed at matching Russia's co-operation with India in this field.

After the summit meeting between Prime Minister Manmohan Singh and US President Barack Obama at the Oval Office the two sides recently issued a joint declaration on defence co-operation spelling out the principles of cooperation in this area.

In the declaration, the US expressed its support to India's full membership in the four international export control regimes that would further facilitate technology sharing.

According to the joint declaration on defence co-operation, the US and India share common security interests and place each other at the same level as their closest partners.



"This principle will apply with respect to defence technology transfer, trade, research, co-development and co-production for defence articles and services, including the most advanced and sophisticated technology," the declaration said.

"They will work to improve licensing processes, and, where applicable, follow expedited license approval processes to facilitate this cooperation," the declaration said, adding that the US and India are also committed to protecting each other's sensitive technology and information.

- PTI

Need for more reforms to restore India's growth momentum: Prime Minister Manmohan Singh

New York: Citing long-term opportunities in sectors like infrastructure and defence, Prime Minister Manmohan Singh has invited US companies to invest in India while asserting that concerns about the country's growth prospects and economic policy environment are "mistaken".

Seeking to assure the foreign investors, he told US industry leaders here that virtually all political parties in India have supported the process of reforms since 1991 which gives confidence about the future direction of the country's economic policies.

Singh made the remarks while addressing US CEOs forum and in the US to attend Annual UN sessions.

He acknowledged that India's growth had slowed down and touched five per cent from the average of eight per cent witnessed over the last decade but expressed confidence that there will be a turnaround in the second half of the current fiscal because of steps the government has taken besides the good monsoon rainfall.

"I am aware that the business commu-

nity in the US has some concerns about India's growth prospects, macroeconomic stability and the economic policy environment. Doubts have been expressed about our sincerity in this regard. This is a mistaken perception," Singh said in his opening statement to business leaders.

He said the government is committed to "fostering an economic environment that is open, predictable and transparent" as well as investment friendly.

"The results of our efforts will be visible in the second half of the year. We expect stronger growth in 2013-14 than in 2012-13. The second half of the year should see a distinct turnaround, partly because of the good monsoon and partly because of the steps we have taken," he said.

Singh acknowledged that in order to restore the high growth momentum and maintain macroeconomic stability, there is need for "more and not less reforms."

"We are committed to getting India back to a sustainable growth path of 8-9 per cent. Indeed the Indian people will not tolerate anything less," Singh said.

- PTI

During her year as Miss America, Davuluri will serve as spokesperson for STEM - Science, Technology, Engineering and Mathematics - as she travels to Washington to work with the U.S. Department of Education.

The new Miss America says she is proud to be the first Indian-American to hold the title, and praised the Miss

America organization for embracing diversity.

Davuluri is the second consecutive New York native to win the Miss America crown, succeeding Mallory Hagan, who earned the title in January when the pageant was held in Las Vegas.

- VOA News



Food insecurity, debt rise in Sri Lanka's north

COLOMBO, 23 September 2013 (IRIN) - In two northern districts of Sri Lanka, now slowly recovering from decades of conflict, almost seven out of 10 households are "food insecure", according to a recent survey.

Of the 300 households interviewed over two days in Vavuniya and Mullaitivu districts in August 2013, half reported selling jewellery to cope with falling income and rising debt.

Food cost 10 to 30 percent more in local markets in the two surveyed districts than in the Northern Province's central markets, which have better road access. This is on top of an estimated 12 percent increase in the average cost of food nationwide.

While there is still enough food in the smaller number of villages surveyed, fewer people can afford it, said Kathy Derore, head of the programme unit at World Food Programme (WFP) in Sri Lanka.

The situation has worsened since 2012, when a more comprehensive assessment in late March 2012 in Northern and Eastern Provinces found that 44 percent of the population could not get adequate, nutritious food.

Some households have not recovered from a year-long drought that began in late 2011 and ended abruptly in Decem-

ber 2012, when fatal flooding affected more than 400,000 people, Derore told IRIN.

Although more than half of the families received some form of drought aid, it was still "inadequate" said Derore. In response to WFP's appeal earlier this year for \$2.6 million to provide three months of aid to 60,000 flood survivors, no donors responded and no distributions were made.

A lack of cultivable land since the back-to-back disasters, combined with poor irrigation and the rising cost of pesticides and fertilizers, has hit farming households hard, according to the still unpublished August survey by WFP, the Food and Agriculture Organization (FAO), the UN Office for the Coordination of Humanitarian Affairs, World Vision, Save the Children, the Ministry of Economic Development and the quasi-governmental Hector Kobbekaduwa Agrarian Research and Training Institute (HARTI).

"Borrowing to afford food for the day is different than borrowing [to purchase] new assets," Derore pointed out.

The government's most recent Sri Lanka Labour Force Survey, which analysed income sources by district in 2011, reported that 32 percent of the labour force in Vavuniya (about 18,000 people) and 55 percent in Mullaitivu (more than

12,000 workers) depended on agriculture for their livelihood. Overall, an average 40 percent of Northern Province's one-million population survive from agriculture.

Liyanapathirana Rupasena, assistant director of research at HARTI, told IRIN that debt can easily multiply. "Farmers will also mortgage plots to raise money to fund harvests. In rural areas these loans are very rarely raised from banks, but from area money lenders, who will lend at high rates and with very high collateral."

Wijerathane Thenakoon, 47, a farmer from Anuradhapura District in North Central Province, (where nearly 245,000 workers depended on agriculture for most their income in 2011) said he and his wife are struggling.

He has lost two harvests on his 0.4-hectare plot in the last 20 months. He is now in debt by nearly US\$1,400 and estimates his current paddy harvest will earn him \$1,200. "If I lose this harvest, I will have to sell off my paddy plot." He has borrowed money from a local lender, who kept his land deed as collateral.

"I have tried working as a labourer at construction sites, and as a helper at the Anuradhapura main market, where I can earn about [\$7-\$11] a day. But I can't do that every day and can only go do

such work in the time between harvests and the next planting, which is about a month, [at most a] month and half."

Many families are skipping meals, eating less healthy foods and skimming from savings, which may mean higher malnutrition rates in the next six months, said WFP's Derore.

In a 2012 national nutrition survey, malnutrition rates for Vavuniya and Mullaitivu districts were already at what health workers considered an emergency level. Nearly 22 percent of children aged five, and 28 percent of children younger than five years in each district had signs of "wasting" (when their weight is too low for their height).

Almost one out of every five children in each district (19.9 percent for Vavuniya and 17.6 percent for Mullaitivu) were too short for their age, known as "stunting", which indicates a lack of life-saving nutrients.

Whether nutrition improves will partly depend on how good the next harvest is, Derore said.

In July FAO estimated a record paddy harvest of 4.1 million tons for the country in 2013, but noted that food insecurity continued for "vulnerable" groups.

Deepa Balachandran, B.A. (Hons.), B. Ed., J.D.
Criminal Defence Lawyer & Notary Public
Rusonik, O'Connor, Robbins, Ross, Gorham & Angelini, LLP

Pardons and "Record Suspensions"

With the passing of Bill C-10, new amendments were made to various areas of Criminal Law. One particular area in which changes were made was in the area of Pardons.

Pardons have now been replaced with the term "Record Suspension." A record suspension allows individuals with a criminal record to have their records set aside once the allotted time period has passed. In the case of a summary offences, you must wait five years, according to the new amendments, before applying for a record suspension. In the case of an indictable offence, you must wait 10 years after the completion of the sentence before applying for a record suspension.

The amendments have also introduced new requirements for documentation in applying for a record suspension. However, a record suspension does not cancel a person's criminal record. If it is granted, a record suspension allows the record to be removed from the Canadian Police Information Centre (CPIC) database. A CPIC search is what is often carried out by potential employers and obtaining a record suspension can prove important in light of job prospects. In theory, a CPIC search should not show a criminal record or even the existence of the record suspension if granted.

Getting a record suspension can entail a long waiting process and can be confusing for individuals who do not understand the process or the requirements. I'm here to help. However, next time, be proactive and find someone at the outset of a criminal charge to advocate for you!

If you are facing a criminal charge, you can depend on my services to help you through the process. As a Partner at Rusonik, O'Connor, Robbins, Ross, Gorham & Angelini, LLP, the largest criminal defence firm in the country, I understand the crippling effects a criminal conviction can have on your work prospects, travel and reputation. Efficiency and confidentiality are the hallmark of my practice.

I have experience defending individuals facing various charges, including failure to comply with bail/probation, driving offences, assaults, weapons offences, fraud and theft. In addition, I also speak Tamil.

For a free consultation, contact me at **647-622-3911**.



A round the World

Canadian Tamil Congress congratulates TNA and Chief Minister elect Justice C.V. Wigneswaran

The Canadian Tamil Congress (CTC) congratulates the Tamil National Alliance and the Chief Minister elect Justice C.V. Wigneswaran on the impressive election victory in the Northern Provincial Council elections.

Despite the intimidation by the Sri Lankan government through its army, police, military intelligence and paramilitary groups, the TNA has scored a resounding victory. The Tamils of Northern Province have sent a clear message to the Sri Lankan government, and the international community that they strongly feel their democratic right to be heard must be heeded in any future actions concerning them.

We at CTC call upon the Sri Lankan government to recognize the wishes of the Tamil people through the result of this election and immediately implement the 13th amendment in full. It is also very clear from the TNA election manifesto, the government of Sri Lanka must go far beyond the 13th amendment to satisfy the Tamil people. We therefore call upon the international community, particular-



ly India, to put all their influence in helping to implement the legitimate demands of the Tamil people in Sri Lanka.

The Canadian Tamil Congress thanks and applauds the people of the Northern Province for exercising their democratic right by voting in this election, despite all the intimidation. CTC recognizes and respects the wishes of Tamil people and will stand by the TNA and its Chief Minister elect Justice Wigneswaran in the quest to achieve real equality, justice, peace and respect for our people.

[Full Text of Statement by CTC]

Celebrations of 100 years of Indian cinema Inaugurated in Chennai

Tamil Nadu Chief Minister J Jayalithaa on September 21st Inaugurated the celebrations of 100 years of Indian cinema at Jawaharlal Nehru Indoor stadium, jointly organised by the state government and South Indian Film Chamber of Commerce, which got off to a glittering start. Jayalalitha, who was the chief guest of the evening, honoured all the awardees from the film industry with a miniature model of bioscope for their contribution to Tamil cinema.

From direction to production to acting to music composing, members from different crafts of cinema were bestowed upon with the award.

In the actors' segment, yesteryear stalwarts such as S.S Rajendran, Manorama, M.N Rajam, Rajashree, Sharada, Kanchana, Jamuna, Krishakumari, Sowcar Janaki, Jayaprada, Jayasudha, and Sivakumar were awarded.

Current generation actors such as Kamal Haasan, Rajinikanth, Trisha Krishnan, Meena, Simran and Vivek were too honoured.



Tamil Nadu Chief Minister J Jayalithaa presenting an award to actor Rajini Kanth

J. Mahendran, C.V Rajendran and P. Vasu were honoured for their contribution as directors to the industry over the years.

Singers such as L.R Eswari, M.S Rajeshwari and Jamuna Rani with music-violinist M. Ramasubramaniam and singer-composer Illayaraja were awarded too. Renowned producers such as Saravanan of AVM group, Venkat Ram Reddy of Vijaya productions, Ramesh Prasad of Prasad lab & studios and R.B Chaudhary were also conferred the award.

Contd. Next Page...

Why you should include Kiwifruit in your daily diet

Kiwifruit aptly called a 'nutritional powerhouse' and here is important nutritional information from the website of California Kiwifruit Commission:

California Kiwifruit packs a lot of nutrition into a small, fuzzy package. Each one is loaded with nutrients that can help fight off disease, lower blood pressure and cholesterol, boost energy and help keep you healthy ... all in a fruit that's fun and flavorful!

Kiwifruit is one of nature's perfect foods: low in calories, high in energy and an excellent source of antioxidants. Each one delivers a world of nutrition benefits, including:

Vitamin C: Each serving of kiwifruit has nearly two-and-a-half times the recommended daily allowance of vitamin C, proven to boost the immune system and fight the effects of stress and aging.

No fat: Kiwifruit is fat-free, an important consideration in today's healthy diets and a rarity among foods containing so many other nutritional benefits.

Fiber: Two kiwifruit contain more fiber than a bowl of bran cereal, the tasty way to maintain heart health, regular digestion and lower cholesterol.

Potassium: A serving of California Kiwifruit has more potassium than a banana, ideal for maintaining fluid and electrolyte balance and for releasing energy during exercise.

Antioxidants: Kiwifruit is an excellent source of antioxidants which are important in reducing your risk of cancer, heart disease and stroke.



Low glycemic index: With a glycemic index of 52, kiwifruit is a fat-free, low-carb fruit that's safe for diabetics and a smart part of any weight-loss diet.

Magnesium: Two kiwifruit deliver 30 mg of magnesium, which improves nerve and muscle function while boosting your energy level.

Lutein: Kiwifruit contains the phytochemical lutein, which works to prevent age-related blindness and protect eyes from various kinds of damage.

Folate: With nearly 10% of the recommended daily value of folate, kiwifruit is a good way to protect the health of mother and baby during pregnancy while helping prevent birth defects.

Zinc: Men will appreciate kiwifruit's zinc content, which helps produce testosterone, while everyone can enjoy its other benefits like healthy hair, skin, teeth and nails.

Vitamin E: Kiwifruit is one just a handful of fat-free sources of vitamin E, a powerful antioxidant that helps lower cholesterol and boost immunity.

(kiwifruit.org)

Walnuts may prevent diabetes and heart disease

Washington, Sep 24: Eating walnuts daily can ward off diabetes and heart disease in at-risk individuals, a new study has found.

Researchers from the Yale-Griffin Prevention Research Center in Connecticut found that daily intake of 56 g of walnuts improves endothelial function in overweight adults with visceral adiposity.

The study included a sample of 46 adults aged 30-75.

Participants had a Body Mass Index larger than 25, and a waist circumference exceeding 40 inches for men and 35 inches for women.

They were also required to be non-smokers, and all exhibited one or more additional risk factors for metabolic syndrome, a precursor of diabetes and cardiovascular disease.

The group was randomly assigned to two 8-week sequences of either a walnut-enriched ad libitum diet or an ad libitum diet without walnuts.

Those chosen for the walnut diet were instructed to consume 56 g of shelled, unroasted English walnuts per day as a snack or with a meal.

"We know that improving diets tends to be hard, but adding a single food is easy," explained Dr David Katz, Director of the Yale-Griffin Prevention Research Center and lead author of the research team.

"Our theory is that if a highly nutritious, satiating food like walnuts is added to the diet, there are dual benefits:



the benefits of that nutrient rich addition and removal of the less nutritious foods," Katz said.

The research found that daily intake of 56 g of walnuts improves endothelial function in overweight adults with visceral adiposity.

"The primary outcome measure was the change in flow-mediated vasodilatation (FMD) of the brachial artery," researchers said.

"Secondary measures included serum lipid panel, fasting glucose and insulin, Homeostasis Model Assessment-Insulin Resistance values, blood pressure, and anthropometric measures.

"FMD improved significantly from baseline when subjects consumed a walnut-enriched diet as compared with the control diet. Beneficial trends in systolic blood pressure reduction were seen, and maintenance of the baseline anthropometric values was also observed. Other measures were unaltered," they said.

The study is published in the Journal of the American College of Nutrition.

- PTI



Celebrations of 100 years of Indian cinema Inaugurated in Chennai

Technicians such as Suresh (Anand Pictures Circuit), Jawahar (Delight Theatres, Coimbatore), Pulamaipithan (Lyricist), Aroor Das (Writer), N.S Varma and Babu (Cinematographers), R. Vittal (Editor) and Sundaram (Choreographer) were awarded.

Delivering the presidential address, Jayalalitha looked back at her own days as an actress.

“When I was an actress, celebrating 100 days run of a film at the box-office was considered a rare achievement. Today, we are celebrating the centenary year of Indian cinema, and it is indeed a very special moment for all of us,” she said.

Jayalalitha was one of the reigning stars for decades and making cinematic debut at the age of 15.

She even remembered some of the biggest contributors to Indian cinema.

The list includes names such as M.G Ramachandran, Sivaji Ganesh, Gemini Ganeshan, N.T Rama Rao, Akkineni Nageswara Rao, Relangi, S.V Ranga Rao, Gumadi Venkateswara Rao, Prem Nazir, Satyan, Rajkumar, Dev Anand, Rajesh Khanna, Raj Kapoor, Mohammed Rafi, Kishore Kumar, Naushad, Laxmikant-Pyarelal, Naushad, Asha Bhonsle, Lata Mangeshkar, T.M Soundarajan, P.B Srinivas, Vishwanathan-Ramamurthy

and Ghantasala among many more.

“Indian cinema is incomplete without the contribution of all these legends. Cinema has been an important part in all our lives over the years and I wish it continues to hold a special place. I wish we celebrate another century of Indian cinema too,” she added.

“After I took over, the film industry is functioning independently for the past two years,” Chief Minister J. Jayalalitha said after listing out the many pro-reel world measures at the event.

Stating that Tamil Nadu and its film industry had the magnanimity in providing livelihood to all those who came from outside the state, she said “the plight of such an illustrious Tamil film industry two years ago can be understood without me saying that.”

Narrating the anecdote of how a bad man missed his chance at redemption and survival by his trait of preventing others from growing, she said those who tried to boss over Tamil film world found themselves in a fate similar to that man.

“Self-centric people who feel it would be sufficient if they lived always would want to eliminate not only those who are stumbling blocks for their growth, but also those who are considered as competition,” she said without naming anyone.

Showering encomiums on her mentor



Chief minister with veteran actors Saroja Devi and Vyjayanthimala lighting a kuthuvilakku to inaugurate four-day centenary celebrations of Indian cinema. — PTI

and AIADMK founder M G Ramachandran, she said the name of MGR came to one’s mind when (the topic) of dominance of films over politics cropped up.

“I am proud, when I reflect that I too

had worked in the film industry,” she said underlining that the cinema industry was indispensable for its role and contribution to society. — Compiled via wire service sources

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



The Butterfly Gland: Health Implications of the Thyroid



By: Jeavana Sritharan, BHSc, MHSc, PhD Student

From Oprah Winfrey to Cristina Fernandez de Kirchner - the President of Argentina, many people suffer from different thyroid diseases across the globe. This is a topic not often discussed and you may be wondering what relevance thyroid diseases have to do with you.

The problem is that there are a growing number of thyroid disease cases around the world, including Canada. The rise in thyroid diseases is not just in aging populations but in younger, healthy populations as well. Moreover, there is not enough research development to understand why this pattern is emerging. The increase in thyroid disease cases in younger populations has been more pronounced among females but there is no set cause as apparent for many other diseases. The problem with this is that researchers are noticing the increasing pattern but cannot identify why it is happening. If thyroid diseases continue to rise, then it may initiate more serious thyroid conditions among younger populations and further generations.

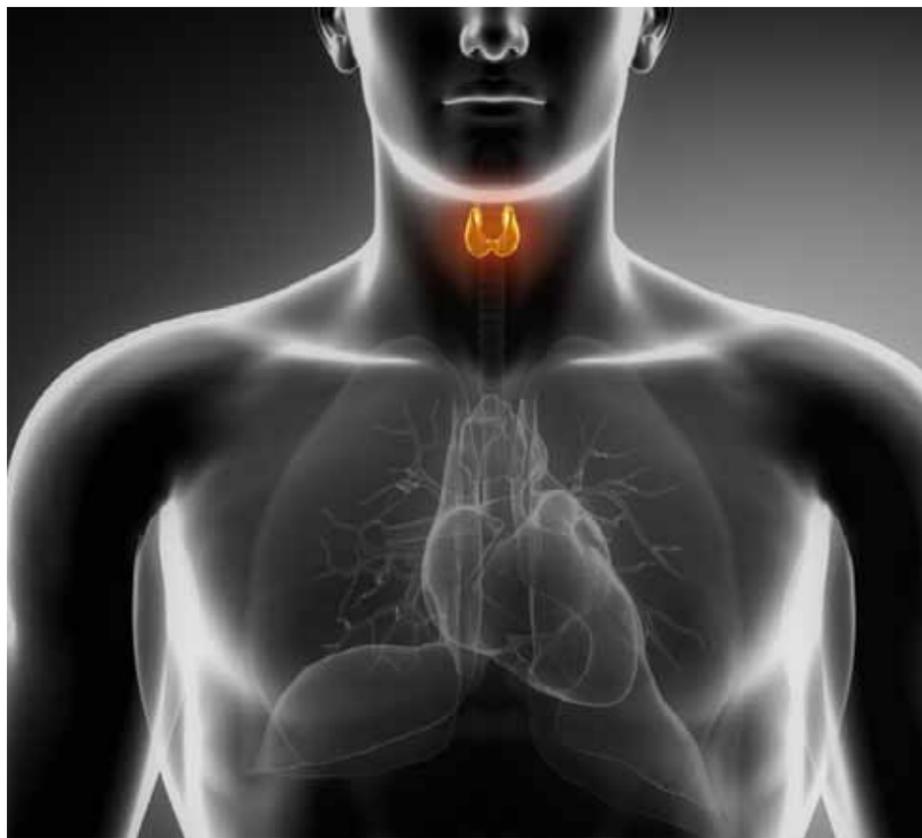
Physicians and researchers are not sure as to why these changes have occurred over time. But the blame is being put towards factors that have also changed over time – obesity and weight, diet and exercise, and of course ionizing radiation exposure. It is common knowledge that ionizing radiation is associated with the risk of thyroid diseases, specifically thyroid cancer, as seen with the famous examples like Hiroshima, Nagasaki, and Chernobyl.

But aside from these examples, why are the number of thyroid diseases in the general population increasing?

The thyroid gland is found in the neck below the thyroid cartilage which is also known as the Adam's apple. The thyroid gland is shaped like a butterfly and is quite small in size. It is essential for the human body as it helps the body maintain proteins, energy, cardiovascular function, bone health, and controls a handful of hormones. These hormones function to regulate other systems in our body. When your thyroid gland is not functioning properly, it can lead to multiple serious health problems like a domino effect. It can affect the health of your heart, reproduction, and contribute

MAJOR THYROID CONDITIONS

| Condition | Primary Problem | Symptoms | How Common Is it? | Treatment |
|-----------------|---|--|--------------------------------------|--|
| Hypothyroidism | Thyroid gland fails to produce enough thyroid hormones | Body slows down -Poor appetite -Feeling cold often -Dry and coarse skin/hair -Tiredness -Muscle weakness -Hoarse voice -Constipation -Brittle hair -Slow reflexes | Affects roughly 2 in 100 individuals | Daily replacement hormone pill for life (Ex. Synthroid) |
| Hyperthyroidism | Excess thyroid hormones being released by thyroid gland | Body speeds up -Weight loss -Nervousness -Excessive sweating -Feeling hot often -Muscle weakness -Shakiness -Irritability | Affects roughly 1 in 100 individuals | Initial use of suppressive medications Possible removal of thyroid gland/cells later on |



to arthritis, diabetes, and even lupus.

Did you know that 1 in 10 Canadians have a thyroid condition and that almost half are undiagnosed? The most common form of hypothyroidism is known as Hashimoto's thyroiditis. This particular condition causes the thyroid gland to NOT produce enough thyroid hormones. The most common form of hyperthyroidism is known as Grave's disease which is when the thyroid hormones are produced in an uncontrollable manner. Both forms are more frequent in females and are known to be tied to a genetic component.

EMOTIONAL RESPONSES

With hyperthyroidism, individuals may feel irritated or nervous constantly. Whereas with hypothyroidism, individuals may feel depressed or tired often. These emotions are not usually connected

to thyroid problems but it is important to recognize the symptoms that accompany these emotions to resolve any underlying thyroid problems.

HORMONAL FACTORS

Hormones play an integral role in thyroid diseases especially in females during menopause or during peri-menopause. There are substances called xenoestrogens that are found within our diet and environment that can play a role in body hormonal changes. These xenoestrogens can be found in everyday products like water, food, cosmetics, plastics, and pesticides and this is just to name a few. Xenoestrogens act to disrupt body systems and cause hormonal changes that impact our body.

GENETIC FACTORS

Thyroid diseases definitely have a

strong genetic component and this is easily identifiable among families suffering from any form of thyroid disease. Sometimes these diseases are not easily recognized until later on in life but if you know of family members that do suffer from a thyroid condition then it is important to understand your risks and seek medical advice. Diseases of the thyroid are autoimmune and knowing if your family suffers from autoimmune conditions can also help to understand your risks for thyroid diseases.

WHY ARE THYROID DISEASES HARD TO IDENTIFY?

Thyroid diseases can display many symptoms that are common and not easily identifiable with thyroid problems. Symptoms like depression, tiredness, and other emotional feelings are quite common and can be indicators for a variety of health problems. This is especially important during different stages of life through puberty, adolescence, pregnancy, menopause, and emotional or stressful environments. Examining all your symptoms and family history can help identify if you may be suffering from a specific thyroid condition. You can always consult your physician if you would like to know further information on thyroid conditions.

Jeavana Sritharan is a PhD Student in Medical Science at the University of Toronto. She has a Master's degree in Health Sciences from the University of Ontario Institute of Technology and a Bachelor's degree in Health Sciences from the University of Ottawa. She is currently working with Cancer Care Ontario with the Occupational Cancer Research Centre and is the Co-Founder of the webpage, Health Perspectives.

Contact email: info@healthperspectives.ca



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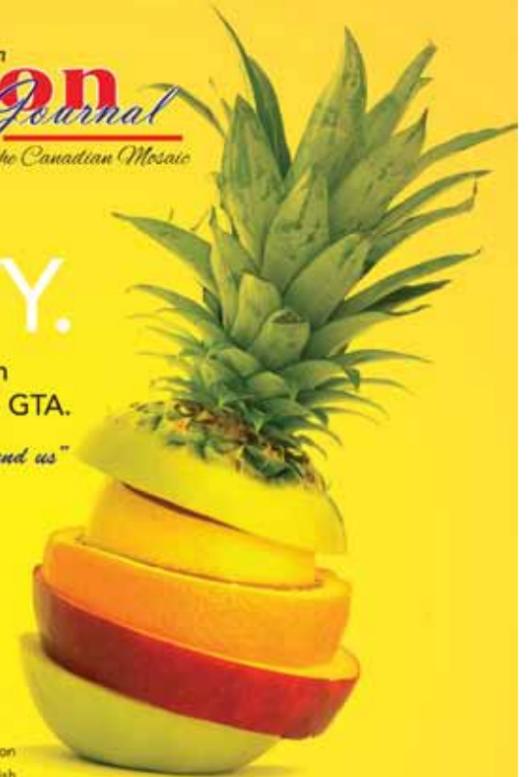
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DURHAM LIFE BEAT & BHARRADHI ARTS RAISES MORE THAN \$40,000 FOR CANCER CARE AT AJAX-PICKERING HOSPITAL

Pickering High School, Ajax – Saturday evening, the 28th of September



With a drum roll, provided by the enthusiastic drummer from the “Bavatharani’s Ever Giving Foundation,” the organizers of “Durham LifeBeat 2013,” – A 24 Hour Musical Band-A-thon fundraiser initiative, to benefit the Cancer Care programs at the Rouge Valley Health System Foundation – Ajax Pickering hospital, fundraiser organizers, proudly announced that \$40, 000 had been raised.

The 24 hour fundraising initiative that started with opening ceremonies on Friday the 27th of September, and concluded on Saturday the 28th at 8.30 pm had many performance highlights.

Featured performers on Friday included: the Durham Region Police Service Pipes and Drum Band, under the direction of Pipe Major, Mike Lasiter. Several performances by over seventy singers, dancers and musicians from the “Ever Giving Foundation.” A performance from the Senior Pickering Jazz Band, under the direction of Music Teacher, David Kosurko. Singers and musicians from Ajax High School, Nicky Nivi, Dani Ramero McBride, Malik Deruz, Raiquon Welcome, and Josh Aguas.

Featured performers on Saturday the 28th included: Dr. Jordan Cheskes, jazz guitarist. The Samba

Kids from Drum Artz. The Humming Bird Dancers from Club Carib of Oshawa. Mitchell Daniels, a singer from J. Clarke Richardson Collegiate. Shajahi Rajasingham, a singer with the Tamil Academic and Cultural Society. Dancers from the Ajax Tamil Academy, who are students of, Suiyakala Jeevanathan.

A Tai Chi demonstration by Chinese elder, Ms. Tang, from the Durham Asian Culture Association, DACA and a Moon Festival play, by youth from DACA.

Organizers on Saturday, thanked the public for their support for the Band-A-Thon, all corporate sponsors; community partners; performers, plus children, youth and adult volunteers, dignitaries who attended the event during the 24 hour fundraiser and the press and Tamil media for attending. Our thanks to dignitaries who attended and made presentations: MP Chris Alexander, MPP Joe Dickson, MPP Tracy MacCharles, Mayor Dave Ryan, Deputy Mayor Doug Dickerson, Councillor Dave Pickles, Regional Councillor Colleen Jordnan, Councillor Pat Brown, Councillor Renrick Ashby. Councillor Logan Kanapathi, Neethan Shan President of Ontario NDP, Piragal Thiru-Canadian Tamil Congress. Todd McCarthy-Ontario PC candidate Ajax-Pickering.

The idea for this 24hr Band-A-Thon musical fundraisers – came from the “Mathivasan & Help for Love,” Bharradhi Arts organization. Since 2008, this organization has raised over \$164, 000 for local hospitals, by performing non-stop music for 48 hours. “Help for Love” is a charity event organized by “Bavatharani’s Ever Giving Foundation.” The

Foundation was established by Mr. Mathi Seenivasagam, to honor the memory of his late wife Bavatharani Mathivasan.

In 2008, “Help for Love” raised \$39,000 for the RVHSF. In 2010, \$15,000 was raised for the Princess Margaret Hospital Foundation, and in 2012, \$56,350, was raised for the Markham Stouffville Hospital Foundation. Mathi, who is the Musical Director for the Band-A-Thon, is responsible for bringing the Band-A-Thon to Ajax.

The goal of the “Durham LifeBeat 2013,” was to raise, during the course of the year, \$100,000 to benefit the clinical and cancer programs of the RVHSF. An OR Procedure Table, will be purchased with funds raised. The table will be used for thousands of procedures during its lifetime. The procedure is also radiolucent so that x-rays can be completed during surgery. Depending on the amount of funds raised, other pieces of medical equipment are also being considered.

According to Kim Dowds, the communications coordinator for the “DurhamLifeBeat,” 2013, – the 24 Hour Band-A-Thon fundraiser, the marketing strategy for the fundraiser, “created social cohesion, and social capital, - being the support of family, friends and associates, throughout the community.”

In this regard, she added, that the organizing committee enlisted the support of multicultural, religious, social service, and other institutions of civil society, including, school boards, individual schools, colleges and universities, plus the business sector, all of whom, served on different organizing committees – and also raised funds.

The organizing committee, to create

awareness for the fundraiser, made presentations to the Durham Region, Local Diversity and Immigration Partnership Council. To the Health and Social Services Committee of the Region; to the Regional Finance Committee, and to Town of Ajax Mayor, Mr. Steve Parish, and Council Members, and to the Mayor of the City of Pickering, Mr. Dave Ryan, and Members of Pickering Council.

A delegation presentation was also made to the Trustees of the Durham District School Board.

Band-A-Thon organizers are very grateful for the support of all corporate sponsors, and in particular - Cashpoint, Active Business Development, Veridian Corporation, and the Baagwating Community Association, the charitable arm of the Blue Heron Casino, that is operated by the Mississauga’s of Scugog Island, First Nation in Port Perry. Also to all community partners, particularly to the Pickering Town Centre, Rogers Cable 10 in Oshawa, the Durham Tamil Association, Metrolandmedia, the Ajax Pickering News Advertiser, and the Tamil Academic and Cultural Society of Durham. Also, to all children and youth who collected pledges.

Sunday September 29th - Ajax. Revised total, organizers are pleased to announce that we have now raised \$40,444 and 44 cents - and rising! We must continue to reach our goal of \$100,000

Please visit our website www.durhamlifebeat.ca to continue to make pledges on line, and our Facebook page www.facebook.com/DurhamLifebeat for a photographic summary of the Banda-A-thon. Thank you for your support Monsoon Journal & all Tamil Media.



See page 13



continued from page 12

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Pickering High School, Ajax – Saturday evening, the 28th of September



See page 15

Leading for Patients: Community invited to join telephone town halls on a possible hospital merger



(Sept.5, 2013) – Rouge Valley Health System (RVHS) and The Scarborough Hospital (TSH) invite the community to join interactive telephone town halls that will explore the benefits and risks of a possible merger and ask for community input.

Community members can sign up for the telephone town hall by leaving their name and phone number at <http://www.leadingforpatients.ca/telephone-town-hall-sign-up/>. People who register will receive a call by an outbound phone technology that connects them to a telephone town hall conversation that can accommodate thousands of participants. In order to join the call, you must pre-register in advance.

“Our hospitals need to work together to find new ways of delivering care,” said Rouge Valley Health System CEO and President Rik Ganderton. “Telephone town halls give us the opportunity to hear from as many residents as possible.”

Sept. 24 and Oct. 8

The first telephone town hall is at 7:10 p.m. on Tuesday, September 24. The second call is Tuesday, October 9 also at 7:05 p.m.

The town hall will start with an introduction of hospital leaders hosting the call, an outline of how the review on the risks and benefits of a merger are being conducted, deadlines for decisions and next steps.

Questions will be asked of participants by the call hosts in order to document their views. Callers can respond to questions by pressing a number on their dial pad. They can also ask questions of hospital leaders and make comments.

“Our community can stay informed and get engaged through various ways that we’ve introduced. Their participation is encouraged – their views are valued and important to us,” said The Scarborough Hospital CEO and President Robert Biron.

About Leading for Patients

RVHS and TSH are exploring the potential benefits and risks of a merger of the two hospital corporations through a stakeholder engagement process, which will run until late October.

The hospitals have chosen the theme of Leading for Patients because it summarizes their shared vision for the future:

“We wish to create an integrated system of health care services that meets the needs of the people in our community, provides appropriate access to care, delivers an outstanding experience for patients and their caregivers, and uses our resources efficiently so that these services are sustainable into the future.”

No decision on a merger has been made.

As TSH and RVHS explore how they might work better together, they’ve made the following commitments:

- Emergency Departments will stay open at all four hospital sites;
- No hospital site will close;
- Patient care services currently provided at the Rouge Valley Ajax and Pickering site will continue to be delivered there.

Decision-making process

In November, the two hospital boards of directors will evaluate the benefits and risks of a possible merger, considering input received from the community and all stakeholders. A decision to merge the hospitals would be subject to approval by the Central East Local Health Integration Network Board of Directors in November and ultimately by the Minister of Health and Long-Term Care.

For more information, please visit www.leadingforpatients.ca.

Rouge Valley Health System (RVHS) is an excellent acute care community hospital with many programs, including 24/7/365 emergency, obstetrics, paediatrics, surgery, mental health and regional cardiac care. Rouge Valley consists of several health sites, including two community hospital campuses: Rouge Valley Centenary in Scarborough; and Rouge Valley Ajax and Pickering in west Durham.

Situated in the most diverse community in Canada, **The Scarborough Hospital (TSH)** delivers innovative, high-quality patient care at two hospital campuses, Birchmount and General, and six satellite sites. The Scarborough Hospital is a regional centre for dialysis and is renowned for its sexual assault care centre and mental health programs. Affiliated with the University of Toronto, TSH is also a referral centre for vascular surgery, pacemakers and cataract surgery.

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continued from page 13

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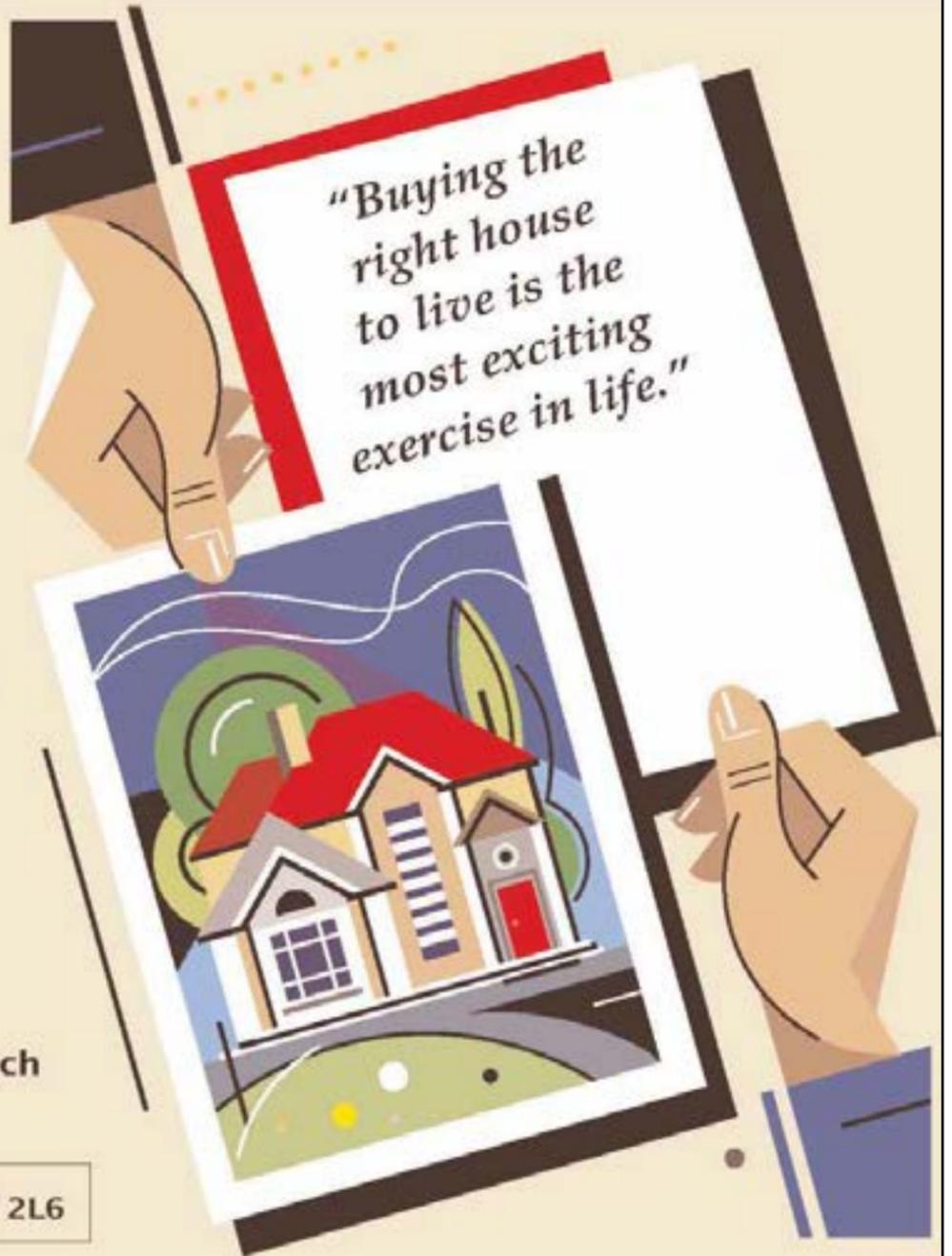
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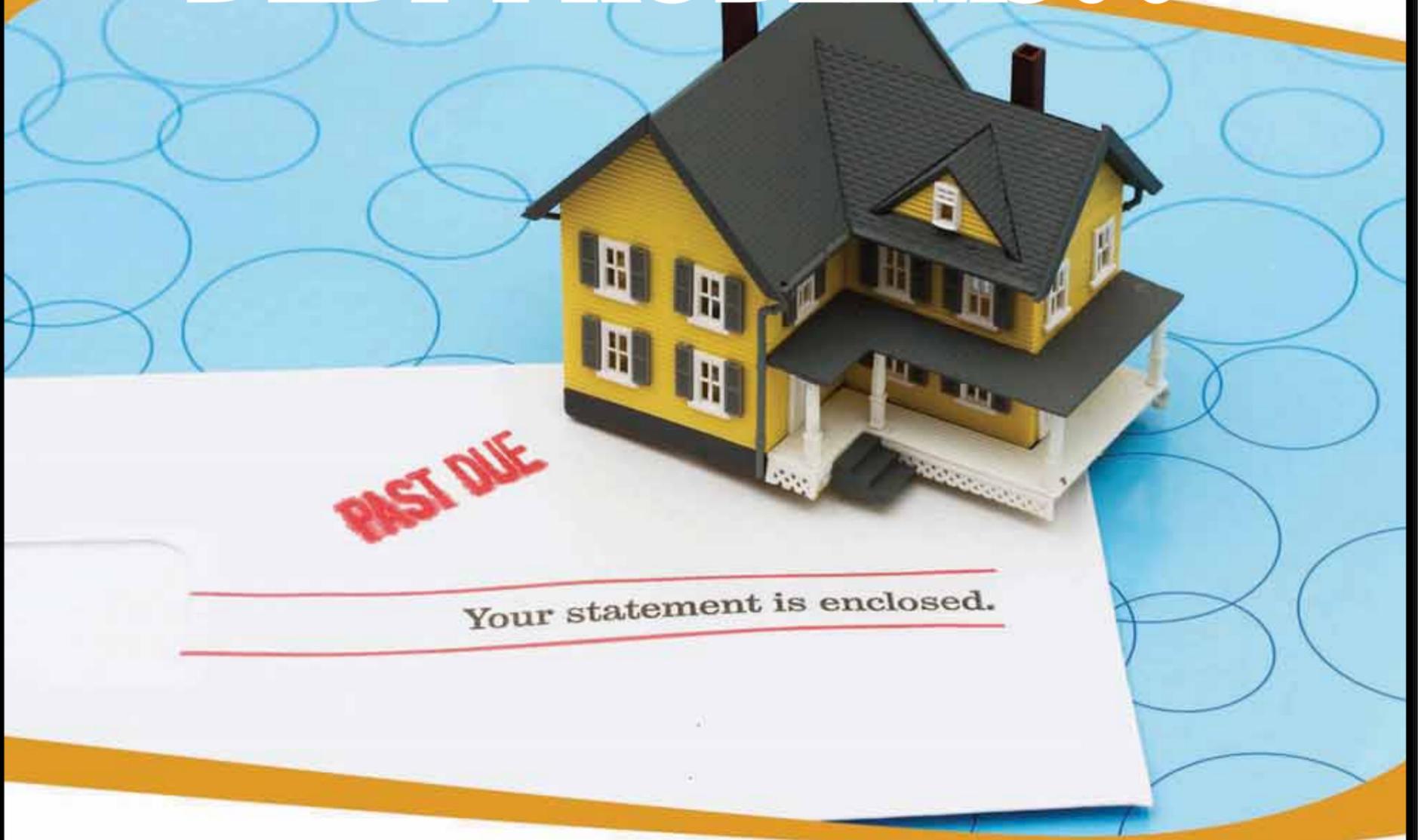
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FIRST TIME MOM FELT "AT HOME" DELIVERING BABY AT THE SCARBOROUGH HOSPITAL



The Pettlers couldn't have picked a better place to deliver their first baby.

Nora Pettler and her husband Mark weren't planning on having their first child at The Scarborough Hospital (TSH). But after their experience with the physicians and staff at the Birchmount campus, Nora feels she "couldn't have picked a better place to have our baby."

Nora's aunt, who used to work at TSH, introduced them to Dr. Karen Hew when Nora was pregnant. Having only moved to Scarborough about two years prior, the couple were prepared to use a physician they knew in North York, but felt comfortable with Dr. Hew.

These positive feelings continued when Nora went into labour and was admitted to the hospital.

"There were so many nurses who took care of me. All of them were

genuinely caring and professional. I felt very safe in their capable hands," Nora says.

During her labour, Nora learned she would have to have an emergency Caesarean section.

"I was so exhausted by this point, as well as very sad, annoyed and worried," she explained. "But everyone really put me at ease and kept asking if I was okay. I didn't feel like I was being treated as a patient, but more like a family member."

Nora and Mark's little girl was safely brought into the world on July 10.

"Words cannot express the gratitude my husband and I felt for the staff on the maternity unit," she says.

"They were extremely helpful in guiding us through our experiences as first-time parents."

QUALITY IMPROVEMENTS LEAD TO BETTER PATIENT CARE, EMPLOYEE SATISFACTION



The OR staff receive a brief inservice instruction on a process improvement initiative related to sequential compression devices (SCD) used in the OR, PACU and 3A at the Birchmount Campus. From left to right: Wayne Manning, RN OR; Kerrie Manley, CRL PACU, SDS and 3A; Christian Buendia, PCM OR, SDS, PACU, Cysto and Eye Centre; and Andrea Anderson, TA OR.

The interprofessional team in the Same Day Surgery unit, Operating Room and PACU (post-anaesthesia care unit) wasted no time implementing TSH's Business Performance System (BPS). This led to staff-sourced solutions to staff-identified problems, and better patient care and improved employee satisfaction.

“We weren't chosen as a demonstration area, but we chose to implement BPS elements on our own initiative.”

Christian Buendia, Patient Care Manager

"When we learned of the Business Performance System, it really resonated with our team at the time," explains Christian Buendia, Patient Care Manager of the OR, PACU, SDS, Cysto and Eye Centre at the Birchmount campus. "We weren't chosen as a demonstration area, but we chose to implement BPS elements on our own initiative."

Surgical staff and physicians launched two initiatives: daily stat sheets for charge nurses and unit leadership; and huddles twice a week open to all staff and physicians.

"The stat sheets began in July 2012. These are short meetings where charge nurses and unit leadership are briefed at the beginning of each day," Christian explains. "We come together for each unit to examine specific areas: patient safety issues, equipment

issues, patient and family complaints and compliments, the number of admissions and staffing issues. It's a minimized audience and we have a focused discussion on the issues."

The improvement huddles, held twice a week, began in January of this year, and are open to all staff, physicians and all other internal and external partners who want to contribute.

"The tone of our huddles has changed dramatically over the months, as staff identify the problems and come up with solutions," explains Lark Gil Francisco, Clinical Resource Leader, Operating Rooms, Endoscopy Clinics and SPD. "We started with a long list of issues. The great thing about the huddles is we solve issues right there and then; we don't wait for months or years as complaints pile on top of each other. The huddles are a very good avenue for staff to share concerns and discuss them. It's not dictated from above ... 'this is what we're going to do.' It's not like that at all. It's more like, 'you identify issues and what do you think the solutions are?'"

Since implementing the quality improvements, "we managed to close out more than 27 issues in our areas," Christian adds.

Charge Nurse of the Operating Room, Josefa Dela Pena, is thrilled with the changes.

"I am really happy about the simplification and amalgamation of the different instrument trays in different specialties," Josefa explains.

"In general surgery, we would open three different trays and in orthopaedics, five different trays. Now, we're working towards one combined complete tray. It's easier for the nurses, more efficient."

"The huddles are very useful. As the Charge Nurse in general surgery, I didn't know what was going on in Day Surgery or PACU. But now, because of the huddles, I'm aware of what's happening and if they need my help, I can change assignments to accommodate them."



HINDU COLLEGE ALUMNI RAISES \$5K FOR THE SCARBOROUGH HOSPITAL



Jaffna Hindu College Association Canada (JHCA-Canada), a school alumni established in 1994, organized a charity walkathon in support of The Scarborough Hospital Foundation on August 25, 2013 at Colonel Danforth Park. This year, JHCA-Canada

formed a Community Event Committee to take up the task to serve the local community and chose The Scarborough Hospital Foundation as one of the main recipients for the year. The event turned out to be a great success and earned the respect of the local

community. More than \$5,000 was raised through individual donors in support of The Scarborough Hospital Foundation at the walkathon. To learn more about the association, visit the website at www.jaffnahinducanada.com

Rooftop gardens nurture healing for patients in mental health

Following years of neglect, the 4,500-square foot rooftop patio adjacent to 3C at the Birchmount campus of The Scarborough Hospital (TSH) is slowly transforming into a garden oasis where patients are encouraged to 'get their hands dirty.'

The 'Healing Garden' is the brainchild of Joe Landon, Case Manager and a Co-Chair of the Mental Health Staff Council, and Eric MacMullin, an RN with TSH for 30 years and a member of the Mobile Crisis Intervention Team (MCIT).

"The Staff Council looked at projects that would allow us to contribute to the Mental Health Services department," explains Joe. "We thought picnic tables for the patio would be nice, and approached Eric on how we could access those tables. We brought the idea to hospital management who said, 'We support staff-led initiatives, and this is a great initiative.' We then met with the hospital Foundation to clarify what qualifies as a donation, and we met with the Facilities department. Last fall, we came up with a plan."

Eric saw tremendous potential and value in revitalizing the space.

"We have this great resource and no one was doing anything with it," Eric says. So he recruited his MCIT partner, Metro Toronto Police Officer Scott Blakely, and they went to work, approaching several home improvement stores.

"Lowe's Canada stepped up," says Eric. "We would have been happy with just a discount, but Lowe's donated and assembled four picnic tables, along with all the plants, paint and soil."

It took about eight days to fine tune many details, such as establishing an informal ambiance rather than an institutional feel for the patio. Even transporting the picnic tables to the third floor had to be handled properly.

The Facilities department also pitched in to ensure the planting beds were prepped and the irrigation system was active.

Once the patio was set up, thanks to Eric, Scott and Facilities, it was time for patients to contribute and to take advantage of the 'healing' properties of gardening.

"It is nice to see patients being cared for instead of just being treated," Scott says. "There is such an advantage for patients to have a connection to a natural environment."

Psychiatric Nurse Nazmi Sleiman believes in the therapeutic benefits of the garden so much that he volunteers his own time outside of his work hours to assist patients.

"It's a small thing, but working in the garden is meaningful for the patients," Nazmi says. "You can see it in their faces; we say 'it's time to work in the garden' and we get five to ten patients volunteering."

The patients also value the benefit of working with their hands.

"The fact that we could be outside in the sun, doing something productive and creating something beautiful ... was something I looked forward to," says one patient. "It was a lot of work, getting rid of the dead leaves, weeding; but it's as good a therapy as any."

"I was able to cut some of the flowers and create beautiful arrangements. I have one in my room now, and the fragrance is wonderful!"

Another patient said he felt very frustrated inside, "and going out in the garden, separating good plants from bad plants, organizing them ... it helped get rid of a lot of my frustration. I was looking for a release, and found it doing the gardening."



TSH Mental Health RN Eric MacMullin (left), Metro Toronto Police Officer Scott Blakely (centre) and Joe Landon, Case Manager of the Mental Health Unit at the Birchmount campus (right) tend to one of the many gardens in a completely revamped rooftop patio adjacent to 3C.

In addition to Lowe's donations, several psychiatrists donated \$1,200 towards the purchase of mulch and a new cedar garden shed.

"It really has been a broad collaboration across the board, and everyone has pitched in to see the Healing Garden become a reality," Joe adds. "Part of the vision is to create a sustainable project, and next year, we look forward to exploring other community resources to further facilitate improvements and beautify the garden."

HONG FOOK OPENS NEW CLINIC IN SCARBOROUGH



Rhonda Seidman-Carlson, TSH's Vice President of Interprofessional Practice and Chief Nursing Executive, met with Ontario Health Minister Deb Matthews on October 16 at the opening of the Hong Fook Nurse Practitioner-Led Clinic in Scarborough. Rhonda (far right) is also President of the Registered Nurses Association of Ontario (RNAO). With Rhonda is (left to right) Beth Cowper-Fung, President, Nurse Practitioners' Association of Ontario; Minister Matthews; Bonnie Wong Executive Director, the Hong Fook Connecting Health Nurse Practitioner Lead Clinic; and Claudette Holloway, RNAO Regional Rep (Region 7, Toronto).

Seeking your feedback on possible merger



Mental Health Services met with community stakeholders last month to share information about the facilitated integration process and to obtain feedback. Attending the meeting were, left to right: Dr. Stephen Barsky, Psychiatrist, TSH; Chris Olynyk, Toronto EMS; Adam Thurston, Toronto EMS; Dennis Jocko, TSH Security and Parking; Sara Kirkup, Patient Care Manager; Vincent Lee, Toronto East Detention Centre; Brian Tiongson, Toronto East Detention Centre; Susan Engels, Patient Care Director, Emergency & Urgent Care and Mental Health; and Cristina Raposo, Program Assistant, Emergency & Urgent Care and Mental Health.

Rouge Valley Health System (RVHS) and The Scarborough Hospital (TSH) are seeking feedback from staff, physicians, volunteers, community members and other health service providers on the benefits and risks of a possible merger.

Community Roundtables

As part of the engagement initiative, community roundtable sessions are currently underway where the two hospitals are meeting with 16 targeted groups of representatives from more than 100 community agencies.

Website

The newly launched Leading

for Patients website at www.leadingforpatients.ca explains how the hospitals can build a new, stronger integrated model for delivering health care services and offers the opportunity for people to provide online input and feedback.

The website includes the latest news, reference materials and information about upcoming engagement opportunities. In addition, workbooks that have been prepared by staff and physicians assessing areas of strength and potential opportunities for integration in patient services areas and back-office/administrative functions are available on the website. These workbooks have accompanying feedback forms for people to provide input online.

Online Survey

There is also an online survey on the website that provides staff and community members with the opportunity to share their views. The survey is available in English, Chinese and Tamil.

Telephone Town Halls

The hospitals have introduced something new in this engagement process: two telephone town halls giving local residents, including staff and physicians, the opportunity to learn more and voice their opinions.

The telephone town halls are being

hosted by the hospitals' senior leaders. To participate, please register on the website – www.leadingforpatients.ca – in advance.

The first telephone town hall took place on Tuesday, September 24 and another is scheduled for Tuesday, October 8 at 7:05 p.m.

Timelines

These engagement initiatives are ongoing until late-October. So get involved!

In November, the two hospital Boards of Directors will evaluate the benefits and risks of a possible merger and will consider the input and feedback received from all stakeholders.

Sexual Assault and Domestic partners with Scarborough Centre for Healthy Communities

The Scarborough Hospital's Sexual Assault and Domestic Violence Care Centre (SA/DVCC) is partnering with Scarborough Centre for Healthy Communities (SCHC) to deliver the program's follow-up counselling services for clients.

A plan to transition the SA/DVCC's counselling services from TSH to SCHC through a voluntary integration was reviewed by the Central East LHIN Board of Directors at their meeting on September 18, 2013. Based on a joint business case developed by TSH and SCHC, which included engagement with clients, staff, physicians and other health care partners, the Central East LHIN Board, as per their legislation, allowed the integration to proceed.

"Transitioning the confidential counselling services from a hospital setting to a community-based setting is aligned with the LHIN's Community First goal of helping local residents spend more time in their homes and their communities," said Deborah Hammons, CEO of the Central East LHIN.

"This is a very important service and the LHIN Board looks forward to receiving an update on the outcome of this voluntary integration in early 2014."

"Our Sexual Assault and Domestic Violence Care Centre is highly

respected for providing outstanding care that meets the needs of an extremely vulnerable population," said Marla Fryers, TSH Executive Vice President of Clinical Operations. "This new partnership with Scarborough Centre for Healthy Communities will not only allow for future expansion of this very essential service, but will also guarantee that clients continue to receive the same level of care from a team of counsellors experienced in trauma-based therapy."

The SA/DVCC provides 24-hour care to women, children and men who have been sexually assaulted or who have experienced intimate partner violence.

The services include emergency medical and nursing care, crisis intervention, safety planning, collection of forensic evidence, arrangement of health care follow-up, counselling and referral to community resources.

Currently, TSH provides emergency care at the Birchmount campus 24 hours a day, seven days a week.



courtesy : womenadvancenc.org

Prior to this decision, follow-up counselling was provided by hospital staff at an off-site location in the Midland Road and Sheppard Avenue East area.

SA/DVCC clients will begin receiving follow-up counselling services at SCHC effective October 21, 2013.

"At SCHC, our programs focus on eliminating barriers to health care for the people of Scarborough by addressing a wide variety of health care needs, including physical, mental,

social, financial and environmental," said Jeanie Joaquin, Chief Executive Officer at Scarborough Centre for Healthy Communities.

"This diverse range of services will allow us to take a 'holistic' approach to the needs of SA/DVCC program clients."

For more information, contact Barb Scott, Patient Care Director, Maternal Newborn & Child Care, Critical Care and Sexual Assault/Domestic Violence Programs, at bscott@tsh.to.



Special Feature

SADHGURU:

Ganapathi is well known for his cleverness. At the Gokarna Mahabaleshwar temple, there is an idol of Ganapathi with a dent in his head, courtesy Ravana, who wasn't very appreciative of Ganapathi's intelligence on one occasion. Sadhguru tells us the story of this encounter.

Divinity is always available to everyone. But whether you make it a curse or a boon for yourself is left to what kind of nature you carry within yourself.

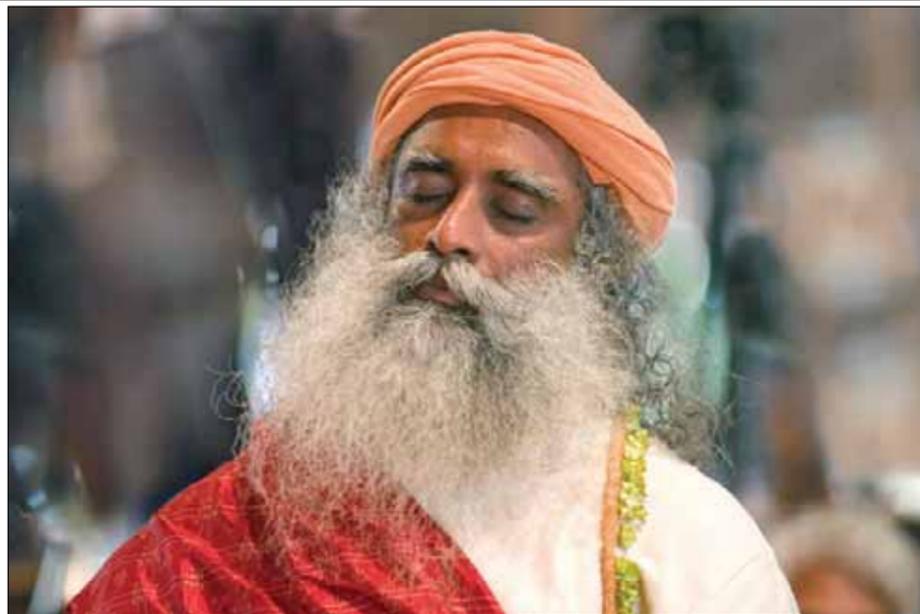
Ravana was a great devotee of Shiva and he worshipped Shiva from down South where his kingdom was. But after sometime he thought, "Why don't I bring Kailash closer to my home." So he walked all the way from Sri Lanka to Kailash and started lifting Mount Kailash. This made Parvathi very angry and she told Shiva, "It does not matter how dear he is to you, you cannot allow him to take Kailash to the South." Shiva was also angered by Ravana's egoistic nature and so, he pressed the mountain down trapping Ravana's hands beneath Kailash. Ravana struggled in pain but Shiva refused to release him.

So, Ravana with his hand stuck beneath Kailash, started pouring out his love for Shiva in various beautiful hymns. After he had formed 1001 hymns of utter love and surrender, Shiva released him and said, "You can have a boon. Ask me what you want." Once again Ravana's nature manifested itself and he said, "I want to marry Parvathi." Shiva said "Ok. She is at Manasarovar Lake. You can go and marry her." All the ganas who were around Shiva got excited and wondered, "How can it be? How can Ravana ever touch Parvathi? This is not possible." They all ran to Parvathi at Manasarovar Lake and told her, "Ravana is coming. Shiva has given him permission to marry you."

Parvathi called Manduka, the queen of the frogs, and converted this frog into a beautiful woman. Ravana had never set eyes on Parvathi and when he came and saw the woman Manduka, he was so attracted to her, he married her. That woman was Mandodhari.

Ravana did a very powerful sadhana and received a powerful Jyotirlinga from Shiva himself.

After this, Ravana did a very powerful sadhana and received a powerful Jyotirlinga from Shiva himself. Shiva does not care whether something is socially approved of or not. He falls in love with



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

Toronto local contact

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

anything that happens genuinely. Shiva told Ravana to carry the Jyotirlinga to his land and that wherever Ravana placed the Jyotirlinga, it would remain forever. The one condition was that Ravana could not keep the Jyotirlinga down anywhere else because wherever he put it, it would get established there.

Very carefully, Ravana carried the Jyotirlinga with great strength. The man was such a yogi that he held every aspect – he did not eat, he did not urinate, he did nothing that is compulsive for every human being and just walked down almost 3000 kilometers from Kailash to a place called Gokarna in Karnataka. Because he walked without anything that a human being normally needs, he was feeling weak and he wanted to pee. Maybe he was drinking water because he was not having any food. His bladder must have been a thousand gallons by then and he could not hold it anymore! But he could not keep the linga down and he would not relieve himself – something that he considers a very base act – with the linga on his body.

Then he saw a very cute and innocent looking cowherd boy. The boy looked dull enough. If you give someone who is smart something very precious, they may run away. The boy looked dumb enough, so Ravana said, "I will give you a jewel if you hold this in your hand for a few minutes while I relieve myself. But don't put it down." The boy said, "Fine" and Ravana gave the linga to the cowherd and turned around to urinate. This boy was actually Ganapathi who did not want Ravana to take the linga to Lanka because if he did, he would become absolutely superhuman. So Ganapathi just kept the linga down and it sank into the earth. Even today if you go to Gokarna, there is just a small hole in the rock through which you

have to put your finger and feel the linga because it has gone in.

Ravana got so angry that he knocked the boy on the head and that is why you will also find a Ganapathi statue with a depression in his skull at Gokarna. Ravana did not have the strength to walk back to Kailash and do his work again and so in great dejection and anger he walked on to Sri Lanka.

Irrespective of whether you are good or bad, if you are willing, divinity is always available to everyone. But whether you make it a curse or a boon for yourself is left to what kind of nature you carry within yourself. What kind of attitude and mind you cultivate within yourself determines how you make use of the existence.

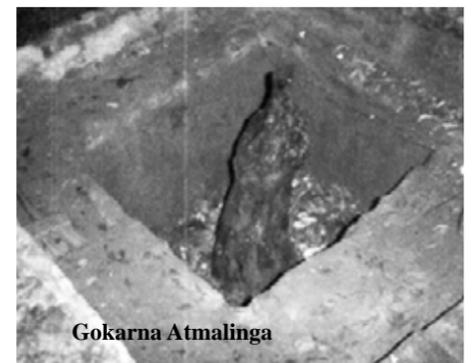
Sadhguru J. Vasudev is a contemporary mystic rooted as strongly in worldly and pragmatic matters as he is in inner experience and wisdom. Named one of India's 50 most influential people, he has addressed prominent global forums on issues as diverse as socio-economic development, leadership and spirituality.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

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

Founded by Sadhguru, Isha Foundation is a non-religious, non-profit organization with over 200 centers worldwide and over one million volunteers. Isha



Gokarna Temple



Gokarna Atmalinga



Gokarna Ganapathi

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

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Phobia is a type of anxiety disorder and is usually defined as a persistent fear of an object or situation in which the sufferer commits to great lengths in avoiding, typically disproportional to the actual danger posed, often being recognized as irrational. In the event the phobia cannot be avoided entirely, the sufferer will endure the situation or object with marked distress and significant interference in social or occupational activities. The word phobia originated from the Greek word Phobos, meaning "fear" or "morbid fear".

The term melancholia was first introduced in 1895 by British psychiatrist Henry Maudsley and is now known as clinical depression, major depression, or simply depression and commonly referred to as major depressive disorder by many health care professionals

Distress and Impairment

The terms distress and impairment as defined by the Diagnostic and Statistical Manual of Mental Disorders (DSM)



S. Pathmanathan, B.A. (Hons) Cey

Revised and translated by

S. Raymond Rajabalan, B.Sc. (Hons) Cey



generalized social phobia (also known as social anxiety disorder).

Specific social phobia, in which anxiety is triggered only in specific situations. The symptoms may extend to psychosomatic manifestation of physical problems. For example, sufferers of paruresis find it difficult or impossible to urinate in reduced levels of privacy. This goes far beyond mere preference: when the condition triggers, the person physically cannot empty their bladder.

3. Agoraphobia: a generalized fear of leaving home or a small familiar 'safe' area, and of possible panic attacks that might follow. It may also be caused by various specific phobias such as fear of open spaces, social embarrassment (social agoraphobia), fear of contamination

specific phobias which may develop before the age of 10, social phobias are typically not present until pubertal transition. After this transition, the prevalence of social phobia increases with age

Treatments

Various methods are claimed to treat phobias. Their proposed benefits may vary from person to person.

Some therapists use virtual reality or imagery exercise to desensitize patients to the feared entity.

Cognitive behavioral therapy (CBT) can be beneficial. Cognitive behavioral therapy allows the patient to challenge dysfunctional thoughts or beliefs by being mindful of their own feelings with the aim that the patient will realize their fear is irrational. CBT may be conducted in a

Reprocessing (EMDR) has been demonstrated in peer-reviewed clinical trials to be effective in treating some phobias. Mainly used to treat Post-traumatic stress disorder, EMDR has been demonstrated as effective in easing phobia symptoms following a specific trauma, such as a fear of dogs following a dog bite

Antidepressant medications such as SSRIs, MAOIs may be helpful in some cases of phobia. Benzodiazepines may be useful in acute treatment of severe symptoms but the risk benefit ratio is against their long-term use in phobic disorders.

There are also new pharmacological approaches, which target learning and memory processes that occur during psychotherapy. For example, it has been shown that glucocorticoids can enhance extinction-based psychotherapy.

Emotional Freedom Technique, a psychotherapeutic alternative medicine tool, also considered to be pseudoscience by the mainstream medicine, is allegedly useful.

Phobias and their effects on Humanity

published by American Psychiatric Association, should also take into account the context of the sufferer's environment if attempting a diagnosis. The DSM states that if a phobic stimulus, whether it be an object or a social situation, is absent entirely in an environment — a diagnosis cannot be made. An example of this situation would be an individual who has a fear of mice (Suriphobia) but lives in an area devoid of mice. Even though the concept of mice causes marked distress and impairment within the individual, because the individual does not encounter mice in the environment no actual distress or impairment is ever experienced. Proximity and the degree to which escape from the phobic stimulus is impossible should also be considered. As the sufferer approaches a phobic stimulus, anxiety levels increase (e.g. as one gets closer to a snake, fear increases in ophidiophobia), and the degree to which escape of the phobic stimulus is limited has the effect of varying the intensity of fear in instances such as riding an elevator (e.g. anxiety increases at the midway point between floors and decreases when the floor is reached and the doors open)

Most phobias are classified into three categories and according to the DSM such phobias are considered to be sub-types of anxiety disorder.

The three categories of phobia are:

1. Specific phobias: fear of a single specific panic trigger such as spiders, snakes, dogs, water, heights, flying, catching a specific illness, etc. Many people have these fears but to a lesser degree than those who suffer from specific phobias. People with the phobias specifically avoid the entity they fear.

2. Social phobia: fear of other people or social situations such as performance anxiety or fears of embarrassment by scrutiny of others. Overcoming social phobia is often very difficult without the help of therapy or support groups. Social phobia may be further subdivided into

THE NATION'S TOP TEN PHOBIAS

- 1 Arachnophobia — spiders
- 2 Social phobia — social or public situations
- 3 Aerophobia — flying
- 4 Agoraphobia — open or public spaces
- 5 Claustrophobia — enclosed spaces
- 6 Emetophobia — vomiting
- 7 Acrophobia (vertigo) — heights
- 8 Cancerphobia — developing cancer
- 9 Brontophobia — thunderstorms
- 10 Necrophobia — death (your own and others')



(fear of germs, possibly complicated by obsessive-compulsive disorder) or PTSD (post traumatic stress disorder) related to a trauma that occurred out of doors.

Specific & Social Phobia -

A comparison

Specific phobia

A specific phobia is a marked and persistent fear of an object or situation which brings about an excessive or unreasonable fear when in the presence of, or anticipating, a specific object; the specific phobias may also include concerns with losing control, panicking, and fainting which is the direct result of an encounter with the phobia. Specific phobias are defined in relation to objects or situations whereas social phobias emphasize social fear and the evaluations that might accompany them.

The DSM breaks specific phobias into five subtypes: animal, natural environment, blood-injection-injury, situational, and other. In children, phobias involving animals, natural environment (darkness), and blood-injection-injury usually develop between the ages of 7 and 9, and these are reflective of normal development. Additionally, specific phobias are most prevalent in children between ages 10 and 13.

Social phobia

Social phobias include fear of public situations and scrutiny which leads to embarrassment or humiliation in the diagnostic criteria. In social phobias, there is also a generalized category. Unlike

group setting. Gradual desensitization treatment and CBT are often successful, provided the patient is willing to endure some discomfort..

CBT is also an effective treatment for phobias in children and adolescents, and it has been adapted to be appropriate for use with this age. One example of a CBT program targeted towards children is the Coping Cat. This treatment program can be used with children between the ages of 7 and 13 to treat social phobia. This program works to decrease negative thinking, increase problem solving, and to provide a functional coping outlook in the child.

Another CBT program was developed by Ann Marie Albano, Associate professor of Clinical Psychology, University of Columbia, New York to treat social phobia in adolescents.

This program has five stages: Psycho education, Skill Building, Problem Solving, Exposure, and Generalization and Maintenance. Psycho education focuses on identifying and understanding symptoms. Skill Building focuses on learning cognitive restructuring, social skills, and problem solving skills. Problem Solving focuses on identifying problems and using a proactive approach to solving them. Exposure involves exposing the adolescent to social situations in a hierarchical approach. Finally, Generalization and Maintenance involves practicing the skills learned.

Eye Movement Desensitization and

Another method psychologists and psychiatrists use to treat patients with extreme phobias is prolonged exposure. Prolonged exposure is used in psychotherapy when the person with the phobia is exposed to the object of their fear over a long period of time. This technique is only tested [clarification needed] when a person has overcome avoidance of or escape from the phobic object or situation. People with slight distress from their phobias usually do not need prolonged exposure to their fear.

For children and adolescents, one of the most effective treatments for specific phobias is participant modeling and reinforced practice. In this treatment method, the therapist models for the child how they should respond to their fears and then encourages the child to practice this behavior and reinforces their efforts.

These treatment options are not mutually exclusive. Often a therapist will suggest multiple treatments.

Hypnotherapy

Hypnotherapy may be used along with other therapies to improve common phobias such as agoraphobia and social phobia, driving phobia, hospital phobia, needle phobia, dental phobia and vomiting phobia.

Hypnotherapy aims to get the individual into a relaxed state of mind, where the subconscious mind can be engaged. When using hypnosis, a dissociative technique is recommended which might include, for example, patients watching a younger version of themselves, watching a film or seeing a reflection. The therapist then enables patients to integrate the present with the past, traumatic experience so that they learn from the events and thus become stronger

Hypnotherapy sessions may be done in groups as some patients may prefer sessions with others who are facing the same situation much like a support group. Overall, treatment is aimed at reducing the debilitating effects of phobias without the use of medication.



C. Kamalaharan

Some say the aged are a waste
A notion taken in haste
Not considering the versatility
Of their innate ability

At home they are not discards
But vigilant home guards
Ever watchful of those who come
As they relax in the couch and hum

Yesterday they were public servants
Today they are retired servants
Serving the kids as babysitters
And imparting knowledge as tutors

By leading the children along the divine path
And guiding them along the moral path
They succeed in keeping vices at bay
Thereby preventing them going astray

They are chaperons to school
Instructors in the pool
Counsellors during deliberations
And 'revellers' during celebrations

Daily they go marketing
To buy provisions for cooking
And monthly visits to the malls
To purchase durables in the stalls

Besides watering the flower pots
And the sprouting vegetable plots
Vacuuming of the house
Is also done without grouse

When faced with botheration
Or continuous irritation
Even during agitation
They maintain the utmost toleration

Grandmas in the cool moonlight
Feed children with great delight
Sing lullaby and put them to sleep
And they in turn fall asleep

Thus the aged are indisputably an asset
For the family they labour and sweat
Labelling them liabilities is an absurd notion
It's nothing but a fact distortion



THE AGED ARE REAL ASSETS, NOT LIABILITIES

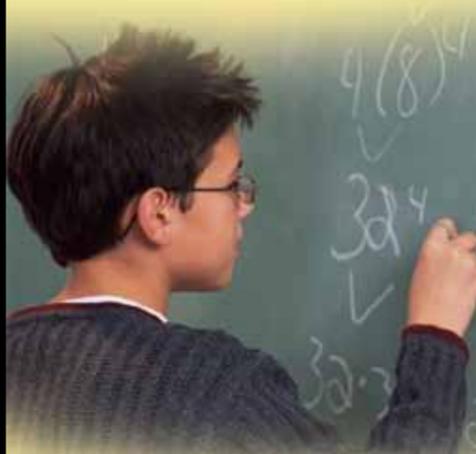




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WORDS OF PEACE

The Answer

Over time, the things that people put their trust in change. Beliefs of the past are seen as superstitions or myths. New ideas arise to answer the questions that people have asked from time immemorial: Who am I? Why am I here? What is the purpose of this life?

There is an answer to those questions, says Prem Rawat, who is known around the world as an ambassador of peace. It isn't something found in words or rituals. It comes as that feeling of contentment we call peace.

"You are full of peace, but you don't feel it," he says. "You're full of kindness, but don't feel it. You're full of joy, but don't feel it."

"Who are we? This is a question that is most intriguing. There is an answer, and the answer is in you. There is a reality, and that reality is in you. You are more than you realize you are."

"I'll tell you a little story. A wise man was sitting very quietly—contemplating, thinking, admiring. Some people from his village wanted to disturb him by asking him a question that truly could not be answered. So they said to him, 'We want to ask you a question.'

"The wise man said, 'Okay, ask.'

"This was the question: 'How many birds are there in our town?'

"The wise man thought and said, '38,043.'

"The people were shocked. They asked, 'How do you know this exact number—38,043?' He said, 'If you don't believe me, go count them!'

"Somebody asked, 'What if there are fewer?'

"If there are fewer,' the wise man said, 'that means some birds are off visiting their friends.'

"What if there are more?'

"He said, 'Well, then their friends are visiting them!'"

In one way, Mr. Rawat says, they could not argue with that answer, because that is exactly the kind of logic that no one can argue with. "What did they get out of it?" he asks. "Nothing. In essence, a stupid question has been answered by a stupid answer. This is what the world is doing—asking stupid questions and getting stupid answers."

The smartest question, Mr. Rawat says, is the oldest one: Who am I?

The answer he gives is, "You are the ocean of hope. You are the ocean of kindness. You are the ocean of joy. Discover for your own self the peace that lies within inside of you."

He is not the first person to say this. Many have said that peace is inside. The difference, Mr. Rawat says, is that "I'm not asking anybody to believe me. I want you to know this. I want you to feel this."

"Is that too challenging? Not challenging enough? Would you like one of those other answers, like 38,043? Then I will explain about the birds and their relatives."

People have tried for thousands of years to bring peace on Earth. Maybe, Mr. Rawat suggests, it's time to try something different—to focus, not on the society, but on the components of society—individual human beings.

"Changing society doesn't work," he says. "We, as individuals, have to give peace a chance."



"There is a pot made out of clay. Maybe it does not have very nice decoration, but every day it gets filled with water or milk or corn. Then there is another pot that's very beautiful—and it lives in a museum. Many people come and see it, but it's always empty."

"What kind of vessel do you want to be—full or empty? You have the choice, and you have to make this choice."

"The true human being is the one who is filled with kindness, who's filled with love, who's filled with peace, who's filled with joy. To know this, you need to know who you are. You carry peace in you, and not just a little bit. The whole ocean of peace is within you."

To learn more about Prem Rawat, visit:

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Special Feature

SriLankan ready to welcome the attendees of CHOGM 2013

When Sri Lanka is anticipating to welcome the heads of the Commonwealth states for CHOGM 2013 (Commonwealth Heads of Government Meeting) to be held in Colombo in November, SriLankan Airlines, the national carrier will be taking "Sri Lanka to the world" with a fleet bearing the CHOGM 2013 logo promoting the event at its online destinations.

SriLankan Airlines' entire fleet of aircraft will proudly display the Commonwealth insignia to the world and special preparations are ahead to welcome all the heads and delegates to this most prestigious forum which fosters, peace, order and good governance.

SriLankan Airlines Chairman, Mr. Nishantha Wickremasinghe said, "SriLankan Airlines considers it a privilege to be a part of an event of this calibre which will undoubtedly bring immense global recognition to the country. As the national carrier, we fully endorse the Government's mission to make Sri Lanka the most sought-after destination in Asia and by successfully hosting an event as grand as CHOGM, we are carrying the message to the world that Sri Lanka is one of the safest countries to travel."

SriLankan Airlines, Chief Executive Officer, Mr. Kapila Chandrasena said, "SriLankan Airlines, in its endeavour to take Sri Lanka to the world, will be operating with a fleet displaying the Commonwealth insignia; thereby conveying the message that a warm welcome awaits the delegates, arriving in Sri Lanka this November. With an event calendar that focuses on a few of Sri Lanka's picturesque locations, the participants will be able to experience the rich cultural heritage and varied scenic beauty the country has to offer."

Exclusively designed for CHOGM 2013, the centrepiece of the logo is the national flower of Sri Lanka, the blue water



lily. Its multi-coloured petals represent diversity, liveliness and harmony among different Commonwealth countries. They also signify the individual countries being united to offer protection to one another from world challenges. The globe embodied within the logo was inspired by the original Commonwealth logo.

Themed "Growth with Equity; Inclusive Development" CHOGM 2013 is expected to attract the heads of states and delegates from 53 Commonwealth Nations with Prince of Wales-- representing the head of Commonwealth, Queen Elizabeth II-- in attendance.

Officially commencing on November 15th, the opening ceremony will be held at Nelum Pokuna Mahinda Rajapaksa Theatre followed by the main conference at Bandaranaike Memorial International Conference Hall (BMICH), Heads of Governments retreat at Waters Edge, Business Forum at Cinnamon Grand, Youth Forum at the International Convention Centre, Hambantota and the People's Forum to be held at Chaya Tranz, Hikkaduwa.

Info by: Corporate Communications Department, SriLankan Airlines

Canadian Foreign Affairs Minister Baird Raises Lack of Progress in Sri Lanka at New York Meeting



Foreign Affairs Minister John Baird attends a Commonwealth foreign affairs ministers meeting on the margins of the 68th Session of the United Nations General Assembly.

September 26, 2013 - New York City – The meeting provided an opportunity for ministers to discuss a troubling lack of progress in Sri Lanka and the volatile situation in the Maldives. On Sri Lanka, Canada has repeatedly called for Commonwealth engagement in response to that country's violations of the organization's core values and principles.

"Again today, I spoke out loudly and clearly on the issue of human rights in Sri Lanka, including on our concerns on the lack of accountability for the serious allegations of war crimes, the lack of reconciliation with the Tamil community and with the events that have taken place since the end of the civil war.

"As the Prime Minister has stated very clearly, we expect our concerns to be addressed seriously by the Government of Sri Lanka. Unfortunately, given the current circumstances in Sri Lanka and the lack of substantial progress to date, it would be difficult for the Government of Canada to fully participate."

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Special Feature

JOHN BODDY HOMES PRESENTS 'EAGLE WOODS'



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John Boddy Homes, voted 'Best Home Builder' in Ajax/Pickering for the sixteenth year in a row for this year's Readers' Choice Awards, has broken ground in its newest community in south Ajax, "Eagle Woods". Located just minutes east of Toronto, and within walking distance to shores of Lake Ontario, "Eagle Woods" combines the closeness and convenience of city living with the beauty and tranquility of the neighbouring lakeshore. "Eagle Woods" currently offers spacious two-storey freehold townhomes and will feature later semi-detached homes as well as detached homes in two-storey, back-split and side-split designs. Homes start at 1,700 square feet and will range up to 3,534 square feet in size. John Boddy Homes offers full-depth traditional size lots with a minimum of 110 feet in depth and "Eagle Woods" will offer a great selection of extra deep lots, pie shaped lots, pond lots, conservation area lots, golf-course lots and walkout basement lots. With such a broad range of house sizes and styles, "Eagle Woods" has the ideal home to suit every preference. From the unique exteriors and charming streetscapes, to the elegant interiors, various John Boddy Homes include impressive standard features such as vaulted ceilings, double door entries, décor columns, mirrored sliding closet doors, ceramic kitchen backsplashes, double basin bathroom vanities with make-up counters and so much more. Their gourmet kitchens, welcoming great rooms, cozy gas fireplaces and elegant dining rooms with coffered ceilings are all spacious and comfortable, making them the perfect location to enjoy time together with family or entertain friends. In addition, some models include impressive extras such as classic French doors, transom windows and custom octagonal skylights allowing light to travel throughout the home for a bright and spacious feel.

For their homeowner's convenience, most homes from John Boddy include main or second floor laundry rooms, kitchen breakfast bars, walk-in pantries, private water closets, interior garage access, high efficiency furnaces and basement rough-ins for future bathrooms. Other features include arched entryways, moulded polyurethane millwork - which will not rot, twist or warp - window mullions on all front and rear

facades and decorative garage doors featuring appealing window lites. Custom landscaping packages and paved driveways are also included in all homes providing the renowned curb appeal that enhances the entire "Eagle Woods" community.

Innovative floorplan designs combined with an extensive array of standard features included with every new home have become a corporate trademark of John Boddy Homes. Not only does a John Boddy home offer such striking standard features, there are also a wealth of opportunities to upgrade, making their homes as unique as each individual homeowner. The "Eagle Woods" Sales Office will feature a Décor Centre that contains a wide range of upgrade items to select from in order to customize your home. Their knowledgeable décor consultants allow home buyers to make upgrade selections on site, enabling them to conveniently personalize their home.

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

Currently John Boddy Homes is offering an incentive package of \$2,000 in free upgrades plus 5 appliances or Builder's Premium Hardwood 3" by 5/8" in the Great Room and Dining Area, as well as a 6 months Roger's Package which includes free internet, phone, cable and a HD PVR.

John Boddy Homes now offers exclusive in-house financing and mortgage services through JBH Financial Services Ltd. At JBH Financial Services we are able to provide you with the convenience of purchasing the new home of your dreams and qualifying for a mortgage all in the same place - it couldn't be any easier! JBH Financial Services works with most major banks and lending institutions and offers a six-month rate hold. These six-month rate holds allow you to lock in the lowest rates available while guaranteeing you the security and peace of mind of knowing that your rates will not increase before your house closes. In fact, if at the time of closing interest rates are lower than what you signed at, we will provide you with the lower rate!

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The "Eagle Woods" community offers many important neighbourhood amenities such as places of worship, fully equipped parks and easy access to both Ajax and Go-Transit Services. Toronto is easily accessible from nearby Highway 401. Located just south of a host of shopping and recreation centres, "Eagle Woods" allows residents all the amenities of the urban lifestyle while providing the serenity of the neighbouring lakeshore.

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

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

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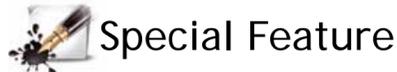
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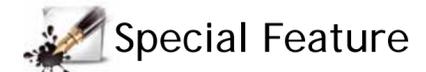
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Special Feature



Special Feature

Instilling Patience and Social Skills via Sportsmanship: Namibian experiences of a student-volunteer

By Harrish Thirukumaran Part 3

A Tennis Rejuvenation in Namibia

'Sports don't always come as a cakewalk as it does take patience as well'

At the BNC, the daily schedule would be as follows: in the morning to mid-afternoon the students were able to participate in expanded non-academic programs such as yoga, basketball, and tennis. From 2 to 5 pm, the volunteers including my Brock group were required to somewhat educate some of the students through work such as reading, hands-on activities, and math.

A project that enlisted my past athletic skills and allowed me to feel closer to the BNC kids was the tennis program. It was one of the many activities that attracted students to learn the sport and have as pastime during the holiday breaks. It was a joyous opportunity to contribute, along with another one of my volunteer mates for the students.

I had devoted my time to it spanning from the 2nd and 3rd days of our stay and a day during our last week. Although I had not played tennis since 11th grade, it was a good way for me to assist some of the students. It also helped me re-live my abilities at the game. It had been offered to Dan and I as a possibility due to our tennis history, which we eagerly took up from MaryBeth. It was a great volunteering affair where I got to know Brumelda (9th grade), Lorenzo (5th grade), Giovanni (5th grade), Wendemi (9th grade), Quentin (4th grade), Donovan (8th grade) and Emily (8th grade). It was even better considering that I met some students who didn't attend the BNC. I spent more time with other students I knew such as Kali, Dino, Johanness, and Risto as well.

The car rides to and from the tennis camp were hysterical and had also fully established the admirable singing talents of the many children. In addition, they were comical and annoying when one of the kids farted in the tightly packed van which they codified as 'puffing'. It was also hilarious to see and hear about how Tickey interacted with the many children along with the children's reciprocal gratitude for him. The camp was held annually at the Central Tennis Club in Windhoek East. It was there we met the stern but friendly coaches Mickey, Kali, and Espien who instructed the kids in the fundamentals of tennis. The first teachings conducted would be through an array of videos explaining the precise movements that goes along with a certain tennis technique. The first day I was there they were working on the backhand, which is crucially considered weaker than the forehand.

I felt that the televised examples were a precursor educational component that taught the children how to perform a tennis characteristic before learning hands on as emphasized through my lesson-learning experience. It even displayed the children answering vital questions correctly on these moves. After a brief rundown of the focused objective for the day the students were ready to go out to the courts and play. The tennis program was also a healthy way to start off some of these Namibian days. In the program, we began with warm up stations to get our blood flowing. The coaches arranged these numerous stations that had different body exercises that would allow the students to properly play the game. They had even encouraged us to partake in the jogging exercises to ensure the participants were acting in the best of their physicality. The leg exercises had ranged from basic jogging to sidestepping. The stations also included ball exercises that were essential to tennis rule playing.

Afterwards, the students had dispersed into all available courts where they rallied to practice their backhands. I had worked specifically with Risto who was pretty good at the backhand. I believed he had a sensible understanding of the backhand along with Dino who rallied with Dan. At times however it was hard for him as I noticed he hit it with a forehand or hit it out or cross court unintentionally. This moment was where I had entrenched myself in a coaching capacity. I had taught him how to position himself

in tennis before the ball came across along with the physical form tied to the backhand. I had reminded him and others repeatedly that the racquet should go behind the person's side and be swung fully over the shoulder like a hit in baseball. In my opinion, I felt he eventually got the hang of it.

As a part of the coaches' tennis teaching routine, they regularly used a video camera to film the student's tennis skills to analyze for flaws comparable to the proper technique. After those rallies the students had returned inside where the coaches showcased the clips to see if the students were able to point out to the flaws in the backhand or comment on strengths of their abilities.

Though I had noticed, it seemed embarrassing for the children seeing themselves perform techniques wrongly yet it was fitting as all students had distinctive troubles in an area which came along with the program. The tennis camp's purpose anyway was to teach the students and for them to learn from those mistakes on the court that can help them improve their game to the level of amateurs or pros. That was my view to assure the students even extending to players that didn't attend the BNC like students Patricia, Carla, and Denise.

As part of tennis schedule we then proceeded to teach the students how to position themselves for the backhand especially how it is to be swung.

I had taught specifically about the contact point in tennis where the ball actually met the racquet. With that, they were then learning to follow through with an exaggerated swing across the shoulder after completing the contact point. Dan and I would first instruct the students to get into rows where they were to imitate the frozen position of the contact point which required the students to extend their arms out with racquet so in reality they were able to meet and return a ball over the court. Seeing most of students getting it correctly by successfully hitting the ball over inside the tennis square made myself relieved that it was able to sink in. Setting them up into two separate lines where they were able to return ball feeds with a great amount of swing power did this.

My volunteer coaching seemed to be efficient in my view after also hearing Donovan thanking me for helping him understand the contact point when hitting the ball in tennis. Overall, the first day of the camp was spectacular, as it was a unique performance as a coach which contrasted with my tennis career as a pupil. It gave me a chance to understand the perspective of a tennis instructor and their ideal ways in coaching youngsters. It was also good because I was able to relate to the students while understanding their struggles in the game.

A BNC Tennis Philosophy

As we spoke with MaryBeth, It was absolutely motivating for us to return to the camp as it was a good pastime for exercise and a way to give our sports knowledge to the ambitious kids. In her view, tennis was a good active sport for the kids to engage in because of the integral running and shuffling. Her opinion is also rationalized along the lines that it is a relatively safe sport that requires almost little physical contact. In which, it could guarantee less chances for the youth to hurt or injure themselves in any way. It had also come to light, that only a certain number of BNC students were eligible to participate in the program leaving many unable to go.

This seemed as a good value instilled into the children as it hoped that the attending students were responsible enough to take advantage of the program so they were able to adequately acquire the skills to play the game. Therefore, with that knowledge they were able to teach the remaining students how to play the game themselves. Although it was only a holiday program I feel that the tennis camp is a way to prevent the youth especially the boys from becoming troubled

on the streets like most I have seen during the trip. The camp was even integral in learning of the children's own social skills during the lunch breaks as well.

For the next tennis lesson, the students were practicing the serve, which is considered one of the most difficult shots in tennis. It is difficult in the sense of getting it over and into the service box. Yet, it is one of the most powerful shots in the game and if mastered effectively it can be used as a weapon to gain momentum over an opponent. As with the normal routine inside we headed outside, got through the warm up which I had done with Risto who did scramble somewhat in the exercises.

As usual, I then rallied with Risto and Dinno for them to practice their serving. At times I felt they were able to get it and at other times it was lacking. In the station learning exercise, I had assumed the duty of showing the contact point in the serve where it is reached when the arm is up high in the air where the wrist snaps after touching the ball. It was neat seeing myself in front of the capable students who were able to perform the move to the best of their adherence to my teaching skills. Though as emphasized the serve was a tough shot to conquer. They were able to get it over and into the box but it didn't have that same speed or velocity you desire in the serve, which can be learned if one gets the form of the serve.

The Difficult but Essential Serve

I had spoke to the group about the contact point, preceding the essential trophy position which is utilized for proper body balance before the serve. It wasn't however a complete let down teaching the serve as the students were able to get the ball across the court and understood the idea behind the serve as a significant aspect of the game. Though the BNC children in particular retained an interest in tennis it was a bit frustrating when they did not listen to me when I described how to serve. Examples of this were when they grabbed too many balls to use or multiple kids trying to serve all at once on the base line.

In addition, when the cart was empty, some would still gather balls just to keep relentlessly hitting balls all over the place. In my defense, this probably was not surprising as it can be quite a task to teach students a specific talent or just to get them to listen carefully overall whereas they just want to play. I had observed that during other times of my volunteering at the tennis camp.

Although, I felt that my disgruntlement had disappeared when we collected the balls scattered all over the court. It was humorous when getting the balls as I suggested to use the tennis racquets to gather the balls in which many followed the example. It was even funnier seeing Johanness or Lorenzo collecting a bunch of balls and stuffing them into their shirt to hold and to put back in the basket.

Later on, it was time for them to go back inside for a briefing on the serving seen today so I had told most of the students to proceed while I collected the balls. Dino however continuously insisted on staying behind and helping me pick up the balls and yet I assured him that I could handle it and did not want him to be late. But, after a clumsy accident, all the balls spilled where Dino rushed back and decided to help even though I had told him it was okay. From that moment, I was able to see Dino's personality was that of a helpful and caring person who wanted to lend a hand regardless of the issue. It was interesting to see a 12 year old who ensured everyone felt comfortable in a situation.

"I gratefully thank the tennis students for actually inspiring myself to reaffirm my interest in tennis since returning that had been lacking for some time."

In regards to my own tennis skills, I was definitely rusty with aspects of the game pointing mostly to the serve. Playing with Coach Mickey however helped me realize my previous ability at the game when rallying, where I was able to get perfect forehands and backhands from a returning scope. I had even noticed some students watching our rallying who looked pretty impressed by my standard.

From my perspective, it also shaped their views in looking up to me for an extensive intelligence surrounding the sport. Utilizing the tennis shots from my own classes back in North

America was also useful in demonstrating to the coaches and me that my 'inept' tennis skills were still intact. In my view, it was ironic that I had played the sport for a substantial amount of years when it felt annoying to learn. But now it feels right that I was able to learn it and contribute my understanding of the game into the minds of the athletic BNC followers.

A Youthfully Diverse Population

The breaks at the camp were also excellent times to get better acquainted with the students that I was working with as well. It was great to have conversations with the students who didn't attend the BNC, as I was able to understand how other adolescents lived in Namibia and Africa as a whole. It was interesting to listen how diverse the students were from the BNC children. For instance, Denise a 7th grader was Zimbabwean who was living in Namibia through her mother.

She had also told me that she lived with her stepfather and biological mother. In addition, she had said that she was going to move back to Zimbabwe as her mother acquired a better job in the country. I also heard that science was one of her favorite school subjects. I had noticed from her that she was strongly shy during the meetings and seemed a little low confident when playing tennis. To help out, I had introduced myself to her and sincerely wanted to get to know Denise to make her feel comfortable at the camp. From my observance of her skills, I'd say she was playing at a good satisfactory level.

Two other girls I met were Carla and Patricia, who were also in 7th grade and 8th grade. They both hailed from Ecuador and Spain respectively. They had told they knew each other for awhile and have been regularly moving from country to country through different year spans because of their families. I think they had even said Namibia was a good African country to live in. Carla had said she had been taking tennis classes to re-familiarize herself with her skills as she had played briefly when she was smaller but stopped ever since. Her favorite subject was art which was compelling as I had used to uphold art as a favorite school activity and pastime in my own youth. Furthermore, I believe Patricia had said that her favorite subject was English.

There were even some students who attended the University of Namibia who were enrolled in classes who were able to quickly grasp the backhand in particular when I had demonstrated the correct way of returning it. The short intermissions had also made me realize the good nature of the BNC students in regards to sharing. For instance, I had forgot my lunch for one of the classes where Dino and Lorenzo had tried to generously offer some fruit provided by the camp or asking if Dan was able to share his lunch with me. They would also ask me repeatedly where my lunch was or if I got enough for my consumption which I believed were very thoughtful concerns. From their perspective, they had hoped that everyone was unconditionally provided equal sharing of food so we could play some sufficient tennis. I even somewhat grew closer to Dino learning that we both have younger brothers and that he wanted to be a police officer when he grows up. His brother was a boy named Gabriel who was also present at the BNC.

After the two days at the tennis camp it had very much engendered a solid relationship between the students and I who regularly went to the camp. It was ideally impenetrable as I had noticed each time the group went back to

the facility during the three weeks many kids would have come up to me and asked "Are you going to tennis?" or "When are you coming to tennis again?" Emily also had commented how tennis was boring when Dan or I weren't there to help them out.

All those concerns or comments had represented a strong attachment and trust from the students into our individual persons. Even if we were not able to directly play or assist them in the game elements, they were just happy enough for our company and indirectly seeing us join in with their exercises or rallies. It was a bit saddening hearing their recurring questions about it as Dan and I were explicitly telling them that we were unable to volunteer at the tennis camp for the entirety of the remaining week or next week.

To the point of even saying it was only for a few days. It was heart wrenching, as we would either answer those tennis questions with "We might come." Or "I don't know we can, sorry." Psychologically, we were not allowed to say "yes" as it would have boosted their anticipation for us to come only to be severely depressed if we do not keep up our word. This notion could be due to the kids' frequent experience with distrust that must occur in the household or through panoramic view of their street lives. It was a bummer too because in my opinion the tennis camp had to be my #1 favorite site project as it established the first start to my relations with a majority of the students and had reinstated a common interest I could have with the students.

As a gift however, our group leader had noticed how much we had appreciated the tennis camp and the students so during the last week we were able to volunteer one last day at the camp. At the camp, the students were preparing to work on their forehand grips. I remember during some playful rallying I had worked with a 7th grader named Wendemi in which we hit the ball back and forth, where she had insisted I played at my own skill rate. We hit forehands and backhands with full force I even noticed she was an exemplary player herself. She also made countless comments on my returns such as saying "nice shot!" and certainly it positively reinforced a rallying session that she had deeply enjoyed.

Afterwards, when it was time to meet for the exercises she had even gone up to the net where I did as well and we both shook each other's hands. We both even said "good game" treating it like a real match. Wendemi had rightfully contained excellent sportsmanship when playing against me, where she truly expressed her likeness in my tennis ability and was not solely driven to win. Next, after getting through the exercises the class was split into smaller groups among different courts where everyone practiced the similar techniques in tennis.

I had volunteered with a new coach, working with Dino, Donovan, Johanness, Lorenzo, Kali, and Risto. In the first instruction we were conducting a shuffling forehand exercise. During it, I had worked with Donovan where all the players would shuffle from one cone to the next, performing the forehand swing until you got into the inside of the court where Moyo fed the ball where you were required to hit with the forehand over the net and with an efficient speed. It was one large transitioning rotation of forehand attainment to help increase the student's prowess in the powerful swing. It was troublesome though as the coach had noticed the students were either lobbing or plainly hitting the ball out of the court. Though, in reality sports don't always come as a cakewalk as it does take patience as well.

They did eventually get good forehand groundstrokes in my opinion, especially Donovan who easily hit the forehand feeds to his advantage. Later, they were organized into two separate lines where they practiced the forehand with the balls. Through a number of tennis balls, I'd say they were successful in handling the forehand shot.

Once fortunately practicing the clearly basic forehand hit, I was struck with an immense sense of nostalgia when the coach had decided to play some classic tennis games like 'Jailbreak' and 'Around the World'. The students were really excited to play as discovered by their enthusiastic faces. The concept of 'jailbreak' was fairly simple for the students to comprehend as well. They basically return feeds whereas if it goes out they

are placed on the other side of the court and are meant to try to catch returning balls hence they 'break out of the jail' and are able to go back to returning side until they are the last man standing.

The students had also wanted me to play along with them under the game's rules so it was pretty hysterical seeing the children all trying to catch the ball at once from my return. At times, I had even lost and ended up on the 'jail' side and decided to allow myself to be there and feel fair to the others who were playing the competitive game. The winners of the rounds were mainly Dino, Donovan, and Lorenzo.

Skill-Boosting Tennis Activities and Matches

The next game, 'Around the World' was a bit trickier for the students as the activity focused mainly on practice of the forehand.

In the game, the students were required to hit the ball back and forth through one hit where they go around the court to the next side to hit the next oncoming ball. It was considerably more difficult than 'Jailbreak' as you had to keep the moving ball in and ensure you returned with the forehand. It was clever seeing when players approached the ball, as they would direct it in the backhand area of player, which meant an O. So if players had messed up three times they would spell 'OUT', counting them as out in the entire round.

In my opinion, the playing skills were great on the students' part because they were able to redirect shots to their own advantage against the opponent. Redirected meaning they would cause each other to accidentally hit backhands than the recommended forehands.

It got so intense they were able to get myself 'out' as well. Both games had always come to interesting and demanding bouts between students because of the significant running aspect. I believe one of the winners in a round was Donovan who went up against Risto in the final round after all possible eliminations. It was uncanny seeing the amount of expert skill possessed by Donovan when he played tennis. However, it was not necessarily about winning, but it was about how the games were to continuously develop the student's own individual skills to better themselves in realistic tennis matches.

Introducing the games to the children was also an opportunity to have the students comfortably enjoying the game at their own rate of interest. That was demonstrated by students such as Lorenzo or Kali.

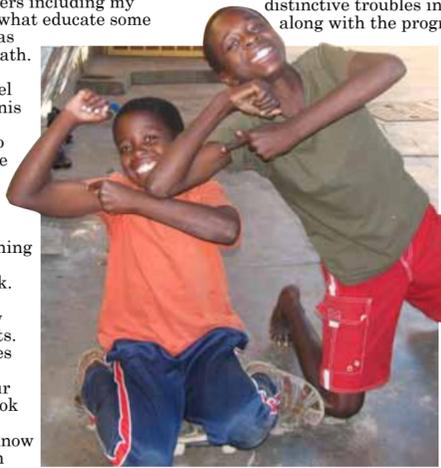
Afterwards, the students were prepared to play in organized tournament-like tennis matches purely to practice the forehand on one side of the entire court. It was great seeing the amount of skill actually exerted by all the players. It simultaneously induced a competitive atmosphere within most of the students as well. However, it did also call for some form discipline among the students a few times. During the rotation, a male student made some teasing comments at his female opponent, solely because she was a girl playing tennis.

Although, it was primarily he laughing at her overall ability, during which I had to step in impartially and criticize the poor sportsmanship caused directly by his negative sexist attitude. Though I reprimanded him, I had taught him an important life lesson on discrimination and that it was wrong to downgrade potentiality based upon gender. In response, he did feel sorry for his comments and did apologize for the unreasonable behavior.

To sum it up, the tennis camp was an excellent project as I was able to instill valuable knowledge revolving the sport into the children along with fully learning of the perks of the BNC students firsthand.

[To be continued]

(Harrish Thirukumaran attends Second Year at Brock University, Ontario, during 2013-14)



Johanness and Risto



Serena Williams wins 2013 Rogers Cup-Aug 2013

pic courtesy: facebook.com/USTA



Dino - pics by: Maegan



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Free Public Concert, Major Flash Mob to take place in Scarborough October 4

Local artists to sing, hundreds of students to break out in dance, in support of The Scarborough Hospital Foundation health and wellness initiative

Scarborough, Ontario – As part of a unique health and wellness initiative being organized by The Scarborough Hospital Foundation (TSHF), hundreds of Scarborough residents will gather for a celebration later this week in support of a healthier lifestyle.

They will come together for the grand finale of Scarborough Strides, an innovative 12-day active living event that started on September 23 and runs until October 4, 2013. All funds raised are being directed to The Scarborough Hospital's Cancer Care program, with the goal of continuing to provide the community with excellent care closer to home.

WHAT: Scarborough Strides Grand Finale
Free community concert and healthy living event

WHEN: Friday, October 4, 2013

TIME: Noon - 3:00 p.m.

Flash mob at 12:30 p.m. sharp

WHERE: Albert Campbell Square, Scarborough
150 Borough Drive at Ellesmere and McCowan Roads

FEATURING: Canadian R&B singer and Juno nominee Kim Davis; hip hop duo Perfect Strangers; a surprise appearance by a multiple Juno Award winning singer; a flash mob starring hundreds of local elementary and high school students; food concessions; and much more.

"We're encouraging all Scarborough residents to either participate or donate," said Michael Mazza, TSHF President, of the event, which is being sponsored by the International Group, Morneau Shepell, Scarborough Town Centre, Pizza Nova and Marek Hospitality, G98.7FM, Global Toronto, Toronto Police 43 Division, Scarborough Muslim Association; and local retailers Roadsport Honda, Roadsport Chrysler, Michael's nofrills, Stephen's nofrills, Nick's nofrills and Dave's nofrills.

In addition to the grand finale, the 12-day event includes a health and wellness speaker series at the Scarborough Town Centre, educational sessions for students, school and neighbourhood workouts, and corporate fundraising events.

More information can be found at www.scarboroughstrides.com.



Participate or Donate

Sept 23 - Oct 4, 2013

www.scarboroughstrides.com



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GARANT'S MUST-HAVE TOOLS TO PREPARE YOUR GARDEN FOR WINTER

St. Francois, PQ (September 16, 2013)—Your backyard is a source of pride and regular care all summer long resulted in an oasis where you loved to relax and entertain. To ensure a healthy garden next year, it's important to properly prepare your garden for winter. Fall is the time to rake the leaves, cut back dry perennial stems, clear out annual flowers and vegetables, plant spring bulbs and perhaps arrange a beautiful fall planter.

Isabelle Dorval, Marketing Director at Garant (Canada's oldest and largest manufacturer of Canadian snow and gardening tools) says, "Be sure to use the right tools for the job when preparing your garden for the long winter ahead. Selecting the right rake, whether it's a long handle clog-free leaf rake or a short handle Botanica shrub rake, makes all the difference in completing the task on hand efficiently and with less back pain."

Essential Fall Gardening Tools:

Clearing grass of leaves and debris allows the grass to be exposed to sunshine and "breathe." Grass will continue to benefit from photosynthesis until the ground freezes.

1 Clog-free leaf rake- PPCR30C- Unique design prevents leaves from sticking between tines. Lightweight but robust with wood handle.

2 Botanica Level rake-FLR7L- Equipped with 7 steel tines, with a baked enamel finish. This narrow head rake is perfect to work around perennials.

3 Short handle Botanica shrub rake-FPSR15MS-Perfect tool for working while bent to remove leaves and small branches in rockeries and flowerbeds.

4 Thatching rake- GTR19- 19 tines. To get rid of the compacted grass stems and roots that accumulates on the soil's surface. Premium ash handle and comfort grip.

5 Lawn and leaf cart- 244354066- Great for leaves, grass clippings and recycling. Suits most 30-gallon paper bags or plastic bags; sides adjust to bag heights. Includes 8 bag clips, 2 wall-

mounting brackets and one heavy-duty poly bag. Cleaning garden and flower beds is an important step to prevent the possibility of blackened flowers and vegetables harboring disease and insect eggs over winter. Cut off diseased foliage from evergreen plants and shrubs; rake up and discard old, disease-bearing mulch.

6 Tubby- TUBBY26R- Flexible tub, light and versatile, perfect for holding grass, leaves and cuttings, dumping soil, mixing fertilizer and more. Made with polyethylene, the Tubby™ is easy to handle, durable and tough. Available in either 26 or 40 litre sizes in a variety of colours.

7 Long handle Botanica shrub rake-FPSR15L-Light, strong and efficient. Designed to clean under hedges and flowerbeds when standing upright. Offers a comfortable cushioned grip.

8 Lawn rake: EXFLR24- Regular handle made of traditional fibreglass. A back spring provides additional rigidity for thorough raking jobs. 24 steel tines.

Garant's Botanica line offers a family of tools with customized short, medium and long handles for a variety of gardening tasks. Botanica products are perfect to reach under perennials and hedges. Their narrow heads make them ideal for hard to reach places.

Every gardener has a different idea of the best way to prepare the garden for winter, but one thing is for certain: Garant tools take the hard work out of yard work!

Please see attached images. If you require suggested retail prices, product availability or product for photography, please contact Ruby Fruitman at ruby@rfcg.ca





RBC offers advice for a healthy travel rewards relationship

Do you feel restricted, confused or neglected in your travel rewards relationship? The good news is you are not alone. When it comes to booking travel, more than half (56 per cent) of Canadians say their current travel rewards program does not allow them to travel on any airline they choose, according to a recent RBC poll.

“Like any relationship, Canadians want to get the most out of their loyalty program, particularly when it comes to travel rewards,” said Linda Mantia, executive vice-president, Cards and Payment Solutions, RBC. “Booking travel with rewards points doesn’t have to be complicated. If your current rewards program isn’t working for you, maybe it’s time to consider moving on.”

In their current travel rewards relationship, Canadians have also indicated their rewards program is confusing (39 per cent), the rules of the program seem to keep changing (38 per cent), and they have had difficulty redeeming points (31 per cent). For any Canadian that may suffer from any of these relationship blues, it may be time to find a new travel rewards card to have and to hold.

Mantia suggests considering the following when determining if you are in a healthy travel rewards relationship:

- **Check for travel restrictions** – When booking travel, do you have the freedom to redeem your points for any airline? Many programs don’t provide airline choice, which can make it hard to get where you want on the airline, the flight, or the day you want.

- **Look for freedom, flexibility and choice** – Are there restrictions on flying during peak season? You should have the flexibility to travel when and where you want without having to use more points or change dates.

- **Not all points are created equal**



– Does the value of your points fluctuate? Look for a program that has an easy-to-understand points system, points that are easy to redeem through a simple and intuitive redemption experience.

- **Maximize rewards points access and utility** – Does your rewards program let you redeem your points when and how you want? Ease of redeeming, together with more options to redeem for travel or retail rewards, will lead to greater flexibility in customizing your travel and retail experiences.

“To have a fulfilling travel rewards relationship, it comes down to being with a program that is easy and clear to understand, knows your needs and gives you the freedom and choice you deserve,” added Mantia.

Provincial Parks are a Birdwatcher’s Delight Ontario Encourages Families to Look to the Sky



Ontario offers some of the best birdwatching in the world!

Come and see what you can spot now or plan a trip to experience the annual migration in full swing.

Bring your field guide and binoculars to these provincial parks for prime viewing spots and rare sightings:

- Long Point sits on a 40-kilometre sand spit that extends into Lake Erie. Located southwest of Port Dover, it is a world-renowned refuge and stopover for migrating birds in fall and spring.

- Presqu’île, south of Brighton, is a major flyway for migrating birds, home to waterfowl and shorebirds, and a staging point for Mexico-bound monarchs.

- Rondeau’s observation tower overlooks a marshland where herons, bitterns and rails nest. More than 80 per cent of Ontario’s bird species have been observed at this Chatham-area park.

- Port Burwell, southeast of St. Thomas, is one of the best places to witness the fall migration of hawks, monarchs, blue jays and dragonflies.

- MacGregor Point stretches along seven kilometres of Lake Huron coastline. Home to the annual spring Huron Fringe Birding Festival, this park south of Port Elgin is open year-round.

- Lake Superior provides good birdwatching opportunities because of the diversity of habitats in the park. The transition between the Great Lakes-St. Lawrence and boreal forests supports a mix of northern and southern species.

Birdwatchers can pursue their hobby by day or camp overnight. Campsites can be reserved online 24 hours a day or by calling the park reservation line at 1-888-ONT-PARK between 7 a.m. and 9 p.m. daily. Visitors can have a whole year of fun with an Ontario Parks annual day-use pass.

QUICK FACTS

- More than 475 bird species have been spotted in Ontario, nearly 73 per cent of species found in Canada.

- In 2012, Ontario’s provincial parks received more than nine million visits and brought in \$69 million in revenue, which supported jobs and businesses all across the province.

- There are more than 330 provincial parks in Ontario, with more than 100 featuring visitor facilities. Many Ontario provincial parks provide barrier-free facilities.

- Ontario Parks employs more than 1,600 students each summer.

STERLING SILVER JEWELLERY COMPANY LAUNCHES IN MARKHAM, ONTARIO

Cloelle Designs brings fun, fashion and financial independence opportunities to women across Canada.

Cloelle is a new Canadian-owned business built on an exceptional compensation plan and fine jewellery. Women across Canada are being given the opportunity to change their lives with a unique business opportunity that offers flexible hours and a great income while living a balanced life on their own terms. Founder, Eric Sutkiewicz, is committed to sharing his 40 years of experience in the luxury jewellery industry to support and promote entrepreneurship among women. For less than the price of an average shopping spree, a woman can launch her own sterling silver jewellery business and be fully operational with a

jewellery display, marketing materials, and back office support in minutes.

You are invited to join Cloelle as they celebrate their official Grand Opening in Markham, Ontario on Saturday, October 5, 2013 at 215 Konrad Crescent in Markham, ON L3R 8T9 from 1:00 p.m. – 3:00 p.m. RSVP at marketing@cloelle.com by September 30.

Anyone who wants to learn more about Cloelle Designs jewellery, Hosting a Party or life-changing Business Opportunity is invited to attend this FREE event. We are giving away over \$1,000 in free jewellery draws so bring your friends! To register, email marketing@cloelle.com with your name, phone number and the number of guests attending.





Op-Ed

Mr. Harper has increased taxes in his last four budgets

September 24, 2013

A government's claims of economic competence must surely depend upon a sound record in certain crucial areas -- such as economic growth, debt reduction, balanced budgets and management of the tax burden.

On all four counts, the Harper regime is a serious disappointment.

Mr. Harper has the worst economic growth record since R.B Bennett. During Bennett's years, the Canadian economy barely grew at all, averaging just 0.16%. Mackenzie-King's average was 5.54%. St. Laurent maintained growth at 5.28%.

Diefenbaker got 3.67%. Pearson achieved 5.97%. Trudeau's average was 3.92%. For Mulroney, it was 2.33%. Chrétien came in at 3.39%. Paul Martin recorded 3.20%.

Under Harper, Canadian growth has averaged a paltry 1.54% and his trend is negative. Economic growth in each year since 2010 has been worse than the year before. Another reflection of these sorry results is stock market values which have stalled for eight year -- today they're only fractionally above where they were when the Harper years began in 2006.

With respect to debt reduction, Canada's debt-to-GDP ratio is also about where it was in 2006 (around 34%).

Mr. Harper has no progress to report. Indeed, his government is adding \$169-billion in new Conservative debt -- driving the accumulated total to an all-time record high at \$627-billion. His earlier target for significantly reducing his debt-ratio has been postponed for eight years, until 2021.

On the issue of balanced budgets, the Harper record is laughable.

He inherited a decade of surpluses from his Liberal predecessors and surfed on that momentum for a couple of years, while over-spending by three-times the rate of inflation and undermining safeguards in the budget-making process designed to protect against adverse events. By 2008, Mr. Harper had squandered Canada's hard-earned fiscal security, creating a deficit again BEFORE the recession that arrived later that year.

The last six Harper budgets have all been deficits, continuing a long-standing Conservative tradition of red-ink. Before Mr. Harper, the last Conservative to balance a budget for Canada was Robert Borden in 1912 -- more than 100 years ago. He too inherited a surplus from a Liberal predecessor (Wilfrid Laurier) and blew it in just one year.

As for taxes, that's where Mr. Harper brags the most. But check reality!

While claiming they never raise taxes, the Harper Conservatives have in fact increased the net tax burden on Canadians in each of their last four budgets. It happens in dozens of nefarious ways which they hope you won't notice -- like taxing parking fees at hospitals and dinging Credit Unions for an extra \$75-million in income tax.

One of their biggest cash-grabs has been constantly escalating Employment Insurance payroll taxes. Starting in 2011, EI premiums have been going up every year by more than \$600-million. So to date, Mr. Harper has raked in an additional \$3.6-billion. He says he won't force EI rates up any further, but neither will he roll them back to where they were before he imposed these job-killing Conservative payroll tax hikes.

Two other Conservative tax increases are also netting Mr. Harper big revenues.

He has hoisted a broad range of tariff-taxes on imported consumer goods -- everything from tricycles to cosmetic wigs for cancer patients -- which will extract some \$333-million more per year from the buyers of such products. And small business owners are going to be paying Mr. Harper some \$550-million more, thanks to new Conservative taxes imposed on them.

At the bottom line, it's Canada's middle-class that bears the biggest burden from the incompetence and grinding mediocrity that characterize Mr. Harper's economic record.

Yours sincerely,

Hon. Ralph Goodale,

M.P. (Wascana)

Deputy Leader of the Liberal Party of Canada

(613) 996-4743

Goodale was Canada's Finance Minister from 2003 to 2006.



I SEE ONE ONTARIO

By Kathleen Wynne

At 82 years of age, Monte Kwinter has seen a lot of changes during his life in Ontario, and throughout his time as an MPP. Growing up in Toronto, Monte never celebrated Diwali or tasted dim sum. Today his grandchildren are not only better than him with chopsticks, they can count to ten in Cantonese.

This makes Monte proud, and not just as a grandfather. Monte is proud of Ontario and the inclusive society we've built together.

It's why he introduced and helped lead the passage of a motion in the legislature stating that Ontario's government "should oppose any legislation that would restrict or prohibit freedom of expression or religion in public places" and affirming "that Ontario greatly values our diverse population and the social, cultural and economic contributions they make to help our society thrive."

I share Monte's pride and his conviction that Ontario is stronger because of our diverse communities. We are sending the world a message that our differences don't divide us, they unite us.

Ontario's reputation for inclusion is what attracts the world's best and brightest to our communities. As our population has grown more diverse our economy has grown more sophisticated, accessing new markets around the world and creating jobs right here at home.

Continuing to grow these networks



is one of the ways that I am working to build our economy so that every Ontarian has a chance to succeed.

We know that a more diverse workforce is a more productive workforce. The Ontario Public Service, for example, has received diversity awards for several years now. And the OPS is the most efficient provincial public service in Canada -- a true reflection of the province it represents.

My career has been about bringing people together. It's not always the easiest path and it can take more effort to walk forward together than to stand apart. But respecting the value of every voice is always worthwhile.

No matter what symbols you wear or where you live, no matter what your gender, orientation or ability, there is only one Ontario. It's the Ontario I am proud to lead, and it's getting stronger every day.

Scarborough-Centre Conservative MP Roxanne James comments on the vote of the Toronto Transit Commission on the Scarborough subway extension

I wish to commend the TTC for approving the city's plan for extending the Bloor-Danforth Subway line into Scarborough. It is a great step forward for the city and toward building the transit infrastructure that the city needs and deserves.

After all, Toronto is a world-class city and world-class cities deserve subways.

Our Conservative Government has been a proud partner with the city and the province, providing funding for key transit infrastructure initiatives. Among them are the Toronto-York Spadina Subway Extension and the Union Station revitalization project.

And just this past Monday, our Conservative Government announced its resolve to provide up to \$660M for the Scarborough subway extension.

The TTC vote is a positive sign and a clear signal that the time for talk is over. Now is the time to get to work together and build this subway.



ROXANNE JAMES, MEMBER OF PARLIAMENT, SCARBOROUGH CENTRE



By: J.J. Atputharajah

I had the opportunity to visit Jaffna after nearly ten years. I could see evidences of development-especially in the fields of infra-structure and commerce. The end of thirty years of conflict appears to have given the period of peace essential for development and progress. Though the panacea for the ethnic conflict is yet to be discovered, foundations for economic development and social rehabilitation are being laid.

Jaffna town is now having shops that sell essential goods at Colombo prices. The shops in the new market building have been activated and I found the place fairly crowded with shoppers busy with their search for things they needed. Grocery store like the Food City and Laugfs have opened their branches in most of the towns in the Jaffna Peninsula and that is

the principal who is also a clergyman trying to maintain the pristine standards of this august institution. The college still had the efficiency to attract the best cum elite students in Jaffna and the principal said that he had found educational facilities for many orphaned children from the Vanni area. Hartley College, Point-Pedro is another school which had succeeded in maintaining its past record. Earlier Hartley suffered from lack of suitable buildings. Now due to the efforts of the Past Pupils and the grants from the government new buildings have been put up and the institution appeared to be self-sufficient in this sphere. A massive auditorium is being built right across the entrance to the college on the other side of the road, which is funded by the government.

Manipay Hindu College was another a school where I taught for a consider-



At the entrance to Government Teachers College, Kopay

A Re-Visit to Jaffna, Sri Lanka

a great boon to people in the remote parts of the north. There are also several companies like the Abans Limited that have opened their branches in the north which has also given opportunities for people of the north to find employment. The north had been deprived of all facilities due to the prolonged internal war and it is right that speedy development is the need of the hour. The railway line to Kilinochchi was recently opened and all efforts are being made to restore the railways from Colombo to KKS early. The carpet road from Anuradhapura has made it possible for all kinds of vehicles to move easily to the north and the improvement of transport facilities will play a great role in the speedy development of the region.

Development can never be a viable alternative to rights. Sri Lankan governments have always found some strategy or gimmicks to avoid the main issue by throwing in a juicy carrot to side track the main issue. At the current elections, development is the attractive vote catching device used by the powers that are, to entice the voter. There are mixed feelings about the performance of the government in Jaffna. Some viewed that the government has redeemed the north from the shackles of terrorist strong grips while others felt that all the Tamil youths involved in freedom fighting have been destroyed by the efforts of the army. There are cut-outs of the president at important spots in the peninsula. The Old Park has been renovated and there is a huge cut-out of Mahinda Rajapakse at the entrance hailing him as the 'usher of the Spring of the North "Vadakin Vasantham".

Having had teaching and educating as my career, I made use of the opportunity to visit the schools where I taught-mainly Hartley College, Point-Pedro, Manipay Hindu College, Manipay, Jaffna Central College, Chavakachcheri Hindu College and Government Teachers College, Kopay. I started with the school where I studied-namely, St. John's College. I found

able number of years. The principal said that the college was affected badly during the civil calamity but now they have recovered much and able to revert to the standards they maintained in the past. Inter-house competitions are organised for the entire school year and the inter-house drama competitions are a speciality which I enjoyed while I was a teacher there. The Principal said that the Old boys association of Canada helped them with building an auditorium which is incomplete and they requested that the PPA should complete the good work they had started. The play ground has been extended and an attractive pavilion added. Manipay Hindu has been doing quite well in recent sports competitions. I retired as a lecturer at Government Teachers College, Kopay. I was happy to see that the school has prospered under the current principal Mr. V.K. Kanapathipillai. Several new courses have been added in view of the intended closure of Palaly Teachers College. The College library which was well established by the former principal Mrs. Ananadakumarasamy, needs renovation. He drew the attention of old pupils to rally round and help.

Chava Hindu was another school where I taught for relatively shorter period before I went on no-pay leave to work in Nigeria. I remember with pride the English play-'the Miser' by Moliere-which I produced in 1979 for the College Dramatic Performance. The students were able to render the dialogues written in high-flown English with ease and efficiency. I found the school with better buildings and raised to the position of a national school. Jaffna Central was the school I returned to after my stint in Nigeria. I found the school well equipped with buildings with little space for students to move around. A computer lab and swimming pool on the middle add to its attractive assets. The college gives high premium to sports and at the time I visited the school I found the principal greeting the third eleven cricket



J J Atputharajah with Principal of St. John's College at his office



At the entrance of Chavakachcheri Hindu College

team members who were about to go on a tour of the eastern province. With the return of peace in the country Jaffna boys are able to take part in sports competitions in other parts of the country-which is a welcome feature..

Whatever is said and done, one's birth place is something to be treasured. Past events come into our minds as we traverse the paths we tread long before. Jaffna is coming to life in a great way. But still more development has to be done before it could match cities like Colombo or Kandy. The shops around the main street and its

infra -structures have to be renovated to make it look good. People looked happy at the surface level as they could get anything in Jaffna at Colombo rates. The affluent are having a great time. However development should go hand to hand with recognition and constitutionalization of the much delayed minority rights. The issues are cropping up again in the provincial council elections. As Valluvar stated in his immortal couplet, "A good government is the life -wire of the people." Let's hope that such a state of governmental benefits come into fruition in Jaffna.



Special Feature

Sri Lanka may face international probe for war crimes



The warning comes from Pillay in Geneva when she presented an interim report after her visit to Sri Lanka to assess the situ-

ation in the country.

Pillay has called upon the Sri Lankan Government to use the time left to carry out the internal process before she delivers a widely-anticipated report on the country to the UN Human Rights Council next March. She wants the Government "to engage in a credible national process with tangible results, including the successful prosecution of individual perpetrators." She has warned if that does not happen "the international community will have a duty to establish its own inquiry mechanisms."

In March 2012 and March 2013, the UN's highest human rights body adopted resolutions calling on Sri Lanka to investigate allegations of widespread violations committed during the final months of a 37-year Tamil separatist war that ended in 2009, but has so far stopped short of calling for an international investigation.

Sri Lanka, which maintains it is making great strides in its national reconcilia-

UNITED NATIONS HUMAN RIGHTS CHIEF NAVI PILLAY HAS WARNED SRI LANKA THAT IF A CLEAR AND CREDIBLE INTERNAL PROCESS IS NOT UNDERTAKEN BY MARCH NEXT YEAR ON WAR CRIMES AND RIGHTS ABUSES, AN INTERNATIONAL PROBE ON WAR CRIMES WILL BEGIN.

tion process, flatly rejected the suggestion an international probe might be needed.

Pillay, who conducted a fact-finding trip to Sri Lanka last month, said she had received "little new information about the courts of inquiry appointed by the army and navy to further investigate the allegations of civilian casualties and summary executions" towards the end of the civil war. Washington agrees that Sri Lanka has so far shown little progress "with respect to what is relevant to accountability for the past," US ambassador to the Hu-

man Rights Council, Eileen Chamberlain Donahoe, told AFP on the sidelines of the assembly.

"We agree with the High Commissioner that if there is no domestic progress on accountability, the call for an international investigation is warranted," she said.

Pillay also referred to the erosion of rule of law in Sri Lanka, and said the controversial impeachment of the country's chief justice earlier this year had "shaken confidence in the independence of the judiciary and separation of powers in general."

Her report also refers to the recent surge in incitement of hatred and violence against religious minorities, including attacks on churches and mosques. She also described high levels of harassment and intimidation of human rights advocates, lawyers and journalists, pointing out that a number of the people she met in Sri Lanka had been interrogated by the military or police before and after her visit.

Sri Lankan Ambassador to the U.N. Ravinatha Ariyasinha has however rejected Pillay's claim and stated that she has "no mandate to make such a claim and that his Government has put in place multiple mechanisms to address accountability."

Democratic Verdict of the Northern Province Tamil People Must be Respected

(Text of Statement released by the Tamil National Alliance on the results of the Northern Provincial Council Election 2013, Sri Lanka)

By R Sampanthan, Leader, TNA and President, ITAK

The Tamil National Alliance (TNA) – Ilankai Tamil Arasu Kadchi (ITAK) – has achieved a resounding victory at the Northern Provincial Council election, winning nearly 80% of the seats in the Northern Province and nearly 90% of the seats in the Jaffna District. Such a verdict is unprecedented in the country's political history.

The democratic verdict of the people is clear. Within the framework of a united, undivided country, they want to live in security, safeguarding their self respect and dignity with adequate self-rule, to be able to fulfill their legitimate political, economic, social and cultural aspirations.

The Tamil National Alliance is committed to the achievement of the above objective and expects that the Government would also extend its fullest cooperation to the achievement of the same. The results of this election offers everyone an opportunity which should be fully utilized in a

positive manner.

The Tamil people of the Northern Province have, despite several trials and tribulations, even during the electoral process, pronounced their verdict clearly and courageously and we strongly urge that their democratic verdict should be respected.

We want to extend to our people our sincere thanks for the overwhelming support they have extended and want to assure them that we will spare no effort to ensure that they are able to fulfill their legitimate aspirations.

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MANAGING YOUR MONEY

Estate Planning Strategies

- The basics and beyond



David Joseph, M.A.(Economics), CFP®, CLU

None of us likes to think about our end of days, but we should if we want our legacy to be passed on as we wish, to ensure our family is protected, and to limit the taxes levied against our estate. Good financial planning must include providing for your loved ones and ensuring they are taken care of after your death. It should also include taking the right steps to ensure that your wishes for your finances and medical treatment will be respected even if you become incapacitated. That's why estate planning is so important.

The basics:

A Will is the foundation of any estate plan. It designates how your estate should be distributed according to your documented wishes. If you die without a will (i.e. intestate), provincial legislation will determine how your estate is distributed amongst your heirs, which may not be consistent with your intentions. Suitable arrangements for minor children and other dependents could be made in a Will and in particular guardians could be named for them. Having a properly drafted will minimizes delays, costs and the complexities of passing on your estate. It reduces taxes to the extent possible, in some cases by creating Testamentary trusts for beneficiaries who are in higher

tax brackets.

It is not absolutely necessary to have a lawyer prepare your Will, but it is highly recommended. You should also create a Living Will and a Power of Attorney that designates person(s) of your choice to make financial and health related decisions on your behalf should you become too ill to do so on your own. Generally speaking the purchase of Will kits and Power of Attorney kits at various retail stores or on line is NOT recommended, as it is easy to make mistakes. A holograph Will is one prepared by you in your own handwriting and signed by you without witnesses. Such a Will can raise many problems and should be avoided except in an emergency. The bottom line: When it comes to Wills, professional advice is well worth the cost.

Beyond basics:

Probate or not? Probate is the process by which your will is validated by a court with fees paid to your provincial government usually calculated on the net fair market value of the assets in your estate. Although reducing probate fees may be desirable, avoiding probate through the use of strategies such as beneficiary designations and joint ownerships can lead to other problems.

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Set up a trust: A trust specifies a trustee who will manage the assets so long as the assets are held by the trust. Although it is possible to set up a trust during your lifetime, most people set up trusts in their Wills. A trust set up in your Will is known as a Testamentary trust, and it can serve several purposes, including maintaining control over the assets until certain beneficiaries are mature enough to manage them, and providing certain tax benefits to high income beneficiaries.

You should review and revise your Will when:

- your marital status has changed;
- there has been a major tax change;
- birth of a child;
- a beneficiary dies or becomes disabled;
- your business succession plan has changed;
- you move to a different province, territory or country;
- your financial position changes significantly;

nificantly;
you want to change your Executor(s) or Guardian (s)

Your personal estate plan strategies depend on your financial situation and the rules in your province. Wills become more complex if you own a business, are in a blended family, want to set up trust, have specific bequest objectives, or want to structure your assets to minimize taxes and probate fees. A qualified financial advisor and lawyer can help ensure your legacy is left as you wish while limiting probate costs and taxes.

Disclaimer:

This report specifically written and published as a general source of information only, and is not intended as a solicitation for mortgage or to buy/ sell specific investments or insurance, nor is it intended to provide investment advice. For more information on this topic, please contact me.



Community Watch

Jaffna Hindu College, Canada Alumni Raises \$5,000 for The Scarborough Hospital

Jaffna Hindu College alumni formed in 1994 in Toronto held a fundraising for a local hospital by organizing a Walkathon on Sunday, Aug 25th, 2013 at Colonel Danforth Park.

Every year since formation, the association continues to assist their alma matter in Jaffna by organizing various programs in Toronto; the Toronto alumni has recently undertaken a special project in Jaffna to build an indoor sports cen-

tre within their school complex, as a top priority.

In the meantime, locally, the old boys association organizes programs such as food distribution to the food bank, donations to major charitable groups and also donation to local hospitals as well.

During 2013, Jaffna Hindu College, Canada Alumni formed a separate group in order to enhance the services to the local community and nominated Food

Bank and The Scarborough Hospital as beneficiaries for their charitable donations this year.

These initiations have not only shown signs of great progress but also won the hearts of the local community.

They collected 800 lbs. of food donations for the Food Bank at the annual picnic on held on July 1st and has raised \$5,000 for The Scarborough Hospital from walkathon on Aug 25th.

The board of Jaffna Hindu College Canada alumni extends its congratulations and best wishes to everyone for the participation in these charitable projects and for contribution that make these events successful and looking forward to their continued support year after year.

Further details can be obtained from <http://www.jaffnahinducanada.com/>





யாழ் இந்துக் கல்லூரிச் சங்கம் – கனடா

பெருமையுடன் வழங்கும்



கியஸ் கிசை நாடகம்

ஒக்டோபர் 12, 2013 சனிக்கிழமை மாலை 5.31 மணி

**Chinese Cultural Centre of Greater Toronto,
(Sheppard & Progress) 5183 Sheppard Avenue E., Scarborough, ON M1B 5Z5**

வேணுகாணவாருதி டாக். செல்வநாயகம் தயாபரன் மற்றும் செல்வநாயகம் சண்முகலிங்கம் வழங்கும்
வாத்திய இசை நிகழ்ச்சி

இலங்கை வானெலி இசைப்பிரிவின் முன்னாள் தலைமை அதிகாரி ஸ்ரீமதி நவராஜகுலம் முத்துக்குமாரசாமி அவர்களின் நெறியாளர்களாகியில்
ராகங்களின் சங்கமம்

நடன நிகழ்ச்சிகள்

- ஸ்ரீமதி மாலினி பரராஜசிங்கம் அவர்களின் நெறியாளர்களாகியில் கலாசாகரம் மாணவர்கள்
- ஸ்ரீமதி செந்தில்செல்வி சீரேஷ்வரன் அவர்களின் உருவாக்கத்தில் ஸ்ரீ அபிராமி நாட்டியாலயா மாணவர்கள்
- யாழினி ராஜகுலசிங்கம் மற்றும் நிவேதா ராமலிங்கம்
- ஸ்ரீமதி பூங்குழலி இளங்குமரன் அவர்களின் உருவாக்கத்தில் சாந்தநாயகி நாட்டியக்கோவில் மாணவர்கள்

நாடகங்கள்

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Miruthanga Debut of Varnan Sarangan

Profusely praised by Prof. Trichi Sangaran



A review by Thuraiyooran

Summer in Toronto is usually a festival season for the Tamil community with numerous functions, get-togethers, fine arts festivals, musical nights and many dance and instrumental débuts. There has been a marked improvement in the traditional fine arts field in Toronto. The contributions of Sri Lankan Tamils in this field is really remarkable. A community which was displaced from its roots due to three decades of civil war, has made an indelible mark in the history of Canada. This achievement is really commendable. Tamil community can boast of many educationists, computer scientists, doctors, engineers, Lawyers, Teachers and many technicians who have contributed to the economic growth of Canada.

On August 31st the Miruthanga debut of Varnan Sarangan was a true indication of the high level of fine arts in Toronto. Normally a student who performs his debut sticks to songs set to athi thala beat but on that day Varnan was playing to songs set to difficult thalas such as mista sappu, ganda sappu and ganda jathi thiripuda. These thalas are really difficult ones and even some experienced players fear to play. But Varnan created history by playing very efficiently and won the praise of Professor Sankaran, who was the chief guest on that day. I would like to remind the readers that Dr. Sangaran is a world renowned percussion virtuoso, Carnatic music scholar, composer and founding Director of Indian music studies at York University. Varnan received commendations from such a master and proved his skills and knowledge in playing miruthangam. We have to praise his guru Sujinder Tharmalingam, who trained him and had the confidence in him to perform to such difficult thalas. Varnan did not let down his Guru and performed extremely well and received the applause of the audience.

The performance on that day started around 6pm and continued till 11pm. Most of the audience remained till that time and gave fullest support to the performance, which showed its high standard and popularity. Another notable feature of this program is the introduction of instrumental music, which replaced the usual vocalist in such debut performances. On that day the well known Mandolin artiste A.P. Raju from Chennai participated and raised the standard of the program and won the applause of the audience many times. Mandolin is an Italian instrument introduced to Indian Carnatic music by the famous mandolin artiste U. Srinivas also from Chennai. Incidentally both Srinivas and Raju are relatives from Palagol in Andhra District in India. I must also pay tribute to Sujintha for creating this unusual but innovative procedure of introducing Instrumental artistes in debut instead of vocalists as the main performer. Last year, he introduced the famous violinist Mullaivasal G. Chandramouli as the principal performer and created history at the debut of Aravind Kugenthiran. This procedure is a welcoming move and it may catch up in the

future, since fine arts connoisseurs expect such innovations.

The chief guest Dr. Sangaran praised the skill and ability of Varnan during his speech and wished him a bright future. He went on to add that Varnan has the ability of blossoming into a great artiste. Varnan started to learn many instruments from the age of six. First he started with piano and then went to learn violin from Mrs. Thulasi Ragnathan. Seeing his interest in carnatic music she sent him to Mrs. Rathika Navantha Sarma to learn vocal. Along with miruthangam Varnan can play kadam, kanjira and thabela. These are all percussion instruments connected to each other. Also he played viola at his school. He is also a black belt holder in Taekwondo, the Korean martial art. He is a student of Agincourt C.I.

On that day Varnan played solo for nearly forty five minutes and continued to play for nearly three and a half hours and mesmerized the audience. This clearly showed his passion and dedication for this art form. The bright future of our traditional art forms rest on the shoulders of students like him. Much of the credit goes to his Guru Sujintha, who trained him to be a budding miruthanga artiste. He must be thankful to his Guru Vasuthevan Rajalingam who taught him to be a miruthangam player and teacher.

Varnan was ably assisted by well known artistes like violinist A. Jeyathevan, kadam player Ramana Indrakumar, morsing player Sayinath Poopalarajah and kanjira by Arvind Kugenthiran. A. Jeyathevan is an expert violinist who has accompanied world famous vocalists like Dr. Balamurali Krishna, Dr.J.J. Jesuthas, P. Unni Krishnan, Aruna Sayiram and many others.

On the whole, that day the audience had a very rare, earful treat of carnatic music and tasty and belly full treat of Indian food. Parents of Varnan Mr. & Mrs. Sarangan deserve many thanks for their untiring efforts of working behind the moulding of a budding miruthangam player. May God bless them.





Toronto Mela attracts thousands of South Asians to celebrate together in Scarborough

Council of Agencies Serving South Asians (CASSA) with the support of City of Toronto organized its second annual South Asian Summer Festival, "Toronto Mela 2013" on September 7th, 2013 at Albert Campbell Square in Scarborough.

Despite the rainy weather, residents from across the GTA attended the Mela to enjoy the delicious South Asian Cuisine and multicultural performances by many talented South Asian artists! It was a fun day for kids with free face painting, arts and crafts activities and

play area with many attractions including a bouncy castle. Toronto Mela 2013 attracted over two thousand attendees, over fifty artists, thirty vendors and over hundred volunteers!

CASSA was delighted to obtain the support from UNIFOR and CUPE 4400 as silver sponsors and from LIUNA local 183 and Ontario Federation of Labour as bronze sponsors. CASSA was also supported by many media outlets including OMNI Television, Rogers Television, Scarborough Mirror, CMR 101.3 and over twenty

others.

Toronto Mela brought the various South Asian communities together through arts, literature, dance, music and food but more importantly created opportunities for all attendees to unite, share, celebrate and learn about South Asian identities and heritage. CASSA remains hopeful that with this growing support and engagement, Toronto Mela 2014 will be even bigger and better next year.



Lasantha Wickramatunga Memorial Lecture

RICHARD DE ZOYSA - SIVANAYAGAM FELLOWSHIP ANNOUNCED

Two outstanding journalists in Sri Lanka - Richard De Zoysa and Subramaniam Sivanayagam were honoured by the Sri Lankans without Borders & the South Asian Journalists Association when a Fellowship in their names was announced at the recently held Lasantha Wickramatunga Memorial Lecture at the Ryerson University in Toronto.

The two speakers who announced the Fellowship on behalf of the Journalists were Arjuna Ranawana (Journalist) and Siva Sivapragasam (Editor - "Monsoon Journal"). Arjuna spoke about De Zoysa's contribution to Journalism and his fearless writings in the field of Media.

Siva Sivapragasam (Editor - "Monsoon Journal") traced a brief history of Sivanayagam who worked for two leading newspapers in Sri Lanka & was also Editor of the Ceylon Tourist Board and later Editor of the Saturday Review. He mentioned that due to the 1983 racial riots, he left the country, lived in India & later took residence in U.K & Europe, and finally returned to Sri Lanka where he passed away. Sivapragasam remarked that Sivanayagam always upheld the best standards of journalism believing in the professional oath to publish all that is fit to be printed.

The Lasantha Wickramatunga Memorial lecture was presented by Sri Lankans without Borders & the South Asian Journalists Association. The panelists included Stewart Bell Senior Reporter, National Post, Tissanayagam formerly from the Daily Mirror, and Sanjana Hattotuwa, Editor - Groundviews. Nadeefa Mustapha, Freelance Journalist moderated the seminar.

The panel discussed in detail issues connected with press freedom in Sri Lanka and related issues of Human Rights. The memorial lecture was endorsed by a number of national and international journalism and media organizations including PEN Canada, Canadian Journalists for Free Expression, Journalists for Human Rights, and Free Media Movement Sri Lanka.

Mr. Srimal Abeywardene, Editor of the Sri Lanka Reporter spoke about his friendship with Lasantha Wickramatunga and condemned the way he was brutally attacked and killed. He pointed out that Lasantha's death was a clear case of the breakdown of law and order and until now those who were responsible for the crime had not been brought to justice.



Kumaran Nadesan from Sri Lankans Without Borders



Ms. Bhandari from South Asian Journalists Association



Sri Lanka Reporter Editor Srimal Abeywardene



Journalist Tissanayagam



Stewart Bell, Senior Reporter, National Post



Journalist Arjuna Ranawana



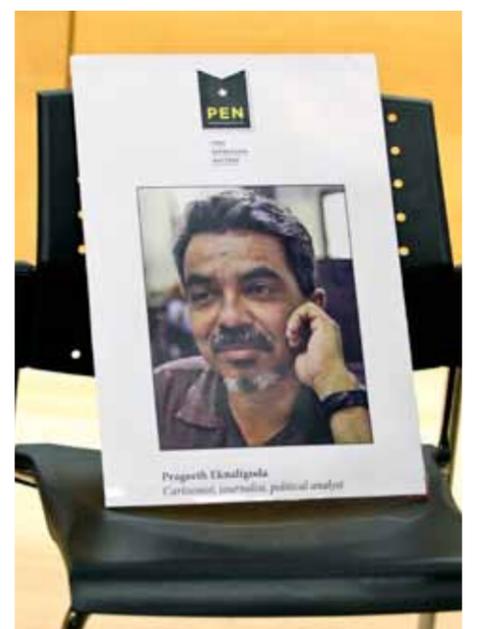
Groundviews Editor Sanjana Hattotuwa



"Monsoon Journal" Editor Siva Sivapragasam



The speakers and presenters at the event



Portrait of Prageeth Eknaligoda, Cartoonist, Journalist, Political Analyst

Seen here are pictures taken at the event. Picture courtesy: Mahesh Abeywardene

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CANADIAN TAMILS' CHAMBER OF COMMERCE HOSTS ITS 6TH ANNUAL GOLF CLASSIC

Highlights from the event held at Deer Creek Golf & Banquet Facility, Ajax on Wednesday, Sept 4th, 2013

Photos by: Ken Photo & Kugan Studio



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Akila's Team



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Sun Life Team



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RJ Multi Litho Team



The Scarborough Hospital Foundation Team



Scotiabank Team



President Sri's Team





Canadian Tamils' Chamber of Commerce Hosts Its 6th Annual Golf Classic



Highlights from the event held at Deer Creek Golf & Banquet Facility, Ajax on Wednesday, September 4th 2013



Photos by : DigitalGnane



Special Feature

Quality, Hard work and Market Awareness are key to success of RJ Mufti Litho Inc.

RJ Multi Litho Inc. celebrated a ground breaking ceremony for their new building with 15,000 sq.ft for West End Bindery Ltd, on Monday, Sept 16, 2013, located right across their current offices of RJ Multi Litho Inc. at Coventry Road in Oakville.

The official ground breaking ceremony was inaugurated by Oakville Mayor Rob Burton in the presence of their staff and several members from the business

community.

Rajeevi Muthuraman and Frank Barbosa, the partners of RJ Multi Litho Inc. stated that they use high-tech, state of the art equipment that can handle simple to complex orders.

They further added that they are fully committed in their operation for excellent customer service and personal touch to ensure satisfaction of their customers.

“RJ Multi Litho Inc. is a full service printing company committed to delivering you the highest quality products and we have proven track record in the field,” both partners proudly reiterated at the event.

Some of the photos taken at the event can be seen here:



Future building of West End Bindery



Present office of RJ Multi Litho



Cake cutting celebration: Rajeevi Muthuraman and Frank Barbosa with Oakville Mayor Rob Burton



Rajeevi Muthuraman and Frank Barbosa with Oakville Mayor Rob Burton



Bala & Sean



Mr and Mrs Rajeevi with Frank Barbosa and Senthil



Kanish, Rajeef Koneswaran, Rajeevi and Ajith Sabaratnam



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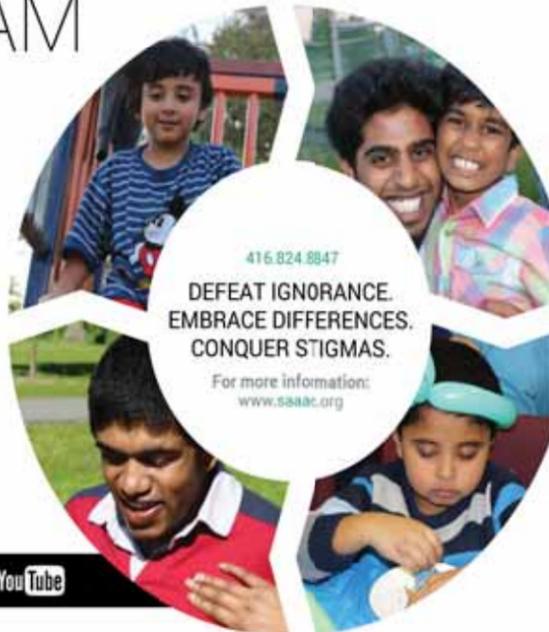
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Alumni Association, Toronto, Canada
Silver Jubilee Celebrations 1988 – 2013



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October 26, 2013

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Free parking available at the adjoining parking facility.

Your kind presence and cooperation will be very much appreciated. Please inform other Uduvilites and friends.

Tickets are priced at **\$40.00** (Buffet style vegetarian & non vegetarian meal).

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Yours sincerely,
Sarajini Sathianathan
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ANNUAL FAMILY PICNIC - 2013

by Royal College -Old Boys' Association, Toronto

The annual family picnic for 2013 was held on Sunday, August 18, 2013 at Magna Simeon Park, 13190 Woodbine Ave, Gormley. The day was filled with lots of fun including many games such as Cricket, Volleyball, Tug O' War, Bingo, Kids games.

Some of the photos taken at the event can be seen here.





CSGA, Canada Sri Lanka Golf Association 12th annual invitational Golf Championship



Highlights from the event held at
Richmond Hill Golf Club, Richmond Hill on
Sunday, September 8th 2013



56 golfers teed off on one of the best days of summer in Ontario, "could not ask for better" said the President and Chief Organizer of CSGA Anil Perera. The response from the community has been greater than ever before, more and more Sri Lankans have taken to golf as a recreational sport and a means of networking without losing its game face. The significant competition between Sri Lanka Schools has been the hi-light of this annual event, Royal College clinched the victory and Nalanda was a close runner up in this year's competition. Open individual competition was won by Rajinda Gunasena who has won this event the most number of years since its inception in 2002. Closest to Pin was won by Neomal Jayasekara and the Longest Drive was won by Anil Wijesooriya.

Schools that took part include, Ananda, Nalanda, Royal, St. Benedicts, St. Anthonies, Trinity, St. Patricks Jaffna. CSGA follows a very fair scoring system, "System 36" in order to keep the competition in good spirit giving a chance to the lower as well as the higher handicapper.

Anil Perera also emphasised the committee of CSGA that has given untiring support to put this annual event together year after year. In particular the contribution of Lucky Lankage as the treasurer who has also being a sponsor for over a decade with a corporate sponsorship from his company "Grace", "Kurumba Water" is a hit among every one. He would also extend his appreciation to Tissa DeSilva, Shantha Murugesan and Mike Alvis that comprises the small committee of CSGA. He also thanked all players who participated in the tournament to make it a success.

CSGA is also thankful to its sponsors for 2013, Grace, CIBC, BIMO Nesbitt Burns, Alta Concrete, IBI and Meleni David for their great sponsorships and donations, also the Richmond Hill Golf Club that has given Sri Lankans every support to make it a very successful event. The list of support that CSGA gets includes all volunteers from the families of the committee members who give a day at the course for Sri Lanakn community. We're also thankful to all Sri Lankan Schools Associations that send a team every year to take part in the event said Perera.

This year's event was also graced by the presence of 11 year old Kavith Ranchagoda who holds the #2 spot in Canada under Canada Junior Golf Association ranking. Kavith has been consistent over the past 3 years with his game and he is a "natural" player, he has competed in many international championships in the US and Canada.

- Photos by: digitalgnane



TCASD Cottage Trip Balsam Lake 2013

August 3, 4 and 5th, 2013 was the long awaited and truly memorable weekend where several families of the Tamil Cultural and Academic Society participated in the luxury cottage trip to Balsam Lake, situated in the Kawartha lakes region, approximately 150 kms from Ajax.

All of us including children, youth and parents came well prepared in supplies and in the joyous spirit of adventure, team work and attitude. The trip began with a convoy of cars, filled to the brim with supplies, and laughing, inspired members, which slowly drove away from Durham up north through side roads to the Kawartha region. Hello, to a world of "Lakes of Shining Waters".

Our luxury cottage was everything we expected it to be -situated in a retirement community, with immediate access to sandy beach areas, decks, boating facilities, boardwalks, gazebos and community halls. Our high moment was a little daunting with the discovery that there were electricity connectivity issues within our home for the next three days, which restricted electricity use to the basic essentials of cooking, fridge, available only to use in the garage, and that was too was thankfully attained through a connection granted from a sympathetic Tamil next door cottage renter/neighbor who willingly granted us a welcome helping hand. With our stove, BBQ and fridge in working order, food during the entire trip as never an issue! In fact, it was superb ranging from kothu roti, BBQ sausages, burgers, chicken curry, crab and fish delights and even delicious kool! As dusk came upon us, the other new experience was the lack of hot water for bathing and moving around a dark house (and washrooms!) with three lamps, candles, torches and cell-phone lights. This certainly was an experience that every single member of the group found a challenge to which we all rose and adjusted to.

The three days and two nights passed with many memorable events, experiences and first time opportunities for many in the group. With the expert guiding hand of our TCASD cottage co-ordinators, we moved from one laughing event to another, learning, sharing and growing with each moment. The youth learned lot of new skills at the cottage, featuring such as how to bathe without hot water, living on basic electricity, adjust to mosquitoes, driving a powerboat and close observation of a dead snake. The highlight for most was the 12 passenger Speed Boat ride for 2 hrs, actually everyone drove the Speed boat for at least over 1 KM each, including the one 12 year old kid. (as per the law kids over 12 years can operate a powerboat), and some the youth made 30 degree turns, off course; under expert supervision of Thiru, our TCASD Presi-

dent. We did some deep water fishing, where lucky Santhos got a fish. Further, the boys learned some deep water swimming and flip jumping & diving from the boat. We had excellent camp fire in the night along with our newly found supportive Tamil neighbour friends, non-stop singing by girls & ladies, and importantly, Sunthari Acca, introduce the laughter therapy for the ladies and girls. They were laughing their head off. Everyone was relaxed and stress free. Vasantha, the secretary of TCASD, made us to find the inner peace through the morning meditation and the meditation was held right on the Lake surrounded by the nature and water (deck on the water). In the night, Susila, the Treasurer of TCASD, took us to watch of stars, and understand the magic of planets, featuring Northern Star and Falling star. We played group youth games in round circle groups in the Gazebo/community hall, where parents and children competed against each other in friendly competition, strengthening parent/children relations and making connections regardless of age. The youth rose to the occasion at every moment. Boys made the breakfast and the girls helped with the clean up.

Our weekend getaway was blessed. The weather was outstanding. We TCASD members would like to thank our Executive team for giving each one of us the ultimate great Canadian outdoor experience, one that some of us can otherwise only read or hear about. Our Executive team showed outstanding leadership and commitment to all taking responsibility for a large group over the long weekend. There was excellent team work throughout by members. Many of us acquired new skills. We all worked together to make the week end very fun loving a memorable one!!!! Every one member contributed in some way or other. All of us rolled up our sleeves, and adjusted to the situation and to circumstances. Our TCASD youth and children are truly very supportive and accommodative individuals who learnt great life lessons and made great strides in acquiring emerging discipline that they have to manage as a Canadian & a Tamil.

TCASD, as it grows, we are confident that, the unity, bonding and the leadership we share among our Youth and Children will have great impact in our community to become a better place to live for our next generation.





Durham Tamil Association proudly supports Toronto Mela 2013

Council of Agencies Serving South Asians (CASSA) held its Second Annual "Toronto Mela" on the 7th of September 2013 at Albert Campbell Square (located outside Scarborough Town Centre). Durham Tamil Association pompously participated in the Mela as it is an effort to meet and gather with the South Asian communities to enjoy the cultural diversity in Toronto. DTA's Nivedha Ramalingam stormed the stage with her young students' classical Bharathanatyam performance. Three little dancers Athusga Kiriparan, Mabeena Piraba and Sharuka Thirumal brought fame to Bharathalaya Dance Academy by their outstanding performance. DTA revel the wonderful event by launching the day with youth volunteers fixed to setting up of booths for all the vendors partaking in the Mela. All the 34 youth volunteers of Durham Tamil Association had enormous assigned task on the event like guiding the performers to their respective venue, promoting the event by handing out flyers, services and freebies to all the attendees, entertaining the kids with fun games and activities such as bouncing castles, basketball challenges and free gifts. Above all, the youth volunteers gave a big hand by continuously collecting the litter and hauling junk out on this huge event. DTA took pride by helping to keep the venue clean and also cleaving down the cubicle after the event. MPPs and dignitaries including MPP Corneliu Chisu and Minister/MPP Tracy MacCharles and organiser Neethan Shan honoured and recognized the youth of Durham Tamil Association for their outstanding Volunteer work within the community.



TEAM DTA Youth during Toronto Mela



DTA's Athusga Kiriparan, Mabeena Piraba & Sharuka Thirumal performing



DTA's Nivedha Ramalingam with her young performers and MCs



TEAM DTA Youth volunteers with MPP Tracy Mac Charles, MPP Corneliu Chisu, Dr. Mahbub Hasan of CASSA & Uma Suresh

Durham Tamil Association volunteered in Ontario Shores Centre for Mental Health Sciences

Durham Tamil Association was honoured in joining hands with Ontario Shores Centre for Mental Health Sciences for the Multiculturalism Day on the 21st June 2013. Various Nationalities of Durham community were represented and DTA showcased Tamil culture. We also helped the organiser to connect with various community group as Afghan Council of Durham, Friends Indeed (Pakistan), Devi Mandir(Guyanese) WMRCC DACA (Chinese Community) and ICCAD (India). Durham Tamil Association set up a traditional booth showcasing Tamil culture which was prepared by our youth volunteers. We also decorated hundreds of guests who participated in the event with free Henna and gave out Rice Art as gift and were appreciated for our service. Durham Tamil Association gave delicious traditional food like vada and samosa to all the guests.



Maenusha Raguvarnan & Uma Suresh with Vaqar Raees & Saeed Siddiqui of Friends Indeed and Ifraah Bukhari of WMRCC during Multiculturalism Day Celebration



Uma Suresh putting Hena for the guests



Late Mr. Dan Ganesan

DTA Donates \$5,000 to Ajax-Pickering Hospital in Memory of Mr. Dan Ganesan

"Action Speaks More Than Words"

Bharradhi Arts conducted Durham LifeBeat, a 24 hour Musical Bandathon in partnership with numerous community partners on September 27 & 28th at Pickering High School in Ajax. The Event raised over \$40,000. Every dollar raised will go to purchase a new operating room procedure table for cancer surgery at Ajax-Pickering Hospital. Durham Tamil Association made significant contribution to ensure the event was a success. As an Organization, DTA contributed \$5,000 towards this effort plus many more DTA members made individual pledges. In addition to supporting Bharadhi Arts initiative to fight for a cure for cancer, Durham Tamil Association has been an ardent supporter numerous fundraising campaigns organized by the Cancer Society.

Mr. Dan Ganesan was a long-term member of Durham Tamil Association. He has been an ardent supporter, advisor, well-wisher and a donor of our Organization. Specifically, he sponsored DTA's annual University Entrance Scholarship program for many years. More importantly, he was a visionary and a forefather for Tamils living in the Region. He identified the need for Tamils to organize and our drive towards mainstream. Further, he strongly advocated the need for Tamils to build relationships with community partners including federal, provincial and municipal governments in the region. He also understood the plight of Tamil Seniors and worked hard to improve their lives. He was instrumental in the inception of Malvern Tamil Seniors. He was near and dear to us Tamils in the region and we all fondly called him "Ganesan Uncle". Earlier this year, Ganesan Uncle lost his prolonged battle against cancer and passed away. Durham Tamil Association is eternally grateful to Ganesan Uncle and his service to Tamils in the regions and are very proud to dedicate our \$5,000 donation in his memory.

Mathi Sreenivasan, the director of Bharadhi Arts, accepted the donation on behalf of the hospital. During his speech, he acknowledged Durham Tamil Association was instrumental in bringing their Fundraiser to Durham Region and thanked DTA for our strong commitment despite numerous challenges along the way. Josh Suresh, President of Durham Tamil Association, thanked the performers for their monumental effort and all volunteers for their support. Particularly, Mr. Suresh thanked Mr. Martin Beckett, Director of Education of Durham District School Board, for his strong initial commitment to facilitate the event.



DTA's Sarika in performance with Baarathi Arts orchestra



DTA president Josh Suresh enjoying live music with Ajax Councilor Pat Brown



DTA Executives presenting \$5000 Cheque in memory of Mr. Dan Ganesan, From Left: Mr. Kumar Rasingam, Mano. Pancharatnam, Kanthan Manickavasagar, Kanga Sivanathan, Josh Suresh



Indian Mela celebration in Kitchener - Waterloo

Kitchener: The annual Indian Mela celebration took place on the 7th of September at the City of Kitchener. It was organised by the Indian community along with other south Asian partners.

Among the events include Tamil Dance, Barathanatyam, North Indian classical dances and Music. A large number of vendors and guest filled the rotunda. City of Kitchener Mayor Carl Zehr inaugurated the festival. Tamil community was represented by the President and Secretary of Tamil Cultural Association of Waterloo Region.



Tamil Cultural Nite

Experience the splendor of Indian & Sri Lankan Performing Arts and Culture

Saturday, October 19th
5.30 - 10.00pm
Humanities Theater
University of Waterloo

Free Admission

Dance • Music • Drama • Live Entertainment

Tamil Cultural Association of Waterloo Region presents

தமிழ் மாலைப் பொழுது





South Asian Community Walkathon helps Cambridge Memorial Hospital

The East Indian Community along with local organizations including the Tamil Cultural Association of Waterloo Region raised more than \$22,000 for the Cambridge Memorial Hospital.

The annual event attracted over 300 people, including Regional Chairman Ken Seiling, Waterloo Mayor Brenda Hallaron, Kitchener MP Peter Braid, Waterloo MPP Cath-erine Fife, Kitchener MPP John Milloy and City councilors graced the occasion with a one-hour walk around University of Waterloo.

Besides raising funds for the hospital, organizers say the goal of the walkathon was to raise awareness of South Asian family values. Rajivi Nadarajah, the President of Tamil Cultural Association of Waterloo along with other Tamil community members joined the walk.





WHITBY
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Regional News

Parks, Trails and Outdoor Facilities

There are many ways for residents and visitors to experience Whitby's natural environment. The Town maintains 125 parks with 950 acres of active parkland, over 1,000 acres of passive open space, and approximately 60 kilometres of trails.

From October 1 to March 31
parks are open 6:00 a.m. to 8:00 p.m.

Community invited to Scotiabank Backyard Rink

The Town of Whitby is pleased to announce the return of the Scotiabank Backyard Rink. **The program is free to children 7 years of age and under** to practice the sport of hockey or ringette. It offers the ice, nets and professional facilities at Iroquois Park Sports Centre as a communal, indoor backyard rink; parents just need to provide the sticks, pucks and protective gear. The program is a key component of the three-way partnership amongst the Town of Whitby, Scotiabank and Whitby Minor Hockey Association launched in February 2010.

"Whitby has a long history of growing great athletes. It is a pleasure to once again partner with Scotiabank to provide the next generation of players with this opportunity to participate," says Mayor Pat Perkins.

Scotiabank is proud to support hockey on all levels in Canada, from over 4500 community hockey teams and minor hockey associations to professional players, teams and leagues.

"At Scotiabank, we understand the love that Canadians have for hockey because we see year round how much it means to our customers and employees, who are dedicated hockey parents, coaches and fans," says Eiji Doi, District Vice President of the GTA East Region for Scotiabank. "We believe that everyone needs a team, which is why we are excited to be part of this great program in Whitby, where kids will have the chance to learn about teamwork and the spirit of competition while having a lot of fun."



From September through March, the program runs Mondays (1:30–3:00 p.m.), Wednesdays (11:00 a.m.–12:30 p.m.) and Fridays (11:00 a.m.–12:30 p.m.) on Scotiabank Arena 1 at Iroquois Park Sports Centre, 500 Victoria Street West, Whitby, and on also on Wednesdays (1:00–2:30 p.m.) at Luther Vipond Memorial Arena, 67 Winchester Road East, Brooklin.

Town of Whitby Friday Night Youth Dances

The Town of Whitby is proud to be a Platinum Level Youth Friendly Community. Youth dances are offered every second Friday during the school year and approximately 150 youth attend the dance each week. Youth must leave the dance accompanied by an adult no later than 10:00 p.m.

| | |
|-------------|---|
| Ages: | Youth ages 10 to 14 (Grades 5–8) |
| Dates: | October 4 and October 18, 2013 |
| Time: | 7:00–10:00 p.m. |
| Location: | Heydenschore Pavilion, 589 Water Street, Whitby |
| Cost: | \$8.00 at the door |
| Dress code: | No straps showing, no belly tops, no halter tops, no short skirts/shorts and no bandanas. |
| Note: | No cell phone use during the dance. Free coat-check available. |

October Events

www.whitby.ca/calendar

| Event Name | Location | Date | Time |
|--|---|------------------|----------------------|
| Newcomers Welcome Program for Seniors | Whitby Seniors' Activity Centre, 801 Brock Street South, Whitby | October 3, 2013 | 1:00–3:30 p.m. |
| Seed and Plant Exchange | Rotary Centennial Park, Brock Street South (at Burns Street), Whitby | October 5, 2013 | 10:00 a.m.–4:00 p.m. |
| Regular Meeting of Council | Council Chambers, Whitby Municipal Building, 575 Rossland Road East, Whitby | October 7, 2013 | 7:00 p.m. |
| Newcomers Welcome Program for Seniors | Whitby Seniors' Activity Centre, 801 Brock Street South, Whitby | October 10, 2013 | 1:00–3:30 p.m. |
| Management Committee Meeting | Whitby Municipal Building, 575 Rossland Road East, Whitby | October 15, 2013 | 2:00 p.m. |
| Planning and Development Committee Meeting | Council Chambers, Whitby Municipal Building, 575 Rossland Road East, Whitby | October 15, 2013 | 7:00 p.m. |
| Newcomers Welcome Program for Seniors | Whitby Seniors' Activity Centre, 801 Brock Street South, Whitby | October 17, 2013 | 1:00–3:30 p.m. |
| Operations Committee Meeting | Council Chambers, Whitby Municipal Building, 575 Rossland Road East, Whitby | October 21, 2013 | 7:00 p.m. |
| Newcomers Welcome Program for Seniors | Whitby Seniors' Activity Centre, 801 Brock Street South, Whitby | October 24, 2013 | 1:00–3:30 p.m. |
| Seniors' Fall Bazaar | Whitby Seniors' Activity Centre, 801 Brock Street South, Whitby | October 26, 2013 | 8:00 a.m.–2:00 p.m. |
| Regular Meeting of Council | Council Chambers, Whitby Municipal Building, 575 Rossland Road East, Whitby | October 28, 2013 | 7:00 p.m. |
| Newcomers Welcome Program for Seniors | Whitby Seniors' Activity Centre, 801 Brock Street South, Whitby | October 31, 2013 | 1:00–3:30 p.m. |

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MARKHAM



Regional News



Mayor Frank Scarpitti; Regional Councillor Joe Li; Members of Council; international municipal delegations from Ganzhou and Hsinchu and Canadian Hakka community members celebrated the establishment of the Hakka Economic and Cultural Alliance at the Civic Centre on September 20. The Alliance Memorandum of Understanding (MOU) and the Friendship City Relationship MOU were signed between Markham and the City of Ganzhou.



Nördlingen Mayor Hermann Faul; Markham Mayor Frank Scarpitti; Ward 4 Councillor and Chair of the Economic Development Committee, Carolina Moretti; Nördlingen resident Akxel Rinck; and Markham Town Crier and resident John Webster celebrated the official unveiling of "Markham Street" in Nördlingen, Germany on September 7.



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Talented child performers took to the stage at RBC Markham-Milliken Children's Festival on September 7 to impress the crowds on a rainy day!



Applefest at the Markham Museum was a hit - see you next September!



The popular group SynSational perform an encore set at the South Asian Festival.

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SCARYFEST at MARKHAM MUSEUM

Trick-or-treat your way around the Museum grounds where you will encounter ghosts and goblins of all sorts!

For children 10 and under.

Saturday, October 26 • 5 - 8 p.m.
Sunday, October 27 • 3 - 6 p.m.

Adults: \$6 | Students/Seniors: \$5 | Children: \$4
 (Children under 2 are free)

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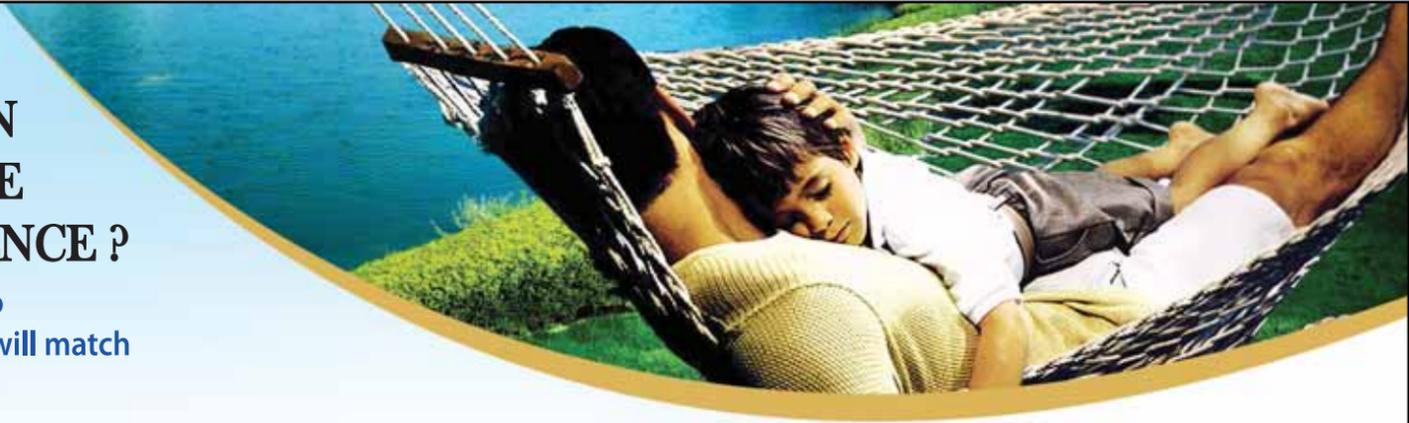
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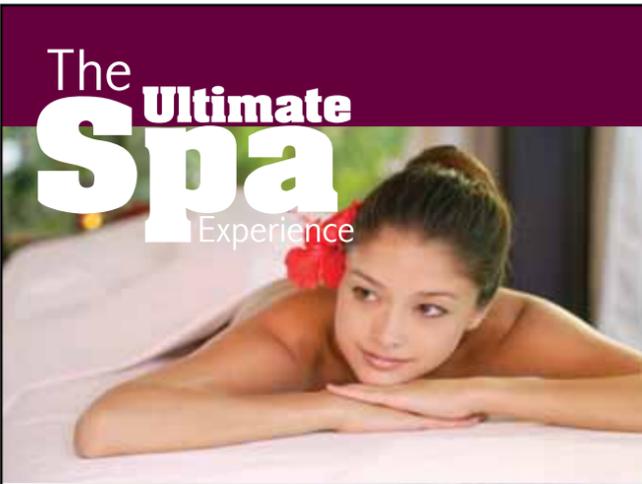
சுகமான பயணங்களை பாதுகாப்புடன் சென்றடைந்திட... இலபதது சித ஞர்வ்லாஞார் ஞலததஞ...

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