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# SACEM

# Malar LD6VIT

*"Lend a Helping Hand"*

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**Whether it is volunteers, skills or support for safely and professionally handling your activities, SACEM can help.**



[www.sacem.ca](http://www.sacem.ca)

## SACEM SUMMER ACTIVITIES

### TRAINING PROJECT 'TOWARDS COUNSELLING SKILLS DEVELOPMENT'

#### "A PROJECT IN SACEM'S BEST TRADITIONS"

In a policy statement issued early this year, SACEM identified the Development of People's skills as one of its major goals for the next few years. It also noted that trained Counsellors were a deeply felt need in the community at the present time. Spurred no doubt by the Tsunami Disaster, which affected the lives of thousands of people in Sri Lanka, as well as here in Canada. SACEM ventured into the area of providing training for people who yearned to be

of help through counselling to their brethren in distress.

As a first step the association organized a 2 ½ hour workshop on Basic Counselling Skills in May 2005 which was facilitated by Dr. Krishanthi Shu. Following this workshop which drew 42 participants SACEM has been able to organize a 12 hour training programme to be held on two week ends in July/August 2005 titled "Towards Counselling Skills Development" .

SACEM is joined in this project by the Tamil Caregiver Project of Providence Health Care and is supported by Kanish and Partners, Chartered Accountants and Advisors. 32 persons have registered to participate at the time of writing. The language of the programme is English and Tamil. A team of 5 resource persons have offered their services for the programme.

*Contd...Pg.6*

## 2017- YEAR OF CHANGE

*By Mr.A.Jeyanathan*

#### "AN OPPORTUNITY FOR SOUL SEARCHING IN THE COMMUNITY"

A recent report from statistics Canada said that by the year 2017 the visible minorities in the city of Toronto would become the majority. To some people in the city this news brought apprehension. To others it brought some measure of excitement. To many others it meant probably nothing because 2017 would ultimately be remembered only as a milestone in the demographic composition of the city.

SACEM which is a voice of an ethnic visible minority community in the city views the announcement as an opportunity for reflection and soul searching in the community, in regard to issues connected with the practice of multiculturalism in Canada; the benefits we enjoy and the road blocks we encounter to progress. In the process it could help us to develop a vision as to the type of society we expect to be during the next twenty years.

The seminar is being organized by the committee for Responsible Citizenship under its chairman Mr. Quintus Thuraisingham. Mr. Thuraisingham has already prepared a comprehensive blueprint in regard to the objective and action plan for the seminar. He is confident that the seminar will create greater interest and lead to wider discussions among members of the community and beyond.

*Contd...Pg.6*

**“LEND A HELPING HAND”**

The **SACEM** Logo with its attended message ‘Lend a Helping Hand’ probably does not receive everyone’s serious attention and thought. Nevertheless it is good to note that the words, ‘**Lend a Helping Hand**’ carry a wealth of meaning.

A large volume of Volunteer activities done in the world, including those that are done by **SACEM**, may ultimately be classified under ‘Lending a helping hand’ to our fellowmen and women. Whether it be the imparting of knowledge or skills or teaching habits in responsible citizenship or in hygienic living, we are primarily ‘lending a helping hand’ to people live a better life.

We do not attempt to make people change their lives to fall in line with the way we live, nor do we try to impose our values on them. We assist them in their efforts to achieve their goals. In other words we help them to help themselves. We ensure that the self respect of the people we serve is respected.

In our world today, there is an unprecedented effort to serve people in need. While this effort is laudable, it is often vitiated when the principle of ‘lending a helping hand’ is lost sight of. Very often those who come to lend a helping hand, unwittingly or not, overstep their mission, incur the displeasure of the beneficiaries of their assistance and end up causing ill-feeling all around.

So, next time you see **SACEM** Logo and its message, please remember that it carries a deep and profound meaning for the concept of Service.

**Laughter, the best medicine...**

**Murder Trial Testimony**

A woman, on trial for poisoning her husband, was being questioned by the defense attorney.

“You have testified that, after you put the poison in the coffee, you sat and watched your husband drink it. Tell me, wasn’t there a time when you felt the slightest bit of pity for him?” the attorney prompted.

“Yes,” she replied, “There was a brief moment when I did feel sorry for him.”

“And when was that?” asked the attorney.

“Right when he asked for his second cup!” she said.

**Almost Out of Paper**

A small company recently hired a new girl secretary who certainly wasn’t the sharpest knife in the drawer.

One day while she was typing, she turned to another secretary and said, “What do I do now? I’m almost out of typing paper.”

“Just use the copier machine paper,” replied the other secretary.

With that, the new secretary took her last remaining blank sheet of typing paper, placed it on the photocopier and proceeded to make ten blank copies.

**Flower Vendor**

A flower vendor was normally quite successful at unloading his last few bunches of

flowers. Appealing to a businessman who was walking by on his way home, the vendor said, “How about a nice bunch of roses to surprise your wife?”

“I don’t have a wife,” the businessman replied gruffly.

“Well then, how about some beautiful carnations for your girlfriend?” suggested the vendor, without missing a beat.

“I don’t have a girlfriend,” snapped the businessman.

“You lucky fellow!” the vendor said, as he broke into a big smile. “Buy both bunches to celebrate!”

**Did you know?**

- Canada is the 2<sup>nd</sup> largest country in the world after Russia.
- Holds about a quarter of the world’s fresh water supply.
- Ontario is the most populous province.
- More than a third of the country’s population live in Ontario.
- Canada’s largest city is Toronto.
- Toronto is the 5<sup>th</sup> largest Municipal Government region in North America.

**Communication**

- People like people who are like them. And people believe and trust people they like.
- To be credible, you must demonstrate that you are acting in good faith to the best of your knowledge and ability.
  - Don’t forget we communicate by actions as well as words.
  - Be consistent, current, complete, clear and admit what you don’t know.
  - Accept responsibility for decisions, actions & results where you have some control.

**Congratulations!**

We welcome the following new members to the Board of **SACEM**.

- Ms. Vathsala Jeyanathan
- Mr. Andrew Rajasingham
- Ms. Amala Ambalavanar
- Mr. Maya Kandiah

**Do you have a volunteer story to share in a future issue of SACEM Malar? Please let us know!**

## SACEM COMMUNITY FUNDRAISING

### "INNOVATIVE APPROACH EVOKES ENTHUSIASM"

When the present board of directors took over the administration of SACEM in early April this year, one of its first tasks was to evolve a plan for community funding for the year 2005 to meet the associations' needs for this year.

It was also decided that the first phase of the fundraising programme would take place in Spring/Summer of would be in the nature of a Raffle. Mr. Jay Elagupillai the Vice President of Administration was assigned the chair of the project. He evolved a plan in this regard that was in many ways innovative and intended to achieve optimum results with available resources through the holding of a

special launching event and the introduction of a scheme of community sponsorship awards for volunteers to distribute tickets.

Mr. Elagupillai has been able to evoke enthusiastic response of SACEM members as well as well-wishers to the fundraising campaign of this season. The eagerly expected Raffle Draw will take place on the 29<sup>th</sup> of July 2005 as the final event and highlight of the SACEM Quarterly meeting to be held at the Nu Royal Palace located at 3130 Eglinton Avenue East Scarborough.

The next phase of the fundraising campaign is scheduled for the month of November 2005 and will take the form of a community Dinner and the publication of our annual magazine.

*Contd from Pg 6...*

## DON'T LIVE FOR RETIREMENT

Finally, the big day arrives – the first day of retirement. Yippee!

But here's the problem. As you probably know, old habits die hard. If you smoke or stutter, it's difficult to quit. If you're highly critical or defensive, it's hard to change. If you have bad eating and exercise habits, it takes enormous discipline to make a permanent shift. In the vast majority of cases, most people simply can't do it. It's too hard to change.

The way around this problem is to commit to being happy now – to make the absolute best of the job or career you have right now, to see it as an adventure, to be creative and insightful.

Make this your habitual way of thinking about your job and of being in the world. Practice this type of healthy, optimistic thinking on a day-to-day, moment-to-moment basis. If you do, then when retirement arrives, whether it's a year from now or twenty years from now, you will know the secret of happiness: that there is no way to happiness; happiness is the way. It will be second nature to you.

So, go ahead and look forward to a fantastic retirement. Plan ahead and plan well. But do yourself a great big favour. Don't miss a single day along the way.

Courtesy: "Don't Sweat the Small Stuff at Work" by Richard Carlson, Ph.D.

## ACTIVITIES PLANNED FOR FALL 2005

The following Projects due for implementation in Fall 2005 on in the planning stage and details in regard to them will be issued shortly:

### 1) Addiction Counselling Skills Development

The next training Programme in Counselling Skills with special reference to 'Addiction' is in course of preparation, with the support of the Centre for Addiction and Mental Health. It is likely to be held in October 2005.

### 2) Seminar on Mental Health

Mental Health is a subject on which ignorance and prejudice abounds. A Seminar is being planned whereby proper information and knowledge can be imported, doubts cleared and stigma removed to some extent. Please await for more details from SACEM Health Education Committee.

### 3) SACEM Board 'Retreat'

A Weekend 'Retreat' is in the process of planning for members of the SACEM Board, the Advisory Council, and Past Officials. The objective is to review Policies, and evolve strategies for the coming years.

### 4) Fundraising Dinner and Final Quarterly Meeting

This event has been fixed for the 12<sup>th</sup> of November 2005. The event will also feature the publishing of SACEM's Annual Magazine.



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*Contd from Pg.1*

### 2017- YEAR OF CHANGE

Mr. Thuraisingham said "SACEM will strive to provide the guidance and expertise to make community members strong in character. We will be ready to accept and conquer the challenges of the tamilian to take them from visible minority to a majority."

The seminar is scheduled to be held during the latter part of August or early September of 2005. It will be a 2 ½ hour event and will feature 3 to 4 speakers. The essence of the seminar will be on the interactive discussions among participants on issues stated above.

*Contd from Pg.1*

### SUMMER ACTIVITIES

In an introductory note to this project the Project Chairman, Mr. Jeyasingh David said "It is not intended for the participants to become professional counsellor. But participants will learn a few tips in effective communications and learn the potential benefits of formal counselling. This could pave the way for participants to specialize through formal courses offered by colleges and universities.

Many members of the SACEM Board have expressed their deep

appreciation for this programme. One member said "It is a programme which is in keeping with the best traditions of SACEM. This is service in the true sense of the word. We help train people who go into the field and serve their fellowman with zeal and skill.

*Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the Only thing that ever has.*

**Margaret Mead**  
*US anthropologist & popularizer of anthropology (1901 - 1978)*

## PRESIDENT SPEAKS....

*As we progress, we confront newborn challenges. We ought to keep the momentum vivid in a planned, organized way to conquer them. The new initiatives embarked on promoting SACEM start to pay off. The programs are designed so as to keep them relevant to the felt needs of the community. While you lend a helping hand to enliven a community, do spare summer time generously with your beloved ones.*

*I hope you are finding ways to stay cool in this warm weather, and enjoy bright skies and refreshing breezes wherever you go. If you have any feedback for SACEM, please do share with us.*

*- Jude Aloysius -*

*Unless someone like you cares a whole awful lot, things aren't going to get better, they're NOT! - Dr. Seuss*

## DON'T LIVE FOR RETIREMENT

Knowingly or unknowingly, many people practically live for retirement. They think about how wonderful life will be without the burden of daily work outside the home. Some people go so far as to count the years, months, even days before retirement. It's common for people to postpone joy, contentment, and satisfaction until "later". It's almost as though people are 'putting in time' as if they were serving a sentence, patiently waiting for their freedom.

Admittedly, most people don't go quite this far. It's usually a bit more subtle than this. However, a staggering percentage of people expect that life down the road is going to be better than it is today. Frequently, day-dreams as well as conversations with co-workers and friends make it clear that the expectation is that 'someday' will be better than now - when you're retired, have more money, freedom, wisdom, time to travel, or whatever.

On the contrary, It's far better, to wake up each morning and remind yourself of the old adage, "Today is the first day of the rest of my life." Make the decision to honour your

gift of life by giving today your best effort, regardless of what you happen to do for a living. See if you can keep perspective when others may not, inspire another person, or make a contribution, however small, to the life of someone else. Remind yourself that all days were created equal, that today is every bit as important as any future day after retirement.

Another important reason to avoid living for retirement is that doing so increases the likelihood that you'll be disappointed when it arrives. A strange thing happens when we postpone happiness until a later date. It's as though, in the meantime, we're rehearsing how to be unhappy. We become experts. When we tell ourselves we'll be happy later, what we're really saying is that our life isn't good enough right now. We have to wait until our circumstances are different. So we wait and wait. Thousands of times, over the course of many years, we remind ourselves, in the privacy of our own minds, that when things are different - someday down the road - we'll feel satisfied and happy. But for now, we'll have to make do.

*Contd in Pg.5*