

Fundraiser Held For Heart And Stroke Foundation

Mississauga: Over 400 dentists and doctors came together on September 27 at the Metro Convention Center in Mississauga to raise funds for the Heart and Stroke Foundation, Canada, organized by The North Indian Medical and Dental Association of Canada (NIMDAC) Foundation. The gala was filled with surprise entertainment, light hearted humour, and a live auction bid for beautiful paintings and Etihad Airways sponsored tickets. The MC, the lovely Angie Seth, of OMNI fame, introduced the evening's keynote speakers after a brief speech by Dr. Asha Seth, CEO and founder of NIMDAC Foundation.

Dr. Seth addressed the serious issue of heart disease during her speech and donated all the evening's proceeds to the Heart and Stroke Foundation. She thanked all the attendees for taking the time and making the effort to come out and support



such an important cause. CEO of the Heart and Stroke Foundation, Mr. David Sculthorpe in his speech, said that he was saddened and shocked to see the number of people in North America dying of heart disease. He also stated that it was "easier to get rid of a virus than to change a lifestyle" referring to the prevention of heart disease lay in changes of lifestyle.

Dr. Arun Seth introduced another prominent citizen, Senator Con DiNino, well known for his numerous charitable causes and generosity. The Senator praised Dr. Asha Seth's accomplishments not only in the medical field, but also as a great community person. The

show-stopper of the evening was the exotic carnival dancers who raised the heart rates of all present! It was followed by a fantastic modern ballet performance by the dance trio A2D2. The evening had a carefully planned heart-friendly 5-course dinner. The evening took on a more serious note with the presentation of heart facts and statistics by Dr. Milan Gupta, cardiologist, who minced no words as he pointed out how serious the disease was amongst South Asian community here in North America. The evening ended on a high note as all the items presented in the silent auction were gone to generous shoppers who made high bids and raised a lot for the evening's cause. □

George Webster School To Observe Gandhi Day

Toronto: Grade 5 students at George Webster Elementary School will embrace the philosophy of non-violence by celebrating Mahatma Gandhi's birthday. "Gandhi Day is an opportunity for our Grade 5 students to learn about Gandhi, his life, and non-violent approaches to conflict," says Nancy Steinhauer, principal of George Webster. "As one of the Model Schools for Inner Cities, George Webster is happy to be part of this exciting event. On this special day, our Grade 5 students will engage in activities that will allow them to think about how individuals can create peace in their homes, schools and, communities, both nationally and internationally. The event will allow them to explore ways to communicate their feelings about relevant issues and to advocate for change."

Gandhi Day will provide students with opportunities to work with professional writers and activists, developing their literacy and critical thinking skills. Mamta Mishra, Andrew Ignatieff, and Melissa Bell from World Literacy Canada will lead students through a series of activities to promote personal empowerment and peaceful coexistence. "When we give students authentic opportunities to explore big ideas and express their thoughts and feelings, we make learning meaningful," says Steinhauer. "We are so grateful to World Literacy Canada for helping empower our students to make a difference."

The event, sponsored by World Literacy Canada, will conclude with a march around the neighbourhood to raise awareness about peace and non-violence. □