

Monsoon Journal

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Emil Alphonsus CA, CPA, CGA

CTCC Walkathon 2017

Canadian Tamil community raises \$70,000 through CTCC/RBC Royal Bank sponsored Walkathon for the purchase of Two Dialysis machines for Scarborough Hospitals

By Siva Sivapragasam

The Canadian Tamil community demonstrated their generous and contributing spirit for a worthy cause recently when they raised \$70,000 for the Scarborough Hospitals for the purchase of two much needed dialysis machines through a walkathon sponsored by the Canadian Tamils' Chamber of Commerce and RBC Royal Bank.

The total funds raised so far

through the annual CTCC walkathons for the hospitals over the years have now exceeded \$300,000.

Since the beginning of this year, the Scarborough Hospitals and the Rouge Valley Hospitals have merged and come under one central foundation. These hospitals are very popular among the Tamil community and their medical services are much sought after by the community.

The threat of an inclement weather did not prevent a large turnout

for this year's Walkathon event. The Chamber Walkathon has now become a traditional annual community event and the Canadian Tamils' Chamber of Commerce has been the first organization to start the walkathon several years ago during the Presidency of Logan Velumailum to generate funds for the Scarborough Hospital Foundation.

For more details and photos, see Page 36 & 37...

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Happy Canada Day
July 1, 2017

Canada 150
Canada



Mohan Sundaramohan, Branch Manager, RBC & Past President, CTCC, Gary Anandasangaree, MP, Scarborough-Rough Park & Past President, CTCC, Logan Velumailum, RE/MAX Community Realty & Past President, CTCC, Arnold Chan, MP, Scarborough-Agincourt & Ajith Sabaratnam, Sun Life & President, CTCC with the \$70,000 cheque raised thru the Walkathon 2017 for the benefit of The Scarborough Hospital Foundation

Photo Courtesy: Tamil CNN & Ekuruvi & Social Media

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Tamil Journeys 86 to 2017

On August 11, 1986, local fishermen from St. Mary's Bay rescued 155 Tamil men, women and children found drifting off the coast of Newfoundland in two lifeboats. These heroic fishermen dumped all their catch of the day and took the refugees on board their fishing vessels until the Canadian coast guard arrived.

This heroic act is symbolic of the generosity and kindness shown by Canada to refugees fleeing persecution in their homelands. The Canadian Tamil Congress is proud to showcase one of the actual lifeboats that these Tamil refugees were found adrift in a mobile exhibit in celebration of Canada's 150th anniversary of Confederation. The Tamil Journeys 86 Lifeboat will be prominently displayed at various locations during Canada 150 celebrations.

Canada is known around the world as a humanitarian, inclusive and compassionate country. In opening its doors to voluntary and involuntary migrants, Canada has created a society of diverse languages, cultures and religions. Tamils fleeing persecution in their homeland in Sri Lanka, have been welcomed to Canada since the armed conflict began in 1983. Tamil Canadians have come a long way from the 80's to the present day.

Canada is home to the largest Tamil Community outside of Asia, numbering more than 300,000 living from coast to coast, in large urban centers to small rural towns. Although Tamils are one of the newest and fastest growing communities in Canada, Tamils have become a vibrant part of Canadian society. Members of the Tamil community have thrived and excelled in numerous fields and embraced the opportunities available to them in this great nation.

Tamil Canadians are school principals, teachers, engineers, doctors, lawyers, police officers, entrepreneurs,

accountants, musicians, taxi drivers, office workers and managers. Tamil chefs, cooks, and kitchen staff in many restaurants and establishments produce much of the delicious food that is dished out in the GTA. Tamil factory workers and service workers contribute to the production of many of the goods and services in Canada. Tamil entrepreneurs and small business create thousands of jobs to help sustain local economies. Tamil Canadians take an active role in political participation and civil action. There are Tamil elected officials in local municipalities, including school board trustees, and there is a Tamil Canadian MP in Ottawa. Tamils are an essential part of the cultural mosaic that makes this country unique.

The rescue of the Tamil refugees in Newfoundland is a great Canadian story that highlights the compassion and inclusivity that is a hallmark of Canadian values. When people from all over the world come to Ottawa during the Canada Day celebrations in honour of Canada 150, it is important that stories such as this are featured throughout the nation's capital. This celebration will be an opportunity for Tamil Canadians to share their language, culture and cuisine with our fellow Canadians on this 150th year since Confederation.

The Tamil Journeys 86 Lifeboat Display and Tamil Cultural Performances Saturday June 24 & Sunday June 25, 2017 - Montreal

Tuesday, June 27 & Wednesday, June 28, 2017 - Kingston

Saturday, July 1 & Sunday July 2, 2017 - Ottawa

For more information and to book rooms in Ottawa for June 30th to July 2nd 2017, please contact Canadian Tamil Congress @ 416-240-0078



Life boat on display at CTC's TamilFest during Aug 2016



Aug 1986 - Fisherman Gus Dalton spotted the 155 Tamils in two crammed lifeboats and helped bring them to Canada



Toronto Mayor John Tory visits the boat that's on display



Canadian Tamil Congress Urges Urgent Support to Sri Lankan Flood Victims

(Full text of CTC Media Release) May 31, 2017:

Sri Lanka is experiencing its heaviest rain fall in 40 years. Nearly 200 people are dead and over 500,000 are homeless as rain and landslide decimate vast areas. There are many more missing and unaccounted for. Tamil Canadians' hearts go out to the people affected by this terrible event and they are in our prayers.

Canadian Tamil Congress (CTC) appeals for our Canadian government

to support the Sri Lankan flood relief effort, as we have done in various parts of the world when they are affected by natural disasters.

As Tamil Canadians, we have always supported when tragedy befell our friends, neighbours and family. Our appeal goes out again to Tamil Canadians to open their wallet and support in any way they can so that we can bring relief to the affected people.

Anyone wishing to make donations please contact CTC: (416) 240-0078



This project has been made possible in part by the Government of Canada and Province of Ontario. Ce projet a été rendu possible en partie grâce au gouvernement du Canada et Province d'ontario.



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from the publisher's desk

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A Call for Strong Democratic Participation in Canada in 2017

On May 27, 2017, the Conservative Party of Canada elected Andrew Scheer as leader of the party to challenge Prime Minister Justin Trudeau in the next federal election, which is tentatively set for October 21, 2019. Mr Scheer, 38, was the Speaker of the House of Commons during Stephen Harper's tenure as prime minister, and is currently the Member of Parliament for Regina-Qu'Appelle in Saskatchewan.

On the opposite side of the political spectrum, the New Democratic Party (NDP) are still in the process of choosing their new leader for the election in 2019.

This electoral decision will be made on October 29, 2017 at the NDP leadership convention. According to the latest poll data of voting party members conducted from April 27 To May 17, 2017, MP Charlie Angus is the front runner at 31%; Niki Ashton, 24%; Guy Caron, 11%; Peter Julian, 14%; Jagmeet Singh, 11%; and Pat Strogan, 3%.

If results along those lines hold in the final vote, Charlie Angus will become the next leader of the NDP. In terms of his political resume, he is the Member of Parliament for Timmins-James Bay in Ontario and was NDP critic for Indigenous Affairs.

Although the election is more than two years away, now is the time to get off the couch and

participate in our democratic process. Issues such as terrorism, trade, climate change, immigration, and online privacy have become highly visible throughout the world. The issue of climate change, for example, has resurfaced with the US decision to withdraw from the Paris Climate agreement.

For the Conservatives in Andrew Scheer, the Globe and Mail reported that one of his most prominent positions is strengthening free speech rights on college campuses within the country, which he believes have been legitimately threatened. On climate change, he opposes Mr. Trudeau's carbon tax plan or what he characterizes as a cash grab that hurts the economy.

Meanwhile, Charlie Angus has stated his support of ensuring natural resource developments obtain permission from the people it will affect, especially with Indigenous lands.

These issue stances are certainly a sneak peek of what will be at stake in the next election.

So if you hope Canada can do even better for its citizens and globally, call your representative with your concerns, participate in town halls, demand debates that tackle all issues that matter to you equally, and whatever is necessary for a strong democracy on the path to October 21 2019.

Contributed by Harrish Thirukumaran

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Andrew Scheer is the new leader of the Conservative Party of Canada
 Andrew Scheer celebrates after winning the leadership during the Conservative Party of Canada leadership convention in Toronto, Ont., on May 27, 2017. (Chris Wattie/Reuters)

“There is a condition worse than blindness, and that is, seeing something that isn't there” - *Thomas Hardy* (2 June 1840 – 11 January 1928) English Novelist and Poet

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

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Building a Fairer and Better Future for People Across Ontario Government Makes Significant Progress in Spring Sitting of the Legislature

Ontario is creating opportunity and security for the people of the province through a series of comprehensive measures introduced during the spring legislative sitting. These measures support good jobs, fair workplaces and better wages, prepare our workforce for the new innovation economy and make life more affordable for workers, students, seniors and families.

Ontario's economy is in a relatively strong position. However, many people in the province are not feeling that growth in their everyday lives. To help more people get ahead and stay ahead in a changing economy, the government has announced actions that will make a positive difference in people's lives.

These are possible because Ontario has balanced the budget. These actions include:

Raising the minimum wage and creating more security for employees through landmark changes to employment and labour laws

Making prescription medications free for everyone 24 years of age and younger through OHIP+: Children and Youth Pharmacare -- the biggest expansion of universal Medicare in Ontario in a generation

Launching a pilot project to assess

whether a basic income can better support workers and improve health and education outcomes for people on low incomes

Making it more affordable to buy or rent a home, expanding rent control and bringing stability to the real estate market through Ontario's Fair Housing Plan

Lowering electricity bills by 25 per cent, on average, for all residential customers and as many as half a million small businesses and farms

Providing access to affordable, quality licensed child care for 100,000 more children, including 24,000 in 2017-18

Making it easier for Ontario businesses to grow and create more jobs by cutting red tape and reducing regulatory burdens

Creating tomorrow's jobs today, and attracting talent and investment by funding transformative technologies such as artificial intelligence, autonomous vehicles and 5G (fifth-generation) wireless networks

Continuing to stand up for Ontario workers and businesses by actively defending the province's trade and investment interests with U.S. legislators and businesses.

Actions introduced this legislative sitting are part of our plan to create jobs,



grow our economy and help people in their everyday lives.

QUOTES

"Ontario's economy is strong — and it is growing. Yet many people feel uncertain about their futures in a changing world. As a government, we can and must be a force for good. That is why we are taking bold action so that everyone can feel more secure and confident about the future. We are making life more affordable and fair, and investing in the people, communities and businesses that make our province great. We are building a better life and a better future for everyone."

- **Kathleen Wynne**

Premier of Ontario

QUICK FACTS

Over the past three years, Ontario's real GDP growth has outpaced that of all G7 countries, supported by the govern-

ment's strategic investments. Exports and business investments are increasing, and the unemployment rate continues to decline.

As part of the 2017 Budget, Ontario plans to provide \$9 billion in capital grants to support the construction of new hospital projects across the province.

Through the new OSAP, Ontario is also making college and university tuition free for hundreds of thousands of students, and providing more generous grants for most students.

Ontario's record infrastructure investment of more than \$190 billion over 13 years, beginning in 2014-15, is supporting an average of 125,000 jobs each year.

The government passed 17 bills and introduced three more in the spring sitting of the 41st Parliament of Ontario.

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Employment support programs for new immigrants

Centre for Immigrant and Community Services

Newcomers face a lot of challenges in landing their first job in Canada or entering in their professional field. CICS offers a wide range of programs that can help you be competitive and succeed in the job search. These programs are tailored to meet newcomers' needs whether they are looking for employment or building up their careers. Activities in June 2017 are as below:

1. "Resume Critique One-on-One"

Is your resume an effective job search tool? Just bring in your resume and we will work together to take it to the next level.

Date and Time: June 05, 12, 19, 26, 2017 (Mondays) 9.30am-4.30pm

Location: CICS Immigrant Resource Centre, 2330 Midland Ave. (At Emblem Court, South of Sheppard & North of Hwy 401), Scarborough

Eligibility: Permanent Residents and Convention refugees only

Appointments needed to secure service time. Seats are limited. Please register early.

New Immigrants are requested to bring PR card or landing documents for attendance

Enquiry & Registration: 416-292-7510 x 0, email: settlement@cicscanada.com

2. "Employment Conversation Hub"

In order to help newcomers improve their language skills and understand Canadian workplace culture, CICS has developed "Employment Conversation Hub" workshop. Led by an experienced HR specialist, this cohesive small group provides you opportunities to:

- Get to know the Canadian employment market
- Understand potential employers' requirements and communicate your qualifications effectively
- Learn to promote yourself in the interviews
- Improve your conversation skills
- Listen, understand, talk, share & enjoy

Date: June 13, 15, 20, 22, 27, 29, 2017 (6 sessions in total, every Tuesday & Thursday)

Location: CICS Toronto Integrated Service Centre, Suite 401, 3850 Finch Ave. East (west of Kennedy), Scarborough



Eligibility: Permanent Residents and Convention refugees only

Seats are limited. Please register early.

New Immigrants are requested to bring PR card or landing documents for attendance

Enquiry & Registration: 416-292-7510 x 0, email: settlement@cicscanada.com

3. "Financial Industry-Occupation Specific Networking Event for Immigrant Job seekers"

It is time to learn about the structure of Canada's Financial Industry and what career opportunities it offers.

Key Activities:

- Introduction and guidance of career options by a professional mentor in your field
- Identify your skills for a best fit in Canada's financial industry
- Occupation specific job search experience sharing on what works and what doesn't
- Q & A to address your individual questions and concerns
- Support, motivation and guidance to prepare you to be competitive in the job market

Date and Time: June 19 & 23, 2017 from 3:00pm-5.00pm

Location: CICS Immigrant Resource Centre, 2330 Midland Ave. (At Emblem Court South of Sheppard & North of Hwy 401), Scarborough

Eligibility: Permanent Residents and Convention refugees only

Seats are limited. Please register early.

New Immigrants are requested to bring PR card

or landing documents for attendance

Enquiry & Registration: 416-292-7510 x 0, email: settlement@cicscanada.com

4. "Cashier Training Workshop"

Are you planning to work in the retail industry? Want to learn how to use the cash register? Come and join us and learn how to process sales, discounts and returned items. We will role-play scenarios and practice your customer service skills. Add this experience to your resume.

Date and Time: June 28, 2017 (Wednesday) 2:00pm-4.30pm

Location: CICS Immigrant Resource Centre, 2330 Midland Ave. (At Emblem Court South of Sheppard & North of Hwy 401), Scarborough

Eligibility: Permanent Residents and Convention refugees only

Seats are limited. Please register early.

New Immigrants are requested to bring PR card or landing documents for attendance

Enquiry & Registration: 416-292-7510 x 0, email: settlement@cicscanada.com

5. IBM Human Resources Professionals Day of Sharing

Are you a new immigrant interested in learning about:

- the IT industry in Canada
- IBM corporate culture
- facets of human resources management
- job search strategies

Come and join this professional sharing event and be guided and motivated by a group of HR and technical professionals from IBM.

Time and date: June 27, 2017 (Tuesday), from 9:30 am to 12:00 noon

Location: CICS Immigrant Resource Centre, 2330 Midland Ave. (At Emblem Court South of Sheppard & North of Hwy 401), Scarborough

Eligibility: Permanent Residents and Convention refugees only

Seats are limited. Please register early.

New Immigrants are requested to bring PR card or landing documents for attendance

Enquiry & Registration: 416-292-7510 x 0 or 121, email: settlement@cicscanada.com

Statement by the Prime Minister of Canada on the terrorist attack in London

Ottawa, Ontario, June 4, 2017:

The Prime Minister, Justin Trudeau, today issued the following statement after last night's terrorist attack in the United Kingdom:

"Canada strongly condemns the senseless attack that took place last night in London, United Kingdom, which killed and injured many innocent people. I am heartbroken that a Canadian is among those killed.

"We grieve with the families and friends of those who have lost loved ones, and wish all those injured a speedy and full recovery.

"Londoners and people across the United Kingdom have always displayed strength and resilience in the face of adversity. We recently wit-

nessed this after the attacks in Manchester and in the Westminster area of London. This time will be no different.

"These hateful acts do not deter us; they only strengthen our resolve. Canadians stand united with the British people. We will continue to work together with the United Kingdom and all our allies to fight terrorism and bring perpetrators to justice.

"The Government of Canada will not comment further at this time out of respect for the family."



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UN agency deploys rapid assessment teams to assist in wake of monsoon floods, landslides in Sri Lanka

30 May 2017 – According to Sri Lanka's Disaster Management Centre (DMC), the South Asian country is combating floods and mudslides in the wake of Tropical Cyclone Mora, while the United Nations Migration Agency (IOM) today deployed three rapid assessment teams to the most affected districts, where some 177 people have died and 109 remain missing.

Secretary-General António Guterres said he was "deeply concerned by the devastating impact caused by Cyclone Mora on Sri Lanka and Bangladesh," adding that the UN stood "ready to scale up its support to the government-led response efforts in both countries."

Since heavy rains on Friday, most of the deaths were caused by landslides.

In a press statement, IOM maintained that while its teams travel to the four worst-hit districts of Ratnapura, Galle, Matara and Kalutara – in the south and centre of the country – the Government indicated that over 768 houses have been destroyed and 5,869 partially damaged while 80,409 people were temporarily displaced to 361 safe locations. More than half the displaced

are located in Rathnapura district, where more rain is forecast today.

Sri Lanka's National Building Research Organization also issued warnings of further landslides in a number of districts, including Kegalle and Ratnapura, where IOM provided shelter assistance to flood and landslide-affected communities last year.

In recent weeks, over half a million people in 15 districts of the country's south and central regions have been affected by abnormally heavy monsoon rains. The flooding is believed to be the worst since May 2003, when a similarly powerful monsoon from the southwest destroyed 10,000 homes and killed 250 people, according to IOM.

"When the rain has eased on Sunday and Monday, rescue workers used the break in the weather to deliver much-needed aid to the worst-hit areas. But many villages remain inundated and cut off from basic services," said the UN's migration agency.

Rescue operations led by the Sri Lankan military are continuing and the DMC has already identified an urgent need for drinking water and non-



Over half a million people have been affected by flooding and landslides in central and southern Sri Lanka. Photo: UN

food relief items, including shelter.

Sri Lanka's Health Ministry is also deploying mobile health units and will introduce vector control measures to combat expected outbreaks of mosquito-borne dengue fever, which often follows flooding. Displaced people living in emergency shelters are particularly vulnerable.

The Sri Lankan Government has appealed for international assistance and, according to media reports, three Indian naval ships carrying relief supplies arrived in Sri Lanka on Saturday and Sunday. China, the United States and Pakistan have also provided assistance.

- UN.org

Super Dads: New UNICEF campaign spotlights fathers' critical role in children's early development

6 June 2017 – As more than 90 countries prepare to mark Father's Day later this month, prominent figures in sports and entertainment have joined 'Super Dads,' a campaign launched today by the United Nations Children's Fund (UNICEF) that celebrates a father's essential role in a child's early cognitive development.

The Super Dads initiative is a part of a larger campaign called #EarlyMomentsMatter, which aims to bring awareness to the significance of early childhood experiences on a child's future.

Mahershala Ali, David Beckham, the All Blacks, Daniel Cormier, Novak Djokovic, Lewis Hamilton, Hugh Jackman, Sachin Tendulkar, Thalia and Chris Weidman are among the celebrities who will be featured for their "super dad" moments on UNICEF's Instagram and Twitter. These UNICEF ambassadors and supporters have also shared their thoughts on the importance of their own fathers in their childhoods.

"When I was a young child, my father gave me the right amount of love, freedom and support to shape who I am today," said UNICEF Ambassador Sachin Tendulkar. "Every kid needs pro-



As more than 90 countries prepare to mark Father's Day later this month, prominent figures in sports and entertainment have joined 'Super Dads,' a campaign launched today by the United Nations Children's Fund (UNICEF) that celebrates a father's essential role in a child's early cognitive development.

tection, love, good food and play to support growth and development, and it's up to both parents to provide these."

Stars are not the only super dads that will be featured. Moving stories of fathers raising their children under difficult circumstances will be also posted alongside pictures and videos of celebrity dads.

One such story is of South Sudanese

refugee Idro, a father of three daughters in Uganda's Bidi Bidi refugee settlement. "If I can't fulfil for my family, I am not happy," said Idro, reflecting the fatherly compassion that the campaign advocates for. Idro fled from violence with his family in order to protect his daughters and continues to provide them with as much support as possible. He tries to provide a stable environ-

ment by playing games and comforting his daughters despite their hardships.

"Good parenting for young children living in highly stressful conditions like conflict or extreme poverty can even provide a buffer, helping them to fully develop despite adversity," said Pia Britto, UNICEF Chief of Early Childhood Development. Children's brains form important neural connections within the first 1,000 days, which could decide their health, learning abilities, and income in later years.

Research also shows that positive interactions with fathers allow children to have better psychological health and life satisfaction in the future. Britto urges the private sector and governments to "break down the employment and societal obstacles" that prevent parents from giving their children the highest starting point possible.

Super Dads calls for families across the world to join in by sharing photos and videos of their own with the hashtag #EarlyMomentsMatter, which will be featured in a gallery for the campaign. Additionally, UNICEF will post the best submissions on its various digital platforms.

(un.org)



Around the World

Sri Lanka's New Finance Minister Mangala Samaraweera says There Can't be Economic Progress without Reconciliation and Stability

By Uditha Jayasinghe

Newly appointed Finance Minister Mangala Samaraweera on Tuesday, May 30th sought a conciliatory and supportive relationship with the private sector pledging to work on their behalf and negotiate trade agreements with focus on Sri Lankan interests.

Attending his first official event as Finance Minister, Samaraweera delivered the keynote at the inauguration of the "Sri Lanka Investment & Business Conclave 2017: Growth through Partnerships", organized by the Ceylon Chamber of Commerce (CCC) on Tuesday, May 30th. Keeping a foot in his previous portfolio as Foreign Minister Samaraweera insisted that reconciliation and economic growth could not be separated from each other.

"For Sri Lanka to break free from middle income country status towards a higher income category country it is essential that we not only build physical infrastructure but set up corresponding globally recognized regulatory mechanisms and investment practices that meets Sri Lanka's aspirations to become a regional hub for financial services for international trade," he said.

"I want to assure all of you that all these agreements will indeed be negotiated carefully with positive and negative lists, safeguard agreements and dispute settlement mechanisms, which peruse Sri Lanka's interests."

Samaraweera recalled the potential Sri Lanka had at Independence but ex-

pressed hope that the country still has the chance to turn things around and use its 70th Independence to chart a new beginning. The economic policy plan presented by Prime Minister Ranil Wickremesinghe last October was referred to as a blueprint the government would follow.

"To support these efforts, together with my Cabinet colleagues I have worked, during the last two years or so as the Foreign Affairs Minister, to create the best possible enabling environment for Sri Lanka to attract more business, trade and investment. Now in my new portfolio I will work closely with all of you as well as with the international community and all stakeholders to work even harder to realize the economic development democratization and the reconciliation agenda of the national unity government for the benefit of all our people."

"In fact this is where reconciliation comes in. Without reconciliation and durable peace, without guarantees of non-reoccurrence of violence, Sri Lanka cannot exceed on its successes. That is the very reason that the Ministry of Reconciliation has been given the highest priority and it is a subject under the president."

He went onto say that human rights, democracy, good governance, rule of law are all elements of stability and in turn foster development. Reconciliation and development are intertwined. "Without reconciliation and a stable foundation economic progress would once again evade our nation. In fact this is why a new Constitution in important, a Constitution that would celebrate the diversity



Finance Minister Mangala Samaraweera at The Ceylon Chamber of Commerce event

of Sri Lanka as a multi-ethnic, multi-religious, multi-lingual country."

"The national unity government focuses on a three-pillared agenda that is essential in this context. Democratization, which includes strengthening good governance and the rule of law. Reconciliation, which is truth seeking, reparation, accountability and guarantees of non-recurrence. The third pillar being sustainable and equitable development with employment generation that transmits the benefits of growth widely is critical. The private sector and partnerships are key. The growth model Sri Lanka evolves would need to be private sector driven with exports and FDI as key pillars."

Reiterating the government's plans to

forge fresh trade agreements with China, Japan and Singapore as well as deepen existing ones with India, Samaraweera was optimistic that by the end of 2017 Sri Lanka would have preferential trade accesses.

I believe the Singaporean agreement I was told would be able to be completed before the end of the year, before the expected visit of the Singaporean Prime Minister in December. The restoration of the GSP+ facility earlier this month was a remarkable expression on confidence in Sri Lanka by the European Union. If all works well by end 2017 Sri Lanka would have preferential access to a market of nearly 3 billion people," he said.

- courtesy: Dailyft.lk

Tamil parliamentarians from North support flood relief in Sri Lanka South

Parliamentarians of the the Tamil Federal party, main constituent party of the Tamil National Alliance recently distributed relief supplies to those affected people in Sri Lanka's Ratnapura district.

Several of the country's socio-political centres across the wider spectrum and western diplomatic circles have praised the TNA relief efforts in "building a bridge and as an agent of change" towards reconciliation

in Sri Lanka and political settlement for North-East.

People in the North and East donated several lorries load of relief supplies. Sathya Sai International Organization-Sri Lanka is also engaged in flood relief work in several Southern districts.

"During the recent floods, Ratnapura city was inundated unprecedentedly, and residents reported even surrounding lands too were submerged - by 5 to

8 ft. water levels at many locations - destroying countless gem mines that the city is famous for and many tracts of paddy fields", a report in the Sri Lankan news portal Daily Financial Times said.

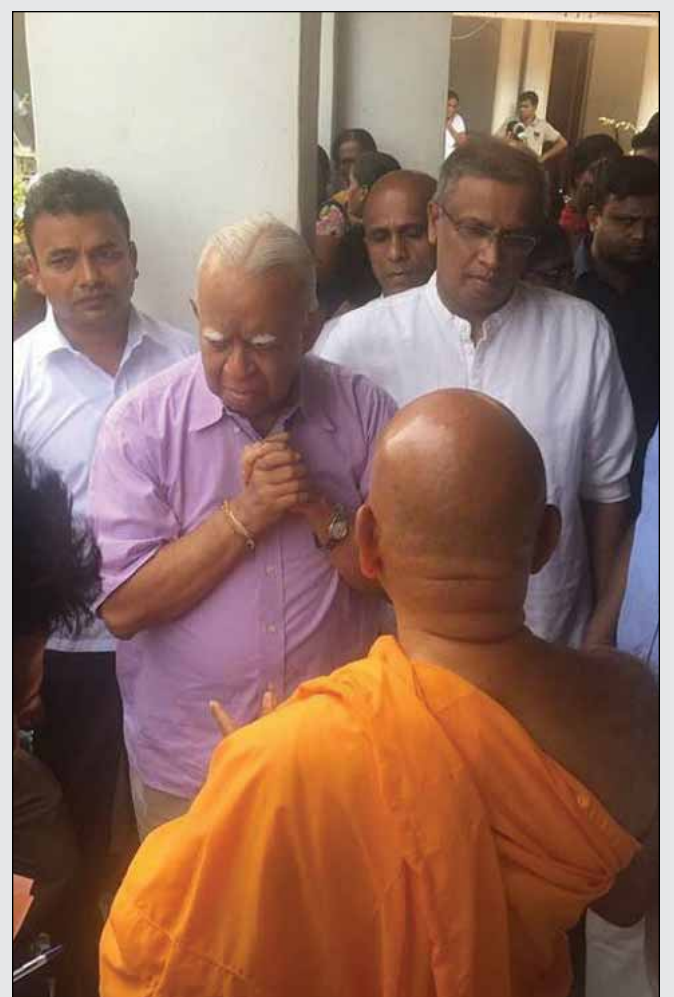
Several foreign countries from the neighbouring India to China and USA, Canada also donated towards the relief efforts.



The Canadian High Commission in Sri Lanka tweeted the country's contribution towards the relief efforts



TNA parliamentarians in Ratnapura



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THE FOUR AMIGOS

VOLUNTEERS MAKING A DIFFERENCE AT PROVIDENCE HEALTHCARE



(L-R) Pat Callahan, Spencer Doyle, Jean Evoy and Mike Bozinovski meet every Tuesday for their volunteer shift on Providence Healthcare's Palliative Care floor.

When you meet Spencer Doyle, Pat Callahan, Jean Evoy and Mike Bozinovski, it's as though you've met a group of friends who have known each other all their lives. What makes it even more special is when you find out that the 'four amigos' met at Providence Healthcare.

"We all have ties from visiting someone we knew here in Providence and we all ended up staying after our loved one died," says Spencer. "This is the Cadillac of all places for taking care of the

elderly and we all wanted to give back." "It's a special place," adds Jean. "I've met some really nice people and I've made some really great friends."

On Tuesdays, one of her friends, fellow volunteer Pat, picks up Jean from her home for the group's volunteer shift on Providence's Palliative Care floor. The group helps with the music program then runs a trivia game where they offer up two \$5 Tim Hortons gift cards out of their own pockets as prizes for the patients that answer the most

questions. "We like helping out and interacting with the patients," says Mike. "I miss it when I'm not here."

Adds Spencer, "We interact better with patients because of the way we interact with each other."

This includes joking with one another during trivia, putting a smile on the faces of those in attendance.

"It's their outlook on life and the way they are with one another... they have made a lot of our patients very happy," explains Tracy Martin, Therapeutic

Recreationist for Providence's Palliative Care program. And when they're not helping patients, they're supporting each other. Says Tracy, "One will drive another to doctors' appointments, to the airport and to pick things up. They even go to Jean's house to help her wash her windows. There's a real sense of camaraderie amongst them." It's these acts of kindness that show a real community within Providence's walls and demonstrate how a small group of people can make a big difference.

"Take Care of These People." A STORY SHARED BY ELSIE MYETTE



Some words resonate with you forever. Sometimes there is boldness. Sometimes there is hurt. And sometimes there is promise. "Take care of these people." A statement spoken on many occasions by a dying father during his stay at Providence Healthcare. These words are forever etched on the heart of a long-time friend of Providence, Elsie Myette. This is the story of her father's journey, while under our care many years ago.

For Elsie, "hope" started in 1982, when she first brought her father through the Admissions Department of Providence...

"Both of my parents were patients at St. Michael's Hospital. My father suffered from emphysema and was living attached to an oxygen tank. He needed treatment that wasn't available there and, at that time, there were few options to receive care for certain conditions. We were fortunate enough to get in to Providence. It was a difficult day when he moved in there. To be able to get the care he needed, he had



to leave my mother at another hospital and they had never been apart before. It was bittersweet.

"Not long after, the nurses were able to take him off oxygen altogether! His quality of life improved greatly. It was a special place. During his time at Providence, my mother passed away and

in that period of grief of being separated from his wife, we witnessed such compassion from the staff. They bundled my father up in his wheelchair and brought him to the funeral for his beloved wife... to see my mother one last time. I will NEVER forget that gesture of kindness! I can give countless examples of why my father felt so moved to look after his caregiving team, as they cared so well for him.

"My father spent the last five years of his life with dignity at Providence. He never once said an unpleasant word about being there. But he did feel compelled to give back to those who surrounded him with care. "Take care of these people."

"Because of that experience and those words, I decided to leave Providence in my will. I made a promise to my father to ensure that this special place would forever have the support of our family. I am grateful for the time we spent together there, for the welcoming arms they offered when he first arrived, and for the humility they showed to my father up until his last days. It is through this gift, I feel like I will be taking care of the wonderful people of Providence Healthcare and contribute to the good work they do in a meaningful way."

For Elsie, "hope" started at Providence and she is committed to help Providence continue our legacy of compassionate care of patients, residents, clients, and families long into the future, through her estate gift.

IF NOT NOW, WHEN? To learn about how you can inspire others to leave a bequest for Providence in their will, or to understand more about your personal planned giving options, please contact Joanne Tsang, Providence Healthcare Foundation: jtsang@providence.on.ca or 416-285-3669.



Scarborough and Rouge Hospital



Health & Care

CARDIAC PATIENT GIVES BACK TO HOSPITAL THAT CHANGED HIS LIFE

Scarborough and Rouge Hospital (SRH) cardiac patient Robert Dacpano, 41, took a frightening diagnosis and turned it around – for both himself and other patients.

The Pickering resident landed in the emergency department of his local hospital in the fall of 2015 with difficulty breathing. In the hospital for a week of monitoring, he was diagnosed with congestive heart failure (CHF), diabetes, sleep apnea, and high blood pressure and cholesterol.

“During my stay, I had time to think and reflect on what had just happened,” says Dacpano. “I figured I don’t want to ever end up in this situation again. I needed help. So, I began asking questions. Hospital staff were so receptive and helped me get back on my feet.” He was discharged from the hospital with seven prescriptions, a referral to the Central East Regional Cardiovascular Rehabilitation Service for their six-month rehab program at the Centenary site, and a determination to make significant lifestyle changes.

The rehab program helped him do just that. “Staff were very welcoming and very responsive to anything I needed,” he says. “They provided a lot of resources and education, not only from exercise therapists but pharmacists, dietitians and other health-care professionals. Exercise at

the hospital, equipped with a track, bikes, treadmills and weights of all sorts, was also an essential component and was matched to individual’s capabilities and comfort levels.” Over a period of seven months, Dacpano lost 85 pounds. Today, his CHF and diabetes are now under control, his sleep apnea is no longer an issue, and his blood pressure and cholesterol are back in normal range. Those seven different pills a day he was taking? He doesn’t need them anymore. As he was losing the weight, Dacpano found something else: a passion for educating others and promoting good health. A senior financial analyst by trade, he has developed a health coaching business for several clients. And he gives back to the hospital that supported him during his remarkable lifestyle transformation: he has recently started volunteering as a Patient and Family Advisor (PFA) at SRH.



Robert Dacpano speaks with Kim Brophy (L) and Kristy Macdonnell (R) at SRH's Cardiovascular Rehabilitation Centre



Robert Dacpano speaks with Kim Brophy (L) and Kristy Macdonnell (R) at SRH's Cardiovascular Rehabilitation Centre

In this role, he will join other PFAs in supporting Patient and Family-Centered Care at SRH, which is a philosophy that embraces health-care professionals working together with patients and their families to plan, deliver, evaluate and improve health care. PFAs work with the hospital to develop and promote hospital policies, programs and practices that directly impacts patient care and services. They share their stories, develop patient informa-

tion pieces, work on short-term projects, and help with hospital recruitment.

As a new PFA, Dacpano has already begun sharing his story and promoting wellness and lifestyle change; in February, he presented at SRH's Heart to Heart Community Education Session at the Toronto Pan Am Sports Centre. He is also working with a committee to improve a form for congestive heart failure patients, with an eye to keeping it patient-

friendly. “I was shown the preliminary forms, and they were very technical,” he says. “This is fine for a physician, but what about the patient? It needs to be easy to understand.”

Dacpano is excited to be giving back to the hospital that gave him so much and welcomes the opportunities that will come with his role as PFA. “I’m looking forward to what’s next and down the road,” he says. “If I can help someone, then I’ll do it.”

Elizabeth Buller to Join Scarborough and Rouge Hospital as President and CEO

Scarborough and Rouge Hospital’s (SRH) Board of Directors is pleased to announce that Elizabeth Buller will be joining our organization as the new President and Chief Executive Officer.



Elizabeth Buller

Ms Buller will be assuming the position in July 2017.

“This is an exciting time for Scarborough and Rouge Hospital. Elizabeth Buller brings with her years of experience in managing complicated health-care files while building strong and innovative teams to meet the challenges facing modern health systems,” said Maureen Adamson, Chair of the SRH Board of Directors. “We join our patients, staff, physicians, and community in welcoming Elizabeth and we are looking forward to working with

her to ensure the highest quality care to our community.” Ms Buller is currently the President and CEO of St. Joseph’s Health Centre, a position she has held since September 2012.

“It’s a privilege to have this opportunity to serve one of Canada’s most diverse communities as President and CEO of SRH,” said Ms Buller. “I am honoured to be joining an exceptional team with such a rich history, and to be part of our continued journey to enhance services and improve access to care in Scarborough.”

Ms Buller was selected through a competitive recruitment process, which involved extensive consultation, including input from community members, medical leadership, and patients. “I would also like to take this opportunity to thank Andrée Robichaud for her leadership and strategic guidance during the amalgamation and initial stages of integration. Andrée’s dedication to our hospital and our community will be missed and we wish her the best as she enters her retirement from a lifetime of public service,” said Ms Adamson.



Scarborough and Rouge Hospital



Health & Care

EXPERIENCE THE SPECTACULAR HOMES OF THE BLUFFS

**SCARBOROUGH'S HIDDEN GEMS
OPEN TO ALL ON JUNE 17**

Visitors tour the garden of a home on the Gates Open Home and Garden Tour.

Driving through the Scarborough Bluffs, you couldn't be blamed if you were curious to experience the beautiful décor, unique designs and spectacular views hidden behind each front entrance you pass, but your chance to satisfy that curiosity is at hand with the return of the Gates Open Home & Garden Tour, Saturday, June 17.

The fifth annual tour takes place rain or shine from 10 a.m. to 4 p.m. and ticket holders have the opportunity to take in spectacular views of Lake Ontario and see firsthand the amazing architecture and changes owners have made to their homes.

There are nine exquisite properties lined up for this year's event and tour organizers, as always, are very proud of the locations they have made available for participants to enjoy.

"I am so impressed by the variety of homes and special features and design elements that are included in this year's tour," says Gord Moore, Chair of the Gates Open Home and Garden Tour committee. "People are going to come away impressed and full of ideas for their own homes when they finish the tour. In fact, they won't want to leave in some cases!"

Tickets are just \$30 for the tour, with a program provided via mail prior to the event that is both a guide to all of the homes,

as well as your passport to enter and enjoy each stop. Proceeds of the event go to help provide patient care at Scarborough and Rouge Hospital with a specific target to support future improvements to emergency care.

"Everyone involved in the tour enjoys being a part of the event, but most of all, we're excited for the hospital and how we can play a part in supporting the best health care for the people of the community," Moore adds. "We are all proud of the care provided at Scarborough and Rouge Hospital."

To learn more about the tour and purchase your tickets, visit www.bluffsgatesopen.com. Tickets can also be arranged by calling 416-281-7342.



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Women's Health: The Importance of Screening

By: **Andrea Shanmugarajah**

Most women have heard about, if not experienced, the pap test. Around the world, there is various legislation about who can get pap tests done, and when. Here in Canada, pap tests are used as routine cervical screening to detect cancerous or pre-cancerous lesions. In that sense, women living in Canada, or other countries where regular screening is covered, are lucky, as both incidence and mortality rates of cervical cancer have dropped since the introduction of screening protocols.

It is clear, then, how incredibly important pap tests can be. Regular pap smears decrease your chances of developing cervical cancer enormously. This is because any cell abnormalities are detected extremely early, and as such can be managed or treated to prevent cancer. Preventative care broadly is one of the best ways to protect your health and ensure the best long-term health outcomes. Screening protocols in general are important because they allow physicians to detect abnormalities before things become symptomatic – the earlier diseases are detected, the easier they are to treat. In this case especially, there have been clear declines in cervical cancer rates with the implementation of screening protocols, showing that women are benefitting from screening services at a population level.

Unfortunately, pap test screening rates in Ontario are not as high as they should be. To make matters worse,



there are specific subpopulations in which screening rates are significantly lower – these include low-income women, immigrant women and women who do not speak English. This represents a failure on the part of the healthcare system, as these women, from backgrounds that are traditionally underserved in healthcare, are also being underserved in preventative medicine protocols like screening. Why might this be? While the psychosocial reasons behind why disadvantaged women are underserved in healthcare are multifaceted and complex, one more rectifiable element might be a lack of patient education. Patients are often unaware of the range of services that are available to them – this is especially true for people who have moved to Canada from another country, where they were operating under a completely different healthcare system. Thus, unless physicians specifically advocate for these pa-

tients and inform them of their right to be regularly screened, many women remain unfortunately unaware that this is a test they should consistently be getting done. If women, especially those in underserved populations, become more educated about the care that is their right, they can become the stewards of their own health and ensure they are receiving care that will optimize their health outcomes. Thus, even women who are recent immigrants or who do not speak the language, for whom physicians may not reach out to offer these screening tests, can ensure they receive equitable access to these services, and the disparity in screening rates can be reduced.

The current policy in Ontario involves the initiation of regular pap screening when women turn 21 if they are or ever have been sexually active. If they are not sexually active at 21, initiation of screening will be delayed un-

til they are. From that point forward, women should be getting screened every 3 years. If you are a woman who meets those criteria, and have not had a pap test within the last 3 years, contact a healthcare professional and see what steps you can take to ensuring you get one done. While a pap test is by no means the most comfortable test to get done, the potential benefits it carries far outweigh the short-term discomfort. Thus, you are encouraged to take your health into your own hands, and ensure that you are doing what you can to advocate for yourself and your rights as a patient.

Andrea Shanmugarajah

Andrea Shanmugarajah is a student at McMaster University, where she is currently studying Medicine. She is involved with the senior community in Toronto, which she became interested in due to her own personal experiences with her grandmother. She hopes to eventually pursue a career in geriatrics, whereby she can help and advocate for the elderly on a daily basis.



Andrea hopes to educate others about the struggles that many elderly people may face in Toronto, and how people of all ages can work towards making the community a more accepting and compassionate place for seniors.

New opioid prescription guidelines launched to help keep Durham safe

Lakeridge Health committed to providing safe, appropriate care in Emergency Departments

Durham — Lakeridge Health has developed clear new opioid prescription guidelines and processes for people seeking pain relief in its Emergency Departments.

In 2014, more Ontarians died using opioids than in motor vehicle collisions. Opioids, such as Oxycodone, Dilaudid, Morphine and Tylenol NO. 3 are highly addictive and are known to cause confusion, drowsiness, and even death.

“We know that prescription narcotics can just be as dangerous as street drugs,” said Dr. Larry Nijmeh. “Patients may be initially prescribed opioid medications for legitimate reasons — but some eventually find themselves addicted. Across Ontario, health care providers are hoping to prevent addiction before it happens.”

According to new provincial public health data released yesterday, opioid use and abuse continues to climb across Ontario — including in Durham. To do its part to combat the problem,

Lakeridge Health’s Emergency Department leadership created a taskforce to develop a comprehensive, province-leading opioid prescribing and withdrawal and addictions support program.

“Many of our patients come to our Emergency Departments in pain, and our new guidelines ensure we are providing effective pain relief options that strike an appropriate balance between what is safe and what is appropriate,” said Dr. Benj Fuller, Medical Director and Department Chief of Emergency Medicine and Critical Care at Lakeridge Health.

As part of these new guidelines, the Emergency Department at Lakeridge Health will:

- Strive to prescribe the most appropriate pain medication with the lowest potential for abuse
- Not provide replacement for lost, stolen, destroyed prescriptions of controlled substances

- Offer Emergency Department narcotic-withdrawal programs including Suboxone treatment for people with an opioid use disorder

- Redirect those with chronic non-cancer pain to their primary health care provider for renewal of controlled substances

“We know that - when it comes to the opioid crisis in Ontario — there is more to do across the health care system, at all levels of government and in every community,” said Dr. Tony Stone, Chief of Staff at Lakeridge Health. “I’m proud of the guidelines being spearheaded by our Emergency Department as we work together as a health care system to help fight this growing problem.”

“Across Ontario, LHINs are working with their local hospitals, addiction agencies, primary care providers and other stakeholders to respond to the



opioid crisis. These new opioid prescription guidelines at Lakeridge Health will support health service providers in the Central East LHIN as they continue to work together to help people get the safe, high-quality care when they need it the most,” said Deborah Hammons, CEO, Central East LHIN.

Quick Facts:

- Lakeridge Health has Emergency Departments at its Ajax-Pickering, Bowmanville, Oshawa and Port Perry hospitals.

In 2015/16 more than 212,000 people visited one of Lakeridge Health’s Emergency Departments.



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They've given us iconic and unforgettable moments that captivated our country.

Moments of amazing sportsmanship and sporting excellence. Moments where athletes redefine what's physically possible. Moments that illustrate the power of the human spirit.

The Paralympics and Olympics hosted on Canadian soil have provided our country with heart-stopping moments of ecstasy – and sometimes agony.

They have seared incredible moments into our collective memory. They've boosted funding and public profile for Canada's elite athletes, and produced a lasting legacy of public infrastructure.

The success of Canadian Paralympic and Olympic athletes at home, and in competitions internationally, have made them icons in Canada and sporting ambassadors around the world.

Paralympic athletes like Arnold Boldt, Lauren Woolstencroft, Chantal Petitclerc and Brian McKeever. Olympic athletes like Alexandre Bilodeau, Greg Joy, Elizabeth Manley and Joannie Rochette.

Canada has proudly hosted the Paralympics on two different occasions: the 1976 Paralympic Summer Games in Toronto and the 2010 Paralympic Winter Games in Vancouver.

We've also hosted three unforgettable Olympic Games: the 1976 Summer Olympics in Montréal, the 1988 Winter Olympics in Calgary and the 2010 Winter Olympics in Vancouver.

The Games made us fiercely proud to be Canadian and showcased our country to the world. They also demonstrated Canadians can take on the world – and win, in both summer and winter.

Final two Canada 150 stamps celebrate Paralympic and Olympic successes

Our country's Paralympic and Olympic achievements are being honoured with the final two Canada 150 stamps being issued by Canada Post.

Boldt and Woolstencroft unveiled the Paralympic stamp – which celebrates Canada's accomplishments in the Paralympic movement – at a special ceremony on June 1 in Richmond, B.C. at Canada Post's Pacific Processing Centre.

Moments later, Joy and Rochette unveiled the Olympic stamp honouring Canada's success hosting the Olympic

Games.

All 10 Canada 150 stamps and associated stamp products are now for sale online at canadapost.ca and in postal outlets across the country.

Torontolympiad and Vancouver Paralympics

Boldt's amazing one-legged golden high jump – of more than six feet – at the Toronto Paralympics in 1976 is part of sporting lore. It was the first of five straight Paralympic gold medals he would win in high jump between '76 and 1992.

The Toronto Paralympics – known at the time as the Torontolympiad – were the first Games to include athletes with an amputation or visual impairment. The event was an important moment for the Paralympic movement.

"That was the start of the movement. It was so neat, so powerful to be part of the Canadian team. We had done very, very well at that particular



Olympiad," Boldt recalls. "It has only grown year by year since that time."

Indeed, Paralympic sport has become more recognized and appreciated in Canada and the world over.

It has since produced its share of Canadian icons and world-renowned athletes, including Petitclerc, who captured a staggering 21 Paralympic medals in wheelchair racing – including 14 gold.

And then there's Woolstencroft's historic gold rush in para-alpine skiing at the 2010 Vancouver Paralympic Winter Games. She became the first Canadian winter Paralympian to win five gold medals at a single Games. Woolstencroft is featured on the Paralympic stamp.

As well, cross-country skier McKeever made history in 2010 when he was named to the Olympic and Paralympic teams.

The success of the Vancouver 2010 Games led International Paralympic Committee President Sir Philip Craven to call them the "best ever Winter Paralympic Games."



Montréal, Calgary and Vancouver Olympic Games

There are moments that define a generation and are forever etched in our memories. Canada has several of them from hosting the Olympics.

There's Bilodeau's historic golden ski run at the Vancouver 2010 Winter Olympics – delivering Canada its coveted first Olympic gold on home soil. Canada went on to win 14 gold medals in Vancouver, the most ever by one country at a single Winter Olympic Games. The Olympic stamp features a triumphant Bilodeau after he captured gold in the men's moguls event.

At the Montréal Games, Joy's elec-

trifying high jumps – and silver medal – caused a host nation to jump for joy.

Manley's breathless long-skate program in Calgary earned her a silver medal and gave all of Canada a reason to hug and smile.

"The excitement and the passion that went into Calgary, from all Canadians, whether they were volunteers or just a country in celebrating that moment, I think that was the real kick-off to the success of sports in Canada," Manley says.

"I think that's really when this country went, 'We could really be a contender.'"

Joy says hosting the 1976 Summer Olympics also was an important step for athlete development in Canada, and the federal government started to invest more funding in Olympic athletes.

The Montréal Games also set a higher standard for Canadian athletes that they shouldn't be satisfied with second, third or fourth – but that "we want to win," he says.

"It's been a long, slow process. My jump sparked some imagination. They started putting more funding in," Joy says.

"As we started to progress, we got better at this. And by the time we got to the Vancouver Games, they focused a lot of money and a lot of attention to coaches, to travel, to competition – and look what it produced."

All Canadians shared in the spirit of the Games

Thousands of Canadians participated in Olympic and Paralympic torch relays that toured through communities across the country, allowing people of all ages and athletic abilities to have their own special Games moment.

Joy, who was a torch bearer leading up to the Vancouver 2010 Winter Olympics, says the torch relays were a special opportunity for all Canadians and a moment he'll never forget.

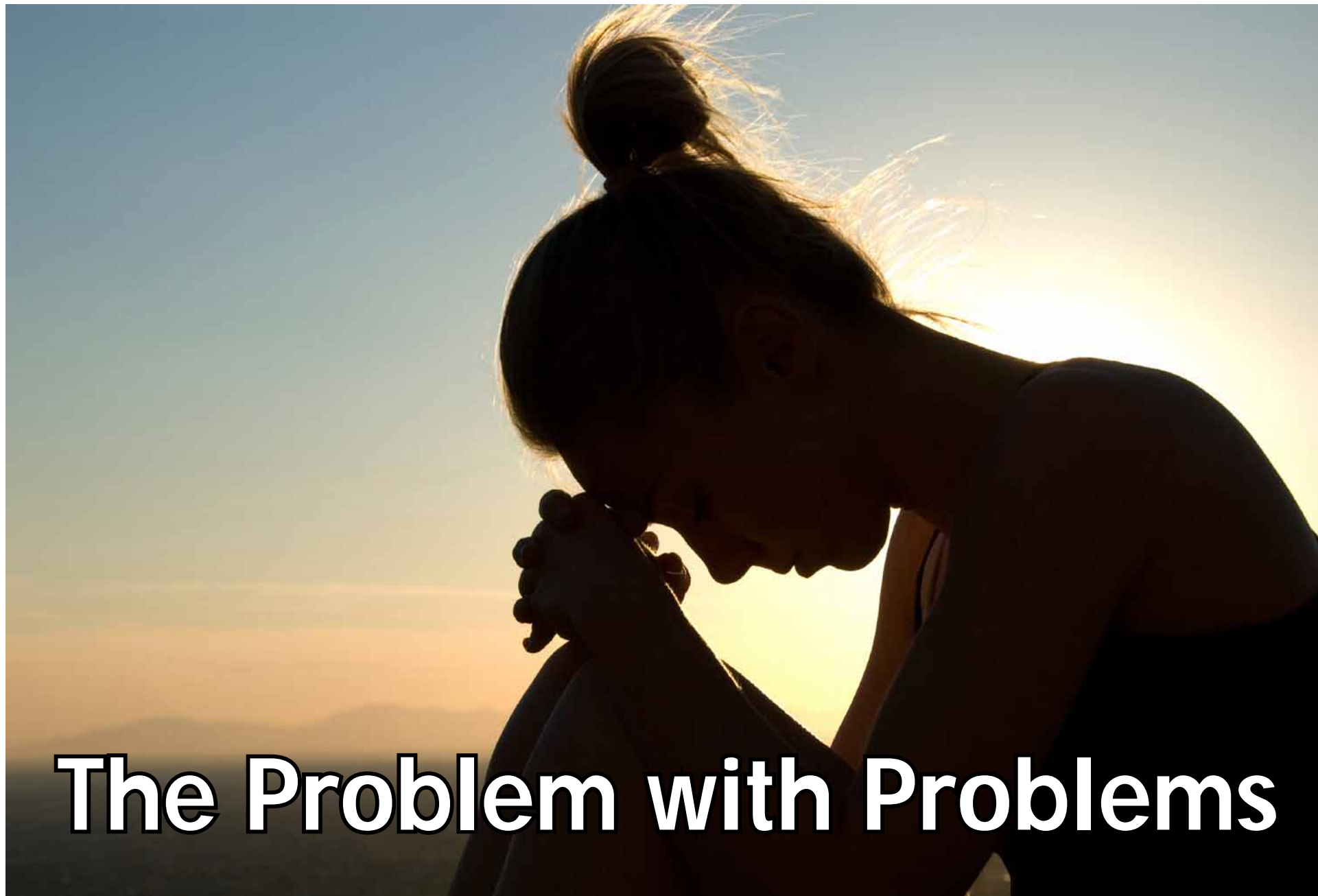
"Most people don't get to go to the Olympics. They see it on TV. And to see the torch come through and know the Games are coming up, just to be a part of that was pretty special," Joy says.

"Seeing the face of the kids and all the people in the crowd – that was what was really special, is seeing the impact on all these communities."

(via: canadapost.ca)



WORDS OF PEACE



The Problem with Problems

Problems, problems, problems. Most people wake up nearly every day worrying about how to deal with them.

“When problems come, do they scare you?” asks Prem Rawat, known in several countries around the world as an honorary ambassador of peace. “Of course they do, but I have learned that problems come and go. Yet every time they come, they scare us.”

Mr. Rawat has dedicated his life to offering people an alternative to living in fear. Life, he says, can and should be lived in peace, contentment and joy—and he can help to make that happen.

One of the main difficulties with problems, he says, is that trying to solve them usually creates still more problems. He tells an old story that shows how easily this comes about.

“One day the king said to his chef, ‘Make me an amazing dessert,’” Mr. Rawat begins. “It smelled so good that the rats from the whole town could not resist it. They started invading the palace. Soon there were rats everywhere—even climbing up the king’s beard.

“The king asked his advisors what to do. The advisors said, ‘No problem! Tell your soldiers to go get some cats.’

“The soldiers brought in cats, and the rats ran away—but now there was another problem. The king said, ‘Okay, the rats are gone, but now there are cats everywhere. They’re shredding the curtains with their claws. They’re sleeping on my bed.’

“‘No problem,’ the advisors said. ‘Cats hate dogs. Tell the soldiers to bring in dogs.’ So they brought in the dogs. Now the cats were gone, but there were dogs everywhere, making big messes.

“‘No problem,’ the advisors said. ‘Bring in tigers.’ The soldiers collected all the tigers in the area. One look at them, and the dogs were gone—but now there were tigers everywhere. Nobody could go anywhere because the tigers were waiting, growling.

“The king asked what tigers were afraid of. ‘Elephants,’ said the advisors. ‘So bring in the elephants,’ the king declared. Soon there were elephants everywhere, trampling all the gardens and causing chaos. The king cried out, ‘Look, we have to do some-

thing to get rid of these elephants!’

“The advisors said, ‘Well, elephants hate rats.’ So they brought in the rats again.”

This, Mr. Rawat says, is the nature of problems: looking for solutions is like going around in circles. It just starts the whole cycle all over again.

Instead of trying to solve all the things that irritate or frighten us, he suggests paying attention to one question: What truly makes you happy?

“This is perhaps the most challenging question there is,” he says. “Your deepest desire—is it something you don’t have, or is it something in you?”

Real peace, Mr. Rawat says, resides within the heart of each individual. “Within you is the home of contentment, of true love. This is the home of kindness, of joy. This is the home of all homes. This is where reality resides.”

People may think, Okay, peace sounds good—but doesn’t figuring out how to get it create another problem? Isn’t that the million-dollar

question?

“That’s not a problem,” says Mr. Rawat. “Why? Because I know that peace is within you. You don’t have to go searching for it. How can you search for something you already have?”

“Search if you want to, if searching is your hobby. Search everywhere. If you don’t find it, then turn within.

“Let me tell you, in all humility, what I have discovered. Peace is not an accident. Joy is not an accident. Only when we begin to know ourselves do we realize that the treasures we seek on the outside are the treasures that are within us.

“Don’t wait. This is something this needs to take place in your lifetime—that you feel peace, that you feel the truest joy, that your truest wish is fulfilled, that you are complete and whole.”

To learn more about Prem Rawat
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Is summer learning needed?



by Janani Srikantha

We are approaching the last few weeks of the school year, which is exciting and busy. It's also a time when we need to consider how learning is affected during an extended break. Some students, who do not do any form of reading or learning for a long period of time, do experience losses.

Think back to times when you have stopped learning music or participating in a sport. When you pick up that instrument or game again, it is often difficult to go immediately back to your previous level of ability. We need to take the time to rebuild and let our brain once again optimize the process needed to accomplish the task efficiently. The same occurs with academic learning when children take a prolonged break.

Research in education shows that students who don't engage in any form of learning activities, during the summer holiday, experience a learning loss. It has been found that students' performance lowers by an average of one month at the end of summer, compared to their performance at the beginning of the holiday.

Out of all the subjects, math and English take the biggest hit with some students losing about 2.6 months worth of grade level equivalency in math, and 2 months of grade level equivalency in English. The significance of these losses is that they are cumulative. Some students experience a widening

achievement gap, over the years, which can be attributed to holiday learning loss.

During a new academic year, it takes about four to six weeks, which is approximately 17% of the school year, to review all the knowledge and skills that was forgotten during the summer. Therefore, students who engage in educational activities during the holiday can be more efficient learners and often make gains.

So what can we do to help our children maintain their academic level during an extended school holiday? Studies show that there are a key considerations to be taken into account before enrolling for a summer program:

1) Extend, Not Remedial

Summer learning should not be remedial, unless the child is behind their grade level. Instead, programs should focus on taking existing knowledge and making further connections through activities that use multiple learning skills. The program should allow students to ask questions and apply their knowledge, thus forming a strong foundation to begin the next academic year.

2) Engagement Through Interests

We form our memories using a combination of consolidation, attention, and connection to determine what is important, and subsequently remembered. Children remember best when they learn in a context that they understand and is important to them. Summer learning classes should develop lesson plans based on the inter-

ests of students in the class, and incorporate hands-on learning that actively engage each child.

3) Personalization

Quality practice comes with differentiated instruction. A book full of worksheets is not going to be an effective learning tool, if they are given to a child at random. Also, every child in the learning program does not require identical support. An evaluation of your child's strengths and areas of need should be conducted, so that focussed lessons help them succeed.

4) Feedback

Repeated poor-quality practice leads to bad habits, which are difficult to unwire. Therefore, your child should receive plenty of feedback on a regular basis, as they adapt and develop to their full academic potential.

5) Small Class Size

For personalized lessons to occur, it is recommended that summer learning groups aren't large. A smaller class provides the opportunity for your child to develop their interpersonal and communication skills, while still receiving individualized instruction.

6) Frequency

It has been proven that with each additional week of attendance, there is statistically significant improvement in academic performance. This indicates that to maintain and improve academic performance, consistent practice is needed. Therefore, ensure that the learning program is one that your child can attend on a regular basis, and not

just once or twice during the summer.

7) Balance

Daily practice is beneficial, but it is not necessary to spend most of the day in a learning program. Children can maintain their academic performance, while being given the opportunity for free-play.

This summer, take the time to engage in learning programs, visit the library regularly, participate in family reading and outings. Also, be a curious inquirer with your child by solving real-world problems that integrate mathematics and literacy skills. When a child is practicing and building on the skills they know in an authentic, fun, and engaging context, they are truly learning.

Janani Srikantha is a certified teacher who is experienced with the Ontario curriculum and the International Baccalaureate. She provides tutoring using personalized learning plans based on students' needs. She is knowledgeable on integrating technology to



thinkshif.edu

redefine learning that is inclusive of all students. Janani has led workshops for educators and parents on topics that address different facets of education. For more information or queries on how to help your child with learning, please email info@thinkshif.edu or visit Thinkshift Edu on Facebook.



SADHGURU

The Power of Water - In Conversation with Ed Begley Jr.



Sadhguru and Ed Begley, Jr. discuss the importance of keeping the elements cleansed for optimum health, longevity, psychological balance, and meditative possibilities.

Ed Begley: The reverence and regard for the five elements in the Eastern cultures led to some very specific lifestyle choices for the citizens. Can you give us some specific examples of how that manifested itself for sleeping and eating and farming and parenting and ... What are some specific examples of how they lived in sync with nature?

Sadhguru: When you say five elements, these are the ingredients of life. This human being is just a product of five elements, so is the planet, so is the whole creation.

The most fundamental aspect of yoga is referred to as "cleansing of the elements." We're essentially talking about four elements and their manifestations. We live in the space. There are certain things which you can do with space, but it doesn't need any cleansing. The four elements need cleansing. How these four elements behave within you will determine your health, longevity, psychological balance, spiritual possibilities, mystical access. Everything is determined by how you keep the four elements within the system. Seventy-two percent of your body is water. Another twelve percent is earth. Another six percent is air. Another four percent is fire. The remaining is space.

If you know how to keep these four elements, then your wellbeing, your health, your longevity, your ability to determine how long you should live and when you should leave. All these things are one hundred percent in your own hands. You'll become a master of your own destiny. If you just control the waters in the system, phenomenal things will happen. Always is a large focus on water because seventy-two percent of the body is water. You must understand this body is just a product of this planet. Seventy-two percent of the planet itself is water.

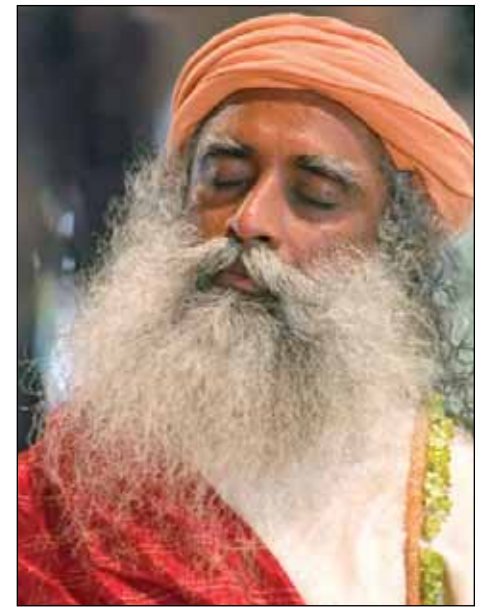
If you want to look for life somewhere, where there is no life right now, where we cannot start life right now, the first thing we look for is presence of water and it is only miraculous element found on this planet which is naturally available in all the three states, being solid, liquid, and gaseous at the same time. When I say water, it's interesting that today in the last probably six to eight years, much research has gone into water, as to what water is capable of.

Today, modern science has recognized that water has memory. If you give it a certain thought, this cup of water, it will remember. If you give it a positive thought or a negative thought, a positive emotion or a negative emotion, it actually remembers. We've always been aware of this, so in the East, even today, when in cities, if you come to homes, except those who've been

Western educated, in all their homes, water is treated in a certain way. We never drink water which straight comes out of a pipe or fountain. We always hold it in a brass vessel or copper vessel and we worship the water overnight and leave it there at least for eight hours. Then only we can drink.

Today, modern scientists are saying this. If water is pumped through the pipe, if it takes fifty turns, bends ... Let's say it's pure, nice water. Fifty bends, if it is forcefully pumped through the pipe, sixty percent of it turns, in a molecular way, unpalatable to the human body, it becomes poisonous in some way. The chemical structure will not change, but the molecular structure will change. If you keep it there for about 20 to 40 minutes, it will undo itself, but straight from pump, if you drink, you are causing immense damage to the system. This is modern science. We've always known this. If you bring water, you must place it in one place, they will apply certain, so-called sacred paste on the vessel, they will worship it, give the best thoughts to it, leave it there for some time and then only, drink.

Treating the water in a certain way, around us and within us. This is all it is, the fundamental of yoga is just this, cleansing the four elements and treating these elements with a certain reverence and a certain way of approach because now, beyond doubt, it is established that water has memory. If you



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 worldwide program information, visit www.ishafoundation.org

treat it badly, it remembers and gets back at you. It gets into you and works from inside.

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 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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TEN

Dilani Rabindran

Her Journey

By: Janani Srikantha

How does a girl who loves movies live with passion? She turned her love into a business. Dilani Rabindran, since as young as she can remember, has been obsessed with film. She was raised on Tamil movies and always knew that she wanted to pursue Indian film making.

It was in her MBA co-op program where Dilani found the mentors and support to follow her dream. Although her final co-op position was with a pharmaceutical company, her supervisor listened to her desire to be in the entertainment industry, and gave her the option to explore and return to the company, if needed. Thankful for this safety net, Dilani took a leap of faith and put all her energy into working for the Toronto International Film Festival (TIFF). Despite her graduate degree, Dilani took on the attitude of "no role is too big or too small" and did not discriminate when looking for positions.

Dilani admits to having her applications rejected numerous times for various roles, but she kept persevering for a position at TIFF, no matter how small. Eventually, she started at TIFF in a marketing position, which was somewhat administrative, but her stepping stone to more senior positions in finance soon after. Soon, Dilani was also writing for Behindwoods.com, as their only North American columnist, at that time. Soon after that she was also taking part in programming at TIFF and chose "Kakka Muttai" to have its world premiere in Toronto in 2014. After meeting M. Manikandan, the director of Kakka Muttai, she quickly became a part of his creative team, independently consulting on his work from overseas.

After then assisting creatively and with the festival travels of a few other Tamil films, from Toronto, Dilani expressed her desire to learn more about film making, and Manikandan gave her the opportunity to come work on the production team of Aandavan Kattalai. This took Dilani's career to Chennai

where she met many film makers seeking avenues to showcase their films in global festivals.

Dilani, seeing an opportunity to promote South Indian films at global platforms, founded Viewfinder Film Consulting to provide film festival representation services, custom marketing materials, and subtitling and translation services.

Being a female in the entertainment industry came with its challenges. Many people struggled to understand Dilani's reasons for choosing to leave a notable entertainment organization like TIFF to go work in India. While there Dilani heavily relied on the recommendations of her male mentors and learned to balance egos in a male-dominated industry.

These obstacles allowed Dilani to form five key ideas that she stands by. She learnt that in order to continually be successful, she needs to give herself and her business realistic goals. Dilani understands the importance of delegating tasks and the strength of asking for help. She encourages women to speak up and seek the opportunities they want, and also be able to say no to experiences that do not align with their values. Also, Dilani stresses the importance of having a back up plan that mitigates risk. Her final advice is for each person to not compare themselves to others.

It is with these key concepts in mind that Dilani aims to further her business and career. The future of Viewfinder Film Consulting lies in producing short and feature films one day, in addition to continuing to represent quality South Indian cinema. Dilani aims to continue to solidify her brand in Indian cinema, beyond Tamil films, and in North American movies.

Dilani Rabindran sought her opportunities, took the risk, and didn't take no for an answer. Her strong sense of self, motivation, and fun personality will undoubtedly take her far, as we get to know Dilani as a household name in the film making and entertainment industry.



Dilani Rabindran



Dilani Rabindran with Manikandan & Vetrимaran



Dilani Rabindran with Kamal Haasan



Dilani Rabindran with Sid Sriram



Dilani Rabindran with Lakshmy Ramakrishnan

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A Great Canadian Story



On August 11, 1986, local fishermen from St. Mary's Bay rescued 155 Tamil men, women and children found drifting off the coast of Newfoundland in two lifeboats. These heroic fishermen dumped all their catch of the day and took the refugees on board their fishing vessels until the Canadian coast guard arrived.

This heroic act is symbolic of the generosity and kindness shown by Canada to refugees fleeing persecution in their homelands.

The Canadian Tamil Congress is proud to showcase one of the actual lifeboats that these Tamil refugees were found adrift in a mobile exhibit in celebration of Canada's 150th anniversary of Confederation. The TamilJourneys86 Lifeboat will be prominently displayed at various locations during Canada 150 celebrations.



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Canadian Tamil Congress
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WHITHER BOUND OUR LAND?

Eelam Tamil Communities' culture
Devoured by some foreign vulture.
Think; the from south,
But belief. It's the mouth.
To covert votes of innocent masses
They come out with bursting promises;
To deceive the people unsuspecting
Give ample assurance, never fulfilling.

Peace loving people have seen
Sword fighting only in screen:
Now they see gangs, heartless
In daylight, charging unarmed guileless.
Women, safely walked sans fear,
But perverting wolfs, oh! Beware.
Guardians of the law perplexed
Say the cases are all complex.

Robbery is a daily occurrence in
The city, suburbs and environs:
There is no check in any crime
Since powerful hands are at bottom.
Working peasants, white colour workers
Carried their burdens sincerely 'n mirth,
Now, bandits prow! threatening peace.
Whither bound our land? God only knows.

Using narcotic drugs was very rare,
Now; commonly used by youth everywhere
Both young and old are addicted,
Their criminal behaviour is unpredicted.
Perturbed senior citizens looking back
Flabbergasted to see how they mock;
People who try to correct them.
Are disappointed, depart without a hum.

There wasn't much crime during
When stripped types were roaming:
Why, now there's lot of crime
In the land; proud with its fame?
Law abiding citizens look up:
The arms of law wake up
Ensure peace 'n calm by enforcing law,
Sending all perpetrators behind bars.

Kingsley

SUFFERINGS

PAIN, ATTACHMENT & OUR MIND

Dr. Nuwan Fonseka PsyD.

Human sufferings arise from attachment to desires, and life is suffering that generates natural and unnatural pain, which causes feelings, emotions, and thoughts, with several actions on different levels. Grief and trauma, addictions, concurrent disorders, and psychological conditions always connect with human attachment to several factors, such as early events, situations, and relationships. Helping people to understand where the suffering comes from; also supporting people to understand suffering exists when we are dealing with several attachment issues supports human super ego.

Mindfulness and Buddhist psychological materials are highly beneficial. The four noble truths from the Dhammapada, the Buddhist script based on Siddhartha Gautama's teaching, have recently become a very powerful tool for mindfulness-based counselling practices. One of the primary goals in mindfulness-based counselling is helping clients to understand what causes our suffering. In this journey, the clinician can use several visual diagrams and examples which give insight to clients to remind them of previous life experiences from their past attachments. Sufferings are avoidable (not able to be ignored) in some cases, but sometimes, the human can heal pain by using several mindfulness tools or Buddhist psychological practices such as the "Eightfold Path." Buddha defined attachment as "The attachment to the desire to have (craving) and

the desire not to have (aversion)" (Dhammapada, 1993).
Addiction is a result of unresolved attachment, which also involves dysfunctional attachment with humans and materials. In most of the cases, addictions are created by the attachment-based human relationships and profound efforts of satisfying addictive desires and cravings by using different coping mechanisms. Humans satisfy their cravings by using unnecessary coping strategies; they disturb their insight and experience frustration with anger which is also another manifestation of attachment-based suffering. All the roots in our life would connect and create suffering and pain based on the level of attachment towards dysfunctionality. The journey of understanding causes of our suffering, and helping our mind to learn the circle of weeding out the identified causes from our life is difficult. The proper coordination by a clinician or educated instructor of using mindfulness practices can help the client to recognize the connection between craving-attachment and suffering.

"Suffering ceases when attachment to desire ceases" learning to avoid the relationship with unnecessary attachments develops the path to avoid suffering from less pain. It is important to support clients to control their desires and non-attachment practices that can be achieved by practicing proper mindfulness practice. According to Buddhist psychology, the root branched from Buddhism: "the fourth noble truth freedom from suffering is possible by practicing the Eightfold path" that described simply the eight steps

to practice "the path to the cessation of suffering." Theravada Buddhist School describes this process as "Nirvana."

According to Western psychology and integrated mindfulness practices, the "eightfold path" explains the beauty of a balanced life and the bio-psycho-social-spiritual steps towards a balanced life. The first fold is "the right view": Seeing things in the proper perspective as they are, without a mistaken perception from the reality, can help people to recognize the transient nature of practical ideas and learn to accept the way things are. Using mindfulness can help our acceptance and strengthen our view. Who we are is based on what we think; this is the inside mechanism of our mind that also includes the thought process. The course of action relies on the mechanism that includes our feelings and emotions during the process of reflection.



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Valluvar's Views

By: JJ Atputharajah

Values of Friendships



- lilpickmeupdotcom

There is nothing better to achieve than good friendship and it will come in handy as an armour against enemy machinations. The friendship of the worthy develops daily like the waxing of the crescent moon. On the contrary foolish alliances deteriorate like the way the moon wanes. The idea is similar to the Naladiyar lines which states it as friendship of the great and the small minded. As one sees greater beauty and gather enhanced pleasures from the deeper study of great book, noble friendship gain in worth and grace day by day.

Valluvar goes further and states friendship is not for pleasant laughter alone, but for harsh and moral directives too. Wise counsel is essential when one deviates from the right path. These ideas are expressed in ancient Tamil classics like the Kalithogai and Kambaramayanam. Kalithogai expresses it in one line as 'Mel ninru mei koorum kelir'. Identity of feelings alone accounts for close friendship for which constant companionship is not really necessary.

Valluvar crown it all by asserting that "Muham naka nadpathu nadpu anru, nenjathu aham kana natpathu natpu'. Just a smile on the face is not an evidence of friendship, genuine friendship springs from the heart and lights up the face. Rajaji, an eminent states 'the face may wear a smile at the sight of one, but a true friend is the one who whose sight brings about internal joy which fills the whole soul'. The true friend keeps one away from the wrong path, and helps him to follow the right path. Such friendship will stand by him even if he falls into misfortune. Like the hand that goes to the rescue of a slipping garment, spontaneously hurrying to help a friend who faces adversity is true friendship.

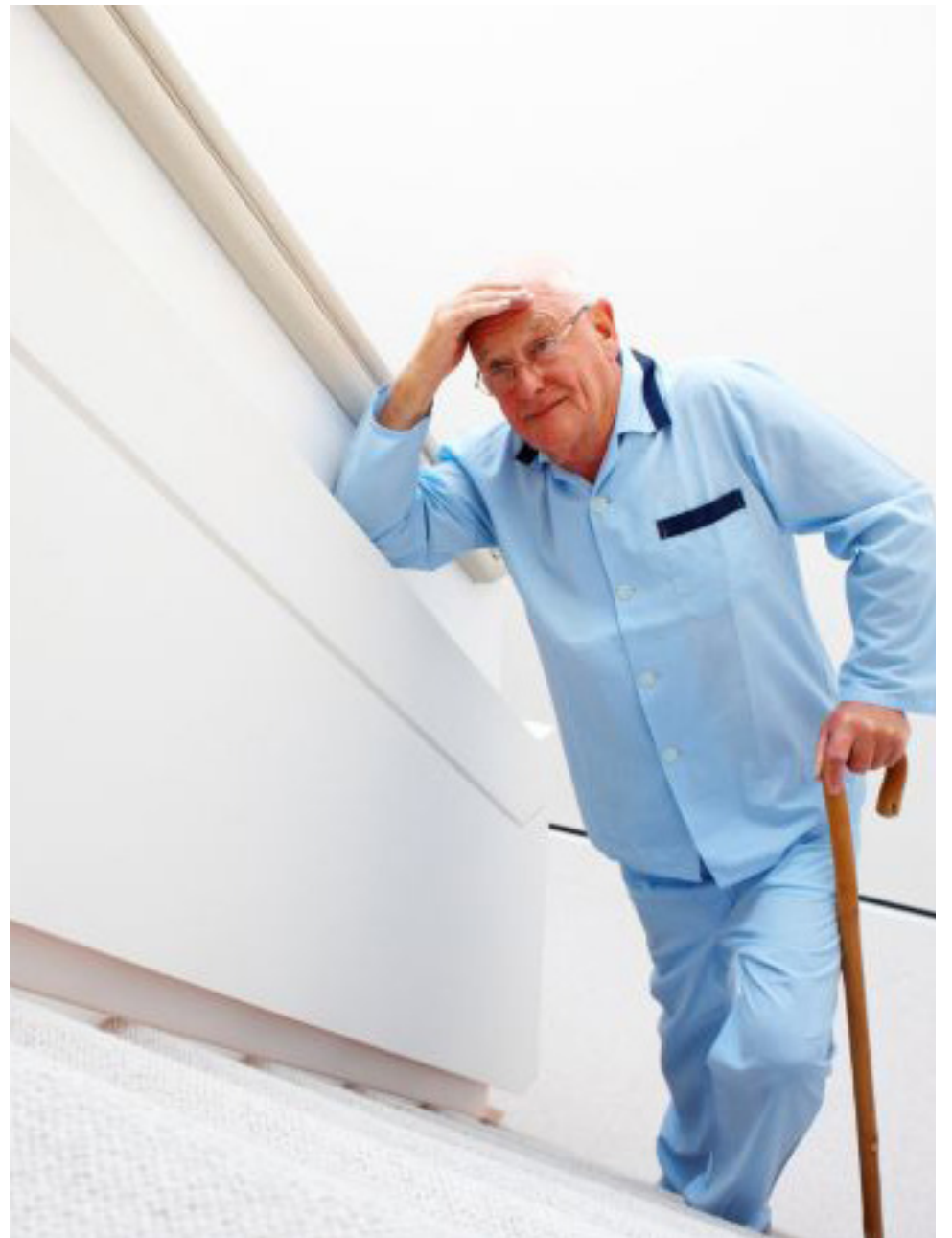
The throne of genuine friendship is found undoubtedly when two allied hearts beat in unison and mutual support. Good friendships are not measured by ordinary yardsticks; when such measures are openly stated the friendship descends to relatively meaner levels. True friendship cannot be expressed in empty words. They are truly sublime.

"Noble friendships gain in worth and grace day by day'.
'Navil thorum noolnayam polum payilthorum, Panpudayalar todarpu'.

Kural: 781-790



LIFE WITH DIGNITY FOR SENIORS



leasing.dmcihomes.com

The Canadian system ensures life with dignity for seniors irrespective of their caste, creed or racial disposition. The seniors are given all the essential facilities to live a normal independent life without the help of their immediate relatives. There are a variety of services available for them which includes friendly companionship, house-hold assistance palliative care, or long-term care. The government understands the variety of different needs and financial concerns. Apart from natural citizens of Canada, immigrants are also given similar facilities and support. Parents of immigrants are given top priority in migrating to Canada. Though the sponsors are responsibility of their upkeep for a minimum period of ten years they are given all the advantages of senior living afterwards in the matter of accommodation, old age security and medical cum health care. If they need to find employment - if they are young enough-all facilities are provided for them to update their skills and find employment.

Most seniors from Sri Lanka come to Canada on the sponsorship provided by their children. The family union program of the Canadian government is very helpful to the immigrant families. In many cases the couple both husband and wife find jobs and are hard put to look after their kids. The sponsorship program is a great boon to them. When the kids grow up, the sponsors find it a little difficult to keep their parents with them. In many cases the Canadian government is generous enough to make discount senior residential homes available for them. In addition to it, the government old age security pensions add to their comforts and the seniors are able to find life with dignity for seniors. Prescription drugs are free

for seniors and there are also long term care homes looking after the sick and the disabled. Canadian democracy with all its essential features are a boon to the elderly and the weak. All kinds of sports, pastime and recreational facilities are also available for the seniors. Physical, mental and social stimulation is necessary for high quality life. Hobbies and activities are productive engaging ways to enable seniors to pass their time rather than watching Television and relying solely on them for entertainment.

Facilities for seniors provide for assisted living, memory care, independent living, home care and hospice care. Bodily functions, loss of control, adaptable equipment, incontinence, eye matter, organ malfunction, are the problems facing elders with declining health. Family care givers provide 80% to 90% of all personal and medical care related care to elderly people. Armed with proper knowledge, care givers can address the personal care issues of the elderly. The Canadian government has done everything possible to help the seniors who need care. The Minister of Families, Children and Social Development said, "Our government is working hard to grow the bottom line for Canadians who need support. Everyone deserves to live with dignity and respect- especially seniors. The increase of GIS top up benefit reaffirms our commitment to lifting Canadians out of poverty, strengthening public pensions and improving the quality of life for seniors".

There are a variety of services available for seniors at all levels of government. For example Qualicare offers a number of services ranging from friendly companionship and house hold assistance to post-operative care or long-term care.



HUMANS OF NORTHERN SRI LANKA

Thulasi Muttulingam, writing from UK

Admin of Humans of Northern Sri Lanka is currently in London as part of the 2017 Chevening South Asian journalism fellowship. Will be here til end of May, and look forward to widening my horizons and perspectives. The process has already begun.

BY THULASI MUTTULINGAM

Like

Not practising the caste occupation: 'Cultural appropriation'?

ALOHA! REPORTING FROM WITHIN THE GUARDIAN

Cultural appropriation, caste privilege, intersectionality - all words that are important to understanding the world around us, but nothing we learned in school unfortunately (except for those few of us who studied these specifically at college level).

There are so many things I encounter or learn about on a daily basis which I have no clue how to process - is it a 'good' thing or a 'bad' thing, should it continue or not, is it my business to care about it or not?

Here's one example: Sri Lanka has a strictly structured caste system based on hereditary occupations, whereby some occupations are 'low' while others are 'high' and yet others are in the middle. So the farming, ruling, merchant and priestly castes are 'high', the artisan, carpentry, metal working castes are 'middle' and the cleaning, service-providing castes are 'low'.

One of the castes thus considered lowly are the barbers. There are many ritual practices associated with funerals and other inauspicious functions, to keep the barbers in their ritual lowly place.

In Jaffna and the other Northern provinces currently, the barbers have elected to stop serving people in their homes as is traditional and opted to open salons and their own trade associations to become a professional class instead of a subservient caste. They no longer perform their caste functions at upper caste funerals, thus successfully breaking the caste stronghold upon them. In these employment-poor regions, they earn very well through their independent salons and are one of the best examples of upwardly mobile Tamils within Sri Lanka.

In Colombo meanwhile, the caste association with this labour has been negated to some extent by upper caste women; that is to say, not only barber caste men cut hair in salons anymore. Some upper caste women have become 'hair stylists' too. I was amused to come across a case where the parents of one such hair-stylist was outraged by an offer of marriage from the parents of an accountant, a rank below them in caste. Imagine if they had got the offer from the barber caste? They would find it deeply offensive, even if the man was not practising the caste occupation which is supposedly so impurifying, even though their daughter is. What gives?

According to researcher Thanges Paramsothy, the barber caste in the diaspora have gone one step further in trying to obliterate their caste: they refuse to work in the hair salon industry at all and ostracise any members of their community who do - even though they are quite talented at it, and often can earn better at it, than in other jobs. Their rationale for this is that it would be an immediate give-away to the wider Tamil community about the caste they originate from. One can have some sympathy with this rationale - the wider Tamil community still do pounce on caste-markers and still do discriminate.

Yet other Tamils are going into the salon business. If they belong to the upper castes back home, and if they are working in posh up-market salons, their own parents don't appear to have a problem with this. Can this be construed as a form of 'cultural appropriation' then? They have essentially shamed the hereditary professionals of that industry among them from following it, while taking it over themselves when it has proved profitable and respectable.

I have met many young men from the barber caste in the North who are extremely talented and passionate about their work as a new class of professional hair-stylists. The trend in their particular diaspora community though is worrying. Will the community back home too be convinced to give up their profession as a whole over time because it is a caste-identity marker?

This has already happened to the community of washermen for example, who moved on to having professional laundries that did good business, then eventually moved away from doing that too. Yet there will always be salons and laundries among us, and given that these are money-making businesses, the high castes are easily going to move into it. They have already.

I am all for people moving away from their ancestral occupations if those are not what they would like to do - or other people moving into those occupations if the space is available - but the underlying dynamics are troubling to say the least?

I know this is a long ramble. I have simply typed out my not-so-cogent thoughts. Any inputs and clarifications would be welcome.

Yours truly at her work station - with a big Mac desktop. I can't technically work right now as per my visa regulations so this is sort of an internship experience. Beats my early internship experiences in Sri Lanka, sitting staring at others' faces, not daring to use my free time to just read a book. When are our newsrooms getting to this point?



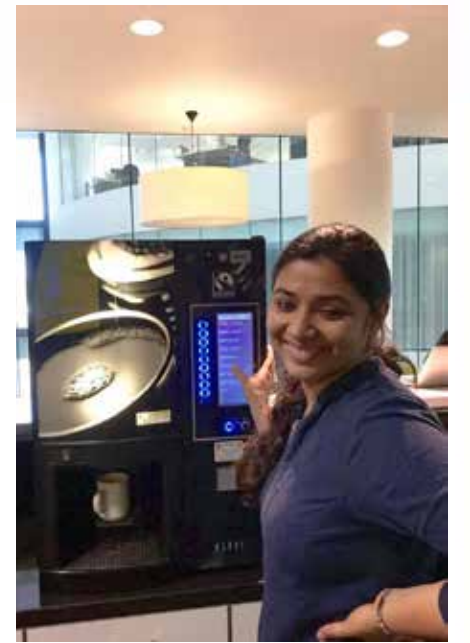
A canteen with cheap regular meals as well as snacks - catering to vegetarians as well as those with allergies.



The heart of the city where it's at. This is just the outer facade which by itself is quite impressive. Let's move on to the inner essentials now.



First things first. They provide FREE coffee - and tea - and hot chocolate... with milk and sugar to your specifications on these DIY machines



All you have to do is press a button to signify your preferences and you are good to go. With Chevening fellow Neha Lalchandani, who is placed at Guardian's sister paper, The Observer.



Lounge area for you to relax in. They've got free wifi, and books too. You are not expected to slave away at your work station all day.



Conference room in which every department across both papers (the Guardian & the Observer) meet everyday to discuss story ideas - leading to much more cohesion and understanding of what they are doing, as a team. How come we don't have such crucial meetings across teams and sister papers, in Sri Lanka? We barely speak to each other. And you want Reconciliation as a Country?

WINNING ESSAYS ORGANIZED BY RG EDUCATION FOR STORY/ESSAY WRITING CONTEST HELD AT YEAR END 2016



FAVOURITE SUBJECT

Hello, everyone.

First of all, I would like to say good afternoon to our respected judges, principal, teachers, and my dear friends. Thank you for letting me stand today. Today, I would like to speak about my favourite subject.

I study mathematics and other subjects with full interest because I have to as they are part of my curriculum. Mathematics gives us a brainstorm. There is a reason why we have to learn mathematics. We could learn how to find the perimeter, time, etc. More knowledge means learning, and math is learning. It is much easier to do better in


math than English. English works with paragraphs and more.

Mathematics is the favourite of every person who lives in Canada. Mathematics is learned until the end of high school. There's mathematics smart games we can play to get our brains working. Mathematics builds us a good strategy to give us good marks on exams.

I would like to end my speech with a beautiful quote – "Never stop learning because life never stops teaching".


Thank you, and have a beautiful day.

Tharaneeyan Kamalan,
Grade 3



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REGULATING ILLUMINATING ENGINEERING IN ONTARIO

CERTIFIED LIGHTING DESIGNER

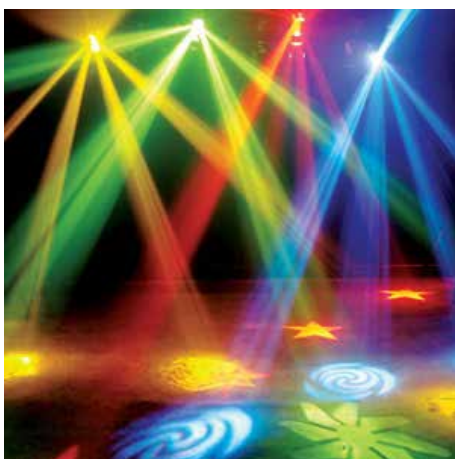
THE TIME HAS ARRIVED TO REGULATE LIGHTING DESIGN AS AN EMERGING ENGINEERING DISCIPLINE.

By: *Uthayan Thurairajah*

ILLUMINATING Engineering provides a unique attribute of engineering and its rapid growth in new scopes of professional practice in the area of public health and safety. Recent public report by the American Medical Association (AMA) further emphasizes the critical of adding illuminating engineering as emerging disciplines.

The indoor and outdoor lighting including roadway lighting is essential for public health and safety. Therefore, the Cities or owners need to have a strict guideline that a lighting designer must have a required professional qualification and a sound engineering and light science knowledge to do proper lighting design including health and safety aspect of lighting.

The fast technological development of new light sources (LED) and lighting control system emphasize the critical of regulating the lighting profession. One of the important task of Professional Engineers Ontario (PEO) as a regulator of the engineering profession is to ensure that new engineering disciplines are incorporated promptly so that the public is protected.



Intelligent Lighting

Application to PEO

Author has given a request to the Professional Engineers Ontario (PEO) Emerging Disciplines Task Force (EDTF) Committee Chair, Peter DeVita, M.A.Sc., M.B.A., P.Eng., F.E.C., P.Eng., to investigate and advise Council on appropriate actions to regulate lighting profession in Ontario. PEO is gathering some additional industry information in this regard.

Certification VS Licensing

Ryerson is the only University offers Lighting Design post-graduate degree Certificate Program in Canada. There are several universities, and colleges offer lighting design Bachelors, Masters and Doctoral Programs in the United States,



Light show

Europe, Asia and Australia. Professor Gerry Cornwell, LC, MIES, is former Academic Coordinator and a founding member of the only university-level Lighting Design program in Canada. He also conducts lighting education programs for the IESNA to the international clients.

The certification process does not involve government. An independent college or



University can certify that an individual meets established and impartial criteria. In licensing, government regulates certain duties and exercises required a practitioner to fulfill to hold a license. PEO is an engineering profession governing body in Ontario.

IESNA position by Charter

The IESNA was founded in New York City on January 10, 1906. IESNA has a wealth of resources and materials and is forefront to promote the lighting professional in North America. The IESNA has done an excellent job of being a center for scientific knowledge collection and distribution. IESNA unable to involve designers and related professionals who design lighting on an aesthetic or intuitive level. A constant tension of "designer versus engineer" has prevailed. The IES cannot pursue professional issues such as licensing by charter. If IESNA did, it would no longer be a professional society accredited to write ANSI standards.

LC and CLD Credential

International Association of Lighting Designers (IALD) Launched Certified Lighting Designer (CLD) credential program. The CLD is comparable to the LC (Lighting Certified) credential, but it is meant to prove lighting design competency. The CLD credential will be conferred based on a portfolio review which demonstrates the knowledge in seven areas of practice rather than by passing a written test like LC. The CLD will only be awarded individuals with at least three years of experience as a lead designer. The General Services Administration (GSA) requires the lead lighting designer on U.S. government projects to be Lighting Certified (LC). The CLD to lighting designers provides to the holder's skills as a lighting designer, not just their knowledge about lighting in general.

Lighting design is provided by architects, electrical engineers, building system designers, interior designers, owners, manufacturers, and sales people who have widely varying education and training, and with widely varying degrees of success. If lighting design is not licensed, anyone can say he/she is a lighting designer. The clients have to understand the value of professional lighting designers and insist that the design team includes a professional lighting designer.

Some of the Lighting design involved public health, safety, and security where

engineering can play a role. The outdoor lighting especially roadway lighting play an essential role in lighting design. In outdoor



Led Lighting

lighting, pedestrian and driver's safety, sky glow, glare, trespass are the critical part of the design and need engineering knowledge. In indoor lighting, we need to check the safety, security and health impact of light and lighting. Lighting design may create an aesthetically charming atmosphere but also health, safety, and security.

Now, most of the lighting designers are non-engineers who came from different walk of life. This field of work remains unregulated. Delay in acceptance of illuminating engineering as a regulated engineering discipline allows improper practice and non-engineers to dominate the field. The public has suffered from the lack of discipline and accountability in the design and control of lighting system based on human needs. Up to now, professional engineering regulators enforce against anyone practicing engineering which is critical to public health and safety.

Challenges

Many engineers, architects, interior designers, and other licensable professionals could rightfully argue that lighting design is part of their current practice and that their personal skill and knowledge level is competent. They can take responsibility for the aesthetic and functional outcome, compliance with codes, and structural integrity. There are other factors beyond just the lighting effects including health, safety, and security aspect of lighting and lighting. Therefore, the public could rightfully expect lighting to be designed by such professional. Lighting Designers are professionals and deserve title protection through licensing. If a firm push is made to license lighting designers, there will



Gerry Cornwell Peter M Devita

probably be an equally strong pushback from those whose livelihoods and egos are threatened. Many of the most talented lighting designers could not qualify for the Professional Engineer's examination. We must learn how to test for knowledge in the art and science of illumination.

A possible Integration Method

The scopes of practice for the emerging discipline falls under the Professional Engineers Act and for which a license to practice is required in the public interest. The scopes of practice drive the definition of the core body of knowledge for the discipline. The emerging discipline has academic programs in the discipline. The core body of knowledge is to evaluate the educational and work experience of applicants is to ensure the depth of knowledge and skill required for their scopes of practice. There are plenty of programs to evaluate the academic credentials of P. Eng. License applicants. PEO can create a new technical examination that may be required for the emerging discipline. If necessary, educational institutions can design a curriculum and options that meet the accreditation criteria for graduates to practice in the emerging discipline.

Several professional engineers who are practicing in the emerging illuminating engineering discipline. They can serve as supervisors for applicants for licensure on behalf of PEO Academic Requirements (ARC) and Experience Requirements (ERC) committees.

Summary

Lighting is the sole most important element in the visual environment. Public concerns are served by efficient lighting design and decreased operating costs. The rapid improvements in lighting systems and equipment offer potential solutions, and they have also made lighting design practice more complicated.

A requirement for regulating illuminating engineering should address the entire scope of the vast lighting design field. The multiple issues that include: safety, health, productivity, energy conservation and effectiveness, environmental concerns, governmental policy, lighting technology, competent and knowledgeable lighting practice. The efficient lighting improves productivity and strengthens security. A well-designed lighting system reduces energy, maintenance, and potential liability costs. It is time to seize the moment; lighting design should be a regulated profession. It includes architectural indoor and outdoor lighting and theatrical lighting design as well as key technical areas such as sustainability and lighting controls. We need to make sure that practicing lighting design without a license against the law. It is the only way to make the system professional.



Uthayan Thurairajah, PhD, RSE, LC, P.Eng., is a Senior Engineer at WSP|MMM Group with over twenty years of experience in Electrical Engineering and Lighting field, and he also holds a Lecturer position in the Department of Communication and Design at Ryerson University. Uthayan is a member of several Canadian and international professional association including Professional Engineers Ontario (PEO), Academy of Integrative Health and Medicine (AIHM) and Association for Prevention Teaching and Research (APTR). He has worked on multi-disciplinary lighting and electrical projects for the Ministry of Transportation, several Towns, Municipalities, Regions and others. He carries out research on the subject of light and lighting and taken part in several projects. He also has extensive research experience in the value of lighting design in the mental, emotional, and social well-being of a person. He is a frequent presenter and author on lighting design & health. He is passionate about integrating science and health into the lighting design.



MANAGING YOUR MONEY

Will you give it to the kids?

Aging is inevitable and as you get older, the desire to leave a legacy to your kids grows stronger. You've done well in life, your estate will be substantial, and you want to do everything you can to ensure it will be insulated from undue taxation and distributed exactly as you wish? Yet you don't have an up-to-date Will or, perhaps, you don't have a Will at all. You're far from alone. Surveys have found that approximately 50% of Canadians do not have a Will and nearly 75% do not have an up-to-date Will. There are a lot of reasons why that is so – ranging from not being ready to make vital life decisions to trying to avoid family issues. But a Will is the absolutely necessary foundation of any estate plan. It designates how your estate should be distributed in ways that will protect your family and reduce the taxes levied against your estate. (If you die without a Will, (intestate) a court will decide how to distribute your estate among your heirs.)

So, the place to start is by talking with your family to find out what they expect and to explain to them what your wishes are. Once you're all on the same page and you know how you want to your Will to be structured, here are some other estate planning considerations

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 beneficia-

ries who are in higher tax brackets.

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 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.

Have a Living Will that provides direction for your care in the event of catastrophic illness or disability.

Name an Executor (sometimes called a Personal Representative or liquidator in Québec) who will settle your estate according to your documented wishes.

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

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Name a Guardian for minor children or other dependents.

Set aside Liquid Assets to pay for taxes, debts, the costs of settling your estate and/or other obligations.

Consider establishing a Trust which could transfer your assets more cost effectively by reducing taxes and probate fees.

Clearly identify your Beneficiaries for all your registered investments and insurance policies.

Provide a comprehensive list of Financial Assets including your bank accounts and locations, insurance policies and amounts, investment accounts, and other financial information.

Revise your Will and estate plan following any major life event such as a marriage or divorce, birth of a child or grandchild, death of a spouse or heir, property purchase or sale, change of residence, province or country, or retirement.

When you have a Will and estate

plan in place, you'll avoid difficulties and costs later – and you'll have peace of mind. Talk to your lawyer and accountant along with your professional advisor who can keep everybody on track with your wishes for your legacy.

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.



Know the Law Before You Fly

Unmanned aerial vehicles (UAV), commonly known as drones, are increasing in popularity and quickly becoming the next big thing in real estate marketing.

However, it is important for REALTORS® to keep in mind that the use of UAVs, regardless of size or purpose, is subject to Transport Canada regulations.

The commercial application of drones (using UAVs for work, research or anything beyond the fun of flying, such as real estate marketing) is subject to Transport Canada regulations.

If you are planning on using a UAV for commercial purposes, you need to either apply for a Special Flight Operations Certificate (SFOC) or operate under an exemption. For more information on these rules, visit the REALTOR® Action Network, or consult Transport Canada's Frequently Asked Questions (FAQs) page.

In Canada, operating a UAV without an SFOC can lead to a fine of \$5,000 for an individual and \$25,000 for a corporation. Operating a UAV under an SFOC and not complying with the specified conditions can lead to



a fine of \$3,000 for an individual and \$15,000 for a corporation.

The federal government plans to propose new regulations that govern all UAVs in June 2017. The regulatory changes being considered include new legislation on rules of flight, knowledge testing, minimum age limits, pilot permits and how drones are to be marked and registered.

We will continue to monitor legislative developments and keep members updated. Once our review of the new regulations is complete, compliance materials will be available on REALTOR Link®.

If you have further questions regarding your responsibilities for UAV use, please contact your regional Transport Canada Civil Aviation office.

Courtesy: CREA News

Private mortgage market unruffled by Home Capital Situation

by Ephraim Vecina

Once the first choice of would-be borrowers who were unable to qualify for the stricter lending criteria drawn up by banks, Home Capital and its current troubles are now forcing borrowers towards more loosely regulated private mortgage providers.

Experts estimated that these lenders now account for around 15 per cent of new mortgages in Canada. Many of these private lenders pool their funds into collectives called Mortgage Investment Corporations (MICs), which are only overseen by their provincial watchdogs and do not fall under the purview of the Office of the Superintendent of Financial Institutions.

"If you want to look at the unintended consequences of policies and

what's happened now with Home Capital, I think you will see the MIC market mushrooming," CIBC deputy chief economist Benjamin Tal told Reuters. "You will see more and more activity going through to MICs."

However, the trend is not without its dangers, as it means that Canadians are essentially relying on a segment with a lack of regulation and an unstable source of funding in a time of unprecedented levels of household debt. "We're transferring the risk from the regulated segment of the market to the unregulated segment," Tal stated. "I really don't think it's a good thing."

The OSFI assured that it will keep a close eye on further developments. "Whenever there are conditions or events that impact that environment



IMF urging Canada to ensure the health of its housing market



by Ephraim Vecina

The International Monetary Fund strongly urged the Canadian government at all levels to take more decisive steps to protect the nation's housing market from a possible correction, as such an eventuality carries grave risks to the Canadian economy as a whole.

In the preliminary findings of its annual review of the Canadian economy, the IMF said last week that a further tightening of macro-prudential and tax-based measures to mitigate speculative and investment activity should be considered.

The organization also called for closer coordination between federal and provincial regulators as well as government efforts to collect more comprehensive data on real estate transactions, The Canadian Press reported.

The housing market and high levels of household debt are often pointed to as areas of concern for the Canadian economy.

Ottawa has moved several times in recent years to tighten mortgage lending rules including expanded stress tests on mortgages.

A foreign buyer tax of 15 per cent was also implemented in the Vancouver region last summer, while Ontario recently announced plans for a similar levy for the Greater Toronto Area. The IMF encouraged B.C. and Ontario to replace their foreign buyer taxes.

Cheng Hoon Lim, the IMF's mission chief for Canada, said there are a few policies that could help deter speculation in the housing market and alleviate concerns about rising debt burdens.

"Among these measures, a cap on household debt to income or more stringent qualification criteria for household debt above a certain threshold will go directly to addressing household indebtedness," she said.

Moody's Investors Service recently downgraded Canada's six big banks amid concerns about consumer debt and housing prices that could leave them vulnerable.

Recently, the new CEO of the Canadian Bankers Association said that policy-makers should take time to ensure there are no unintended consequences stemming from efforts to rein in Toronto's runaway housing prices before introducing further measures.

Neil Parmenter said he's encouraged that the federal, provincial and municipal levels of government are working together on housing policy. But he urged regulators and politicians to assess what effects recent rule changes are having before bringing in new policies.

"Sometimes it's healthy to have a bit of a pause and see what the impacts are and then adjust as necessary," Parmenter said earlier this month.

Courtesy:
Real Estate Professional

and potentially increase risks, our level of activity and vigilance increases."

Prior to the crisis, Home Capital actively served the alternative market that flourished post-2008 as rising home prices and record-low interest rates compelled more and more Canadians to take on debt. The lender pre-

viously estimated that the alternative funding segment comprised as much as 25 to 30 per cent of all Canadian borrowers, representing \$350 billion to \$420 billion out of the \$1.4 trillion national residential mortgage market.

Courtesy:
Real Estate Professional

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METHODIST GIRLS HIGH SCHOOL PPA 25TH ANNIVERSARY AGM AND DINNER

Some of the photos from the event held recently in Toronto can be seen here.





Monsoon Kitchen



GENIE SISTERS SAMAYAL SANTHAI

Welcome to our recipe corner! We sisters will entice you with recipes that we have fallen in love with and teach you a little Tamil along the way, as all the ingredients will have their Tamil names. Both of us love to cook and we have developed very different styles. Niranjini has a very refined palate and cooks more contemporary world cuisine with an Asian touch. Rajini is a seasoned homemaker who loves making traditional dishes for her friends and family. Follow us on Instagram: @ninjaeatsfood and @tamil_food

Eat more, learn more!

Sisters Niranjini Thirunesan and Rajini Nathan are both food enthusiasts from England.

Niranjini, who lives in London, has a degree in Human Biology and is a trained chef. She makes it her business to know everything about what she eats, from nutritional value to source producers. Follow her food obsession on Instagram @ninjaeatsfood.

Rajini, lives in Toronto and has a background in psychology. Her speciality is in Tamil food from around the world, catch up on her meal ideas on Instagram @tamil_food.

Ammamma's make the best food. The time, dedication and just sheer practice they've had often makes their food something that families talk about long after their time. Our mother is also now an Ammamma and this is one of her treasured recipes for you to enjoy.

Ingredients:

- 500g mutton (aattiraitchi)
- 1 tsp turmeric powder (manjal thool)
- 2 tbsp coconut oil (thengai ennai)
- 7 curry leaves, torn (kari vepilai)
- Salt, to taste (uppu)
- 1 ½ tbsp ginger and garlic paste (inji-Poondu Vizhuthu)
- 2 tbsp Sri Lankan curry powder (milagai thool)
- 1 tsp fennel seeds (perunseeragam)
- 1 small bell pepper, sliced
- 1 small tomato, roughly chopped (thakkaali)
- ½ medium onion, sliced (vengaayam)
- Lemon juice, to taste (Elumitchai saaru)

Method:

Marinate the mutton with the turmeric powder, ginger and garlic paste, Sri Lankan curry powder, a squeeze of lemon juice and a little salt. Leave to one side to marinate if in a rush, but preferably marinate overnight.

When ready to cook, heat up a frying pan with the coconut oil and add the fennel seeds and curry leaves until it starts to crackle. Add the sliced onions and stir until it turns brown. Add the marinated mutton and stir well. Cover the pan and let the mutton cook. Half way through cooking, add the tomato and mix again. Add your desired amount of salt, stir and cover the pan once again, allowing the liquid in the pan to reduce. Add the sliced bell peppers and stir well, until no liquid in the pan remains and the mutton is nicely cooked. Ensure the bell peppers have a slight crunch to them, but cook them all the way if you prefer it soft. To finish off, add a final squeeze of lemon juice.

Go on, impress Appa with this for Fathers' day- it won't disappoint!

Try making this recipe this month and do hashtag #monsoonjournal on Instagram and send us your pics, comments and feedback. Spread the love (and recipe!)

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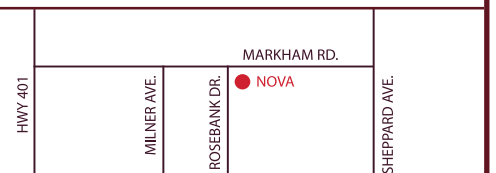
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SHANI HANWELLA

Registered Canadian Immigration Consultant/CEO,
Former Visa Officer, Canadian High Commission,
Colombo, Sri Lanka

1585 Markham Road, Suite 405,
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CTCC Walkathon 2017

The target for this year's walkathon was \$ 70,000 which was the amount needed for the purchase of two dialysis machines. The Chairperson of this year's Walkathon was Mohan Sundaramohan from RBC Royal Bank and other members of the committee were Kula Sellathurai, Gnane Gnanendran and Viloshan Sivatharman.

Mohan Sundaramohan, Chairperson of the Canadian Tamils' Chamber of Commerce Walkathon Committee & Manager of RBC Royal Bank's Branch Morningside/Milner expressed his thanks to the Tamil community for their contribution and generosity in raising the funds this year for a worthy cause.

He made special mention of the committee members and the volunteers who spent several hours of their valuable time in raising this amount and supporting the cause. He also thanked the Media for the

support and publicity given for the event.

The President & CEO of the Hospital Foundation Michael Mazza paid a glowing tribute to the Chamber, Royal Bank and the Tamil community for this year's generous gift which he said will be used for the purchase of the much needed dialysis machines.

Ajith Sabaratnam, President of the CTCC thanked the committee and all those who contributed, helped and supported the cause in raising the funds for the Hospitals and meeting the target.

Prizes were also awarded to those who helped to raise large amounts and one of the prizes was a complimentary air ticket to Las Vegas donated by VMS Travels & Tours.

Photo Courtesy:
Tamil CNN & Ekuruvi & Social Media





CTCC Walkathon 2017



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AUTO • HOME • COMMERCIAL • LIFE/GROUP



AN APPRECIATION

(A TRIBUTE)

Demise of Sivanathan Segarajasingam - a social activist, Secretary of Canada Hindu Cultural and former President of The York Region Senior Tamils' Centre, Richmond Hill, ON.



Siva Segarajasingam

With a heavy heart, I wish to pay my respects to my friend, the late Mr. Sivanathan Segarajasingam, a social service advocate for our people. He passed away last month, after a short spell at the Richmond Hill hospital. Although his demise was sudden, I feel that he had a peaceful death.

He was popularly known as Sega to many and was always ready to serve the needy. He was the founder Secretary of Canada Hindu Cultural Council, an approved Charity.

The first President was late Mr. Manickavasagar (Ex Director of Education, Jaffna). I took over the post after Mr. Chelliah, who resigned. Many charitable activities were undertaken by our Council, which benefited our community in Toronto and Sri Lanka.

During the Sunami outbreak, we collected a large quantity of food and clothing and obtained special permission to send it to an international organization in Colombo, to help in relief work. Sega was right in the forefront, actively arranging everything. I have to bring this to the public now, as he never liked publicity.

He worked tirelessly without much fanfare. Not only was he a social activist; he was also a connoisseur of music. He was a good Mridangam player; however gave it up after migrating to Canada in 1987.

I had the fortune of meeting him during the organization of the International Tamil Cultural Conference in Toronto in 1996. Both of us served in the committee. The conference was the first of its kind to be organized on a large scale by our community, which attracted the attention of many other communities in Ontario.

Several well-known scholars and artistes from Tamil Nadu, Sri Lanka, Singapore, South Africa, Malaysia, UK and Europe participated. After this event we moved very closely and on his request I took up the post of President of the Canada Hindu Cultural Council.

He had a very successful career with Ceylon Tobacco Company as a Manager of a division. Even though he lost his wife at an early age, he never married again and sacrificed his life for the sake of his two children who were 2 and 4 years at the time of the demise of their mother.

Friends and family alike really admire him for his conviction and caring spirit for his family and friends.

In Canada, he won many volunteer awards from the government of Ontario and other organizations. In 2015, he was honored by Markham City Council for his social and religious services. He was President of Markham Seniors association for two years and arranged many tours and seminars.

He was also actively involved in the activities of the Richmond Hill Vinayagar Temple since its inception. He was an ardent devotee of Lord Muruga and visited the temple every week. Both of us went on a tour of many Temples in Tamil Nadu and had the rare occasion of seeing Arudra Dharsanam in Chithmbaram Nadarajar temple. Together, we also attended the famous music festival the Chennai Thiruvayyaru in 2014.

I am sure so many of his friends will have so many memories about him, forever.

May his soul rest in Peace.

Om Namasivaya.

Sivanesan Sinniah

Creation



By: Kumar Punithavel

A young boy asked me what the belief among Hindus about creation is. Honestly I did not have a clear answer, so I decided to find out the truth. Guess the question of creation is one of fundamental. Man has always endeavoured to find the truth. Paul Gauguin famous French painter gave the title to one of his painting as: *Where Do We come From? What Are We? Where Are We Going?* Guess the young boy had the same doubt. In my search I found this very same question in different communities answered differently. Let me begin with the cradle of modern western civilization.

Greeks says in the beginning there was Chaos (formless matter supposed to have existed before the creation of the universe) an empty void. But somehow this enormous vacancy gave birth to Gaea, the earth to Tartarus, the great region beneath the earth, and the Eros, the shinning god of love and attraction. Chaos also bore Erebus, the darkness of the netherworld, and Night, the darkness over the earth. Then Erebus slept with night, who gave birth to Ether, the heavenly light, and to Day, the earthly light. The belief goes on in this line of thought. There arose no question as to who created the Chaos!

Egyptians standing is well documented in the Pyramid Texts dating 2780- 2250 B.C.E. The ancient Egyptians had many creator gods and associated legends. Thus the world or more specifically Egypt was created in diverse ways according to different parts of the country. However in all of these myths, the world was said to have emerged from an infinite, lifeless sea when the sun rose for the first time, in a distant period known as 'Zep Tepi' "the first occasion". Different myths attributed the creation to different gods; the set of eight primordial deities called the Ogdoad, the self-embodied god Atum and his offspring, the contemplative deity Ptah, and the mysterious, transcendent god Amun. While these differing cosmogonies competed to some extent, in other ways they were complementary, as different aspects of the Egyptian understanding of creation.

Yoruba is a tribe in Nigeria in Africa where I had the privilege to work in the early eighties. They too have an interesting story which goes as follows. Long long ago Olorun the sky god, lowered a great chain from the heavens to the ancient waters. Down this chain climbed Oduduwa the Orolun's son. Oduduwa brought with him a hand full of dirt, a special five-toed chicken, and a palm nut. He threw the dirt upon the ancient waters and set the chicken on the dirt. The chicken busily scattered and scattered the dirt until it formed the first dry earth in the centre of the new world, Oduduwa created the magnificent life (EE-Fay) kingdom. He planted the palm nut which grew into a proud tree with 16 branches, symbolizing the sixteen sons and grandsons of Oduduwa.

Boshongo a tribe in central Africa which has another interesting theory about creation which goes as follows. In the beginning there was only darkness, water, and the great god Bumba. One

day Bumba, in pain from a stomach ache, vomited up the sun. The sun dried up some of the water, leaving land. Still in pain Bumba vomited up the moon, the stars, and then some animals: the leopard, the crocodile, the turtle, and finally some men, one of whom, Yoko was white like Bumba.

Judaism and Christianity: These two religions have the same foundation and have the same belief regarding creation. In the opening chapter of the Bible begins with the following words. "In the beginning God created the heavens and the earth." This is followed by a day by day account of creation:

Day 1- God created light and separated the light from the darkness, calling light "day" and darkness "night".

Day 2- God created an expanse to separate the waters and called it "sky".

Day 3- God created the dry ground and gathered the waters, calling the dry ground "land", and the gathered waters "seas". On day three, God also created vegetation (plants and trees).

Day 4- God created the sun, moon, and the stars to give light to the earth and to govern and separate the day and the night. These would also serve as signs to mark seasons, days, and years.

Day 5- God created every living creature of the seas and every winged bird, blessing them to multiply and fill the waters and the sky with life.

Day 6- God created the animals to fill the earth. On day six, God also created man and woman (Adam and Eve) in his own image to commune with him. He blessed them and gave them every creature and the whole earth to rule over, care for, and cultivate.

Day 7- God had finished his work of creation and so he rested on the seventh day, blessing it and making it holy. Such goes the belief among the two religious groups.

Islam: Islam being the newest of all dating about 1600 years pretty much accepts the former two. The religion itself based on the revelation by God (Allah) has glimpses of the thought that a personified God creating the world in the compilation of his revelation called Koran. Being a close cousin of the earlier two religions one could see the thoughts of the previous beliefs resonate I quote some of the stanzas from Koran for the readers: Koran verse # 7:54; 'Allah created the heavens and the earth, and all that is between them, in six days'.

Koran verse # 50:38; 'We created the heavens and the earth and all that is between them in six days, nor did any sense of weariness touch Us'.

Koran verse # 57.4; 'He it is Who created the heavens and the earth in six days, then established Himself on the Throne. He knows what enters within the heart of the earth, and what comes forth out of it, what comes down from heaven, and what mounts up to it. And He is with you wherever you may be. And Allah sees well all that you do'.

Koran verse # 21:33; 'It is He Who created the night and the day, and the sun and the moon; all (the celestial bodies) swim along, each in its rounded course'.

From the foregone stanzas from the Koran, it is clear Islam resonate the views of its cousins.

Science: The newest form of knowledge is science and it is prudent to know the stand taken by science. According to Scientific theory everything must have been present in the primordial atom in singularity. In such state, matter would no longer be possible as matter. It would be stripped down to pure energy, and energy itself would be raw and undifferentiated: variations like gravity would not have emerged. Time would not yet be real, for there can be no time before zero; neither space make sense in the context of a question like, "What was there before Big Bang?" Physicists reply, "There is no 'there' there. There was no 'then' then." Space and time, matter and energy, sprung into existence at that moment of creation; "before" that moment the concepts do not apply.

In conclusion we may say according to science is that the universe has not existed forever. Rather, the universe, and time itself, had a beginning in the Big Bang, about 15 billion years ago. The beginning of real time would have been a singularity, at which the laws of physics would have broken down. Nevertheless, the way the universe began would have been determined by the laws of physics, if the universe satisfied the no boundary condition. This says that in the imaginary time direction, space-time is finite in extent, but doesn't have any boundary or edge. The predictions of the no boundary proposal seem to agree with observation. The no boundary hypothesis also predicts that the universe will eventually collapse again. However, the contracting phase will not have the opposite arrow of time, to the expanding phase. So we will keep on getting older, and we won't return to our youth. Because, time is not going to go backwards.

Hinduism: Hinduism is frequently called as the mother of all religions. While there are many mythological stories in Hinduism, the foundation is based from Vedas. The Vedas are a large body of knowledge texts originating in the ancient Indian subcontinent. Hindus consider the Vedas to be 'apauruseva', which means 'not of a man, superhuman and impersonal authorless. The Nasadiya Sukta (after the incipit *ná ásat*, or "not the non-existent"), is also known as the Hymn of Creation. It is the 129th hymn of the 10th Mandala of the Rig-Veda. (10:129). It is concerned with cosmology and the origin of the universe.

Nasadiya Sukta in English as translated by A.L. Basham is given below;

1. Then even nothingness was not, nor existence. There was no air then, nor the heavens beyond it. What covered it? Where was it? In whose keeping? Was there then cosmic water, in depths unfathomed?

2. Then there were neither death nor immortality, nor was there then the torch of night and day. The One breathed windless and self-sustaining. There was that One then and there was no other.

3. At first there was only darkness wrapped in darkness. All this

was only un-illuminated water. That One which came to be, enclosed in nothing, arose at last, born of the power of heat.

4. In the beginning desire descended on it - that was the primal seed, born of the mind. The sages who have searched their hearts with wisdom know that which is, is akin to that which is not.

5. And they have stretched their cord across the void, and know what was above, and what below. Seminal powers made fertile mighty forces. Below was strength, and over it was impulse.

6. But, after all, who knows, and who can say whence it all came, and how creation happened?

The gods themselves are later than creation, so who knows truly whence it has arisen?

7. Whence all creation had its origin, he, whether he fashioned it or whether he did not, he, whether he fashioned it or whether he did not, he knows - or maybe even he does not know.

Interestingly akin to the scientific finding using the intelligence of the scientist about the singularity, these sages by their intuition suggests on the verse 4, suggests: 'In the beginning desire descended on it that was the primal seed, born of the mind'. They go on to say; 'The sages who have searched their hearts with wisdom know that which is, is akin to that which is not'.

In the next verse they go about describing the seed or the singularity was the seminal seed. On the Big Bang the whole universe emerged from the singularity. The sage refers to the primal seed as seminal powers from which everything that we see and feel came from. On the first two lines he interestingly says: 'And they have stretched their cord across the void, and know what was above, and what below.' They go about mentioning they knew what was above and below the void.

These sages belong to no religion. They were spiritual in its true sense. In their quest to know the truth which is an uncharted path they had the courage to say who knows! And who has the authority to say. Where it came from and when it happened? Interestingly they mention even the Gods themselves are later than creation. In the same breath they make the confession who knows when it all happened!

Interestingly the sage goes on the final verse goes on to say whether He the God fashioned it or not. The Sage goes on to say may be he does not know how it all came about.

I am greatly reminded of the last verse in the book titled 'Nat Chinthanai' by the great saint Yogar Swami from Jaffna Ceylon, which I will share with you:

*We nurture God in our heart
We are his mother
We and he have no misgivings
Us he cannot disconnect
Everything is true*

As the great sages said there are certain things we cannot find the answer. Let us accept and go forward.

A STEADFAST DECISION



C. Kamalaharan

“Ammma! Why do you shout so loud, can’t you speak softly, what is your problem? You know how tensed we are on working days; we have to see that our kids are ready to catch the school bus and we too have to be on time for work,” fumed Kamala. “No child I’ve misplaced my specks, don’t know where the hell it is,” replied the mother Chellamma. “You are always absent-minded. It must be some where in the house. Why do you want it now when we are so busy?” “I haven’t gone through today’s serials,” answered Chellamma. “You and your serials, can’t you wait till we leave for work. The whole day is at your disposal. You can view your serials leisurely,” saying so Kamala scurried here and there in search of the specks. “See! You have left it in the washroom. What a forgetful person you are, always causing unnecessary tension for us!” Being cowed down Chellamma silently switched on the TV and began viewing the serials one by one. She was so glued to the TV that she didn’t hear Kamala bidding her good-bye as she mounted on her scooty and took off.

It took time for Kamala to settle down in office as the recurring thoughts of having been rude to her mother clouded her mind. She felt sorry for her mother who had sacrificed her life to bring them up to what they are today all by herself in the absence of their father. During lunch break she gave a call to her sister Vimala who at once perceived that it must be another complaint about her mother. Taking the receiver she asked, “Any problem today?” “As usual carelessness and today she pestered me to find her specks she had misplaced. I searched all over the house and at last found it in the washroom.” “What was the need for her to have it immediately when you were so busy?” “To view the serials.” “There you are the same annoyance when she is with me.” “I don’t know how I am going to tolerate her botheration till the end of this month.”

Both sisters as decided took alternate turns every month to take care of Chellamma a victim of dementia, an ailment of the aged. She had lost the power of thinking and behaves abnormally, causing inconvenience and irritation to her daughters. “Vimala! What shall we do?” asked Kamala. “Acca! shall we admit her in one of these Old Aged Homes, now it’s quite common to admit parents to these homes particularly when both husband and wife are employed. They are well looked after and are provided with the best of facilities; a library to read the dailies, books and magazines, a wide screened TV to view serials, a mini theatre to view old-time movies, a carom board and a chess board to play indoor games, a room for prayer and meditation. There is also a temple within the premises.

Furthermore the inmates are taken for the weekly Senior Citizens’ Meeting and also on tours to places of interest. Above all the meals served there are delicious and satisfying” “Will Amma agree to go there?” asked Kamala. “That is doubtful Acca, the other day when I spoke to her about these homes she wasn’t happy and came out with her arguments against sending the elders to these homes; “During our time Old Aged Homes were not heard of. Didn’t those children take care of their aged parents carefully and compassionately?” I replied, “That was possible in your time because only the husband was the sole bread-winner in the family and the wife had taken care of the household chores. Now times have changed, both husband and wife have to work to make both ends meet. But however much I tried to explain and convince her she wasn’t satisfied.” So the daughter’s were in a dilemma whether to keep her or send her to the Old Aged Home. We have to take a firm decision in his regards,” said Vimala “So you think Amma has to be admitted in one of these homes?” asked Kamala. “Of course,” said Vimala. Continuing further she said, “Society will not disapprove it as it is the present day trend.” “Whatever may be Amma will certainly not agree to move there,” said Kamala. “Then we have to take her to one of these homes and show her how perfect the set up is,” suggested Vimala. “But however perfect these homes are Amma will never agree to go there,” insisted Kamala. “The only thing we could do is to take her on the sly of visiting a known inmate there, she might change her opinion after visiting the place. One of my colleague’s mother is there,” suggested Vimala “That’s fine,” said Kamala.

The following weekend they arrived at one of the well managed Old Aged Homes. On the pretext of visiting a known inmate both the sisters took their mother around the Home and showed her how the set up was. The buildings and the lush green surroundings were kept spick and span. While walking along the verandah the inmates were seen to be engaged in various activities. Some were in the library engrossed in reading the dailies, magazines and books. Some others particularly the women were in rapt attention viewing a serial in the TV while others were viewing a Shivagi Ganeshan movie in the mini-theatre. In the kitchen a few ladies were giving a helping hand in preparing meals. They also took her to the separate room for prayer and meditation. Before leaving the premises they visited the temple within the premises and returned home.

The following day during her visit to Kamala’s house Vimala asked her mother, “Amma, how was the Home for the Aged we visited yesterday.” Quite aware that her daughters are planning to move her there she in a fit of rage replied “I know

you two are planning to get rid of me. I’ll never budge from this place or from your place,” said Chellamma. Kamala said. “It’s for your benefit we insist that you go there. We’ll never desert you. Every weekend we will visit you.” “No, nothing of that sort,” Chellamma retaliated strongly. Vimala intervened and said, “Amma, you will be under special care, the place will be more homely for you.” “No I can’t go there, don’t force me.” “You have to go,” both the sisters joined the fray. “No I can’t go.” Unable to counter argue further Chellamma retired to her room brooding over what transpired between her and her daughters. Quite certain that her daughters were going to ‘dump’ her in the home soon, the whole night she was contemplating on what to do.

The next morning she sprang into action. No sooner Kamala left for work she closed the door and went to their family friend a retired govt. servant and related all what had transpired between her and her daughters amidst tears. She handed him her passport and money requesting him to book a seat for her flight to SriLanka. “Why in such a hurry?” asked the gentleman. “I must leave before it’s late.” “Are you leaving for good?” “Yes I am.” “How about your medical insurance and welfare payments?” “Not at all bothered.” “O.K I’ll book the earliest flight and inform you. One request, don’t reveal this to anybody.” “Sure, thank you.”

Within a couple of days she got the confirmed ticket and made preparation for the flight. The same evening Chellamma told her daughter Kamala, “Child, I am leaving for SriLanka on Sunday.” “How Amma!” “I have already got the flight ticket.” “How did you manage to get it?” “Through a known gentleman who doesn’t want his name to be disclosed.” Kamala at once phoned to Vimala and informed her about her mother’s master plan. Vimala immediately arrived and asked her mother, “What this sudden urge to go when medical facilities here are good and that too free. There you have to pay through the nose even for simple ailments.” “Doesn’t matter, I want to go.” All efforts to prevent her from leaving failed. The following Sunday Chellamma took flight and arrived at the Katunayaka air port where a relative received and took her to her ancestral home in Jaffna.

Chellamma’s youngest daughter Thilaga received her at the gate and took her inside her newly constructed house. Chellamma went from room to room seeing the newly built house and the backyard where the neatly kept vegetable garden attracted her. Inside the house a separate room with attached bathroom was arranged for Chellamma. A wide screened TV was fixed on the wall for Chellamma’s viewing. She was a free bird without any restrictions placed on her activity. Most of the time she spent her time in the company of her peers in the neighbourhood. She visited

temples and also attended functions. In short she was in an ecstatic mood.

Chellamma’s daughters Kamala and Vimala felt the need of their mother’s presence when they attended domestic matters all by themselves hitherto done by the mother who was also helpful in many other ways. Financially too they felt the pinch when Chellamma a welfare recipient left them. And so both the sisters were planning to bring Chellamma back.

Unaware of her daughter’s plan Chellamma continued to enjoy her new found freedom. One evening there was a knock on Thilaga’s door. When she opened the door Thilaga was in for a pleasant surprise. There stood Kamala and Vimala smiling. “Oh come in, why this sudden unexpected visit?” “Just to see Amma you and your kids,” replied Kamala. “Where is Amma?” asked Vimala. “She is there in the neighbourhood with her contemporaries.” “How is she?” asked Kamala. “She is in the right spirit of mind hale and hearty.” “No problem with her!” asked Vimala. “No, not at all.” “When she was with us she created problems,” began Kamala “It was pure botheration and irritation even for trivial matters.” Vimala intervened, “Unable to tolerate her adamant and irritating behaviour we decided to admit her in one of the Old Aged Homes where she could find life easy going and spend the evening of her life peacefully. But she refused to budge from our houses.” Vimala said, “She smelt our intention and silently made arrangements for the flight and arrived here.” “And so we have come to take her back with us. We hope you won’t mind?” asked Kamala. “It’s left to you. If she is willing you take her.” Just then Chellamma entered through the back door and stood dumbfounded on seeing her daughters. She immediately sensed their plan for arriving there all of a sudden. “Amma how are you,” asked Vimala. “Are you happy here?” asked Kamala. There was a silent pause. Breaking the silence Vimala asked, “Why do you suffer here when everything is available there, that too very cheap. Come with us?” “To admit me in the Old Aged Home!” was her sudden retort. “We assure you that such things will never happen. You will stay in our homes only and nowhere else.” “I will not trust you. You will go back on your words. The way both of you connived and tried to ‘dump me’ in the Old Aged Home still haunts me, please don’t force me, I’ll never come with you both.” No Amma please come, we will provide the best comforts and keep you cheerfully and lively,” both sisters pleaded. “Thilagam is taking care of me, not at all troubling me. I am breathing fresh air since I arrived here. Sorry I can’t accompany you,” saying so she left through the back door to meet her friends. Later the sisters unable to change their mother’s steadfast decision left thoroughly disappointed....



THE HINDU TEMPLE SOCIETY

Richmond Hill Ganesha Temple DOORS OPEN RICHMOND HILL 2017

SATURDAY, May 13, 2017

By Kidambi Raj, Member, Board of Trustees

The Ganesha Temple was invited for the third year in a row by the Heritage Council of the Town of Richmond Hill to be part of the "Doors Open Richmond Hill". The event was held on Saturday, May 13th from 10:00 Am to 4:00 PM.

As in the past two years, the event was a great success, once again thanks to all the volunteers both young and not so young. Everyone worked very hard, but with smile on their face. As the expression goes, "the

proof of the pudding is in the eating", the responses from the visitors speak volumes.

The main highlight being the visit of Hon. Gary Anandasangaree, MP for Scarborough-Rouge Park, Hon. Majid Jowhari, MP for Richmond Hill, Hon. Dr. Helena Jaczek, MPP for Markham-Rouge and Minister for Community Services, Hon. Dipika Damerla, MPP for Mississauga-Cooksville and Minister for Senior Services, and from the Town of Richmond Hill,

our Mayor, Dave Barrow, Deputy Mayor & Regional Councilor Vito Spatafora, councilors, Castro Liu, Godwin Chan, Karen Cilevitz, David West, The City of Markham Ward 7 councilor Logan Kanapathy, York Regional Police Chief Eric Jolliffe and Inspector Ricky Veerappan of York Region Police Bureau of Diversity, Equity and Inclusion.

The younger members of our community presented an exquisite and wonderful per-

formance of our classical dance Bharatanatyam to the visitors, who were in awe. In addition, our youth presented demonstration of Yoga, that is deeply entrenched in Hinduism. Needless to say, that our young ladies' Mehndhi (Henna) application to visitors once again was a great hit. To add to all these, there was an exquisite spread





OF CANADA

of bakery products from three bakeries thanks to Raghavan's help, coffee, soft drinks and Upma, our own dish, which was also well enjoyed and appreciated.

The MacDonalds restaurant at Bayview Ave. and Major Mackenzie Rd., was kind enough to provide coffee which we appreciate. It is a true indication of the support from the business community in our neighbourhood. We had support from our community busi-

ness people as well. None of all these would have been possible but for the enthusiastic, smiling and energetic volunteers young and not so young. It was a clear indication of the interest on the part of the younger generation not only to show case the temple and also their culture and heritage. The views, comments and impression of the visitors in the Guest Book says it all.

Thanks to you all Volunteers for the job done extremely well.



THE HINDU TEMPLE SOCIETY OF CANADA Richmond Hill Ganesha Temple

VISIT TO TEMPLE BY TWO MEMBERS OF UNITAR & YORK REGION POLICE

MONDAY, May 15, 2017

BY

KIDAMBI RAJ, MEMBER, BOARD OF TRUSTEES

The York Region Police (YRP) under the leadership of Chief Eric Jolliffe, set up the Diversity, Equity and Inclusive Bureau, which is led by Inspector Ricky Veerappan. For years as part of their work they have been taking certain number of Police Officers and civilians of multi-ethnic origin working at various Police Stations, to various places of worship in York Region for close to fifteen years. For the last 10 years, they have visited our temple and they were not only taken on a tour of the temple, but they were also given a very short presentation (talk) about the very basics of Hinduism and explaining some of the misconceptions that non-Hindus have about Hindus and Hinduism. I understand that York Region Police is one of very few Police groups in the Province, undertaking place of worship tours towards the promotion of diversity and equity.

It seems these initiatives undertaken by YRP was noticed by the Lt. Governor of the Province of Ontario

and she wanted to be part of one of YRP's places of worship tour. YRP arranged one, but at the last moment the Lt. Governor had to excuse herself from the tour. The work done by YRP seem to have been noticed by The United Nations Institute for Training and Research. UNITAR is a principal training arm of the United Nations and it seems that they were interested in a collaborative work between York Region and York Region Police to help integration of newcomers while also building a community that is safe welcoming and inclusive.

As part of showcasing the vibrant diversity of York Region, two members of UNITAR who were visiting, were brought to the Ganesha Temple. They were given a good tour and a brief talk about our religion and culture.

The pictures show the visitors from UNITAR, representatives from the Regional Municipalities of York and YRP people at our temple.

THE HINDU TEMPLE SOCIETY OF CANADA Richmond Hill Ganesha Temple

CHITRA POURNIMA

WEDNESDAY, May 10, 2017

BY **KIDAMBI RAJ, MEMBER, BOARD OF TRUSTEES**

What is Chitra Pournami & when is it celebrated:

Chitra Pournami festival commemorates Chitrugupta who according to the scripts is the assistant of Lord Yama, the God of Death. It is observed on the day of the full moon in the month of Chithirai or chaitra, corresponding in the Gregorian calendar to a day in April or May. The day is also dedicated to Indra, the head of Devas. This auspicious day is celebrated as Chitrugupta's Birthday.

Chitra means collection of Pictures and Gupta means Hidden. Chitra Pournami is the sacred day to Chitra Gupta, the Keeper of Deeds. Lord Brahma created Chitra Gupta through the Sun God and He is considered as the younger brother of Lord Yama. It is believed that Chitrugupta examines the good and bad performances of each individual. When a person dies, his soul first goes to Lord Yama, where Chitrugupta tallies the deeds and report it to Yama. On this day, special poojas are conducted at temples and people take bath in holy rivers and temple ponds to wash away the sins committed and to bag the virtue for the life beyond.

Legend

There is a legend associated with Chitra Pournami involving Lord Indra, the king of Gods, and his Guru Brihaspati. Lord Indra and Brihaspati once had an argument. As Indra failed to respect Guru, he stopped advising Indra who started committing sins in the absence of Guru. Days passed and Brihaspathi returned to his duty.

He advised Indra for a pilgrimage to the earth to lessen the burden of sins. During the pilgrimage, Indra realized that he had been redeemed from the sins. He found a Shiva lingam under a Kadamba tree and believed that Lord Shiva had helped him in relieving his sins. Following this, he started worshipping him. He worshiped Lord Shiva with a golden lotus which he found from a nearby pond. This was believed to be happened on a Chitra Pournami day and the place was Madurai in South India. Devendra (Lord) puja is held during Chitra Pournami day in commemorating the event.

We need to pray to Chitrugupta to consider our good deeds and to ignore our bad deeds. We can find Chitrugupta Pooja book in book shops and we can chant the slokas given in there.

Significance of Food Feeding on this auspicious day

The best Charity one could ever afford is feeding the Poor and Needy. The simplest way to cleanse your sins and bad karma is to offer Food for the Poor and Needy, by doing so you would not only be wiping out all those sins you would be blessed by the Almighty as well.

Fasting Rules

We should avoid taking milk and milk-products on that day since he came out from Kamadhenu. (It is preferable to take buffalo milk if available). It is a customary to eat curd rice without salt on this day and to fast without eating anything else. In any case avoiding salt in food items throughout the day is recommended on this day, if possible.



Events by Durham Tamil Association

Durham Tamil Association was proud to celebrate South Asian Heritage Month on May 6th at the Town of Ajax Community Centre. We had various activities such as Food sampling, Henna, Saree wrapping, Kolam Art and Garland Making. DTA was also represented at other community events this month such as: Seniors' Community Engagement Event at East Shore Community Centre, WMRCC Gala, and Pickering Caribbean Canadian Cultural Association (PCCCA).

DTA celebrated Mother's day with its members at the East Shore Community Centre. The event started off with the mothers cutting a special cake baked for them. Snacks were then provided and various games were organized and played by kids and seniors alike. DTA extends a special thank you to all the volunteers and performers who made these activities this month so successful.

DTA BBQ is Sunday June 25th at Greenwood park in Ajax please rsvp to info@durhamtamils.com or 905.428.7007 or www.durhamtamils.com



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Whirlpool Jet Boat Tours set to make a splash for 25th season

Daily departures for Niagara River jet boat rides have begun

NIAGARA-ON-THE-LAKE, Ont. (May 26, 2017) – As Canada prepares to celebrate its 150th birthday this summer, Whirlpool Jet Boat Tours will mark a significant milestone of its own — its 25th season taking passengers on action-packed rides through the white-water of the Niagara River.

Following a mild winter and early spring, Whirlpool kicked off the season on Saturday, April 22, offering jet boat rides a couple of weeks earlier than usual from its dock in Old Towne Niagara-on-the-Lake. Departures are set to begin on the U.S. side of the river in Lewiston, N. Y. on Saturday, April 29 and from Niagara Falls on Sunday, June 25.

“This is a really big year for us,” said Whirlpool Jet Boat Tours president John Kinney. “With Canada’s 150th coming up, Niagara is expecting a very strong summer for tourism. We’re really excited to help thousands of visitors celebrate Canada’s big day with a splash.”

Over the past 25 years, Whirlpool Jet Boat Tours has grown steadily and invested heavily in innovative technology and amenities to help adventure lovers experience the power of the Niagara River.

The company officially opened its doors to the public in 1992 with a single boat, taking passengers for thrilling white water rides from the mouth of the Niagara River in Niagara-on-the-Lake, through the Class 5 Devil’s Hole Rapids and to just below the incredibly powerful Niagara Whirlpool.

Twenty five seasons later, Whirlpool has a fleet of eight 50-passenger jet boats that take passengers on adre-

alin-filled trips from three departure locations. In the process, Whirlpool has earned a reputation as one of the top tourism attractions in the region. Last year, the Ontario Tourism Marketing Partnership Corporation named Whirlpool Jet Boat Tours one of seven must-do tourism attractions as part of the Ontario Signature Experience Series.

Passengers can choose between two types of trips — wet or dry. Guests in open-topped jet boats are guaranteed to return to the dock soaking wet, doused with gallons of water while their boat pilot powers them through the rapids at high speed and expertly spins them through the chop in a complete 360-degree turn. Passengers in the covered Jet Dome get the same thrill ride, minus the splash, and return as dry as they were at the outset.

Tours last approximately one hour. Along the way, tour leaders on the boats also give passengers highlights about the river’s geology and fascinating history.

Whirlpool Jet Boat Tours has a sister company, Niagara Sunset Cruises, that offers tours aboard the Niagara Belle — a fully restored New Orleans-style paddle wheeler — for those who’d prefer to take in the fantastic sights of the Niagara River at a slower pace.

In addition to individual bookings, Whirlpool Jet Boat Tours offers special rates for corporate groups, family groups and residents of Niagara. More information about tour packages, rates and reservations can be found at www.whirlpooljet.com.

About Whirlpool Jet Boat Tours:

Celebrating its 25th anniversary this year, Whirlpool Jet Boat Tours



has been giving passengers a taste of adventure on the white water of the Niagara River since 1992. Passengers experience a thrilling and educational one-hour guided tour, where they can take in the awe-inspiring scenery of the Niagara Gorge, feel the rush of the Class 5 Devil’s Hole rapids and marvel at the power of the Niagara

Whirlpool. Headquartered in Niagara-on-the-Lake, the tour company’s fleet of custom-built jet boats depart from three locations: Niagara-on-the-Lake, Niagara Falls, Ont. (shuttle bus from Floral Clock on Niagara Parkway to Queenston dock) and Lewiston, N.Y.

For more information, go to www.whirlpooljet.com.





Community Watch



SAVE THE DATE

The 10th Annual Enbridge Ride to Conquer Cancer Benefiting Princess Margaret Cancer Centre

WHAT:

On June 10th and 11th, 2017, thousands of dedicated people will embark on a two-day, 200-kilometre cycling journey between Toronto and Niagara Falls. This year marks the 10th Anniversary of the Enbridge Ride to Conquer Cancer and participants can select one of three route options to complete: <http://bit.ly/2okj5Aw>. The 10th annual Enbridge Ride to Conquer Cancer is a transformational, multi-day event that raises significant funds for Personalized Cancer Medicine at Princess Margaret Cancer Centre.

Two in five people are diagnosed with cancer in their lifetime. Participants in the Enbridge Ride to Conquer Cancer have the opportunity to make a personal difference in the fight against cancer. Funds raised through the Enbridge Ride to Conquer Cancer support Personalized Cancer Medicine research, treatment advances, education and new standards of care at The Princess Margaret, across Ontario, and around the world.

The annual Ride draws thousands of participants and brings together communities of survivors, cyclists and supporters who train and fundraise for months in order to participate in the Ride.

WHEN:

June 10-11, 2017
 More details to follow
 Visit www.conquercancer.ca

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