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The Power of Soccer Gives Back to The Younger Canadian Tamil Community

Jarvis Football Club celebrates the success in keeping young people on the field for 33 years

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By **Harrish Thirukumar**

For 33 years, the founders of Jarvis Football Club (FC) have used the sport of soccer to give back to the Canadian Tamil community. Jarvis Football Club was established in 1986 as one of the first Toronto Tamil soccer clubs. Since its inauguration, Jarvis FC has been committed to the development of young Canadian Tamil soccer players, by encouraging a sense of community and pride. Jarvis FC believes in the power of sport and the importance of teamwork, resilience, and collaboration. To honor this noble cause, an event was held on Saturday, April 6, 2019 at the Estate Banquet and Event Centre in Toronto, Ontario.



A trophy presentation was conducted for the current Jarvis men's soccer team, who were champions of the Toronto Markham Indoor soccer league and CEYS annual Boxing Day Tournament. Those who tirelessly worked from the inception of the organization were also recognized with mementos at the event. There were several performances, singers, and a live band. These included DJ Jathu and MC Neru.

There were several dignitaries from federal, municipal, business, professional and soccer enthusiasts to support the community efforts of Jarvis Football Club. These attendees includes Gary Anandasangaree, Member of Parliament (MP) for Scarborough-Rouge Park, Jean Yip, MP for Scarborough-Agincourt, Mayor of Brampton, Patrick Brown, Cynthia Lai, Toronto City Councillor for Ward 23, Scarborough-North, Nishan Duraiappah, Deputy Chief for Halton Regional Police, Juanita Nathan - Trustee for Ward 7 and 8, York Region District School Board, Dr. Anu Sriskandaram, Trustee for Ward 22 - Scarborough Rouge Park, Parthi Kandavel - Trustee for Ward 18 - Scarborough-West, and Quintus Thuraisingham, Candidate for Scarborough-Guildwood for the Conservative Party of Canada.

MP Anandasangaree had a few words of encouragement



Honouring the valuable contributions of the Jarvis Football Club Men's Team; Standing (L-R): Vasanthan T, Nirun S, Jerrick N, Daniel R, Beeshmar A, Atchu S, Anuram A, Andrew R, Nishan Duraiappah, Deputy Chief for Halton Regional Police
Bottom row (L-R): Jasheran J, Karthe T, Praveen B, Dillon S,
Not present: Pradeep S, Surya T, Sabeeno S, Brennon P, Yohan B, and Haran M

on the importance of extracurriculars and sports today. He also presented certificates of accomplishment to the founding members of Jarvis FC. Mayor Patrick Brown commended the success of Jarvis FC in inspiring young people in the field among the Canadian Tamil community. Councillor Cynthia Lai, City Councillor, Ward 23 Scarborough North also spoke on the achievement for continued 33 years. Nishan Duraiappah also said a few words on the club and presented awards to the current men's soccer players.

The current captain, Praveen Balakumaran, similarly commended Jarvis FC management and founders for the

great work that has been done and continue to do for youth. He went on to note the importance of continuing to aid in building a multifaceted next generation through sports.

The club has been effective in making players like Mr. Balakumaran role models for the next generation of young people to get into soccer and sports as part of their progression in life.

The event was successful with more than 450 invited guests in attendance and enjoyed the sumptuous food plus drinks served as well as supported by sponsors and friends of Jarvis FC.

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Lawyer Yaso Sinnadurai

YASO SINNADURAI PROFESSIONAL CORPORATION

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Ontario Fighting to Make Life More Affordable for Drivers

April 1, 2019 - The Ontario government is putting people first by making life more convenient and affordable for drivers while continuing the fight against the disguised, unconstitutional federal carbon tax. Today marks the end of the outdated, ineffective Drive Clean program as well as the first day that the federal government's carbon tax comes into effect.

"Our government is standing up for the people by making life easier, not harder for Ontario drivers," said Premier Doug Ford. "We're focused on keeping money in people's pockets, not taking it away. We ended the Drive Clean program for passenger vehicles to save Ontario drivers time and money. Unfortunately, the federal carbon tax is going to make the cost of filling up your tank more expensive. I promise the people of Ontario that our government will continue to fight this tax with every tool at our disposal."

Ford joined Rod Phillips, Minister of the Environment, Conservation and Parks, Jeff Yurek, Minister of Transportation, and Monte McNaughton, Minister of Infrastructure, to announce the end of the Drive Clean program and explain how the federal government's carbon tax will hurt Ontario drivers.



Starting today, Ontario drivers no longer need to get Drive Clean emissions tests for their light-duty passenger vehicles, as part of the government's commitment to make life easier for vehicle owners and save taxpayers up to \$40 million a year.

While the Ontario government cuts red tape and reduces the burden on taxpayers, the federal government's carbon tax takes effect today. The carbon tax will cost the average Ontario driver \$57 at the pumps in 2019, at 4.4 cents per litre. By 2022, drivers could be paying up to \$180 more a year because of this job-killing tax.

"We know that the carbon tax will raise costs for every person in Ontario that drives a car," said Phillips. "This is

not necessary, and will make life harder for Ontarians just at the time when our government is taking actions to reduce regulatory burden on drivers and make life more affordable. We have a practical plan that will protect our environment without a carbon tax — so there is no justification for the federal government to add this burden to our drivers and our economy."

As part of its Made-in-Ontario Environment Plan, the province has committed to protecting Ontario air from smog-causing pollutants by strengthening on-road enforcement of emissions standards and by launching a new emissions testing program for heavy-duty diesel vehicles, such as commercial transport trucks, in fall 2019. This

new program will result in more major polluters being tested.

"Eliminating the Drive Clean emissions test for passenger vehicles will reduce costs for Ontario families and businesses, and end hours of frustration and wasted time caused by unnecessary tests," said Yurek. "Our government respects the taxpayer and this is one more way our government is making life more affordable and convenient for people."

"Today brings an end to a battle I've been fighting since I was first elected in 2011. I toured the province and collected 12,000 signatures within a week against the wasteful and ineffective Drive Clean program," said McNaughton. "Drive Clean was a bureaucratic tax grab that outlived its purpose and now it's history. Just one more example of promise made, promise kept."

"The federal government needs to respect Ontarians and our provincial government," said Ford. "We have a plan to reduce emissions, and the federal government should stand back and let us meet our goals as we see fit. You can be for jobs or you can be for a carbon tax, but you can't be for both."

- ontario.ca

Ontario Continuing to Build a Connected Mental Health and Addictions Treatment System

March 29, 2019 - Ontario's Government for the People is putting patients at the centre of our integrated health care system. As part of this commitment the Government of Ontario is ensuring those struggling with drug addiction can connect with full wrap-around supports for treatment and rehabilitation services, by approving 15 Consumption and Treatment Services sites in communities with high need and will continue to accept applications from interested organizations.

"Our government takes the opioids crisis very seriously," said Christine Elliott, Deputy Premier and Minister of Health and Long-Term Care. "That's why we've created a new Consumption and Treatment Services model that will continue to save lives by preventing overdoses and connecting people



to primary care, treatment, rehabilitation, and other health and social services to ensure those struggling with drug addiction get the help they need."

To support building a comprehensive and connected mental health and addictions treatment system, Consumption and Treatment Services ap-

plications were reviewed against the program criteria, which includes:

Addressing local needs:

- Offering integrated wrap-around health and social services
- Providing evidence of community support and demonstrating a commitment to ongoing community engage-

ment

- Considering proximity to other Consumption and Treatment Services as well as licensed child care centres, parks and schools

- Meeting accessibility criteria and laws

"This announcement is part of our commitment to invest \$3.8 billion over the next 10 years to finally develop and implement a comprehensive, connected and integrated mental health and addictions treatment strategy, centred around patients, family and caregivers," said Elliott. "We will continue to make mental health and addictions a priority and work toward creating an Ontario where everyone is fully supported in their journey toward mental wellness."

- ontario.ca

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Make your own discoveries on World Creativity and Innovation Day (WCID)

By **Harrish Thirukumaran**, graduate student at the University of Toronto

April 21, 2019 is World Creativity and Innovation Day (WCID) under the auspices of the United Nations. It is observed six days after Leonardo da Vinci's birthday and one day before International Mother Earth Day. This day encourages individuals to engage in creative multidisciplinary thinking to help us achieve a more sustainable future in line with the Sustainable Development Goals of the United Nations.

#WCID was first commemorated in over 50 countries around the world on 21 April, 2002. In 2006, it became a week (#WCIW 15-21 April) to give people more time to explore together diverse points of view. April 15, the first day of #WCIW, is also Leonardo Davinci's birthday; an icon of cross disciplinary creativity in the arts and sciences, who exemplified how these fields can inform and enhance each other.

During a previous observance of this day, the UN headquarters hosted "Fashion and Sustainability: Look Good, Feel Good, Do Good." This event promoted the use of fashion as an instrument for social change. The event included a panel discussion followed by a fashion showcase of 40 models wearing sustainable clothing representing different regions of the world.

=In Widening local development pathways by the United Nations Educational, Scientific and Cultural Organization (UNESCO) and the UN Development Programme (UNDP) and the UN Office for South-South Cooperation (UNOSSC) it found that creativity and innovation has become the true wealth of nations in the 21st century. This is the case at both the individual and group levels.

According to the UN, the creative economy –which includes audiovisual products, design, new media, performing arts, publishing and visual arts– is a highly transformative sector of the world economy in terms of income generation, job creation and export earnings. Culture is an essential component of sustainable development and represents a source of identity, innovation and creativity for the individual and community. At the same time, creativity and culture have a



significant non-monetary value that contributes to inclusive social development, to dialogue and understanding between peoples.

Here in Canada and our neighbours, the USA and Mexico should focus on positioning creative and cultural industries as engines for economic growth and development. This is based on the UNESCO report on culture and sustainable development. Moreover, these industries are among the most dynamic sectors in the world economy, generating \$2.25 billion in revenue and 29.5 million jobs worldwide. In that spirit, countries are harnessing the potential of high-growth areas of the market for economic returns and poverty alleviation.

Some organizations here in Toronto that focus on social citizenship as well as international development in places like Sri Lanka include comdu.it, Canadian Tamil Humanitarian Association, Sidewalk Toronto, and CivicAction. Furthermore, you can make your own discoveries on the work of Micro- Small and Medium-sized Enterprises, and their role in the promotion of innovation, creativity and decent work for all.

For WCID 2019, the world is invited to embrace the idea that innovation is essential for harnessing the economic potential of nations. Innovation, creativity and mass entrepreneurship can provide new momentum for economic growth and job creation. It can expand opportunities for everyone, including women and youth. It can provide solutions to some of the most pressing problems such as poverty eradication and the elimination of hunger.

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Monsoon Journal wishes Readers, Advertisers, Friends and Well-wishers a Happy **'Vilambi' New Year ~ April 14 ~** and a **Happy Sinhala New Year**



Canada Historical Milestones:

April 17, 1982

Queen Elizabeth II and Prime Minister Pierre Elliott Trudeau sign the Proclamation of the Constitution Act in a ceremony on Parliament Hill in Ottawa. Canada gains full political independence from the United Kingdom with the new constitution. It is accompanied by the new Canadian Charter of Rights and Freedoms, which guarantees the fundamental rights and freedoms of all Canadians.

“Never confuse the size of your paycheck with the size of your talent” - *Marlon Brando (April 3, 1924 - July 1, 2004) American Actor*

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

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Prime Minister announces first-ever Canada Youth Summit

April 2, 2019 - Young Canadians are serving their communities, challenging the status quo, and using their drive and creativity to shape our country for the better. The Government of Canada is working to make sure young people have the platform and opportunities they need to take the lead on building a better, more just, and more sustainable future.



The Prime Minister, Justin Trudeau, today announced that the first-ever Canada Youth Summit will be held in Ottawa, Ontario, on May 2 and 3, 2019. The Summit will bring together 300 young people from every province and territory to discuss issues that matter to them, from protecting our environment and fighting climate change, to supporting good jobs and service opportunities, to building more equal and inclusive communities.

Young Canadians play an important role in shaping the government's priorities and decisions, and engaging and empowering young people helps our whole country move forward. With initiatives like the Canada Service Corps, young Canadians can learn valuable new skills, develop their strengths, and gain essential work experience.

Through the new online Youth Digital Gateway platform announced in Budget 2019, it will be even easier for young people to find service placements that fit their interests, and share their experiences with others. The upcoming Summit will be another opportunity for young people to come together to learn, share their stories, and find new ways to create positive change.

Young Canadians who would like to attend the Summit are invited to participate in the Youth Video Challenge. They can enter to win a trip to the Summit by posting a video on social media

using the hashtag #InspiredToServe, capturing what service means to them and how it benefits their community, and submitting an online application.

"Young Canadians are shaping a better future for all of us. You have deep compassion and big ideas about how to tackle the greatest challenges we face – and our government works hard every day to make sure you have

the opportunities you need to make your voices heard. I look forward to connecting with all of you during our first-ever Canada Youth Summit to continue these important conversations, and raise the bar on what we can achieve together."

- The Rt. Hon. Justin Trudeau,
Prime Minister of Canada
pm.gc.ca

The Prime Minister announces a change in the senior ranks of the Public Service

March 29, 2019 - The Prime Minister, Justin Trudeau, today announced that Ian Shugart will assume his new responsibilities as Clerk of the Privy Council and Secretary to the Cabinet on April 19, 2019.

The Prime Minister also announced the following change in the senior ranks of the Public Service:

Gina Wilson, currently Deputy Minister for Women and Gender

Equality, becomes Deputy Minister of Public Safety, effective May 6, 2019.

The Prime Minister took the opportunity to congratulate Malcolm Brown, Deputy Minister of Public Safety, on his upcoming retirement from the Public Service, following an exceptional career marked by dedication and excellence in serving Canadians.

- pm.gc.ca

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Governor General of Canada to visit Rwanda

April 1, 2019 - The Prime Minister, Justin Trudeau, today announced that Her Excellency the Right Honourable Julie Payette, Governor General of Canada, will travel to Rwanda from April 4 to 9, 2019.

At the invitation of the President of Rwanda, Paul Kagame, the Governor General will attend the ceremony for the 25th commemoration of the Genocide against the Tutsi. During an official ceremony, she will lay a wreath to honour the more than 800,000 victims – Tutsis, moderate Hutus, and others.

Canada recognizes the members of the UN peace support mission in Rwanda, including Canadian peacekeepers and General Roméo Dallaire, who risked their lives to save others and protect those seeking refuge. We remain committed to working with partners to promote international human rights and prevent atrocities like this from ever happening again.

During the visit, the Governor General will also tour the African Institute for Mathematical Sciences, to underline the importance of promoting STEM-related careers for young people so that they are prepared for the jobs of today and tomorrow.

“Canada and Rwanda have a strong



**Her Excellency Julie Payette
Governor General of Canada**

relationship built on a shared commitment to advancing gender equality, protecting the environment, and strengthening peacekeeping. The Governor General’s visit will reaffirm our friendship, and reinforce our shared values and common goals. The Governor General will represent all Canadians when she lays a wreath in honour of the lives lost and forever changed by the genocide against the Tutsi.”

- The Rt. Hon. Justin Trudeau,
Prime Minister of Canada
pm.gc.ca

Ford government’s threats to people’s paycheques hurt



April 5: Queen’s Park — Official Opposition NDP MPP Catherine Fife released a statement following Treasury Board President Peter Bethlenfalvy’s warning to public sector workers:

“The Ford government’s new vow to attack the paycheques of public sector workers will send shockwaves of worry through households across Ontario.

Families are already feeling squeezed. The cost of living keeps going up, and while wages under the Liberals never kept up, Ford and Bethlenfalvy are threatening to make things so much worse for working people. With

families already racking up record levels of household debt, they can’t afford a government that pushes them even further behind the rate of inflation.

The NDP is deeply concerned about the thousands of workers in sectors like education, health care and social services that simply can’t afford to be squeezed any more.

Meanwhile, the Ford Conservatives continue to give away millions of dollars in gravy train appointments to Ford’s friends and insiders.”

- via: OntarioaNDP.ca

Canada condemns Maduro regime’s actions against interim president Juan Guaidó



March 28, 2019 - New York City, New York - Global Affairs Canada

The Honourable Chrystia Freeland, Minister of Foreign Affairs, today issued the following statement:

“Canada strongly condemns the illegitimate Maduro regime’s decision to strip interim president Juan Guaidó of the right to hold public office for 15 years.

“Such efforts to sideline the widely and internationally recognized interim president of Venezuela further dem-

onstrate Maduro’s contempt for democracy and the constitutional rights of Venezuelans. Given the regime’s illegitimacy, such an arbitrary decision has no basis in law and Canada does not recognize this declaration by the Maduro regime.

“Canada will keep working with the Lima Group and our international partners as we continue to call for an urgent and peaceful resolution to the crisis in Venezuela.”

-international.gc.ca

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To chase the devil far away
From every heart that longs for peace.

~ Kingsley



Can Priyanka Gandhi Vadra Help Dent Modi's Popularity?

By Anjana Pasricha

March 18, 2019: Priyanka Gandhi Vadra, the latest high-profile member of India's famous Nehru-Gandhi dynasty to enter the political arena, has embarked on an unusual three-day boat rally to launch the Congress Party's campaign in the battleground state of Uttar Pradesh. But questions have been raised about whether she can boost the fortunes of the party that was decimated by Prime Minister Narendra Modi in 2014.

Vadra, the charismatic 47-year-old sister of the Congress Party leader, Rahul Gandhi, has grabbed national attention since her formal plunge into politics two months ago.

The party that ruled India for five decades since its independence hit rock bottom in 2014, winning just 44 out of 543 elected parliamentary seats. But as a new general election looms, it is mounting an aggressive battle to regain its position at the heart of Indian politics.

Recent victories in three states that were bastions of the ruling Bharatiya Janata Party have given it momentum. And Vadra, appointed as the Congress Party's general secretary for eastern Uttar Pradesh, hopes to build on that momentum to woo back voters, although she will not run as a candidate herself.

With crowd-drawing appeal and a striking resemblance to her grandmother, Indira Gandhi, who ruled India for 17 years, Vadra is taking the battle into the prime minister's turf. Her 140-kilometer (87-mile) boat journey that is winding its way down the Ganges River in Uttar Pradesh will end Wednesday in Modi's constituency, Varanasi. Last week, she addressed a rally in his home state, Gujarat.

Uttar Pradesh is a politically significant state that elects 80 members of parliament and is the home of Congress Party bastions; her brother Rahul Gandhi and mother Sonia Gandhi both run in the state. But the party was virtually wiped out in 2014 when the state handed an almost complete victory to the BJP.

Taking a cue from the Hindu nationalist party, Vadra offered prayers Monday at a temple before embarking on the river that Hindus consider holy. She called the Ganges a "symbol of truth and equality." Some see her river rally as a challenge to Modi, who in 2014 had said that he had been called by "Maa Ganga" to run in Varanasi — an appeal to the BJP's core Hindu constituency.

Addressing meetings at villages on the river's bank during her boat ride, Vadra repeated the charge that the Congress Party hopes will win back voters to its fold: Modi has failed to provide jobs for young people. She promised that her party would address the issues facing the poor.

Some analysts say her entry into the political arena will help the Congress Party mount a credible challenge to Modi, who has always pitched himself as a strong, decisive leader.

"She has inherent charisma, personality, she has shown certain amount of spark, she is in the same strong leader mold which was her grandmother's, which is of Modi," said Nilanjan Mukhopadhyay, a political analyst in New Delhi.

Vadra has demonstrated a natural political flair when she had campaigned on behalf of her brother and mother in previous elections, and is widely viewed as connecting with voters more easily than her brother.

Others doubt whether her entry so



Priyanka Gandhi

close to elections will have an impact. The five-week-long voting period begins April 11 and the Congress Party is already struggling to wrest the initiative from the BJP as Modi pitches himself as a strong leader able to deal with recent intense friction between India and Pakistan.

"Priyanka always grabbed the headlines, but I doubt on the ground whether she will make that much of a difference," said independent political analyst Ajoy Bose. "People will talk about her, but I don't see the Congress being transformed because of her."

Bose says this is a "make-or-break" election for the party, which needs to dramatically improve on its 44 seats in parliament. "It is very important for the Congress to get back into three figures for them to have a future in Indian politics," he said.

The BJP, meanwhile, will try to turn Vadra's entry into politics against her party, having long mocked Congress for "dynastic politics" because its leaders have always come from the Nehru-Gandhi family. It has often contrasted the "entitled" Rahul Gandhi and his sister with Modi, the son of an ordinary tea-seller who made it to the top on his own merit. The great grandson of India's first prime minister, Rahul is the sixth member of the Nehru-Gandhi family to lead Congress. His mother handed leadership of the party to him in 2017.

BJP leaders say Vadra's entry is only proof that Rahul Gandhi has not been able to make a mark. Whether she can lift the fortunes of the party remains to be seen.

"She definitely is the X factor; what is the value of X we don't know," Mukhopadhyay said.


- via: Voice of America
~ VOA News

Brunei's new penal code would enshrine 'cruel and inhuman punishments' UN rights chief warns




April 1, 2019 - In an appeal to the Bruneian Government to stop what she described as "draconian" revisions, due to come into force on Wednesday, High Commissioner Bachelet maintained that they "would enshrine in legislation cruel and inhuman punishments that seriously breach international human rights law".

Contd. on page 10...



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BY THULASI MUTTULINGAM

HUMANS OF NORTHERN SRI LANKA

"Humans of Northern Sri Lanka" is a Facebook Community page by Thulasi Muttulingam, a journalist based in the North of Sri Lanka. To follow the updates, "Like" the page at: www.facebook.com/pages/Humans-of-Northern-Sri-Lanka

SOCIAL MEDIA - THE GREAT SOCIAL LEVELLER

Our neighbours are at it again. At each other's throats, India and Pakistan.

And like good neighbours, we Sri Lankans have been peeping through our window curtains to see the strife unfold. While also 'minding our own business' as good neighbours should.

Except that this is not neighbours A and B simply providing good entertainment and fodder for the next week's gossip. This is a nuclear war in the making if one is not careful.

But what can 'one' do? A lot as it turns out. Power, and the voice of power, is no longer concentrated in the hands of a powerful few. Social media, that great leveller gave access for the common people's voice to come out loud and clear; "Stop war. We want peace."

Decades after our countries adopted seemingly democratic forms of government, the common people still do not feel as if their individual voices matter. Because they largely don't. A majority of people vote in leaders every five years based on their platforms for public good - or what they purport to be public good. Yet actual delivery drastically deviates from election promises every time.

We want peace, not war

Few people except for a vocal minority of fundamentalists in every country ever want war. Peace and stability is what people yearn for. They have enough instability in their day-to-day lives without war complicating matters. Yet in countries constantly sparring as with India and Pakistan, war related bravado and machismo is part of the election manifesto. Did those politicians ever consult with the common people on whether that was what they wanted?

They always pull a Goering.



This quote was made in 1946 at the Nuremberg Trials. Yet it is still the norm today, as we can all too well recognize. History it is sad to see, does repeat itself - repeatedly.

We, the common people, do know this very well. Yet can we do anything to stop the horrifying cycle of violence when our elected leaders do not listen to us? When they instead claim to speak on our behalf and subsume our voices?

The media, that great watchdog might not always reflect our voices as they are supposed to do - yet now has arisen a greater leveller in democratising the space for dissent; social media.

It could be argued that internet penetration is still relatively low in our countries but nearly everyone has a mobile phone now, and quite often, it is a smart phone. People are widely present on social media and they are learning to express dissent via these networks to great effect.

For once, the politicised chants of "Time for war" across both India and Pakistan were drowned out by social media chants of "No, we absolutely do not want war. We want peace."

Savvy politicians should know to heed the people's voice.

Modi with an election to win this coming April doggedly stuck to war propaganda and machismo. It just might have cost him several votes.

Across the divide, Imran Khan secure in his seat for a few

more years, grasped the chance to come across as a great statesman. He spoke words of peace and reconciliation, and then stole Modi's thunder by releasing the captured Indian pilot as a peace gesture despite receiving no corresponding gestures from the Indian side. It has earned him the fanfare and adoration not only of his fellow countrymen but even Indians who have taken to social media to thank him personally.

It has also earned Khan the widespread respect of the world at large which is watching anxiously. If there is one thing that this fracas proves, it is that the public at large are no longer impressed by war-mongering bravado. Politicians who sue for peace are going to be seen as more heroic than politicians who roar for blood. Because it is never those politicians' own blood that is going to be spilled as the people know all too well. Napoleon charging from the front these Lilliputians are not.

Cannon Fodder

In every country, those who end up as cannon fodder are the common people. While those in positions of power and privilege beat war drums, they also take care not to risk their own lives or limbs. Thus far though, they have effectively been claiming to speak on behalf of the common people as community members themselves. Community members who are not in the line of fire and will never be in the line of fire should not have the mandate to talk on going to war. The frustrations of the classes providing cannon fodder came across in several memes they put out on social media calling out the paper theatrics of war mongers. In one hilarious instance, a TV newscaster read the news in battle fatigues, holding a toy machine gun. His attempt to appear heroic was called out for the farce it was.

A Telugu TV newscaster reading the news on Pakistan

Modi meanwhile, having been robbed of his efforts to prove a futile machismo by sending several Indians and Pakistanis to death for his own election engineering, has been left spinning the media wheel to seem as if he made Pakistan deliver without going to war - because Pakistan is left cowering in front of a brave India apparently.

We have a term to capture this in Tamil; "Vilunthalum meesalai man piddikalai - I may have fallen but no sand attached to my mustache." Ergo, I am still macho.

Captured (and now released) wing commander Abhinandan Varthaman's signature handlebar mustache is the focus of many a heroism worshipping meme by the patriotic crowd in India.

Two countries might have ended up in nuclear warfare over that one man (ignoring the several killed in Kashmir on an ongoing basis) but Imran Khan wisely sidestepped the issue. For the moment, the public voice of peace has prevailed over machismo posturing.

Sri Lankan Context

Recognize parallels in Sri Lanka? We might not be at war with another country, but we are no strangers to war, and being puppeteered by such macho posturing, from a privileged few at no personal risk to themselves.

Here too, not just our opportunistic politicians, but also privileged community members secure of being out of the line of fire keep agitating for war instead of peace.

Some years after war ended, there was an interview of an army soldier hurt by the antics of the Bodu Bala Sena. To paraphrase his words: "Many of us put our lives in the line of fire to bring this country to peace. So many of my comrades died. This peace was hard won at the cost of our blood. Yet I see people conveniently out of the line of fire agitating to build conflict again. A conflict in which more of us soldiers drawn from the peasantry will die, while they escape the brunt of what they have unleashed."

I quote from memory but that was the gist of his interview, heart-breaking to read.

Over on this side too, we have Tamil nationalists suing to

prolong the conflict. You will be hard pressed to find people who actually served in the battlefield among such nationalists. They were always out of the zone of danger. Should conflict due to their constant posturing erupt again, you can bet they and their children will not be in the life of fire hereafter either. The bravest war cries erupt from pipsqueaks hiding in positions of strategic safety - including the diaspora losers who fled for their own lives and then agitate for a war back home.

I have visited Canada and the UK where most of my hate mail as a Jaffna based journalist critical of the LTTE are drawn from. To my surprise, I found there too, it is only a minority of diaspora Tamils engaging in hateful posturing. The majority there (as here) are peaceful and keep their heads down while going about their daily business. It provoked the question; why do they allow a minority to hijack the mic and represent themselves on behalf of an entire community?

The answer is usually that peaceniks are non-confrontational. They are not used to grabbing mics. They would rather avoid 'crazy people' and their stunts. A Sri Lankan malaise that continues in our diaspora too - to our collective detriment. Yet as common people here too are aware, letting other people hijack our voices never ends well for us.

In the Sri Lankan war, it was mostly the oppressed castes who found themselves unwillingly fighting a war they did not want. The dominant castes on both sides fled abroad or stayed out of the line of fire - yet gave material support to conscript, often forcibly, the other castes.

Especially on the LTTE's side, this involved even forcible child recruitment among the oppressed castes. As a community leader from these castes said at an anti-caste conference in Jaffna a few years ago;



"our mothers were left crying like mother goats. There is a saying in Tamil that mother goats ask us helplessly, is it our kids that should pay with their blood for your ailments (referring to religious sacrifices to cast off human ailments). Our oppressed caste mothers too were left crying like this, as the dominant caste fled the line of fire then put us forcibly on the battlefield."

As a journalist getting hate mail from Tamil diaspora networks in denial of the atrocities committed by the LTTE, I have often asked these people who faced the war why they do not respond with their own voices when they keep seeing their narratives either hijacked or denied. The simple answer was that until recently, they did not even know they could do it. They felt viscerally voiceless. "Who will listen to us? Where can we voice our narratives?"

In a small way, my personal project, Humans of Northern Sri Lanka on facebook helped bridge that gap. It was direct quotes from these people for the first time which brought me my worst hate mail from war mongering community members, conveniently out of the line of fire themselves - almost always from abroad.

Now however, social media is reaching them too. Very soon, voices kept suppressed for centuries will erupt to the fore. And then we will reach true democracy. Voice matters. And the common people now have access to broadcast their voices. Predictably they are vocal in not wanting war. Will social media finally achieve what the UN could not in delivering world peace? We can only wait and see.

Some more social media posts capturing the people's voice.



'Address root causes' of instability in Mali through 'aid and support' urges UN chief

March 29, 2019 - Appearing before the Security Council on Friday, UN Secretary-General António Guterres said that the only way to prevent increased violence and instability in Mali is to tackle root causes such as grinding poverty; climate change and competition for resources; underdevelopment, and a fundamental lack of opportunities for young people.

Although the security situation in Mali is deteriorating, Mr. Guterres pointed to important steps taken in the last six months, to implement a stalled peace agreement signed by the Government and armed groups, in 2015.

These include the integration of over 1,400 former combatants into the Malian army; the establishment of interim administrations in all five northern regions; and the effective participation of women in the peace process.

"I call on all national, regional and international actors to step up efforts to tackle the multiple threats facing Mali and the entire Sahel region - UN chief Guterres"

The Malian Government has been seeking to restore stability and rebuild following a series of setbacks since early 2012 that fractured the country,



including a military coup d'état, renewed fighting between Government forces and Tuareg rebels, and the seizure of its northern territory by radical extremists.

Noting the launch of a comprehensive political and administrative reform process by the Government, the UN chief encouraged leaders in the north-west African nation to promote reconciliation and inter-communal dialogue, "aimed at inclusivity, strengthening resilience and creating social cohesion from the ground up."

He also welcomed efforts by the Government to make the process as

broad as possible, including political leaders across the spectrum, armed groups and movements involved in the peace process – both pro-Government and opposition – as well as experts and members of civil society.

Mr. Guterres urged all Malian parties to redouble their efforts, use dialogue to address their differences, and listen to the voices of Malian people, and called on the international community to continue its support.

Recalling the ongoing humanitarian challenges in Mali, where he visited restive areas north of the capital last year, the Secretary-General said that 2.4 million people in the country need food assistance, and that, in northern and central regions, there are just three health workers per 10,000 people. 800 schools are closed, and nearly a quarter of a million children have no access to education.

We 'cannot stand by' while Mali deteriorates

He praised the UN Integrated Strategic Framework adopted inside the country, international initiatives underway, such as the Sahel Alliance, launched by France, Germany and the European Union (EU), which aims to

invest nine billion euros by 2022 across the vast region, badly effected by rising extremism, trans-national crime and economic instability.

Such initiatives are in themselves, "insufficient" he warned the Council, calling on "all to strengthen efforts to address the root causes of instability and insecurity in Mali through humanitarian aid and support for sustainable development, including programmes on climate change mitigation and adaptation."

Mali's recovery is "a test of the international community's ability to mobilize in support of peace and stability. This is not a question of charity; it is one of enlightened self-interest. Security in Mali has an impact on the entire Sahel, which in turn affects global stability."

We cannot stand by while the humanitarian situation deteriorates, development gaps increase, and security risks become unsustainable", said Mr. Guterres. "I call on all national, regional and international actors to step up efforts to tackle the multiple threats facing Mali and the entire Sahel region."

- news.un.org

Foreign Affairs Minister to participate in NATO and G7 meetings

April 2, 2019 - Ottawa, Ontario
- Global Affairs Canada

The Honourable Chrystia Freeland, Minister of Foreign Affairs, today announced she will attend the NATO Foreign Ministers' Meeting from April 3 to 4, 2019, and the G7 Foreign Ministers' Meeting from April 5 to 6, 2019.

The meeting of NATO Foreign Ministers in Washington, D.C., marks the 70th anniversary of the founding of the alliance. After the Second World War, Canada was one of the first countries to propose a transatlantic defensive alliance – an alliance of democracies – and the Minister will highlight Canada's

continued and steadfast commitment to the most successful political and military alliance in history.

The Minister and her counterparts will discuss the modern-day challenges affecting transatlantic security, violent extremism, and resilience against hybrid and cyber threats.

At the meeting of G7 Foreign Ministers in Dinard, France, the Minister and her colleagues will discuss action on international and security issues, including those related to Venezuela, Ukraine and Russia, North Korea and Syria.

The meeting will also be an oppor-



tunity for G7 Foreign Ministers to exchange views on threats to democracy, including foreign interference, human rights violations, terrorism and violent radicalization, as well as how to best address xenophobia, racism and dis-

crimination worldwide.

Quotes

"At a time when the world faces a rapidly changing political and security environment, Canada is committed to working with its NATO and G7 allies to tackle global challenges. Canadians helped build the rules-based international order. We are proud to be among its defenders today because we know that multilateralism is our only path to a more peaceful and more prosperous world."

- Hon. Chrystia Freeland, P.C.,
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UN chief pays tribute to Egypt's role in avoiding 'dramatic' escalation in conflict across the Gaza-Israel border

April 3, 2019 - At a press conference held in Cairo on Wednesday, Mr. Guterres said that Egypt was a "fundamental partner for the UN in relation to peace and security in the region," and described the UN's cooperation with Egypt as an essential aspect of the Organization's work.

As well as avoiding escalation in the Gaza Strip, Mr. Guterres said that Egypt's commitment has created the conditions for more effective humanitarian aid to the region, and is playing an 'integral part' in forging unity between the two main Palestinian factions - the extremist group Hamas, which controls Gaza, and Fatah, which runs the Palestinian National Authority, in the occupied West Bank.

Last week, as Palestinian protesters prepared to mark the anniversary of the "Great March of Return" demonstrations along the border fence with Israel, the UN Special Coordinator for the Middle East Peace Process, Nickolay Mladenov, updated the Security Council on the UN's efforts along with Egypt, to mediate between Hamas and

Israel in order to quell rocket attacks and airstrikes.

The UN chief - who arrived in the region at the weekend, addressing the Arab League in Tunis - said that everything must be done to guarantee that there will be two States side-by-side, Palestine and Israel, living together in peace and security, adding that Egypt and the UN see "eye to eye" on this issue, and that the UN will continue working with Egypt to achieve that objective.

Mr. Guterres also discussed the situation in war-ridden Yemen and Syria with members of the Government during his visit to Egypt, and he said that he believed both parties agree on what needs to be done for a lasting political solution to the conflicts in both countries.

UN chief arrives in Libya, in pursuit of peace, stability

The Secretary-General travelled from Egypt to Libya, where he will lend support to "a Libyan-led political process" and the creation of the conditions to stabilize the situation in the



country, whose institutions (the Libyan National Parliament, the Presidential Council, the Government and the National Security Council) must, said Mr. Guterres, be unified.

Recent talks between the Prime Minister of the Libyan Unity Government, Faiez Serraj, and the de-facto ruler of eastern Libya Khalifa Haftar,

Commander of the Libyan National Army, could pave the way to the country becoming a full partner in the international community, said the UN chief, with "normal institutions, and with its economy flourishing again, and with the international cooperation to benefit the whole region."

- news.un.org

Noted director J. Mahendran passes away

Noted film director J. Mahendran, 79, passed away early on Tuesday, April 2nd morning, following a brief hospitalisation. His son John Mahendran confirmed his passing on social media.

He was admitted to Apollo Hospitals on March 27, after he became sick following a dialysis session. He was on a ventilator, according to hospital sources, but was discharged on Monday.

Mahendran has directed several memorable films including Mullum Malarum, Johnny and Nenjathai Killadhey. He was recently seen in Vijay Sethupathi's Seethakaathi, the Rajinikanth-starrer Petta and Boomerang, starring Atharvaa Murali that released earlier this month.

Renowned for his writing, he is also a part of the Blue Ocean Film and Television Academy (BOFTA) in Chennai where he heads the filmmaking and direction course.

Dravida Munnetra Kazhagam president M.K. Stalin tweeted out his condolences. "Director Mahendran was a hero among the directors of the Tamil film world. He was multifaceted - a writer, he made realistic films and an actor as well and his passing away is a great loss," he said.

Speaking to PTI, the filmmaker's long time associate and producer G. Dhananjayan said Mahendran redefined the Tamil cinema at a time when it was dominated by the trend of deliv-



J. Mahendran
(25 July 1939 - 2 April 2019)

ering lengthy dialogues.

"He brought the touch of realism into Tamil cinema and it made people connect more to his movies. Mahendran is the forefather of realistic Tamil cinema," Dhananjayan added.

Filmmaker A.R. Murugadoss took to Twitter to pay homage to the director.

"It is deeply saddening to hear the demise of one of the pioneer filmmaker #Mahendran sir. You and your films live forever in our hearts sir. Rest in peace," he wrote.'

- With inputs from PTI,
via: The Hindu Net Desk

contd. from page 7...

According to a statement from Ms. Bachelet issue by her office, OHCHR, the death penalty would in theory be applicable for offences such as rape, adultery, sodomy; extramarital sexual relations for Muslim citizens; robbery, and insult or defamation of the Prophet Mohammad.

Public flogging as a punishment for abortion would also apply, as well as amputation for theft, once the proposed revisions become law. Other changes include making it a criminal offence to expose Muslim children "to the beliefs and practices of any religion other than Islam", Ms. Bachelet said, before describing them as potentially marking "a serious setback" for human rights protections in the south-east Asian State. The oil-rich country has been ruled by Sultan Hassanal Bolkiyah Mu'izzaddin Waddaulah, for more than 50 years.

Although the death penalty is already on the statute books in Brunei, the last execution there was carried out in 1957. Nonetheless, Ms. Bachelet stressed that under international law, capital punishment may only be applied for murder or intentional killing, after a trial held according to due process.

"I urge Brunei to maintain its de facto moratorium on the use of capital punishment," she said, underlining

that "human rights and faith are not opposing forces".

She added: "No judiciary in the world can claim to be mistake-free and evidence shows that the death penalty is disproportionately applied against people who are already vulnerable, with a high risk of miscarriages of justice."

Echoing concerns about the country's penal code by UN human rights panels in the past, Ms. Bachelet highlighted the possible encouragement of violence and discrimination against women, including on the basis of their sexual orientation, and against religious minorities in Brunei.

"Any religion-based legislation must not violate human rights, including the rights of those belonging to the majority religion, as well as of religious minorities and non-believers," Ms. Bachelet said.

"It is vital that the Government, religious authorities and a wide range of civil society actors work jointly to uphold human dignity and equality for all," the High Commissioner added. "My Office stands ready to assist the Government of Brunei, using the constructive approach laid out by the faith-based framework of the Beirut Declaration on 'Faith for Rights'.

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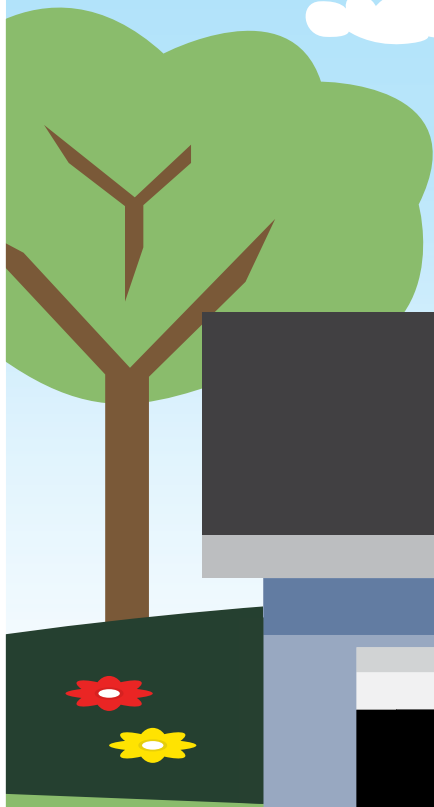
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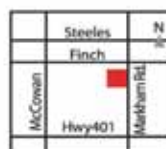
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By **Harrish Thirukumaran,**



Master of Public Policy candidate at the University of Toronto’s Munk School of Global Affairs and Public Policy

About: Dr. Vincent Woo, MD FR-CPC obtained his medical degree from the University of Manitoba and his specialty training in Endocrinology and Metabolism at the University of British Columbia. He is a principal investigator at The Winnipeg Clinic and St Boniface Hospital. Dr. Woo is involved in many clinical trials including SUSTAIN 9. He has published a number of articles and abstracts and is a reviewer for many journals. He is actively involved with Diabetes Canada where he has Chaired Clinical Practice Guidelines for the Prevention and Management of Diabetes in Canada.

Q: Tell me about the new diabetes management research you supported with SUSTAIN 9 trial?

A: Sure, with diabetes, people with diabetes have increased risk of cardiovascular disease, heart disease or stroke, two to three times higher than those people without diabetes. Also, people with diabetes have very high rates of kidney disease as well. And diabetes is a leading cause of in-stage kidney disease. So, with the SUSTAIN 9 trial, these are two medications that are very important for people with diabetes because both of them have potential effects for improving glucose control potentially better than other medications. These two medications individually and, combined, decrease weight, which is important because most patients with diabetes are overweight, and both of these medications in separate trials have been shown to decrease heart disease. Also, with the SGL2 inhibitor, there is a significant decrease or improvement in kidney function, and there is also a trend towards improved kidney function with Semaglutide, the other agent.

So, it’s important to know that both of these agents, together, in this study both are safe and are efficacious, and that when you add one to the other, you get improved effects.

Q: What does this research mean for Canadians living with type 2 diabetes?

A: So, again, when someone has diabetes, they want improved quality

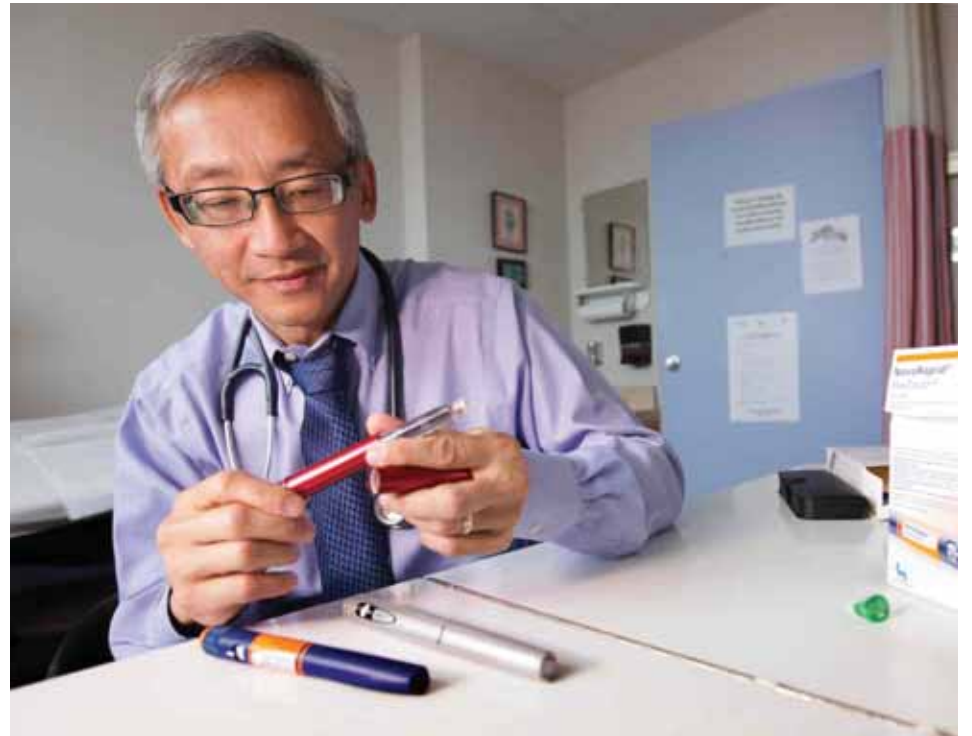
of life, so that they don’t want to have the complications of diabetes, but, also, they want to sort of lower their glucose levels safely and not with say insulin, you can lower glucose levels. But insulin, which is always an option, increases your weight and has the possibility, especially in say older individuals or elderly population has a risk of hyperglycemia, which means a loss of consciousness, accidents and poor quality of life, so that we can use agents that have low risks of hyperglycemia such as these two agents that work differently, then you aren’t going to get the weight gain and hyperglycemia as well. But, also, these two medications will decrease your risk of cardiovascular events like heart attacks and stroke as well as stabilized long-term kidney function.

Q: What excited you the most about this new research?

A: Well, again, it’s just an extension of what we already know, so with semaglutide, it by itself probably as a single agent decreases weight the most, decreases glucose the most and, also, has been shown, as I said, to decrease these cardiovascular events. Then we have these SGL2 inhibitors. There are three of them available in Canada. They are anagliflozin (Invokana) dapagliflozin (Farxiga), canagliflozin (Invokana), and each of them has been shown to decrease cardiovascular events, renal events, glucose levels and weight. Both of these are somewhat or potentially preferred agents for the treatment of type II diabetes usually after metformin because metformin, we still use in our guidelines as the first agent just because of tradition and its been around for four years. And these newer agents, depending on where they are available in the world, range from anywhere from five to eight years or four to eight years less than semaglutide probably has been around for two years in Canada.

Q: Despite advancements in treatment, research shows almost half of Canadians with type 2 diabetes are still living with uncontrolled blood sugar. Why is this?

A: Because it is very difficult to improve glucose levels, so one of the problems is that we all get older. So, diabetes, most people don’t know, diabetes is progressive in individuals. So, you know what, I started with diet and exercise and I controlled my glucose levels, I could do it again, but they don’t realize as they age that their pancreas gets older too, so as that time goes on, its more difficult for you to maintain those glucose levels, and so sometimes when my patients come to me and say ‘what do I do so I don’t have to go to another diabetes agent because I want to improve my glucose levels.’ We always



preach to do the diet and exercise, and don’t get us wrong, as that is still the mainstay of therapy, but what I have to tell them is that the only way to do it without that is that they have to get younger.

What they have to realize is as they get younger, no part of their body is getting better because they are aging, so diabetes is progressive meaning that we need more and more and more things to improve glucose levels. This means more diet, more exercise and more medications.

Q: What do you see as the greatest need surrounding type 2 diabetes treatment in Canada today?

A: So the need is many, but some of the important things is that some people do have to realize is that the best person off has the best glucose levels, the best blood pressure, the best cholesterol readings, the best people that don’t smoke, and these other important things, and that here in Canada, we have to make lifestyle changes and medications more cost-effective, so many patients have things that are not necessarily covered by their healthcare providers, whether it be the provincial drug plans, as there is always a hierarchy to do that. And there always is a time where people just want to give themselves 3-6 months before they go on those medications, so even though we say half or above 7%, the people that are just above represent an important place, where people just don’t quite want to give them something because they’re just above 7%. So, I would say that it is more like 40% and they do need something extra. And the ones that are very close tend to fluctuate close to the line for things like high blood pressure and high cholesterol, they probably get similar numbers for not reaching those targets as well.

The important thing also is that we did a study just a few years ago on peo-

ple with diabetes that don’t reach their blood pressure, their cholesterol and their glucose targets, and only 13% actually did. So even though we said 50-50 for glycemic control, it is only 13% that have all of their glucose and lipid targets, so we still have lots to do.

Q: What are your thoughts on the healthcare commitments made by the federal government in Budget 2019?

A: So, the government is giving more money to the provinces for healthcare and really diabetes is one of many conditions that provinces have to cover including all these other conditions such as cancer, mental health, and public health, so we just have to spend our dollars wisely.

Q: Do they complement the recent research findings on diabetes management?

A: So, I think things that come into the press take a lot longer to get into changes in policy. We all see that not just in medicine, but in other places as well, so we do realize it does take time and that sometimes when you’re on the frontlines, we get a little frustrated that things aren’t immediately available, we don’t have very good evidence, or we know there is a hierarchy of things that need to be done, so, again, if we could shrink that time to have cost-effective measures, so you know it does take time for once a study comes out, you have to do a cost-effectiveness study, and, you know, what are the possible implications to the health budget and, you know, depending on where you want to spend your health dollars, so I am not a health minister. So, I just see many patients day-to-day with diabetes both type I and type II, so I have my asks for those people, but I realize that even within that budget, I think we could do better.



ANOTHER SUCCESSFUL FAMILY DAY WALK-A-THON AT SCARBOROUGH HEALTH NETWORK



For the Scarborough Muslim Community, Family Day takes on an extra significance each year. Not only is this holiday a terrific occasion to spend quality time with cherished loved ones, but it has also become an annual opportunity to show up and show support for the future of healthcare at Scarborough Health Network through the Family Day Walk-a-Thon.

First conceived as part of a collective fundraising effort driven by more than 20 local community mosques led by Asad Chowdhury and his committee, the Family Day Walk-a-Thon is the central initiative meant to deliver on a pledge to raise \$250,000 total over five years in support for exceptional care, cutting-edge infrastructure, and state-of-the-art medical technology



at SHN. This year, on February 16, more than 150 people came together at SHN's Centenary hospital in spite of the chilly weather to lace up and give back – and as a result, more than \$30,000 was raised as part of the 2019 Walk-a-Thon. The event was attended not only by members of the community, but also by

government leaders such as MP Salma Zahid, MP Shaun Chen, Councillor Jennifer McKelvie and cultural leaders such as Trustee Zakir Patel, Sk. Yusuf Badat, and Abdul Hai Patel.

With the most recent event's fundraising total included, the Scarborough Muslim Community has now reached more than \$128,000

towards their overall \$250,000 pledge in one year alone.

As always, Scarborough Health Network Foundation is grateful and considers itself very fortunate to have the tireless support of groups such as the Scarborough Muslim Community behind us as we work to shape the future of care for our

community. With each passing year, not only will the Walk-a-Thon allow us to raise more funds for critical health care initiatives at SHN, but also will enable us to grow our community of support, inviting others to join us as we work to serve the needs of Scarborough.

SHN physician receives Governor General's award for international volunteer work

For nearly 30 years, Dr. Timothy Sproule has travelled the developing world to help those in need of specialized plastic surgery, donate equipment, and train other physicians.

However, on February 14, Dr. Sproule's outstanding volunteer work and spirit of philanthropy earned him an extraordinary trip to Quebec City to receive the Sovereign's Medal for Volunteers from Canada's Governor General Julie Payette.

Part of the Canadian Honours System, the Sovereign's Medal for Volunteers recognizes exceptional volunteer achievements from across the country and abroad, celebrating a wide range of voluntary contributions. Dr. Sproule, Acting Chief, Division of Plastic Surgery, Scarborough Health Network (SHN) is one of just six individuals who were honoured with the award this year.

"Dr. Sproule loves to heal and

take care of people and his passion is unbelievable," said Jan Holland, who has been Dr. Sproule's receptionist for more than two decades and nominated him for the Sovereign's Medal award.

"At the same time, he's just such a humble man and I really felt the Sovereign's Medal was something that would acknowledge the tremendous way he has given back throughout his career."

Dr. Sproule's work in the developing world began in the early days of starting his practice as a plastic surgeon. From Guyana to Peru, Vietnam to India, Bangladesh to Bolivia, and Nepal to Ecuador, Dr. Sproule has donated



Dr. Timothy Sproule with Canada's Governor General Julie Payette



Dr. Sproule and Jan Holland at Terry Fox Run Sept 2016

his time and talents to perform cleft lip and palate surgery, burn surgery, and microsurgery. Working with a variety of organizations and through his own charity, The Canadian Reconstructive Surgery Foundation, he's also been able to donate sophisticated equipment to improve care, and routinely shares his expertise to train the next generation of physicians.

"Tim is a gifted and dedicated surgeon who offers a warm and supportive approach to all his patients," explained Dr. Neville Poy, who worked with Dr. Sproule at SHN's legacy organization, The Scarborough Hospital, and who is also an Order of Canada recipient from the Governor General.

"What's more, he's a compassionate humanitarian who has helped countless numbers of impoverished lives and whose teachings have allowed surgeons far and wide to carry on his work within their own communities."

But Dr. Sproule's incredible story does not end with his work in the developing world. In the fall of 2015, he was diagnosed with colorectal cancer, which led him through an in-depth experience of the Canadian health care system from a patient's viewpoint, receiving radiation, chemotherapy, and extensive surgery including both a colostomy and a urostomy. A significant amount of this treatment was provided by the staff at SHN in an exemplary compassionate fashion.

After recovery, true to his legacy, Dr. Sproule has chosen to share his unique experience as a "double ostomate" to help educate and empower others who have or who care for these conditions. "I feel like I've

been given a whole new lease on life and I want to do everything I can to put a stamp on my journey back," said Dr. Sproule, who was appointed Chief of Plastic Surgery at SHN at the end of 2017, not long after he completed his cancer treatment and returned to a modified plastic surgery practice. "I am grateful to be pain-free and still be able to be somewhat useful."

His "stamp" has included giving talks to ostomy and oncology nurses at SHN and Sunnybrook about being a double ostomate, and his cancer experience.

Amazingly, Dr. Sproule has also started to travel back to the developing world, having just returned from a volunteer trip to India just a week before he received his Sovereign's Medal. He has maintained an academic appointment at the University of Toronto, lecturing on laser physics, safety, and techniques to resident physicians in the surgery program.

And if his professional achievements weren't enough, he's also training to participate in a triathlon next year.

"As a physician and as SHN's Chief of Staff, it's an inspiration to have Tim as part of our team," said Dr. Dick Zoutman. "Our entire health network benefits from his remarkable strength and expertise."

Jan admits that witnessing Dr. Sproule's dedication to his patients, both at home and abroad, is often overwhelming just thinking about how many lives he's changed for the better.

"If anyone deserves this award, he does and I could not be happier for him."



Special Feature

by Raymond Rajabalan

The life, death and resurrection of Jesus Christ are key facts of history for a Christian. As the apostles testified, Christ's resurrection was the culmination of the events of His first coming—and enables the remaining steps in God's plan to save mankind.

Paul stated that if Christ is not rise, then there is no hope of anyone ever being resurrected.

Before He was arrested in the Garden of Gethsemane, Jesus promised: "Because I live you will live also" (John 14:19). He had been explaining to His disciples that He was about to die, which would demonstrate His incomprehensible love for humanity. As He went on to say in John 15:13, "Greater love has no one than this, than to lay down one's life for His friends."

Acts 2 records that Peter and the rest of the disciples were filled with the Holy Spirit 50 days after Jesus' resurrection, on the day of Pentecost. Starting in Acts 2:11, we read Peter's first recorded sermon, which was given that day. His message centered around the life, death and resurrection of Jesus Christ. Jesus was the miracle worker who "was crucified and put to death" (Acts 2:22-23)

But then Peter emphasized that before His body could suffer decay, God raised Him back to life (Acts 2:24, Acts 2:31-32)

Because He was crucified on our behalf, the only proper response for us is to repent of our sins and be baptized (Acts 2:38). God then gives His Holy Spirit to repentant believers so they can "be saved from this perverse generation" (Acts 2:38-40)

The next chapter records how Pe-

ter stated, "Let it be known to you all, and to all the people of Israel, that by the name of Jesus Christ of Nazareth, whom you crucified, whom God raised from the dead, by Him this man stands here before you whole" (Acts 4:10, emphasis added throughout).

Once again, the message of Peter was that it was because of the power of the resurrected Christ that miracles were being accomplished. Again and again, Peter's messages resound with the fact that he served the risen Christ. Our "living hope," he says in his first preserved epistle, is "through the resurrection of Jesus Christ" (1 Peter 1:3). And he adds, "For Christ also suffered once for sins, the just for the unjust, that he might bring us to God, being put to death in the flesh, but made alive by the Spirit" (1 Peter 3:18).

This timeless message regarding the life, death and resurrection of Jesus Christ has been carried forth by

for Israel, Jesus (Acts 13:23). He spoke of the Roman Governor Pontius Pilate authorizing Christ's execution (Acts 13:28).

Then Paul spoke the words which are repeated throughout the New Testament: "But God raised Him from the dead" (Acts 13:30). Like Peter, Paul too was driven to preach the crucified and resurrected Christ. This message contained a power heretofore not realized.

Jesus and His apostles proclaimed the gospel or good news of the Kingdom of God—the message that God through His Messiah or Christ would set up a literal kingdom to rule over all nations. As the biblical prophets had earlier foretold, when Christ establishes His Kingdom He will rule from Jerusalem and the world will at last know peace; the nations will learn war no more (Isaiah 2:4).

Paul never changed his message. The final words we read about him are

Christ's Resurrection

The death of God's Son is the foundational step in God's plan to save humanity. His sacrifice allows every human being the opportunity to have his or her sins washed away and become the friend of both Jesus Christ and God the Father. And not only can we become the friends of God, but we are invited to live with them forever as divine members of God's family! This is possible only through the resurrection of Christ.

Yet although the apostles heard Jesus speak these words, they could not understand what was about to happen or why. Their beloved Rabbi was about to suffer a horrible death to free others from death. He would be buried for three days and three nights and then be resurrected. Because of His resurrection, they too, along with every repentant, obedient and believing human being would also be resurrected at a future time. Everyone will ultimately be given the opportunity to choose the way of salvation to live forever in God's Kingdom!

Preaching the resurrected Christ, starting with Peter

Once converted through the Holy Spirit, the apostles proclaimed to the world that the resurrection of Jesus Christ was the capstone of His ministry. Yes, "with great power the apostles gave witness to the resurrection of the Lord Jesus" (Acts 4:33). They were so confident in what they'd seen with their own eyes (1 Corinthians 15:5) that they were willing to die for it. They knew it to be the truth. They suffered humiliation, beatings and, later, even death for the name of Christ.



ter, accompanied by John, was used by God to heal a man who was lame from birth. Peter asked the crowd, "Why look so intently at us, as though by our own power or godliness we had made this man walk?" (Acts 3:12). He then explained that it was through faith in Jesus' name that the man had been made strong (Acts 3:16).

When Peter and John were arrested and brought before the Jewish authorities, these apostles were asked: "By what power or by what name have you done this?" (Acts 4:7). Peter sim-

ply stated, "Let it be known to you all, and to all the people of Israel, that by the name of Jesus Christ of Nazareth, whom you crucified, whom God raised from the dead, by Him this man stands here before you whole" (Acts 4:10, emphasis added throughout).

Paul proclaims the same message

Paul's first recorded sermon is found in Acts 13. He traveled first to Cyprus, then on to what is now southwestern Turkey, and observed the Sabbath with both Jews and Gentiles, worshipping God with them in the synagogue. After giving a brief history of the Hebrews, he began speaking of the Savior

these: "Paul . . . received all who came to him, preaching the kingdom of God and teaching the things which concern the Lord Jesus Christ with all confidence" (Acts 28:30-31)

Paul started his epistle to the Christians in Rome by stating that he had been "separated to the gospel of God" (Romans 1:1). He said the gospel concerned "His Son Jesus Christ our Lord, who was born of the seed of David according to the flesh, and declared to be the Son of God with power according to the Spirit of holiness, by the resurrec-



tion from the dead" (Romans 1:3-4)

Paul thus explained that both the death and resurrection of Jesus Christ are vital to understanding God's gospel. He further declared that the "gospel of Christ . . . is the power of God to salvation for everyone who believes, for the Jew first and also for the Greek" (Romans 1:16).

Christ's gospel transcends nationalities. His life, death and resurrection are vital for everyone; it is God's power to salvation—that is, eternal life in God's coming Kingdom—for every believing human being. Without this salvation all people are headed to the second death—the lake of fire (Revelation 21:8).

Paul continues with the key theme of the importance of Jesus' resurrection in Romans 5:8-10

"But God demonstrates His own love toward us, in that while we were still sinners, Christ died for us. Much more then, having now been justified by His blood, we shall be saved from wrath through Him. For if when we were enemies we were reconciled to God through the death of His Son, much more, having been reconciled, we shall be saved by His life."

This is a key scripture. Paul wants us to know that while Jesus' death is crucial for our justification before God and reconciliation to Him, that death does not give us eternal life. We are ultimately saved, resurrected to eternal life, by the living Christ!

In Romans 8:34 Paul states: "Who is he who condemns? It is Christ who died, and furthermore is also risen, who is even at the right hand of God, who also makes intercession for us."

The word translated "furthermore" is the Greek *mallon*, meaning "all the more," "how much more," "better," "rather than," "more than," etc. So while the spiritual impact of Christ's sacrificial death on humanity is immense, His resurrected life makes it more so because He lives to make "intercession for us"—pleading for us as priestly intermediary with God.

Paul also makes it clear that Christians live the Christian life only through Christ living in them through the Holy Spirit. As he explains, "I am crucified with Christ: nevertheless I live; yet not I, but Christ liveth in me; and the life which I now live in the flesh I live by the faith of the Son of God, who loved me, and gave himself for me" (Galatians 2:20, King James Version). Here we see how vital it is that Christ not only died for us but was also resurrected so that He could live in us—empowering us to resist sin and continue in God's way.

Paul continues the focus in 1 Corinthians

Paul wrote his first preserved epistle to the church at Corinth to correct, in love, some heresies that were troubling the congregation. Earlier, he had spent 18 months raising up that church

and teaching the members the fundamentals of the Christian faith (see Acts 18:11).

His instructions in this letter regarding the observance of biblical festivals date it to the spring of the year in the northern hemisphere. In 1 Corinthians 5:7-8, we are exhorted to keep the Passover and the Feast of Unleavened Bread with proper spiritual focus—both of these occurring in early spring. Paul gives further instruction



in chapter 11 on the right attitude Christians must have as we partake of the New Testament Passover.

In this springtime epistle, Paul also wrote of the crucial importance of Christ's resurrection. There were false teachers in the congregation who were denying the reality of the resurrection (see 1 Corinthians 15:12).

He told them when first addressing them that Jesus rose again the third day according to the Scriptures (1 Corinthians 15:3-4)

and that Jesus died for their sins and was seen by Cephas (Peter) and the other apostles as well as more than 500 others (1 Corinthians 15:5-7)

He mentioned this large number of personal eyewitnesses to demonstrate that there was no possibility of fraud. These were all bona fide witnesses who knew they saw Jesus after His resurrection. Paul then reaffirmed that he

himself had also seen the risen Christ (1 Corinthians 15:8).

Next he addressed the heresy some were spreading—that there was no actual resurrection of the dead. He anchored his rebuttal through the fact of Christ's literal resurrection as a forerunner of the future resurrection of all believers. He said that if Christ was not risen, then his preaching and their faith were in vain (1 Corinthians 15:14).

Adam—Jesus Christ as the beginning of a renewed human race—has brought life.

Paul then spends the rest of this lengthy chapter talking about the resurrection of the dead. Furthermore, he makes it clear that Christ's resurrection is the guarantee of our resurrection.

The Kingdom of God is for resurrected believers

The key to the Kingdom of God promised in the gospel message is the resurrection of Jesus Christ. If it weren't for Christ's resurrection, there would be no Kingdom of God to come. There would be no messianic King of that Kingdom—and no resurrected followers of His to serve as kings and priests along with Him.

Some think that the message of the Kingdom of God is merely about experiencing God in our lives today. But without a future literal resurrection and ruling Kingdom to come, what would be the point? We would be most pitiable, as Paul said.

While we can experience a foretaste of the Kingdom of God today through personally living by God's Word, Paul announces that the Kingdom is ultimately yet to come and that inheriting it requires a resurrection or change to immortality:

"Now this I say, brethren, that flesh and blood cannot inherit the kingdom of God; nor does corruption inherit incorruption. Behold, I tell you a mystery: We shall not all sleep [in death], but we shall all be changed—in a moment, in the twinkling of an eye, at the last trumpet. For the trumpet will sound, and the dead will be raised incorruptible, and we shall be changed. For this corruptible must put on incorruption, and this mortal must put on immortality. So when this corruptible has put on incorruption, and this mortal has put on immortality, then shall be brought to pass the saying that is written: 'Death is swallowed up in victory'" (1 Corinthians 15:50-54)

It is God who gives us this victory through the risen Christ (1 Corinthians 15:57). Our living forever has been made possible through the One who said that He is "the resurrection and the life" (John 11:25). His life, ministry, death and resurrection have made eternal life possible for humanity! We're reconciled to God by Jesus' death but saved by His life—by His living in us to lead us and interceding for us as High Priest.

Jesus will come back to rule as King under God the Father. In the coming Kingdom of God, the resurrected Messiah and His resurrected followers will lead the rest of mankind, those who are willing, to repentance and ultimately experiencing the same change to immortality.

Let us never forget the awesome importance of Jesus' death and resurrection!



Take it or Leave it

The Magic Formula

When you get angry.... Mmm, do you ever get angry? Only three or four people in Benin get angry? Wow! I'm moving here. I mean, come on! How many of you get angry? I'm raising my hand.

And when you get angry, where does it come from? Where does it come from? In you? Wow. So, that means.... Oh, do you get angry after you leave home, ever? Mmm? After you leave home, you can get angry? Yes or no? Yes? So that means you don't leave anger at home.

That means, wherever you go, the anger goes with you. Wow! So next time you go in the bathroom and close the door and think it's private, just remember, anger just came with you. Frustration came with you. Confusion came with you. Joy came with you. Clarity came with you. Understanding came with you. Kindness also came with you.

All these go wherever you go. Do you know that? Wherever you go! This is all... This is you. See, it's not just you. You look at yourself in the mirror and you go, "That's me." No, no, no, no, there's a lot more going on. There are other ones. There's another one of you. It's an anger. You don't see it in the mirror, but it's there.

And there is one that has joy, clarity, understanding, and beauty, and kindness, and all these things. And the opposites of all of them go wherever you go. Now, the question is, what do you practice the most? Do you know what that means?

What do you practice? Every day, what do you practice? How long does it take you to get angry? Oh, so you



If you start practicing kindness, you will get good at it

must...you're good at it.

You're good at getting angry. So, if you're good at getting angry, what does that mean? You practice anger? Oh, how long does it take for you to get afraid? How long does it take for you to get afraid? Not very long. Oh, so you practice fear?

That's why you're good at it. How long does it take you to lie? Did I ask a personal question? How does it take you to lie? Not very much, does it? It can just flow right away.

At home, you don't even say "bonjour" to anybody—your wife, your friends, your children. You go outside? And it's "Bonjour." That's what you

practice, telling lies? You have become good at it.

So I say to you, if you start practicing courage, you will get good at it. If you start practicing kindness, you will get good at it. If you start practicing understanding, you will get good at it. If you start practicing clarity, you will get good at it. And if this is what you want in your life, that's all you have to do. Practice what you want.

If you practice knowing yourself, you will become good at it. If you practice peace in your life, you will become good at it. That's the magic formula. That's how you do it.

– Prem Rawat in Benin



TAMIL WOMEN RISING #letHERspeak



By Rajini Nathan

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Every single person who attended the Tamil Women Rising #letHERspeak event would definitely have walked away with something to help them develop personally, in their chosen careers, or most likely, both.

Walking into the Urbanspace Gallery Downtown, at every turn we were greeted with ushers who gave us directions to the space that the event was happening in. A table of food and coffee for those rushing in after work, a warm space with soft lighting; the venue was definitely well chosen as it emitted a radiance that said this is a safe space and you are welcome here.

That was the topic of our first panelist. Siva Vijenthira, a city builder and columnist, who gave us a unique insight into how the city of Toronto's planning division works; what they take into account and how the city is designed to be inclusive of people aged 8-80. As someone relatively new to Toronto, it was heartening to see how much thought was put into safety for women and what our needs are; how we operate and what we contribute to society. Things that honestly I hadn't even thought about as a woman myself. Siva spoke about safety being about equity and how safety, race and gender were connected to poverty; giving us a profound awareness of what kind of factors are vital when planning and developing a city.

Next we were introduced to Luxy Thuraisingam, Vice President of Marketing at Cisco, whom I've had the

pleasure of meeting at a previous Tamil Women Rising event. Our first meeting, however, was just a prelude to the wealth of knowledge that this amazing person and mother of twins had to share. Luxy spoke to us about letting our powers seep away; and through personal and work testimonies, illustrated how to make choices that were purposeful; how to reach out and ask for help when needed and to build a community of strong individuals around you. She ended by highlighting the increase of artificial intelligence and the move towards corporations wanting to engage more emotional intelligence, of which women do typically have an abundance. As she said, there never has been a better time to be a woman, but it is up to us to ensure that we capitalize on this.

Our third speaker was Share Ryan. I have to admit that my intentions towards looking forward to her speak were slightly voyeuristic. There is something about a Tamil woman who has broken tradition and succeeded in life that made me want to know all the details of her struggle. However, what Share gave me was an even better gift.

By the age of 17, Share Ryan had been pulled out of school by her strict Jaffna Tamil father four times. She described her idyllic childhood filled with bike rides and all the regular activities that most Tamil kids experience growing up in Toronto, but as she grew into a young woman, things changed for her. She was denied something that we often take for granted in the West. She was asked to stop going to school.

Share describes her rebellion as her education and I hope this resonates with generations of Tamil girls both current and future. The free education that we receive in Canada is something that some definitely take for granted. Education as being something that a girl has to strive for, is typically associated with countries like Pakistan, or rural parts of Africa- not Toronto. However, this was her struggle and through it she has emerged stronger and an absolutely inspiring person. Whilst living on the streets of Toronto, and in shelters, Share completed high school, university, and with the help of Dress for Success got a job, got married and forgave her father. That was the part where everyone gave her a huge round of applause. It wasn't just that she succeeded in her career, but by forgiving her father, she has succeeded as a person.

Our last and final speaker was Nana aba Duncan, a host at CBC radio. Nana aba opened with a story of how her morning started and as a mother myself, we connected right there. Her message to us, again illustrated with anecdotes from her own life, was to believe in ourselves; to sit down and think about what we really wanted and to "find your tribe".

Each of the women were introduced by equally inspiring individuals, who again gave us a good understanding of who the Tamil women of Toronto really are, what their accomplishments have been and what struggles they've had to endure.

At the end of the event, the attend-

ees were split into groups and asked to share their stories if given an opportunity at the mic. Again, each and every woman there had so much knowledge and life experiences that we would have needed an entire weekend to really take it all in.

As we walked away with our baked gifts by Addictive Eats By Gayethiry, I asked the ladies I came with if they had ever attended a similar event, to which there answer was – no. Tamil Women Rising has managed to create a space where women could come together and discuss real everyday issues that affect us, in the workplace, on the streets, in business, politics, schools and at home.

We have moved so far away from the notion that all women talk about is hair, makeup, clothes, raising kids, domestic chores, or the violence they face. As much as they too are part of our lives, the events occurring within board rooms, in diversity groups which have the one token Tamil woman as their person of colour, the way the City of Toronto is being built with women in mind, these are the stories that now need to be heard, and I for one cannot wait for the next event.

Tamil Women Rising is a volunteer-run non-profit organization that empowers Tamil women and their allies to seek success and advance in their careers. Join Tamil Women Rising on Facebook, @tamilwomen on Twitter, @tamilwomenrising on Instagram or contact us at info@tamilwomenrising.org for more information.

Photo credit: Ninaivukal - Moments of Events



GIVE ME LIBERTY, OR GIVE ME DEATH

By: Kumar Punithavel

The above title is a very famous quotation attributed to Patrick Hendry who is said to have made it in 1775 at St John's Church in Richmond Virginia at the celebrated Virginia Convention. At that time it is said that two of the future U.S Presidents of America Thomas Jefferson and George Washington were present and Patrick's speech is credited to have swung the balance and made the country to go for war against the colonial British rulers.

Strangely enough two thousand years ago, in the present day Tamil Nadu was the Chera kingdom which was ruled by Emperor *Cheraman Kanikal Irumporai*. He had been frequently referred to as Kooch Cheraman meaning *King Cheraman*. From this we can infer he must have been in his days very famous and when someone referred to the King of Chera dynasty it refers to Cheraman Irumporai.

The Capitol of Chera kingdom during the reign of emperor Cheraman was Dandi. They have had communication with Greece and the historian Pili from Greece has referred to this Capitol as Dindis. The three dynasties of Tamil Nadu were always in enmity and fought with one another. Once Chera and Chola king were fighting and the battle took place at Gunavail Kottam a border town in Chera kingdom.

In the course of the war, one of Chera King's elephant serving the army had mush, and became highly aggressive. None could approach the elephant to control the bull elephant. Hearing the situation Cheraman Irumporai went in and brought the beast having mush under control. However, finally the war took a bad turn and Cheraman was defeated in the battle. The army was scattered and the king was taken prisoner and taken in chains.

While in prison the guards of victors were very cruel to the king and did not provide even his basic needs. He was very hungry and thirsty and appealed to the sentry for some water to quench his thirst. But the soldier ignored him. The proud king was very hurt. Finally, when water was brought to him, he felt ashamed of himself. He thought about a custom of his forefathers. When a baby dies or even still born with a few bones and flesh, wishing the baby should have grown up and died a gallant death by the sword of an enemy in a battle by a wound in the chest, makes a cut in the chest of the dead child by sword before the burial! He wrote on a piece on note;

If a baby dies or even still born Considers it as person and scar the chest

It was the custom of the people of those days among the Tamils even if a person lives to a ripe old age and die, or die of sickness the family makes a scar in the deceased's chest before the funeral rites are performed. For it was considered an honor to die fighting in a war, bearing wound in the chest. Next he thought with melancholy that he unfortunately did not die by the enemy's sword, instead he was taken prisoner, suffered humiliation dragged like a dog on a chain.

'Dragged like a chained dog and suffered' he wrote.

To accept without pride from the enemy a glass of water, to quench the thirst should a royalty agree? Won't the world tease me after my death; he thought and wrote the following words? He continued the poem as follows;

Accepting from an enemy water

To quench the fire in the belly

Me begging that little quantity of water

Will it be becoming for my royalty

Leaving this little note he decided to starve to death. He was a proud king who could not put up with the fact, even after asking for water the sentry took a long time to serve him. For him like Patrick Henry freedom was greater than death! Such is the poem:

If a baby dies or even still born

Considers it as person and scar the chest

Dragged like a chained dog and suffered

Accepting from an enemy water

To quench the fire in the belly

Me begging that little quantity of water

Will it be becoming for my royalty

Purananuru 74

குழவி இறப்பினும் ஊன்தடி பிறப்பினும்
ஆள் அன்று என்று வாளின் தப்பார்
தொடர்ப்படு குமலியின் இடர்ப்படுத்து இரீஇய
கேளல் கேளர் வேளான் சிறுபதம்
மதுகை இன்றி வயிற்றுத் தீத் தணியத்,
தாம் இரந்து உண்ணும் அளவை
ஈன்ம ரோ, இவ் உலகத் தானே?

புறநானூறு 74

Time flies, but men with pride will not beg for even water, from the enemy's hand to save his own dear life. It is nearly two thousand years from the days of Cheraman Irumporai to the time of Patrick Hendry, but the human nature has not changed.





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Hosts Power Up 2019 Event to Boost Spring Home Sale Season

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By: **Harrish Thirukumaran**

On March 29, 2019, RE/MAX Community held its annual PowerUp Event at the Kennedy Convention Centre in Scarborough, Ontario. The event served as a motivational gathering for in more real estate transactions and sell more homes across the Greater GoldenShoe Region in this upcoming spring season. It was also a celebration of the success by RE/MAX Community in real estate for 2019. It featured an incredible roster of speakers with various experiences and expertise in today's real estate sector.

This roster included, Anthony Volpini of RE/MAX Integra Ontario Atlantic, Chris Butler of Teranet, Winson Chan of Tridel, Sarah Wells, Olympian & Motivational Speaker, Costa Ntoukas (Brokerbay), CEO & Co-Founder at BrokerBay. Aline Sofianos of CMHC, Max Ma of MPAC, Royce Mendes of CIBC, Senior Economist, David Carter & Daniele Grechi of Grechi Carter Professional Corporation,

It also included an awards presentation to agents that showed outstanding achievements in selling real estate in the Greater Toronto Area. This was followed by a raffle with many grand prizes.

RE/MAX Community extends appreciation to their partners and well wishers for their support and also for the presence of Gary Anandasangaree, MP for Scarborough-Rouge Park & Parliamentary Secretary to the Minister of Canadian Heritage and Multiculturalism

It was emceed by Harrish Thirukumaran, policy professional interested in policy innovation, international affairs, and urban policy; graduate student at the University of Toronto; and part-time Web Content Writer.

Photo Courtesy: Ekuruvi



Gary Anandasangaree, MP presenting to Mark Louie Antazo



Gary Anandasangaree, MP presenting to Ammad Alam



Gary Anandasangaree, MP presenting to Mahen Singarajah



Sen Sooriyakumar, Mobile Mortgage Advisor, CIBC presenting to Thiba Shanmugarajah



Anton Dharmaseelan, Senior Mortgage Agent from Mortgage Alliance presenting to Ananth Tharmalingam



Senthoran Punithavel, the co-operators Franchise President presenting to Karan Kanagasabai



Kubes Navaratnam, Managing Partner, Nava Wilson Law Office presenting to Thas Vallipuram



Shan Manickavasagar, Mobile Mortgage Specialist, TD Canada Trust presenting to Jenny Tajpaul

Lifetime Achievement



Gary Anandasangaree, MP presenting to Mahen Singarajah



Prisha Law Professional Corporation Principal Lawyer, Prishanthy Paramsothy presenting to Sayon Balasuntharam



Gary Anandasangaree, MP presenting to Mark Louie Antazo



Gary Anandasangaree, MP presenting to Ammad Alam



Gary Anandasangaree, MP presenting to Mahen Singarajah



Sen Sooriyakumar, Mobile Mortgage Advisor, CIBC presenting to Thiba Shanmugarajah



Sutha Kunam, Kuber Mortgages presenting to Jai Narsingh



Sutha Kunam, Kuber Mortgages presenting to Joey Quiambao



Sutha Kunam, Kuber Mortgages presenting to Kayan Kanesalingam



Sutha Kunam, Kuber Mortgages presenting to Krish Saishankar



Sutha Kunam, Kuber Mortgages presenting to Mark Antazo



Sutha Kunam, Kuber Mortgages presenting to Mayuran Sritharan



Sutha Kunam, Kuber Mortgages presenting to Shawn Balasingam & Sangiv Emilianus



Sutha Kunam, Kuber Mortgages presenting to Sivaseelan Senathirajah



Sutha Kunam, Kuber Mortgages presenting to Thipan Raj



Sutha Kunam, Kuber Mortgages presenting to Vignes Sinnadurai



Anton Dharmaseelan, Senior Mortgage Agent from Mortgage Alliance presenting to Adolf Furtado



Anton Dharmaseelan, Senior Mortgage Agent from Mortgage Alliance presenting to AJ Kanapathipillai



Anton Dharmaseelan, Senior Mortgage Agent from Mortgage Alliance presenting to Akilan Sivapalan



Sen Sooriyakumar, Mobile Mortgage Advisor, CIBC presenting to Thiviya Ratnarajah



Anton Dharmaseelan, Senior Mortgage Agent from Mortgage Alliance presenting to Alex Alexander



Anton Dharmaseelan, Senior Mortgage Agent from Mortgage Alliance presenting to Bakeer Subramaniam



Anton Dharmaseelan, Senior Mortgage Agent from Mortgage Alliance presenting to Brandon Narsingh



Anton Dharmaseelan, Senior Mortgage Agent from Mortgage Alliance presenting to Esan Kulasegaram



Senthoran Punithavel, the co-operators Franchise President presenting to Gunaraj Arumugam



Sen Sooriyakumar, Mobile Mortgage Advisor, CIBC presenting to Theepan Logeswaran



Senthoran Punithavel, the co-operators Franchise President presenting to Jambo Visvalingam



Senthoran Punithavel, the co-operators Franchise President presenting to Jay Nadarajah



Senthoran Punithavel, the co-operators Franchise President presenting to Jayakumar Somasundaram



Senthoran Punithavel, the co-operators Franchise President presenting to Kamal Navaratnam



Senthoran Punithavel, the co-operators Franchise President presenting to Krishna Vigneswaramoorthy



Sen Sooriyakumar, Mobile Mortgage Advisor, CIBC presenting to Siva Sithamparanathan



Senthoran Punithavel, the co-operators Franchise President presenting to Leon Williams



Senthoran Punithavel, the co-operators Franchise President presenting to Natheesh Paramesharan



Senthoran Punithavel, the co-operators Franchise President presenting to Niru Naguleswaran



Kubes Navaratnam, Managing Partner, Nava Wilson Law Office presenting to Saseein Thiyagarajah



Kubes Navaratnam, Managing Partner, Nava Wilson Law Office presenting to Sri Earampu



Sen Sooriyakumar, Mobile Mortgage Advisor, CIBC presenting to Shan Jeyabalan



Kubes Navaratnam, Managing Partner, Nava Wilson Law Office presenting to Pakeer Sahadevan



Kubes Navaratnam, Managing Partner, Nava Wilson Law Office presenting to Suven Poopalasingam



Kubes Navaratnam, Managing Partner, Nava Wilson Law Office presenting to Subu Iyer



Kubes Navaratnam, Managing Partner, Nava Wilson Law Office presenting to Tharshini Tharmalingam



Kubes Navaratnam, Managing Partner, Nava Wilson Law Office presenting to Thushanth Kantharajah



Shan Manickavasagar, Mobile Mortgage Specialist, TD Canada Trust presenting to Jey Nadarasah



Shan Manickavasagar, Mobile Mortgage Specialist, TD Canada Trust presenting to Aaron Bastiampillai



Shan Manickavasagar, Mobile Mortgage Specialist, TD Canada Trust presenting to Anoj Thavarajah



Shan Manickavasagar, Mobile Mortgage Specialist, TD Canada Trust presenting to Gobi Krishnabal



Shan Manickavasagar, Mobile Mortgage Specialist, TD Canada Trust presenting to Jeya Visakesan



Event Emcee Harrish Thirukuraran



Sen Sooriyakumar, Mobile Mortgage Advisor, CIBC presenting to Shamil Hussain



Prisha Law Professional Corporation Principal Lawyer, Prishanthi Paramsothy presenting to Ken Kirupa



Prisha Law Professional Corporation Principal Lawyer, Prishanthi Paramsothy presenting to Koshala Sinnarajah



Prisha Law Professional Corporation Principal Lawyer, Prishanthi Paramsothy presenting to Nimshi Prabaharan



Prisha Law Professional Corporation Principal Lawyer, Prishanthi Paramsothy presenting to Niro Tharmakulasingam



Sen Sooriyakumar, Mobile Mortgage Advisor, CIBC presenting to Senthil Mahalingam



Awards Presenting Emcee Saudia Rafeek



Prisha Law Professional Corporation Principal Lawyer, Prishanthi Paramsothy presenting to Pirasha Vyguntavasani



Prisha Law Professional Corporation Principal Lawyer, Prishanthi Paramsothy presenting to Rasheela Sinnarajah



Prisha Law Professional Corporation Principal Lawyer, Prishanthi Paramsothy presenting to Rushany Ayathurai



Prisha Law Professional Corporation Principal Lawyer, Prishanthi Paramsothy presenting to Sajee Puvaneswaran



AV Control by Sayon Balasuntharam and Crew member

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PROF. RATNAM VIGNESWARAN

(Vice- Chancellor University of Jaffna)



Assumption of the 8th Vice Chancellor - Prof R.Vigneswaran

C. Kamalaharan

It was a phenomenal rise for Prof. Ratnam Vigneswaran from the position of lecturer to the prestigious position of vice-chancellor of the University of Jaffna. It's nothing else but his patience, perseverance, commitment to work and deep faith in the Almighty that paved the way for him to reach the pinnacle of his career.

Vigneswaran was not born with a silver spoon in his mouth. Brought up in an agricultural background he lost his father at a young age. Through sheer hard work and under the constant care of his late mother he had reached the level of academic excellence. He began his primary education and part of his secondary education at Inuvil Hindu College. In order to enhance his education he was admitted in grade eight at Jaffna Hindu College one of the leading national schools in the country. It was in this renowned institution his educational activities began to blossom. Being an assiduous student he studied diligently burning the midnight oil and performed well in the A/L exam. He was admitted to the physical science course of the University of Jaffna. On the basis of his performance in the first two years he was admitted to do mathematics special degree and after two years of study he passed out as a mathematics special graduate.

He got his first appointed as temporary lecturer in statistics in the Eastern University (1982-1983). Later he was appointed as temporary lecturer in mathematics (1984 till 1986). In 1987 he was inducted as permanent lecturer in the same field.

Pursuing his studies further he won a scholarship to the University of Sussex where he successfully completed his Phd programme (1988 to 1991). While preparing for his Phd programme he had published three research papers. Relentless in his quest to study further he was lucky to win the Commonwealth Scholarship (2001-2002) and successfully do his Post Doctoral Studies. There too he had published two research papers. Altogether he had presented ten research papers which were duly published in the prestigious Refereed Journal.

On his return to Sri Lanka he resumed his services as lecturer in Mathematics at the Eastern University in 1992. After serving there for twenty years (1984-2004) he was transferred to the University of Jaffna in the same capacity as lecturer in Mathematics. In 1992 he was promoted to the position of Senior

Lecturer grade 2. Fortune continued to smile on him; he was appointed as the Head of the Department of Mathematics in 1994. Associate Professor in 2009 and Dean of the Faculty of Science in 2016.

During my recent visit to Jaffna I met him at his residence and had an informal chat with him, mainly about his administrative duties in the new setup. At the beginning he had faced many pressing problems all of which he was able to overcome and run the show without any impediments. Strikes are quite common in universities. The all island strike by the students during his time was settled peacefully by the hierarchy and the strikes within the campus are sorted out through negotiations.

The Jaffna University is now a bilingual university where both the Tamil and the Sinhalese students study. From what I gathered through our discussion the atmosphere prevailing there was similar to what was prevailing in the other bilingual universities. A good rapport is maintained among the students and there prevails peaceful coexistence.

Regarding the functioning of the various faculties excepting the Mechanical engineering branch all the other branches in the Engineering faculty are functioning. The request for opening the faculty of Hindu Studies is in the wait list for approval. Also the request for the opening of the Ramanathan Faculty of Siddha Medicine has been approved; they are waiting for the gazette notification.

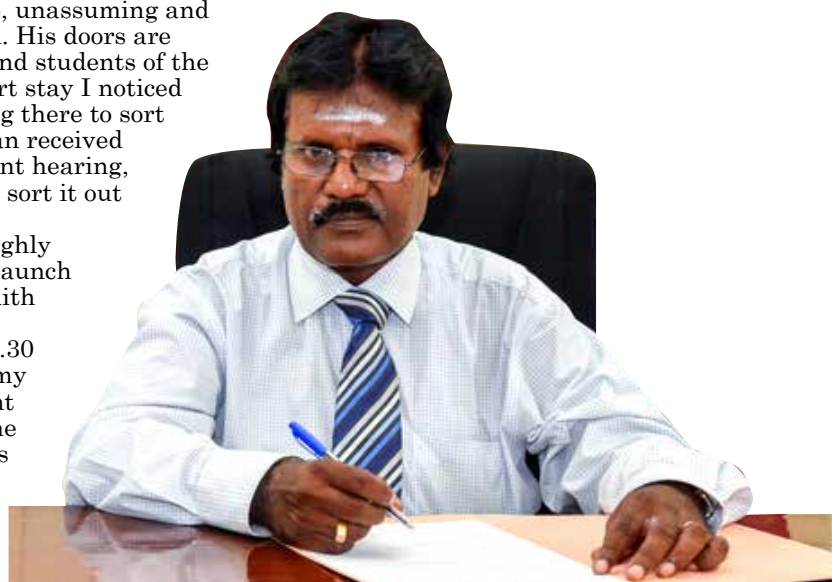
Vigneswaran is a simple, unassuming and an easily accessible person. His doors are always open for the staff and students of the university. During my short stay I noticed a batch of students arriving there to sort out a problem. Vigneswaran received them politely, gave a patient hearing, discussed the problem and sort it out amicably.

Vigneswaran is also a highly religious person. He is a staunch believer of his ingrained faith Saivism. I have seen him attending 'pooja' daily at 5.30 am at the Inuvil Kandasamy temple. Being the president of the temple trust board he manages the temple affairs well besides attending to his university duties. He has built on his own an attractive 'Gopuram' (tower) on the southern side of the temple above

the Arumugasamy shrine. His devotion to Lord Murugan his chosen deity is unsullied. I admire the way he sports a stripe of 'Viputhi' (holy ash) on his forehead wherever he is. Prior to his assumption of duties as Vice-Chancellor he attended special pooja in the Sivan temple within the campus. Later he was led to his chair by a retinue of staff members and accompanied by 'Nathaswara music.' On that special occasion too he was seen sporting a stripe of 'Viputhi' (holy ash) on his forehead.

On his assumption of duty as Vice-Chancellor tributes had been pouring in from relatives, friends and well-wishers all over. He was warmly received and felicitated in many places. But the rousing welcome he received from the people of Inuvil where he was born and bred was unprecedented; Inuvil Arivalayam library, Inuvil South library and Inuvil Kandasamy temple's Ilam Thondar Saba received him warmly when he arrived in a procession accompanied by the traditional Nathaswara music. During his visit to UK and Canada the Inuvil Onriyam (community) in these countries also received him warmly and paid glowing tributes upon his academic achievements.

Through hard work Vigneswaran has been successful in his educational pursuits and has risen to eminence as an educationist at the tertiary level. May success follow him throughout his life.



Prof R.Vigneswaran



Art Effective Speech



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By: *Jesudason John Aputharajah*

One may have all the gifts but the art of effective speech is a class by itself. Valluvar refers to it as “Naanalam ennum naluttamai”. Since prosperity and destruction could well be the outcome of persuasive speech, it is wise to take great care in preparing one’s speech.

John F Kennedy said admiringly of Winston Churchill, “He harnessed the English language and let it war against Hitler”.

It is the effective words of great men that determine the patterns of civilized livelihood. Abraham Lincoln in his Gettysburg address defined

democracy as the “Government of the people, by the people, for the people”.

Effective speech should be such as to bind and convince the listener, and non-listeners should also crave to hear them. No greater goodness or worldly benefit could be forthcoming than by matching one’s speech to the intellectual level of the audience.

A speech should be thoroughly prepared so that it is not possible to refute it by counter arguments on the other side. The policy of right kind of counsellors will be to speak pleasingly and also welcome useful ideas urged by other speakers.

The world welcomes able counselors who can express profound ideas in an orderly and pleasing language. It is only those who have not learned to think well and couch their ideas in precise words of brief speech, would go on speaking at meandering length.

Those who cannot express their thought acquired after deep study are like a bunch of flowers without fragrance. Hence the essence of invincible speech is a convincing style, good memory and fearlessness. It is indeed difficult to win an argument with a man of effective speech-who expresses his ideas fearlessly and forthrightly.

**“Collalvullan sorvu ilan anjan avanai
Ikal vellar yaarkum arithu”.**

(Kural: 641-650)



Valluvar’s Views



Some Idiosyncrasies found among Jaffna Tamils

J.J. Atputharajah

Human groups vary in their mannerisms and characteristics according to their habitat, environment and practices. The Tamils have idiosyncrasies which are interesting to analyze. People's attitudes and behaviour are mostly influenced by their culture, circumstances and family background. Tamils are a minority in Sri Lanka, population-wise. They were subjected to lot of discriminations, fear and embarrassments due to the political developments in Sri Lanka after the independence. Tamil politicians tried to solve the problem in their own ways but they have not succeeded much. Even militant tactics did not bring much rewards. The fear and insecurity among the Tamils continue to exist and that is why many of them sought safer shores in foreign countries.

It is the fear and uncertainty inherent in their personalities that have influenced their behavioural patterns. The need for security have made them rather self-seeking in many of their endeavours. Even politics wish they have a large number of groups among them in relation to their numbers. They are not united and that is why they have so far failed to win their much sought rights.

One can identify a number of interesting characteristics in the Jaffna man. They are basically very hard working. The land they live in is not gifted with all the nature's bounties. In the earlier times they have to plough the soil strenuously in order to get the bountiful harvest they always aimed at. They use fertilizers especially fallen leaves collected from various people. They also use green leaves cut from a common trees called 'Poovarasau', 'vembu' and 'vaahai'. Cow dung is another special fertilizer. Besides it, there is the water problem. Luckily, the land is endowed with underground drainage and the people sink wells to bring out the water they needed for their plantations. The well-sweep is a common site in the garden lands of Jaffna, where the farmer spared no pains to get irrigation water for their plantations. The red soil area Atchuvelli, Chunnakam, Urumpirai and Kopay are famous for its richness and is the place famous for Tobacco and Yam. The Jaffna farmer later started cultivating fruit crops like the banana and grapes and did well in fruit cultivation too.

The same spirit of tenacity of purpose was seen in their educational ventures. The Jaffna people were very fortunate in the schools established by missionaries. They enjoyed the privilege of an English education propelled by well-run English Schools like, Jaffna College, St. John's College, St. Patrick's College, Jaffna Central College and Hartley College. These schools inspired the planting of excellent parallel Hindu schools which helped the propagation of education amongst the Jaffna people. The Jaffna people were the first to man the government machinery in a great way. Getting a government job was one of the chief goals of the Jaffna



Taken on English Day 2018 with Principal, students and guests walking to Assembly Hall at St. John's College, Jaffna, Sri Lanka



Courtyard at The Jaffna Hindu College with an enclosure for Hindu Goddess Saraswati, goddess of knowledge, music, art, wisdom, and learning

homo-sapiens. They also excelled in higher education. Many of them were able to become civil servants and their leading schools coached them for admissions to much coveted faculties in the Sri Lankan universities. Hard-working is in the core of their blood stream.

The same spirit of tenacity of purpose was seen in the various immigration trips they undertook to find new pastures for living in alien countries. They were daring enough to undertake life-threatening long journeys to reach their desired destinations. The 'Sun-sea' ship which came to Vancouver in 2010 is the latest exhibition of their dare-devil ventures. They have undertaken more dangerous journeys to Australia and several other countries of the world. Even in Canada, the severe winter did not demoralize them. They got adjusted and strived hard to adjust to the environment and found a way of living here.

Culinary attachment is yet another traits of the Tamils. They are very much attached to the type of food that they ate in their homelands in Sri Lanka. People in Canada say that they are able to identify Tamils by the smell that comes from their apartments or their clothes. The curry-powder smell is one of their identification indicators. In Toronto, one can

see a number of restaurants and eateries that cater to the requirements of Tamils. They are run by entrepreneurial Tamils, who provide all the kinds of food that, the Tamils desire. The 'kool', the savoury soup is one the famous preparations common in Tamil gatherings. String-hoppers, thosai, Pittu and rotti are some of the very common preparations used for breakfast as well as dinner. Tamils are also very fond of 'Drum-stick'- a vegetable used to make tasty curries and suitable to boost the energy of newly married males. The Jaffna man is famous for carrying bundles of 'Murunkaik Kai' to Colombo when they return after spending their week-ends in Jaffna.

The Tamils especially men are noted for the ceremonial baths they take on Saturdays. They apply gingelly oil to seep into their body and then take a full bath. This is a practice they have been following from ancient times. Earlier, the men felt that such an oil bath is good for their physical welfare. Men who toil very hard in their farms need such a bath to get relieve from their aches and pains. Many Tamil men continue this custom even now.

Tamils follow traditional practices even in the matter of marriage though some of the ancient practices have been

given up. Marriages are generally contracted with the help of marriage brokers. They are the ones who knew the eligible bachelors and spinsters in a particular village or community. Tamils paid high premium for family background, caste, wealth and employment status. A job in the government departments was greatly valued.

Tamils also have a great interest in political agitations. Since they happened to be a minority community in their home country, they organized themselves very well to fight for their rights. Their agitations took various forms but they could not succeed much. Many of them left to foreign climes to find a new place to live in. However, they did not forget their home lands. They help in many ways to keep the demand for Tamil emancipation in Sri Lanka especially with their finances, political representations and international canvassing. Even in Canada, Tamils are in the forefront of political demonstrations and agitations working for the welfare of their community as well as that of Canada as a whole.

Inquisitiveness is one of the notable habits of the Tamils found mainly among the women. When Tamil women get together, they have the habit of sharing information about others mainly about the misfortunes of their kith and kin. Though generally they are harmless in nature, the talks sometimes lead to quarrels and skirmishes of a serious nature. Some women appear to reveal when talking about the misfortunes of others. Some of those who pass information add to the news that they have collected just to make it sound interesting. Though they have fun, they do it other people's expense. Most Tamil women always cling together whenever they meet in public places. Though the habit is disappearing in modern times through multicultural living, these traits die hard. Some observers described such teaming up as 'yarldevi'-after the name of the express train that ran between KKS and Colombo. Ethnic familiarity is a welcome feature but it should not be a devise to propagate harmful habits of behaviour.

Life in foreign climes together with the forces of modernization is fast changing the behaviour of the Tamil homosapians. Their cultural peculiarities and rugged/clumsy behavioural patterns are fast changing. They are now relatively shaped by the environments they live in. Their eating habits are changing. Their dress patterns have become more practical/accommodative of foreign styles. Now one can see many Tamil women wearing pants and tops to make it easier for them in their work places. They have got into the habit of eating pizzas, hamburgers, hot-dogs and pasta. Easiness of living is the main determining factor. One can see a toddy-tapper with a mobile-phone taking orders for toddy while climbing a palmyrah tree in Jaffna. The world is changing and a more cosmopolitan society is fast emerging.



Special Feature

An Interview with Minister Patty Hajdu on Skills-Training Measures in Budget 2019



By **Harrish Thirukumaran**

.....
 "As you know, economies can struggle from quarter-to-quarter, but, generally speaking,

what I am hearing as Minister of Employment and Skills Development is the fact that as employers need people, they are need people with more skills, and on the flip side, what we're hearing from Canadians is that they often are frustrated by finding jobs that do not match with their skillsets or do not have the skillsets that employers are looking for."

Q: According to a recent news report by Bloomberg, Canadian companies continue to seek workers even as the economy slows.

Vacancies hovered for most of last year at the highest levels since at least early 2015, with Statistics Canada reporting Monday there were 547,770 unfilled jobs in the final three months of 2018. That's up 17 percent from a year earlier, a sign companies aren't winding down hiring plans.

The report adds to evidence Canada's labor market remains tight even as the economy shows signs of weakness. Gross domestic product growth virtually stalled in the fourth quarter, but job gains remained strong over the same period, with employment climbing 98,000.

How will the promises in Budget 2019 on skills training and labour market readiness build on this ongoing momentum for the Canadian economy?

A: Well, thanks, that's a lot in one question, but you're absolutely right, even though we have the final quarter here, we are encouraged by the fact that our debt-to-GDP ratio continues to decline. That employers are continuing to look for skilled people, and what that means is that employers are continuing to hire, despite as you know, economies can struggle from quarter-to-quarter, but, generally speaking, what I am hearing as Minister of Employment is exactly what you pointed out is that employers are needing people, they are needing more people and they're needing more skills, and, so, on the flip side, what we're hearing from Canadians is that they often are frustrated if they can't find a job that matches their skillsets or that they don't have the skillsets that employers are looking for. So, we're continuing on the path that we started in 2015, which is investing in people, investing in skills development, so that everybody has a fair chance to reach their full potential. This budget and Budget 2019 takes the next steps forward in some of that work.

One is to increase the ability of students enrolled in studies in academic institutions, post-secondary institutions to have paid internships or paid co-op programs through the student work placement program. We're increasing those placements to 84,000 placements, responding to a call actually from business, and from students that are getting that tangible work experience, while they're studying provides benefits to employers around making sure they get the first pick of the fresh talent and they can better integrate what students are learning and what the needs of the industry are, but also from student's perspective who say 'look we can have the education, but if we don't have the experience, it's really hard to find a job.'

That is something that has been really successful for us, and we're going to really accelerate that in the years to come. Secondly, making education more affordable, so one of the things that we did in Budget 2016 was increase the ability for low- and middle-class Canadian students to increase additional as up to 50% more by grants. But, still, some students have to borrow to pursue postsecondary education, so what we're doing is reducing the cost of that borrowing by reducing the interest rate on student loan to prime for variable rate loans, which are the majority of loans that are taken out by students across the country. Over 99% of students take the variable rate. That means they will pay less interest over the lifetime of a loan, and, also, waiving interest during the grace period of six months. It was pretty receptive of the previous government to have a fixed six-month grace period without necessarily a corresponding waiver of interest. So, from our perspective, this allows that student those six months interest free to plan the next steps in their career.

And then, finally, one of the highlights in the budget for skills training is the new Canadian Training Benefit, and this benefit is available to all Canadians and, it, essentially, is a bank account, where the Government of Canada will provide a credit of up to \$250/year combinable to up to a \$1000 a year over four years, lifetime maximum of \$5000, and gives Canadians the corresponding time off through paid Employment Insurance, if that's something they need as well, and this is responding directly to Canadians who've said, 'look we'd love to gain various certificates or pursue further education, but time and money is always a challenge in terms of doing that kind of skills training. So, we know that this is going to help students of all ages take a certificate course, put it towards postsecondary education, towards med



school, or whatever it is they want to pursue, and have the corresponding time that they need to ensure they can get that skills training that will help them move forward in their career, or in their lives. So, we're looking for ways to work out the details employers and academic institutions as we forward.

Q: How will the new skills training programs such as the Employment Insurance Training Support Benefit, Canada Training Benefit, and new leave provisions address disruptive technologies such as artificial intelligence, machine learning and robotics in the labour market?

A: Well, that's a great question, and, here I am today at the University of Ontario Institute of Technology, and I just held a roundtable with students and that's exactly what they've talked about. They said you know, for older students for example, or older people for example, with things like blockchain technology, this credit would allow people interested in something like that would allow them to take a manageable course to understand the fundamentals of blockchain technology in a way that's accessible, no matter what age or stage of their careers that they're at. So, that's just a really tangible example that came from this roundtable I was just at, but, you know, that's ultimately what is behind this Canadian Training Benefit is that we know the world of work is constantly changing and evolving, this has always been so.

What we want to do is to make sure is that Canadians have the confidence, in that no matter what changes come their way in terms of technology, or other changes in their sector, that they will have the support of the federal government to acquire training in a way that makes sense and fits their life. That is why the benefit is two pieces, the credit for the actual cost of the training and then the time off for, you know, when someone needs the financial support when they're pursuing that training.

Q: What does your government believe that Canadians should interpret

from the skills training promises and most of Budget 2019, given the SNC Lavalin controversy and the upcoming 43rd election campaign in the news cycle?

A: Well, I think you know while the Conservatives play political games and, you know, create controversy when there is none, what we're seeing focused on is making sure Canadians have the supports and skills and talents they need to take the next steps in their career. This is about making sure that every Canadian has the potential to reach their goals and their lives and support the next generation to grow our economy. You know the Conservatives don't have a plan on the environment, they don't have a plan on youth employment, they don't have a plan on growing the economy, they don't have a plan on building pipelines or protecting the environment. They don't have a plan. They have is attack and insults, and, unfortunately, Canadians are looking for more, actually, fortunately, Canadians are looking for more. They are looking for tangible actions by their government on how we can look forward and ensure their success and a fair chance for their children.

Q: What are your thoughts on the optics for Indigenous reconciliation commitment by the government, given that the Minister Jody Wilson-Raybould was an Indigenous member of Cabinet?

A: Listen, reconciliation is not just about one person, its about an entire country coming to terms with our past and our history, and taking tangible steps together to make sure that everyone in this country has a fair chance to succeed, including Indigenous people, so the last three budgets have provided \$16.8 billion in new funding for Indigenous peoples. These were commitments that we made, and, in fact, it exceeds the commitments we made in the last campaign. These were things like for child health, or for schools in First Nations, for housing, for running water, for healthcare, and that's because we know people have the best possible communities to raise their children, the best possible opportunities, equal opportunities for all Canadians in fact, those Indigenous folks are going to be able to thrive, and their children will be able to thrive.

So, this isn't about a relationship with one person, reconciliation is all of our responsibility as Canadians, and, we, under the leadership of Prime Minister Justin Trudeau, this Liberal government believes that we have a very important job to lead that work and put our money where our mouth is, which what we have been doing and will continue doing that work.



MICRODERMABRASION AND LED LIGHT TREATMENT

Both Treatments are a Non-invasive Method and Require No Downtime to Beautify Your Face

By: Uthayan Thurairajah

Microdermabrasion with LED Light Treatment is suitable for the skin having dark spots, fine lines, crepey look, texture, dull or dry skin, acne spots or scarring, blackheads, large pores or rough texture.

Microdermabrasion treatment resurfaces the skin while improving faster cellular turnover rising in smoother and brighter skin. LED Light Therapy excites cellular movement, including the fibroblasts that produce collagen, giving the skin its plump young look. It is also excellent for reducing the look of fine lines, wrinkles, pore size, and redness and improving uneven skin tone. Best of all, both treatments are non-invasive and require no downtime.

What Is Microdermabrasion?



Microdermabrasion is a reliable, non-invasive procedure that uses handheld devices with a peeling surface such as diamond head tip, tiny crystals, and vacuum suction to perform deep exfoliation on the skin.

Throughout the procedure, the superficial layer of dry, dead skin cells is removed. It is only allowed but also stimulates the production of new, healthy cells with high levels of elastin and collagen.

The Microdermabrasion works by:

- 1) Vacuum-cleaning the impurities out of the targeted skin area
- 2) Pointing a small skin area and raising it a bit
- 3) Peeling the skin using micro-crystals or a rough, mineral tip
- 4) Receiving back the dead skin and used crystal for disposal

What are The Benefits?



According to a study on the efficacy of microdermabrasion, regular treatments do not just help in removing skin outline irregularities but more importantly, brings forth more radiant skin.

Microdermabrasion offers the following benefits:

- 1) Soften fine wrinkles
- 2) Minimize the appearance of acne scars
- 3) Smoothen skin surface
- 4) Remove skin discoloration
- 5) Reduce the look of large pores

An Evidence-based Review

An evidence-based review by Dr. Karimipour & Dr. Orringer, Department of Dermatology, University of Michigan, Ann Arbor, Michigan, USA recommend the following: The evidence-based approach to evaluate the clinical efficacy of microdermabrasion in skin care seems to be a method that can produce changes in dermal matrix elements and effect in improvement in skin contour variations. It may also improve the transepidermal delivery of certain medica-

tions. Its role in the treatment of dyschromia and acne vulgaris is limited.

LED Light Therapy



Various facial therapies give high tech LED light treatment. LED light therapy has many benefits including killing bacteria and controlling acne, stimulates collagen production, reduces redness and strengthens the skin. Different color light is used for treating various skin ailments. The longer the wavelength of light the deeper it can penetrate our skin and be a robust anti-aging therapy.

Improve Lymphatic Drainage



Most of the facial therapies include some facial massage. It is excellent for relaxation and enhances lymphatic drainage. Facial treatments will help get rid of the toxins and fluid buildup in our face. It also helps to promote circulation leaving our face healthy, glowing and youthful.

Treatment Frequency

Microdermabrasion procedure is very successful in slowing the natural aging process and increasing the rate of skin healing. Overtreating our skin may cause damage. Therefore, it is essential to understand how to use the microdermabrasion machine, so that we can get the maximum out of it. Thus, treatments are an excellent answer for various skin issues. If we regularly do at reasonable intervals, it can help polish out discolorations, soften flaws, and decrease the aging process.

Treatment results vary depending on the individual's skin type. The dermatologist can provide a professional opinion on the number of microdermabrasion treatments we need for the best results.

It is necessary to leave our skin sufficient time to heal in between treatments. Overtreating our skin with microdermabrasion by not giving enough time between treatments can damage the skin and make them more sensitive. Many medical professionals recommend at least six sessions.

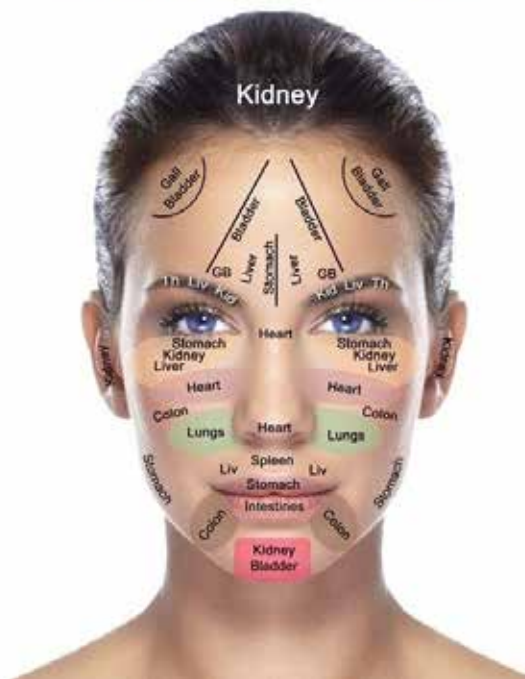
Use Machine at home

There are several microdermabrasion machines and kits that we can buy to use at home, with great success rivaling that achieved at a salon or clinic, but with a much lower price tag.

Home use is more favorable for cost than the one administered within a clinic or a spa. A one-time in-clinic procedure or even a series of treatment sessions on a special price package might seem a reasonable expense.

FACE MAPPING

What is your acne telling you?



Microdermabrasion treatment is becoming increasingly popular. The price is decreasing as more available — many positive results to the skin from the microdermabrasion treatment. The high-quality microdermabrasion machines are in the market today. It makes sense to consider to buy one for our own and use it within the comforts and privacy of our home.

Maximise the Results

We can reap all the benefits of a microdermabrasion procedure by following these tips:

- 1) Keep our skin clean and moisturized at all times

- 2) Never attempt to scratch even affected area is itchy
- 3) Do not panic even red spots do not fade away as quickly
- 4) Minimize the exposure to sunlight
- 5) Always keep hydrated
- 6) Keep a healthy diet to aid the revival of healthy, beautiful skin

Find A Good Machine

We need to consider several factors before purchasing a home microdermabrasion machine.

Power: Machine must have strong suction ability to remove all the dead skin cells efficiently.

Durability: A high-quality machine that is made from top-notch materials and has an excellent warranty.

Accessories: Different models and brands give various accessories. We need to research on the functions and benefits of each accessory and evaluate its effectiveness in providing the best results.

Results: A good machine should be able to do any or all of the following after several attempts:

- 1) Reduce the incidence of clogged pores



- 2) Minimize the appearance of sun spots
- 3) Produce brighter complexion
- 4) Yield softer yet tauter skin

Price: Our allocated budget is a major contributing factor in finding an at-home microdermabrasion machine that will meet your desired expectations. A more effective product usually requires a higher cost, but these will commonly have better results and are longer-lasting, giving us glowing and radiant skin for many years to come.

My passion for research leads to learning about new technologies, particularly in the area of health. I enjoy writing about how new technologies can benefit both every day and long-term health and well-being.



LYMPHATIC DRAINAGE MASSAGE



Uthayan Thurairajah, Ph.D., RSE, LC, P.Eng.,FEC, is a Project Manager at WSP with over twenty years of experience in Electrical Engineering and Lighting field, and he also holds a Lecturer position at Ryerson University & professor at Centennial. Uthayan is a member of several Canadian and international professional association including Professional Engineers Ontario (PEO) and Association for Prevention Teaching and Research (APTR). He has worked on multi-disciplinary lighting and electrical projects for various clients. He researches 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 of lighting design & health. He is passionate about integrating science and health into the lighting design.



MANAGING YOUR MONEY

How do you make your mortgage payment tax deductible.....?

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

The Home Equity Diversification Plan can be an effective alternative to simply paying down home mortgage debt when utilized in the right situation. It allows a home owner to convert non-deductible mortgage debt to deductible investment debt with every mortgage payment. This strategy is based on premise that tax deductible interest payments are more financially sound than non-deductible interest payments. Tax savings from the deduction of interest - can be used to make additional principal payments on non-deductible mortgage debt

Home Equity Diversification Plan (HEDP)

Home Equity Diversification plan (HEDP) is a leveraging strategy that gradually allows the home owners to unlock the equity in their real estate through a series of regular investment loans. It allows the home owners to take advantage of long-term investment growth without committing extra monthly cash-flow to the strategy.

In the Home Equity Diversification Plan, home owners convert the mortgage to an All-in-one Account (AIO) with two variable limit sub-accounts. The first variable limit sub-account pays out the existing mortgage (we will refer to this as the "mortgage sub-account" or "mortgage"). The second variable limit sub-account is used to fund the purchase of investments (we will refer to this as the "investment sub-account" or "investment line of credit"). Each payment of principal on the mortgage sub-account increases the credit limit on the investment sub-account. Investment assets increase in proportion to the decrease in personal debt, although the home owner can choose to borrow less for investment than the amount paid in principal on the mortgage sub-account.

In the example the home owner has an All-In-One account (AIO) that is split into two sub-accounts. Sub-Account #1 is segregated to represent the home owner's mortgage. Sub-account 2 will be utilized for the Investment Loan to facilitate the HEDP strategy.

The home owner will set up a fixed monthly payment to sub-account #1 to pay down a portion of the principal owing as well as the monthly accrued interest. Each payment of principal on

the mortgage increases the credit limit available in sub-account two for the investment loan.

Home owner will set up a monthly Pre-Authorized Contribution (PAC) that will debit the investment sub-account and invest in a non-registered mutual fund account.

Total debt remains constant if investment debt increases in proportion to the decrease in mortgage debt. If the home owners prefer to see a reduction in overall debt they can opt to invest a slightly lower amount than their monthly principal repayment.

With linked credit facilities, monthly payments can remain fixed (subject to interest rate increases) until the mortgage sub-account is eliminated. Tax savings from the deduction of interest on the investment sub-account permits additional principle payments on the mortgage sub-account.

Home Equity Diversification Plan is a wealth enhancement strategy designed to increase a home owner's net worth over time. It is not a debt reduction strategy. Leveraging on a monthly basis- dollar cost averaging into the market has less risk than single lump-sum investment. Over the long term, HEDP has the potential to increase a Home owner's after-tax net worth when compared to traditional planning. As with any leveraging strategy, the improvement in personal net worth is predicated upon investment returns exceeding the cost of borrowing. Leveraging can increase returns, but it can also magnify losses.

Under Federal and provincial law (with the exception of Quebec):

- The ability to deduct interest is dependent upon the use made of the borrowed funds (not the asset used as security for the loan).

- Interest on borrowed money used to acquire an investment for the purpose of earning income is deductible.

- "Income" includes interest, dividends, rents and royalties, but not capital gains.

- Under current case law and Canada Revenue Agency (CRA) assessing policy, there must be a reasonable expectation that the property will produce some income. There is no quantum or reasonable expectation of profit



David Joseph, M.A., CFP®, CLU, RRC.

Financial Consultant

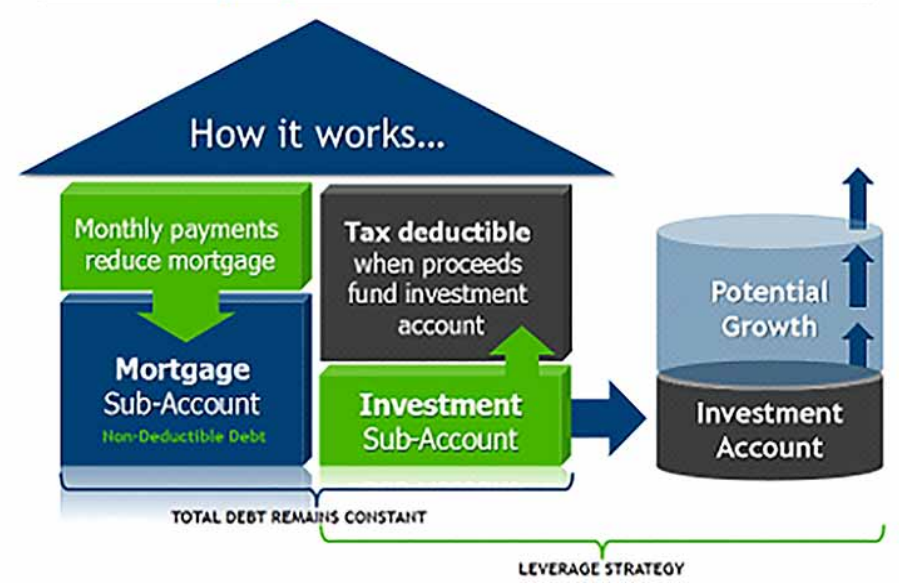
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Home Equity Diversification Plan



test.

- In practice, the CRA generally considers that a taxpayer has a reasonable expectation of earning income on common stock and mutual funds, but each situation is potentially open to being determined on the particular facts.

- Regular interest is deductible in the year if paid or payable, "depending on the method regularly followed by the taxpayer in computing the taxpayer's income"

- Investment Expenses from all sources netted against Investment Income from all sources

- Carry Back/Forward - Investment Expenses that cannot be used in the year can be carried back three years and forward indefinitely to apply against investment income in another taxation year (to the extent investment income earned in the particular year exceeds expenses incurred in the particular year)

Home Equity Diversification, otherwise known in the industry as the Smith Maneuver is a leveraging strategy that allows clients to take advantage

of investing with a dollar cost averaging approach. It offers investors the opportunity to build wealth without committing extra cash and to take advantage of the potential for long-term investment growth. The plan may be ideal for home owners who want to invest while still maintaining their standard of living.

Home Equity Diversification Plan (HEDP) is a leverage strategy and is subject to all compliance and regulatory guidelines and approval requirements of a financial institution. The decision on whether a leverage strategy is suitable for a particular home owner is based on the specific circumstance for that particular home owner.

Disclaimer:

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



“Mr. Tamil Canada” June Event to be a platform to tackle men’s mental health in the community

By Siva Sivapragasam

“Mr. Tamil Canada 2019” event scheduled for June 1st at the Hilton Suites, Markham will for the first time provide a platform for men in Tamil community to break the silence revolving around men’s mental health. The event will pull back the curtain on stigma associated with mental health and inspire many to have prevention and promotion conversations with the sole purpose to emphasize that mental illness does not discriminate but would rather encourage every man to be comfortable seeking help.

The first official event partnered with Southern Aroma

will take place at Hilton Suites, Markham on June 1st. As a pre-launch event, a function was held on March 22 titled “Meet The Kings” at Grand Cinnamon Banquet & Convention Centre on March 22 where the men associated with the organization were present with friends to explain to the Media and others present the aims of the organization and to create awareness on Tamil men’s health issues with special emphasis on mental health. Health professional Dr. Varagunan Mahadevan, the Guest Speaker, was at hand to explain to the audience the complexity of mental health through a thought provoking and informative speech. Along with

him Dr. Arany Shan and Madura Siva – Nandakumar added more information on early signs of depression, anxiety and various treatment measures.

Mr. Tamil Canada Inc. is an organization established in 2018 to raise awareness on Tamil men’s health issues. For the year 2019, the organization’s primary focus is on men’s Mental Health. Currently it’s being solely funded by the committee itself and through the Mr. Tamil Canada 2019 event on 01 Jun 2019. The organization aims to raise further funds to be able to partner up with, and endorse voluntary organizations directly helping people overcome mental illness.

The March pre-launch event was title sponsored by Altona Homes headed by Muki Rajadurai, powered by Grand Cinnamon Banquet & Convention Centre’s Ruwan Jayakody & Subi Vigna from Luxury Event Décor Inc. Ajith Sabaratnam is the President & Co-Founder of Mr. Tamil Canada 2019.

The organizers of Mr. Tamil Canada strongly believe that Good mental health is a process, not an event. It is a journey that must begin and should continue.

(Seen here are some pictures taken at the March “Meet the Kings” event.)



MR. Tamil CANADA

June 01st

Hilton Toronto/Markham Suites Conference Centre



TWENTY THOUSAND DOLLARS RAISED FOR TORONTO UNIVERSITY TAMIL CHAIR THROUGH TORONTO VOICE OF HUMANITY & VEENALAYAM "MUSICAL BLENDZ" EVENT

Yet another contribution of \$ 20,000 was raised recently for the proposed Toronto University Tamil Chair through a jointly hosted musical event by Toronto Voice of Humanity and Veenalayam Temple of Music.

By Siva Sivapragasam



Musical Blendz Veenalayam March 2019



Musical Blendz Veenalayam March 2019



Musical Blendz Veenalayam March 2019



Musical Blendz Veenalayam March 2019

Toronto Voice of Humanity is a voluntary and charitable organization formed to relieve poverty in developing nations by providing food & basic supplies. The organization also develops and promotes public health in developing nations by educating and instructing the public on health problems.

Veenalayam Temple of Music is an organization which promotes

traditional music and dance of the Tamil community with special emphasis on the development of Veena music. Veena music is one of the best exponents to display and demonstrate Tamil music and culture. Tamil culture is now being exported beyond the shores of Tamilnadu and Sri Lanka, and poet Bharathiyar's dream that the Tamil language should flourish throughout the world is now becoming a reality with Tamil Chairs being established in prestigious Universities like Harvard and Toronto.

The establishment of a Tamil Chair by the University of Toronto follows in the footsteps of a newly created Tamil Chair at another world class University, namely the Harvard University in Cambridge, USA.

The Toronto University Tamil Chair project has now raised about \$900,000 and more events are being planned to achieve the

target for the Toronto Tamil Chair project. Tamil is the language of over 80 million people across the world and is rich in content and abundant in literature.

The organizers of the Toronto University Tamil Chair Project are appealing to the Tamil community to provide the necessary support to associate themselves at future events planned out and to help the fund-raising team to achieve their goal in the establishment of the Tamil Chair at the Toronto University.

The recent event that was held to raise funds for this noble cause and suitably titled "Musical Blendz" was an evening of entertainment provided solely by Canadian young men and women who displayed exceptional talent in music and dance.

(Seen here are some pictures taken at the event)



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Keep the date free & mark your calendar



GENIE SISTERS

SAMAYAL
SANTHAI

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.

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!

Çılbır

(Turkish poached eggs with garlic yogurt)

Even before April starts we're all drowned in eggs of every variety, from cute plastic ones with chicks in them, decorative ones for Easter and of course the wonderful chocolate eggs that tempt us at every corner. So here is an egg recipe with a difference, all the way from Turkey to try and enjoy.



Ingredients:

- ✓ 2 large eggs (muttai) ✓ 1 small clove garlic – finely minced (poondu/ulli)
- ✓ 1 tsp Aleppo pepper flakes/chilli flakes (milagai podi)
- ✓ 1 cup Greek yogurt/plain thick yogurt (thayir) ✓ 2 tbsp white wine vinegar
- ✓ 1-2 tbsp butter ✓ 1 small sprig of dill (optional)
- ✓ Salt – to taste ✓ Fresh ground black pepper – to taste

Method:

In a bowl, mix the yogurt with salt, pepper and the garlic. When well combined, spoon onto a plate, creating two 'nests'. This is where your eggs will sit. Let the yogurt mixture come to room temperature; meanwhile, start poaching your eggs and making your chilli butter. Everyone has their own way of poaching eggs. We like adding vinegar to water, letting it come to a boil, swirling the water in one direction and then dropping the egg in the middle. Whilst your eggs are poaching, in a small pan, mix your butter and chilli flakes until when incorporated. Take it off the heat when done.

Once your eggs are poached to your liking, spoon each one into the 'nests' using a slotted spoon. Drizzle over the chilli butter and sprinkle over some dill. This is best served with warm pide (type of Turkish flatbread) or crusty bread.

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

COOKING
CLASSES

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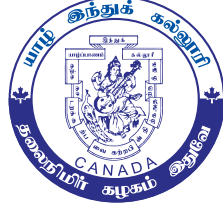
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VITHUSAYNI

யுகங்களின் சந்திப்பு



LED ROBOT DANCE

இரவின் பாடல்



OTTAWA CRUSADERS

நட்பின் பெருவிழா



FUSION DANCE

தலைமகன்களைக் கொண்டாடுவோம்



வானமே எல்லை

தலைநிமிர்ந்து கொண்டாடுவோம்



மனதெல்லாம் மத்தாப்பு

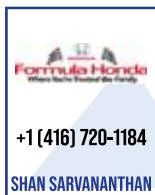
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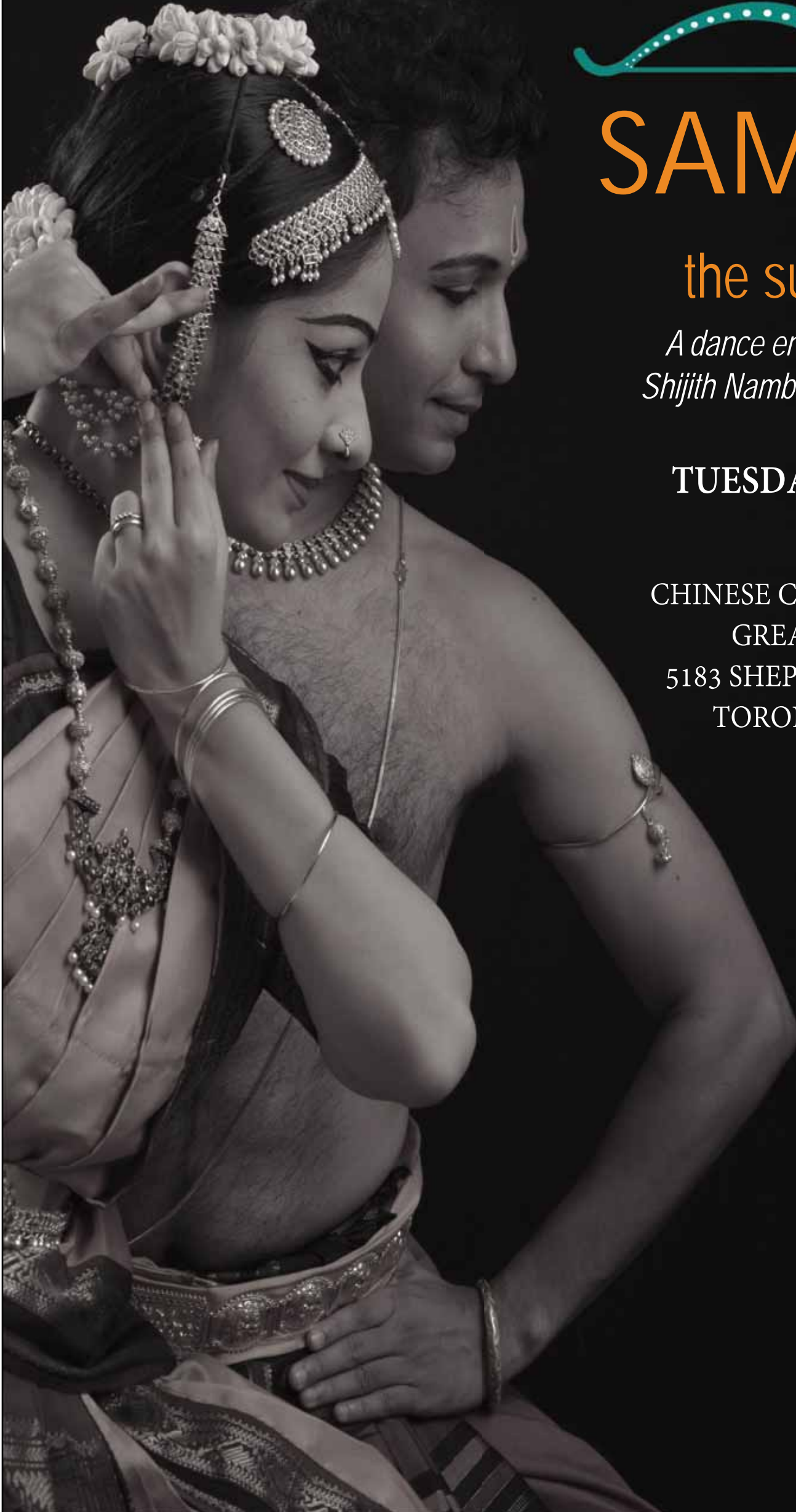
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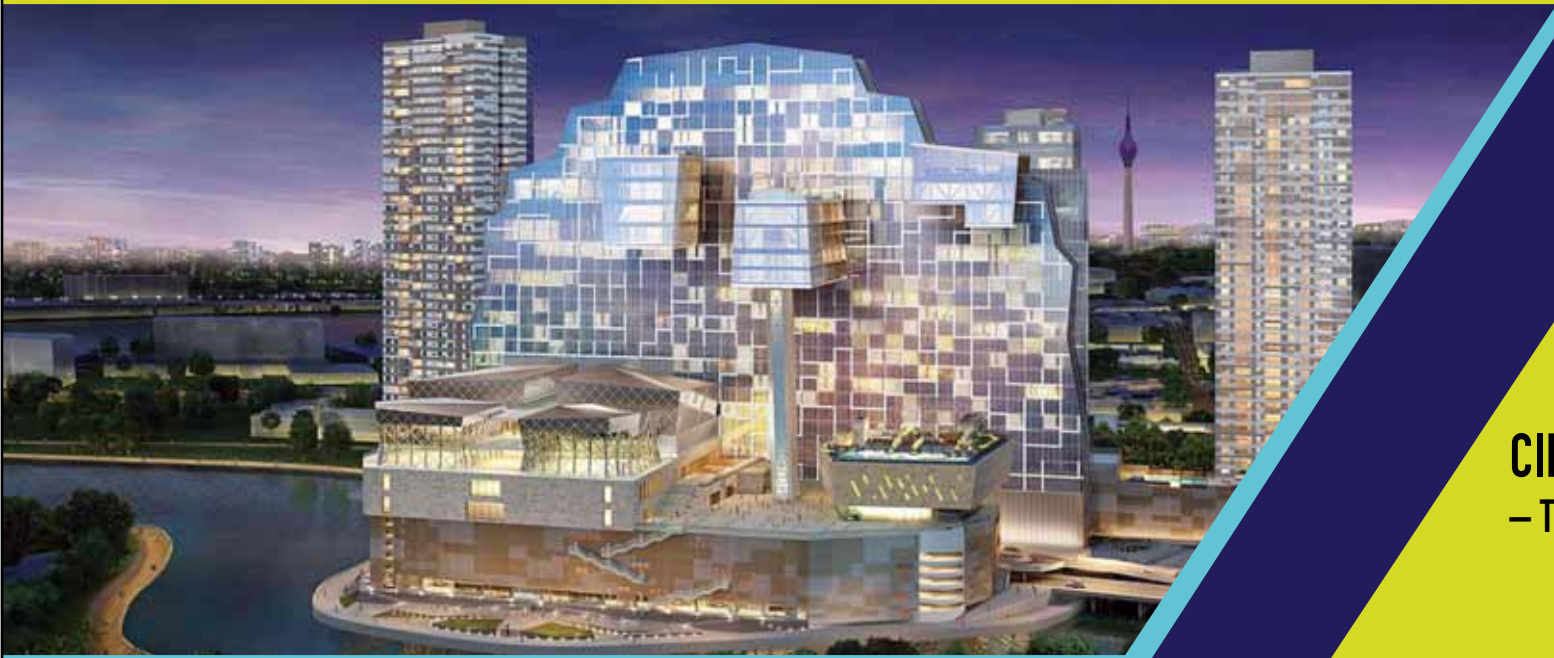
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CINNAMON LIFE LUXURY APARTMENTS IN COLOMBO

Representatives from leading property developer from Sri Lanka, John Keells Properties presented 2 mega condo developments, Cinnamon Life and TRI-ZEN in Toronto. The event was held on Sunday, March 31, 2019 at Toronto Airport Marriott Hotel with an evening of cocktails. The detailed presentation and explanation for answers was clear, precise and excellent by Nadeem Shums, Vice President of John Keells at the event. Cinnamon Life, the iconic 4.5 Million sq.ft integrated mixed use development, is a city within a city, and is envisioned to be the epicentre of modern South Asia. A perfect urban sanctuary, the luxury apartments in Colombo will feature the ideal blend of contemporary comfort and stylish sophistication.



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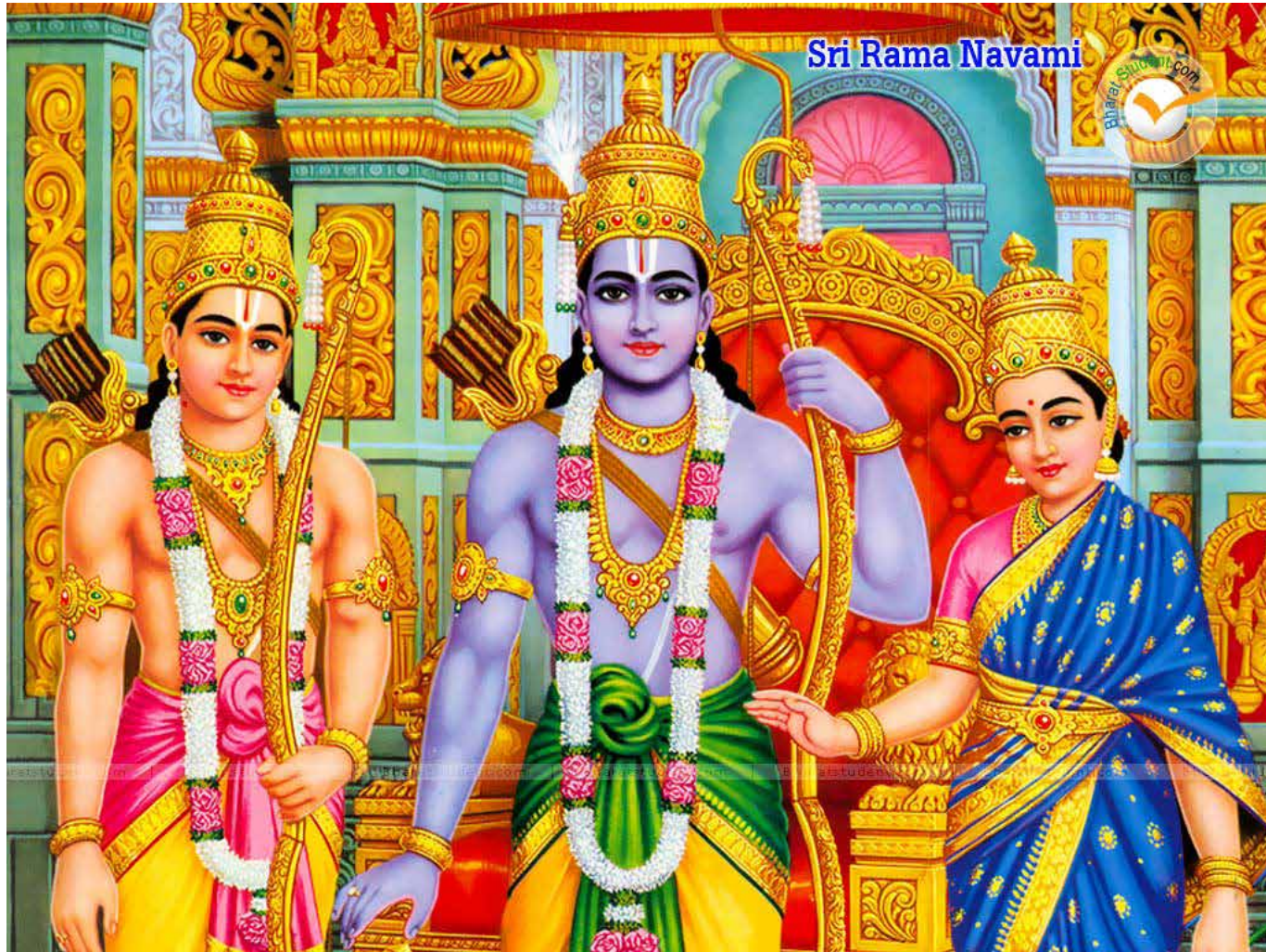
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Compiled by *Kidambi Raj*

SRI RAAMA NAVAMI



What is Sri Raama Navami & when is it celebrated:

Raama Navami is a festival that celebrates the birth of Lord Raama, the son of King Dasaratha. He was the Seventh avataar of Lord Vishnu. This day is dedicated to remembering Raama, as the most Supreme with resolute Bhakti (devotion). This holy day occurs on the ninth day, or Navami, the ninth day of Vasantha Navaraatri beginning count from the “no-moon day” or Amavasya, during the waxing moon duration called “Sukla Pakshaa”. Sri Raama Navami generally occurs in the month of March-April. This is also called the *Chaitra Maasa Suklapaksha Navami*, and marks the end of the nine-day Vasantha Navaraatri (Spring-Navaraatri) celebrations. Raama Navami is one of the most important Hindu festivals.

The birth of a hero, Lord Raama:

It was a joyous occasion in Ayodhya several centuries ago when King Dasaratha's heir, Raamaa was finally born. It was like a dream come true for the king as the lack of heir had troubled him sorely for many years.

Lord Vishnu, came down to earth to battle the invincible Raavana in human form. Lord Brahma had been receiving complaints from all the Gods about the havoc Raavana was wrecking on earth, but because Lord Brahma had granted Raavana so many boons, he could not be killed by a God. But Raavana had become so overconfident that he would never expect an attack from a human being. So, Lord Vishnu agreed to go to earth in the guise of Prince Raama, the son of King Dasaratha and Queen Kausalya.

How is Sri Raama Navami Celebrated ?

Some people choose to fast on this day. The persons could not follow a complete fast and take

little or not an elaborate food will do it without garlic or onion. The objective of the fast is not to seek for special favours of the deity, but to seek perfection as a human being. Devotees perform elaborate pujas and chant the 1008 names of Lord Raama. One significant and popular element of the celebration is Raamayana paraayana, or a discourse on Raamayana. Bhajans praising the exploits of Lord Raama, his loyal brother Lakshmana, Raama's devoted wife Sita are sung. Normally the house or where the puja is performed is swept clean and pictures Lord Raama, Lakshmana, Sita and Hanuman are put on a dais.

Legend:

According to the legend, Sri Raama was born at noon. Raama is the epitome of perfection, the Uttama Purusha, fulfilling all his duties towards both family and subjects.

It is believed that listening to the story of Lord Raama cleanses the soul. Meditating on the noble Raama and chanting His name is believed to ease the pains of life and lead one to moksha or liberation. It is also a common practice to chant the name of Raama while rocking babies to sleep.

Significance of Raama Naama: It is said that the significance of Raama Naama is infinite and that even Aadishesha, the mythological snake with one thousand tongues, could not describe it fully. Repeating of this two syllable mantra, Raama is not only easy to remember and repeat but it is also the most powerful one. The name *Raama* is a derivative of two key consonants combined. *RAA* is from NARAAYANAA and *MA* from MAHADEVAA. Raamaa and Mahadevaa are the names of Vishnu and Siva respectively. Thus, chanting Raama has the explicit dual benefits of being blessed by both God of Protection and God of Liberation. The Raama Mantra is called *Thaaraka Mantraa*. Mantra means “energy” and Thaarakaa means “the thing that takes you across”. With its pure elevating energy, the Raama mantra is the life boat that can take one across the sea of suffering and the ocean of obstacles. It is also said that chanting Raama Naama just thrice is equivalent to chanting Shasranamama.

Each Sanskrit alphabet has an internal numeric value and is connected to one of the five elements of nature. The Maharishis, with their deep insights about the power of each alphabet and its phonetic energy, assign these values.

Raa is Agni Beeja; Agni means “fire”, and Beeja means “seed”. So, Raa is related to the fire element. Raa is the primal of the sounds. Even mantras for attaining supernatural powers are incomplete if they are not power-prefixed with this sound, like Hraam, Hreem, Hroom etc.

Maa is Akash Thathwa, in other words the cosmic sound, as in Aum. Maa is the phoneme of fertility and peace.

So, every time we chant Raama, we are unconsciously making an aahuthi (offering to fire, or otherwise a homam) to the supreme cosmic consciousness. Numerically, the value of Raa is 2, and that of Maa is 5. Therefore just chanting three times Raama equals chanting the entire Sahasranamaa of Mahaavishnu. Thus: Raama Raama Raama = $2 \times 5 \times 2 \times 5 \times 2 \times 5 = 1,000$, hence the equivalent of chanting saharanaamaa or a thousand names of Lord Raamaa.

Sri Raama Navami

Celebrations in Temples:

In temples in South India, on Sri Raama Navami Day, they perform *Kalyana Utsavam* (marriage celebration) with Utsava (small) deities of Raama and Sita. At the end of the day, the deities are taken on a procession around the temple or on the streets.

Offerings to the Deity on this day:

At South Indian homes and temples two main items are offered to the Lord. They are,

Paanakam (Sweet drink prepared with jiggery and pepper) and Neer moar (diluted butter milk with asafortida and little lemon juice).

Compiled by *Kidambi Raj*

PANGUNI UTTIRAM

The festival of Sri Raama Navami which is dedicated to Lord Raamaa is celebrated all over India and other parts of the world where there are Hindus. Lord Raamaa is one of the ten avatars (incarnations) of Lord Vishnu. This festival falls on the Tamil month of Chitra (April-May)



KARADAYAN NOMBU

Karadayan Nombu or Savitri Vratam as it is called is observed on the last day of Maasi Maham. The word *Karadai* refers to a *holy dish* and *Nombu* means *vratham*. This festival marks Meena Sankranti or the transition of Sun into Meena Rasi (Pisces) from Kumbha Rasi (Aquarius).

On this day, married women worship Goddess Lakshmi and Goddess Parvathi for marital bliss and for the longevity and well-being of their husbands. Unmarried girls perform the Nombu to get an ideal life partner. It is observed in remembrance of

Satyavaan and Savitri.

This celebrated in Tamil Nadu, Andhra Pradesh, Karnataka and Kerala, the southern states of India and by Tamilians in Sri Lanka. This is observed as *Soubhagya Gauri Vrata* in Andhra

Pradesh and Karnataka and *Jyeshtha Gauri Vrata* in Maharashtra, as *Gangaur Vrata* in Rajasthan, as *Vat Savitri Vrata* in Gujarat, Bengal and Orissa, as *Jitya Puja* in Bihar and as *Karva Chauth* in other North Indian states.

Legend:

Savitri was the daughter of the King Asrapathi. Savitri wanted to marry Satyavaan who lived in the forest. Despite knowing that he would die within a year of marriage, Savitri married Satyavaan. Savitri did penance for her husband. She offered Durva Grass and Peepal Leaves and prasadam made with wild rice and toor dal and this dish is known in Tamil as *Kara Adai*. The last day of Satyavaan arrived and Savitri stayed by his side. The Lord of death, Yama came. He was pleased with her devotion to her husband. He wanted to grant her a boon. Savitri expressed

her desire to be the mother of 100 children. Yama realized that to fulfill Savitri's wish he would have to spare Satyavaan's life. So, he granted her wish to honour her courage and devotion.

Rituals that is observed:

Fasting is an important ritual of Karadayaan Nombu. Married women observe a fast from sunrise and the fast is broken after the puja rituals by eating the unique Karadai preparation with butter in the late evening. A special naivedyam (offering to Deity) is prepared and is known as Karadai Nombu Adai. As per the mythology, Savitri prepared this special dish and offered it with butter to Lord Yama, the God of Death, as a thanksgiving gesture for returning the life of Satyavaan. Another significant ritual on Karadayan Nombu is wearing the yellow coloured thread along with a small flower around the neck, which is referred as Karadai Nombu Saradu.





Pothole City: 2019 will be a bumpy ride but there could be a high-tech fix

Artificial intelligence could help cities save money in the battle against potholes

Ali Chiasson, CBC News

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 Researchers at the University of Waterloo have been experimenting with artificial intelligence to log problem areas before they turn into potholes. "This type of research that we're doing at the university focuses on video analytics," said John Zelek, an associate professor of engineering at the school.

A camera is mounted on a vehicle, which scans the road as it drives, logging the characteristics of different cracks and craters in the pavement.

"Computing the specifications of that particular distress. The length, the width, the depth, things of that nature," Zelek explained.

Zelek says collecting this data ahead of pothole season will allow municipalities to prevent potholes instead of reacting to them once they form.

With temperatures going up and down like a yo-yo, you'll be seeing a lot of potholes on our roads — a problem that costs the city millions of dollars to repair every year.

But a group of engineers at the University of Waterloo might have a high-tech way to spot the sometimes devastating divots before they form and save taxpayers a lot of money.

The freeze-thaw cycle causes water to expand and melt inside the asphalt of our roadways. The weak spots crack and break off, creating the potholes we all know and hate.

Since the beginning of 2019, the city of Toronto has repaired 13,467 potholes. The annual average is about 200,000. "We have people out there patrolling our roadways 24/7 during the winter months," said Mark Mills, the city's superintendent of road operations.

"As they become aware of potholes they will create a service request and we will send out crews to repair it."

He says the city also relies on people reporting potholes to the city hotline by calling 311. The city tries to repair a pothole within four days of finding out about it.

Should you damage your car driving over one, you may be eligible for compensation from the city.

"If somebody feels that they want to file a claim against the city they can go onto our web site toronto.ca and search pothole claims," Mills said.

Pavement pit, money pit

The City of Toronto budgets \$4 mil-

lion to \$5 million per year for pothole repairs. Each pothole costs about \$25 to fix the first time. During the winter when it's still cold, crews will use cold-mix concrete to patch up the road.

"Which is more of a temporary fix," said Mills. The real repair doesn't happen until the summer. "Once we get our asphalt plant open we can get hot mix asphalt; that is more of a permanent repair," he said.

There's got to be a better way

It turns out, there could be.

Researchers at the University of Waterloo have been experimenting with artificial intelligence to log problem areas before they turn into potholes. "This type of research that we're doing at the university focuses on video analytics," said John Zelek, an associate professor of engineering at the school. A camera is mounted on a vehicle, which scans the road as it drives, logging the characteristics of different cracks and craters in the pavement.

"Computing the specifications of that particular distress. The length, the width, the depth, things of that nature," Zelek explained.

Zelek says collecting this data ahead of pothole season will allow municipalities to prevent potholes instead of reacting to them once they form. "The way we're doing things [now] is getting expensive. And there are a lot of inefficiencies."

The city budgets \$4 million to \$5 million a year for pothole repairs. The AI technology the Waterloo researchers have been working with would cost \$5 a kilometre.

"A city like Waterloo has 837 kilometres of roadway," said Zelek, breaking down the potential savings using AI. "If you calculate how much patrolling [cities] do in a year, the major roads are patrolled twice a week, most roads every couple of weeks and minor roads are patrolled every month," he said.

8 cars left with flat tires after drivers hit pothole on northbound DVP

"This works out to about 31,000 kilometres of road a year." Zelek says city infrastructure departments could start incorporating AI into their tool belt within a couple of years. "We have already proven the technology in two field studies, one with a large engineering company and the other with the Ministry of Transportation."



City crews monitor road conditions, creating service orders for each pothole they see. However, they also rely on the public calling 311 to report the ones they see. (Paul Borkwood/CBC)



City crews fill potholes with cold-mix concrete in the winter, then apply hot-mix concrete in the summer to provide a more permanent fix. (Paul Borkwood/CBC)



John Zelek, an associate professor at the University of Waterloo, says it's time cities integrate artificial intelligence into pothole fighting arsenals. (CBC NEWS)



The city tries to get a pothole fixed within four days of it being reported. (Paul Borkwood/CBC)



Researchers at the University of Waterloo have been working with artificial intelligence to collect data on road conditions. (University of Waterloo Engineering)



HIGHLIGHTS OF A CAREER GUIDANCE WORKSHOP FOR HIGH SCHOOL STUDENTS BY ASGC IN PICKERING, AJAX



Following the successful workshops conducted by the Association of SriLankan Graduates of Canada (ASGC) in Markham in partnership with York Region District School Board and in Mississauga with Peel District School Board, another similar workshop was conducted by ASGC on Saturday March 30th, 2019 at Pickering High School. The event was organized by ASGC in partnership with the Durham Educators' Network of South Asians (DENSA) and Durham District School Board (DDSB) to promote higher education among the youths.

Dr.V. Manivannan, President of ASGC in his welcome address mentioned that these workshops were designed to serve as a forum for dissemination of information, exchange of ideas and sharing academic and professional experiences. Through this workshop the high school students were able to receive vital information about course selection, career paths of different professions from young graduates (panelists) in the Tamil community. Dr. Manivannan praised the

moderators and panelists about 40 of them for their wonderful service to the community with a great sense of social conscience. Rajan Bala, an Entrepreneur, Amazon Leader and Co-founder of Hiku Inc. delivered an inspirational keynote address. Finally Suhumar Nadarajah, secretary of ASGC thanked all the officials of DENSA, the moderators and the panelists, volunteers and all the ASGC executive members for their wonderful support in conducting another fabulous workshop.

(Photos and write up by Dr.K.Theivendirarajah ASGC executive)





MOEEN CENTRE

Under Kickstart Program

Moeen Centre is a non-profit organization for physically and developmentally disabled individuals. In memory of Moeen Alam, an individual that suffered from such disabilities and lost his life at only the age of 18 in a housefire. His mother, Qaisar Alam was determined to honour Moeen's legacy by introducing a centre that would offer individuals like Moeen the opportunity to learn and interact with others facing similar challenges. Through the assistance of friends, family, volunteers and board members, Moeen Centre became a well established organization that now hosts fundraising events, community workshops and seminars. An office was initially set up in East York and after much fundraising efforts and many volunteer hours, the Centre relocated to this new and current address of 551 Kennedy Road. The Centre started its operations in September 2006 and offers programs that allow a continuation of what the individual's goals were in the public school system.

Day Program

Age: 21+

Day program offers a variety of academic subjects and social activities that are tailored to the needs and abilities of our visitors. We strive to create a positive yet professional atmosphere that encourages individuals to participate and socialize with one another.

Our day program hours are Monday to Friday from 9 AM to 3 PM. An addition to our day program, we often take students on field trips around the Toronto area. Previous trips have included the Science Centre, Aquarium, Pool, and Toronto Zoo.

We strive to provide innovative programming that challenge and aid our clientele, some of these activities include: Music, Math & Science, Physical Activities, Language Arts (Reading, Writing, Speaking), Arts & Crafts, Computer Skills, Gardening, Health & Nutrition.

Kickstart Program

Age: 15-24

'KICKstart' Program is intended to fill the gap that exists between the level of activity that individuals with disabilities need versus what is available. This program provides young adults between

the ages of 15 to 24 the opportunity to be active through indoor and outdoor activities, and as a result, live an overall healthier life. The KICKstart program has officially concluded for the year of 2018 and will be relaunched in the year of 2019.



Under Day Program

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