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# Journal

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## FEDERAL ELECTION 2019

# Battle Begins for Power



By Siva Sivapragasam

**The essence of Democracy is to choose a government by the people, for the people and to the people. To prove this, Canadians take a walk to the polling booth once in four years to elect a government which will rule them for the next four years.**

The curtain has gone up for the battle for power for the next four years among the political parties and the public will know on the night of October 21st as to who will rule them for the next four years.

The 2019 Canadian Federal Elec-

tion will take place on October 21st. to elect members of the House of Commons to the 43rd. Canadian Parliament. Three major parties – Liberals, Conservatives, New Democrats along with the Green Party are contesting the elections to obtain power in the Parliament.

Among the main issues in the forthcoming election are: Climate change and the economy, employment, health care, taxation and small businesses, Cost of Living, SNC-Lavalin affair (allegations of attempted political interference with the justice system), Affordable Housing, Child Care, raising Old Age security incomes for Seniors,

gun violence, transportation etc.

The present scenario in the campaign reveals that the gap between the two major parties Liberals and Conservatives is narrow to predict the winner at this early stage.

Justin Trudeau and the Liberal Party of Canada claim that they have a positive plan to continue investing in the middle class, growing an economy that works for everyone, and protecting a clean environment. The party's campaign slogan is "Choose Forward".

The Conservative Party is promising responsible management of taxpayers' money; a welcoming land of refuge for the world's persecuted and

afflicted; the defense of clean Canadian technologies and a clear understanding of responsibilities between levels of government.

NDP's mission is to rescue grassroots democracy from the hyper-partisan spin that makes voters recoil, a goal to ensure that the planet, the biosphere and their part of it, survive and thrive for our children and theirs...

The Green Party wishes to turn the vision together of a more prosperous, more sustainable, and fairer country – into a better future for everyone.

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# "I am thankful for Prime Minister's decisive words and his commitment to continue addressing racism going forward"

- Gary Anandasangaree

The re-election campaign of Prime Minister Justin Trudeau of Canada ran into controversy in the second week of the campaign in September when a photograph surfaced of him wearing brownface makeup at a 2001 private school party.

The photograph had been taken when Mr. Trudeau, then a 29-year-old teacher, attended an "Arabian Nights" themed costume gala at the West Point Grey Academy in Vancouver, British Columbia, according to Time magazine, which published the image.

Gary Anandasangaree Liberal MP seeking re-election in Scarborough-Rouge Park, Ontario, in releasing a statement on the matter said "the Prime Minister has taken full responsibility for his actions, apologized unequivocally, and is deeply remorseful. I am thankful for his decisive words and his commitment to continue addressing racism going forward."

Full Statement by Gary Anandasangaree as follows:

I was shocked and saddened to see the images of Prime Minister Justin Trudeau that emerged in recent days. Blackface/Brownface images are hurtful, racist, and are not acceptable in any context. This is a reminder that racism is a real issue in Canada, and while we have made progress, we have a great deal of work still to do.

I, like many Canadians, have been directly impacted by racism. I faced it at school, at work, and even as a Member of Parliament. Many Canadians are deeply affected by acts of overt racism, subtle racism and systemic racism that often impede their ability to compete equally for housing, employment, education and just pure respect.

The images that emerged this week are painful reminders that racism permeates many aspects of our lives.

I listened intently to the Prime Minister's statements, town hall engagements and his direct conversation with caucus. The Prime Minister has taken full responsibility for his actions, apolo-

gized unequivocally, and is deeply remorseful. I am thankful for his decisive words and his commitment to continue addressing racism going forward. I have every confidence that he will continue to be an ally in combatting racism and all forms of discrimination.

The broader question for me is how do we use this week as an opportunity to teach and learn? Unpacking racism requires constant engagement, dialogue, education, learning, advocacy and an understanding of the lived experience of racialized people. I believe that Canadians, for far too long, have not engaged in a meaningful discussion on racism. This is Canada's moment to do so. I hope that we will take this opportunity to engage constructively in deeper conversations about racism, discrimination, intersectionality, anti-black racism, Islamophobia, anti-Semitism and privilege. Beyond these conversations, we need to take concrete actions to ensure these issues are addressed in their entirety.

This is an opportunity for the Prime Minister to continue his leadership addressing racism in Canada. This June, after numerous cross-country consultations, we released Canada's National Anti-Racism Strategy, along with substantial funding to support initiatives to combat hate and racism. The work ahead requires deeper understandings of systemic racism that affects racialized communities, be it in the criminal justice system, employment, or within our civil service itself. Our Anti-Racism Secretariat is in its infancy, and will require longer term funding and support to give it the power and authority to be the conduit of change that is needed around the country.

I commit to continue working with the Prime Minister, our team, and Canadians to address all forms of racism and discrimination.

Yours truly,

Gary Anandasangaree

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# World Cities Day 2019:

## Promoting sustainable development across cities

By Harrish Thirukumaran

While Halloween is a one festive holiday that is celebrated on October 31, this day will also mark World Cities Day. This day helps to promote the international community's interest in global urbanization, push forward cooperation among countries in meeting opportunities and addressing challenges of urbanization and contributing to sustainable development around the world.

The general theme of World Cities Day is Better City, Better Life, while each year a different sub-theme is selected, to either promote successes of urbanization, or address specific challenges resulting from urbanization.

This year, the United Nations has selected the theme "Changing the world: innovations and better life for future generations" to discuss how urbanization can be used to achieve sustainable development. It aims to promote the international community's interest in implementing the New Urban Agenda globally and in enhancing cooperation among countries in meeting opportunities and addressing challenges of urbanization in cities.

Over half the world's population now live in cities. With the number expected to double by 2050, urbanization is one of the world's most transformative trends. Urbanization poses several sustainability challenges related to housing, environment, climate change, infrastructure, basic services, food security, health, education, decent jobs, safety, and natural resources. Urbanization can also present great opportunities and is a critical tool for sustainable development if it is done right.

It is possible to use urbanization to achieve sustainable development by tailoring the way cities are planned, designed, financed, developed, governed and managed. Cities have always been drivers and incubators of innovation, industry, technology, entrepreneurship, and creativity; creating prosperity, enhancing social development and providing employment. It is often said that the battle for achieving the Sustainable Development Goals will be won or lost in cities. For this to hap-

pen, cities will have to continue to drive innovation in ground-breaking ways to achieve a lasting impact in communities and to ensure that "no one and no place" is left behind. At the same time, innovation can contribute to inequality and needs to be accompanied by appropriate economic and social regulatory policies. Youth and women need the opportunity to participate and contribute more fully to innovation in cities.

The new digital economy, sometimes called 'the fourth industrial revolution' is built on data, reduced transaction costs and sharing platforms and already has a profound effect in many cities. Innovations in mobility, including autonomous transport, electric vehicles and drones will require fundamentally different approaches to urban planning. Technologies such as artificial intelligence, virtual, augmented and mixed reality and the internet of things present efficiency and communications opportunities requiring new governance frameworks. This rapid rate of innovation also puts pressure on urban policymakers and managers to strengthen their capacity when it comes to understanding, procuring and regulating new technologies.

The main goals of World Cities Day 2019 are to:

- Increase awareness of how digital innovations can be used for urban service delivery to enhance the quality of life and improve the urban environment.

- Show new frontier technologies that can create more inclusive cities.

- Present opportunities for renewable energy generation in cities.

- Explore how frontier technologies can promote social inclusion in cities.

The main event will be hosted by the City of Ekaterinburg, Russian Federation and is jointly organised by UN-Habitat, the Shanghai People's Government and the City of Ekaterinburg.

It is an opportunity to learn more about what your city is doing to advance an urban agenda for the benefit of sustainable development.

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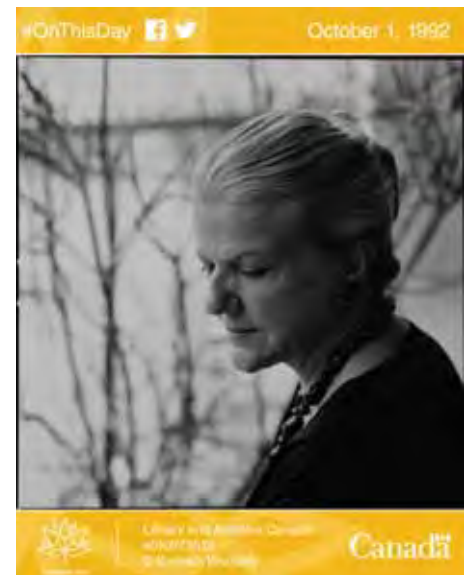
## Canada Historical Milestones: October 2019

October 1, 1992

-The federal government designates October as Women's History Month in Canada. This is an opportunity to celebrate the contributions to our country by Canadian women of all backgrounds and in all eras.

Throughout the month of October, Canadians celebrate the achievements of women and girls who have been trailblazers in the history of Canada.

Two special days in women's history are also observed in October: the International Day of the Girl Child on the 11th, and Persons Day on the 18th.



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**A Happy Thanksgiving**  
 October 14, 2019  
 And  
**Happy Diwali ~ Deepavali**  
 October 27, 2019

“The best way to find yourself is to lose yourself in the service of others.” - Mahatma Gandhi - (October 2, 1869 - January 30, 1948)

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

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## Conservative leader Andrew Scheer says he is renouncing his US Citizenship

Conservative leader Andrew Scheer, going to the Oct. 21st election to become Prime Minister of Canada, confirmed a Globe and Mail newspaper report that he holds American citizenship because his father was born in the United States. But he said he had asked in August to renounce it and was waiting for confirmation the process was complete.

Scheer said his decision to give up his U.S. citizenship now was "personal" and that he had not mentioned it before because "no one's ever asked me." In a separate statement, his spokesperson said Scheer had never voted in the United States and decided to give up his U.S. citizenship before the federal election campaign.

"Over a million Canadians hold dual



citizenship – it's part of what makes Canada great. But none have hidden that fact when running to be Prime Minister. Andrew Scheer has been fundamentally dishonest with Canadians about who he is," the Liberal Party of Canada said in a statement while reacting to the matter of Conservative Leader's dual citizenship.

## NDP Highlights Liberal Failures on Housing; Trudeau spending less on affordable housing than Harper

September 17, OTTAWA – Today, NDP Leader Jagmeet Singh pledged his support for families struggling with the high cost of housing and underscored the Liberal government's failure to provide the help people need on affordable housing.

"Across this country, I hear from people struggling to keep a roof over their heads. They tell me they lie awake at night worrying that they won't be able to make ends meet each month," said Singh. "I meet young moms and dads, students, and seniors who have seen things get worse over the last four years as the Liberals ignored the housing crisis. I'm here to tell them, New Democrats see you and we're on your side."

Years of Liberal and Conservative governments have forced Canadians to fend for themselves as housing costs go up and the availability of suitable places to live goes down. The Parliamentary Budget Officer recently found

that the Liberals' National Housing Strategy will spend 19% less on affordable housing as a percentage of nominal GDP than the ten years previous.

"The economy is doing well, but not for everyone," said Singh. "We need to do better to make sure that everyone has a safe and affordable place to call home. That's why New Democrats will make affordable housing a priority, and work with communities to expand and improve existing housing, to reduce energy demand, create jobs and save people money every single month."

Jagmeet's New Deal for People is a bold plan to address the housing crisis which the Liberals have neglected for the last four years. The NDP's plan includes a pledge to build 500,000 new affordable homes across the country within a decade, as well as help for no-cost energy efficiency upgrades that will save money and create jobs.

- via: [NDP.ca](http://NDP.ca)

## Teenage Climate Activist Leads Hundreds of Thousands in Montreal March

September 27 - Hundreds of thousands of people joined teenage climate activist Greta Thunberg for a march in Montreal Friday, part of a second wave of global protests demanding action on climate change.

Thunberg responded to critics, including U.S. President Donald Trump, saying she doesn't "understand why grown-ups would choose to mock children and teenagers for just communicating and acting on the science when they could do something good instead."

Without mentioning Trump by name, Thunberg said, "We've become too loud for people to handle so people want to silence us."

She called on world leaders to do more for the environment, following a meeting earlier Friday with Canadian Prime Minister Justin Trudeau.

"My message to all the politicians

around the world is the same," she said. "Just listen and act on the current best available science."

"He (Trudeau) is of course obviously not doing enough, but this is just a huge problem, this is a system that is wrong," she said. Trudeau earlier praised Thunberg's activism saying, "She is the voice of a generation."

Protests also took place Friday across Europe and Asia, with organizers saying 200,000 people, mainly youths, joined a march in Milan and another 100,000 in Rome.

Protesters gathered in a host of countries, including India, Spain, Portugal, Sweden, Austria and Germany.

The demonstrations come a week after millions of youths and adults rallied worldwide ahead of the U.N. summit in New York. - via: Voice of America

-VOA News

## Peel Regional Police Welcomes Newest Chief

On Tuesday, October 1, Peel Regional Police welcomed its newest employee and Chief of Police, Nishan (Nish) Duraiappah, at a ceremony attended by hundreds of colleagues, dignitaries and family members.

"I am pleased to join Peel Regional Police as their new chief. This organization is comprised of committed and hard working employees, who do great work on a daily basis" said Chief Nish Duraiappah, "I look forward to working with the community on initiatives to help keep Peel Region a safe place for all".

Chief Duraiappah was born in Sri Lanka and immigrated to Canada where he later began his career with Halton Regional Police in December 1995. He worked as a constable for several years in units such as Uniform Patrol, Drug and Morality, Guns and Gangs and with the RCMP Combined Forces Special Enforcement Unit to name a few.

Chief Duraiappah served as the Operations Commander for Milton and Halton Hills, the Commander of the Office of Continuous Improvement and Strategic Management (OCISM) and was the Chief's Executive Officer. In the fall of 2015 he was promoted to Deputy Chief and lead District Operations for all four municipalities as well as several



Chief Nish Duraiappah

other departments.

He holds a Bachelor of Arts Degree in Sociology and Criminology from the University of Toronto and a Diploma of Public Administration from the University of Western Ontario. Chief Duraiappah serves on the Board of Directors for the Ontario Association of Chiefs of Police (OACP) and has served on various OACP committees throughout his career. He is also the recipient of the Queen Elizabeth II Diamond Jubilee Medal in 2012 and became a Member of the Order of Merit in 2016.

Please join us, along with the Chief's Management Group, members of the Police Services Board, Honourable Justice Bale, dignitaries and guests as we congratulate and welcome Chief Nish Duraiappah. - via [peelpolice.ca](http://peelpolice.ca)

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## Around the World

### Indian-Americans believe 'Howdy, Modi' would take India-US ties to new level



"Memories from Houston, where history was made!"

PM Narendra Modi presented a framed photograph from the #HowdyModi event to President Donald Trump at the UN.

President Trump thanked PM Modi for this gesture" - via: Twitter/pmoindia

September 23, 2019 - HOUSTON: Indian-Americans here are very enthusiastic about Prime Minister Narendra Modi and US President Donald Trump jointly addressing a mega 'Howdy, Modi' rally, an event they believe would take the bilateral ties to a new level.

Dallas-based Ashok Mago said that 'Howdy, Modi' is an opportunity for the two leaders to showcase to the world the shared values and principles of the two largest democratic countries of the world.

"This meeting has great significance," Mago said.

"It (Howdy Modi) shows that President Trump wants the US-India relationship strong and is committed to this. I do not think that President Trump has shared a dais with a visiting foreign leader like this," Mago told PTI as he awaited to greet Trump at the Ellington Field Joint Reserve Base in Houston.

An eminent Indian American, who has played a key role in strengthening India US relationship, Mago was one

four Indian-Americans who were invited by the White House to meet the president on his arrival at the Joint Reserve Base.

Accompanying Mago to the air force base, Piyush Patel said that this was a dream come true.

"For me this mega event will take India-US relationship goes to a whole new level," he said.

India, he asserted, should be treated as a most favoured nation as is the case with major the European countries. Defence, technology and energy are some of the key sectors he identified as major areas of co-operation that would take the relationship to a new level.

"Trump and Modi addressing 50,000 Indian Americans in Houston means a lot for the two countries and the diaspora," said Sunil Maini.

"Today, there are no other leaders like Trump and Modi. For both of them the country comes first. Both of them are working for the people of the country," he said.

- PTI

### US Green Card lottery program now open

The US State Department Web site for the 2021 Diversity Visa Program (DV-2021) is now open. The entry submission period for DV-2021 is from 12:00PM EDT (GMT -4) on October 2, 2019 to 12:00PM EST (GMT -5) on November 5, 2019.

For info and application submission visit: [www.dvlottery.state.gov](http://www.dvlottery.state.gov)

Up to 55,000 foreign nationals and their families from around the world, including citizens of Sri Lanka will have a chance to legally immigrate to the United States. This is one of the



simplest ways to get US permanent residency.

Diversity Immigrant Visa Program, better known as the visa lottery, is administered by U.S. State Department. The winners will be drawn from random selection. There is no cost to register.

### Peace icon Mahatma Gandhi's message of 'mutual understanding, equality' reverberates on Day of Non-Violence



UN Postal Administration-issued stamp of Mahatma Gandhi in Commemoration of International Day of Non-Violence. (2 October 2019)

October 1, 2019 - "His vision continues to resonate across the world, including through the work of the United Nations for mutual understanding, equality, sustainable development, the empowerment of young people, and the peaceful resolution of disputes", Secretary-General António Guterres said in his message commemorating the day.

"In today's turbulent times", he continued, "violence takes many forms: from the destructive impact of the climate emergency to the devastation caused by armed conflict; from the indignities of poverty to the injustice of human rights violations to the brutalizing effects of hate speech."

Moreover, the UN chief pointed out that both on and off-line, "we hear loathsome rhetoric directed at minorities and anyone considered the 'other'". To address this growing challenge, the United Nations has launched two urgent initiatives.

The first is a global plan of action against hate speech and the other a plan for the benefit of Member States, to protection and secure religious sites.

"Last week, I issued a global call for a decade of action to deliver the Sustainable Development Goals (SDGs), our roadmap away from violence and towards peace, prosperity and dignity on a healthy planet", Mr. Guterres said.

He recalled that before his assassination in January 1948, after the bloody partition of India the previous year, Gandhi constantly highlighted "the gap between what we do, and what we are capable of doing".

"On this International Day, I urge each and every one of us to do everything in our power to bridge this divide as we strive to build a better future for all", concluded the UN Secretary-General.

Back in 2007, the General Assembly established the day, which is marked annually on 2 October, to "disseminate the message of non-violence, including through education and public awareness" and reaffirm the desire "to secure a culture of peace, tolerance, understanding and non-violence".

The three main categories of non-violent action are protest and persuasion, including marches and vigils; non-coop-

eration; and non-violent intervention, such as blockades and occupations, according to the United Nation.

#### 150-year pillar of peace

"There's no better hero than anyone who says no to violence", General Assembly President Tijjani Muhammad-Bande of Nigeria told a commemorative event at UN Headquarters on Wednesday.

And Gandhi's message not only resonates on the international day, but always, as was illustrated just last week during the launch of a UN-issued commemorative stamp to honour the global leader on the 150th anniversary of his birth.

"Gandhi's vision and philosophy are pillars of the work of the United Nations", said the Secretary-General. "Part of his genius lay in his ability to see the interconnectedness and the unity between all things".

While his political achievements included using peace, love and integrity to lead the movement ending colonial rule in India, Mr. Guterres outlined how Gandhi's vision went "far beyond politics to encompass human rights and sustainable development".

"Gandhi promoted non-violence not just as a philosophy and a political strategy, but as a means to achieve justice and change", he said. "Many of his ideas foreshadow the holistic thinking behind the 2030 Agenda for Sustainable Development".

The UN chief gave the example of his advocacy and action around the issue of sanitation for clean drinking water and hygienic facilities - when the issue was still "deeply taboo", and stressed that Gandhi's ideas drive the work of the UN for "equality, empowerment and global citizenship every day".

"Gandhi's enduring legacy is his continued relevance to our thinking and action on a broad sweep of issues, from protecting the environment to promoting justice, from education to inequality. His teaching remains fresh and thought-provoking, including his emphasis on the importance of facing up to the truth with courage", Secretary-General Guterres concluded.

- UN.org





## UN Takes Strong Stand on Sri Lanka's Army Chief: No Sri Lankan Peacekeepers if Led by Alleged War Criminal

By Louis Charbonneau | United Nations Director, Human Rights Watch

September 26, 2019: The United Nations took a stand against impunity for war crimes this week by announcing it will no longer accept non-essential Sri Lankan troops in peacekeeping missions. The reason for this unusual move is that Sri Lanka's newly appointed army chief, Gen. Shavendra Silva, faces credible allegations of war crimes.

The Sri Lankan government appointed Silva in August, despite a 2015 UN investigation that found the army division he commanded at the end of his country's brutal 26-year civil war executed prisoners and attacked civilians. Despite commitments to investigate and prosecute alleged war crimes, the government has failed to do so.

In 2012, while serving as Sri Lanka's deputy ambassador to the UN, Silva was removed from the UN Special Advisory Group on Peacekeeping Operations due to the allegations against him. Silva has also been accused of rights violations during security operations in southern Sri Lanka against the Sinhalese nationalist Janatha Vimukthi Peramuna (JVP) armed group in the late 1980s.

A UN investigation estimated that up to 40,000 civilians were killed in the final stages of the war between the Sri Lankan government and the Liberation Tigers of Tamil Eelam in 2009. Those horrors led the UN to adopt a new global policy called Human Rights up Front, which places human rights at the center



of the UN's work. Although this initiative has been sidelined in recent years, particularly as it applies to peacekeepers and country missions, hopefully the UN's principled position on Sri Lanka signals its renewed commitment.

Troop-contributing countries have the primary responsibility for vetting and verifying their peacekeepers are not human rights violators. Earlier this year, it emerged that 49 Sri Lankan peacekeepers deployed to Lebanon had not been vetted. In 2007, 100 Sri Lankan peacekeepers were sent home for sexually abusing children in Haiti, but, despite promises by the Sri Lankan government, they never faced prosecution.

Silva's appointment has exposed the Sri Lankan army as one institutionally committed to impunity for grave abuses. The decision by Secretary-General Antonio Guterres and the UN Department of Peace Operations sends a strong signal to governments that sweeping suspected war crimes under the carpet will not go unnoticed by the world body.

- HRW.org

## Mother blessing Prime Minister Son on Birthday

These handout photographs released by the Bharatiya Janata Party (BJP) Gujarat state office, Tuesday, September 17, show Indian Prime Minister Narendra Modi being blessed by his mother Heeraba on the day of his birthday at her residence at Rysan village, near Gandhinagar, some 30 kms from Ahmedabad.



## FAO plants new efforts to protect bananas under disease threat

October 3, 2019: Under Food and Agricultural Organization's (FAO's) Technical Cooperation Programme, the project will work to fight the spread of Fusarium wilt, a fungal plant disease that can wipe out plantations of banana crops, upon which millions of people depend for their livelihoods.

FAO assistant chief and Regional Representative for Latin America and the Caribbean, Julio Berdegue, stressed that "the role of bananas in providing food and household income in this region cannot be understated."

A vital cash crop

According to FAO, bananas are the most traded fresh fruit in the world, and the banana sector serves as an essential source of employment and income for thousands of rural households in developing countries. While India is the top banana producing country in the world, the Latin American nations of Brazil, Ecuador, Costa Rica, Mexico and Colombia rank among the top 10, with Ecuador leading the world in banana exports.

The TR4 (Tropical Race, 4) strain of the fungus *Fusarium oxysporum* f.sp. *cubense* was first detected in Ecuador's neighbor, Colombia, in July, where 175 hectares of banana farms were put under quarantine by the Instituto Colombiano Agropecuario (ICA), an entity looking after the country's agriculture and fishing sectors.

FAO warned that the possibility of the disease spreading "would have devastating impacts for farmers and their families across the region."

Bananas are of particular significance in some of the least developed and low-income countries, where beyond contributing to household food security, they generate income as a cash crop.

For some small farmers, banana crops account for 75 per cent of their total monthly income, FAO reports.

The fungus's ability to wipe out entire plantations could threaten critical food sources, household incomes and export revenues.

The world's 'greatest threat' to ba-

nanas

TR4 pathogens deplete plants by attacking the roots and stems, including those of the Cavendish banana variety, one of the globally most popular.

Though harmless to humans, the fungus can easily spread through planting materials, and movement of infested soil particles on shoes, vehicles and in water.

Though research is ongoing, there is no fully effective treatment of soil or plants to control or cure Fusarium disease. In addition, fungal spores are able to lie dormant in soil for more than 30 years, and have proved resistant to fungicides, according to FAO's World Banana Forum, which addresses the fruit's sustainability challenges.

For these reasons, TR4 is considered "the world's greatest threat to banana production."

To help eradicate the disease, FAO has been providing technical assistance by way of diagnostics and identifying risk pathways. The agency recommends fortifying soil health and strengthening genetic resources to build resilience to the disease in the future.

Hans Dryer, who heads up FAO's Plant Production and Protection Division alerted countries to "be vigilant in monitoring and containing any TR4 cases."

"Only strict observation" can prevent spreading, along with scientific support, early detection and international collaboration, he added.

Limiting the spreading of disease, raising awareness, engaging with farmers and developing disease recovery programmes are some of the concrete efforts FAO is implementing to mend the issue.

A global network on TR4 under the World Banana Forum is under way to help coordinate further technical advice from specialists.

In addition, the International Plant Protection Convention (IPPC), recently held a workshop in Colombia on plant health best practices to prevent spread of the disease.

- UN.org





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](http://www.facebook.com/pages/Humans-of-Northern-Sri-Lanka)

## BUDDHISM BETRAYED; THE SAGA CONTINUES

Which came first; the chicken or the egg?

Scientists have figured that one out - it was the egg, laid by a bird that was not a chicken.

That's how evolution works.

Which came first? A Hindu or Buddhist temple at Neeraviyadi in Mullaitivu?

That one is harder to figure out - not because we lack scientists or social scientists to settle the matter, but because we lack independent research bodies untainted by politics - and that includes the Department of Archaeology currently arbitrarily annexing 'heritage sites' all over the North and East - not so much in the South, surprise, surprise.

As for the disputed temple area currently in Mullaitivu - according to the Tamil press, it has always been a Hindu shrine, there in living memory for generations.

According to the Sinhala press, it was a Buddhist shrine - there over 2000 years ago.

The Archaeology Department, despite validating the 2000 year claim, have yet to proffer proof to the courts in Mullaitivu when asked it.

### State Sponsored Racism

Archaeology and history are valuable social sciences; yet, in a land like Sri Lanka, we have little to no hope of these fields not being politicized. Narratives are carefully curated - and even manufactured. As a Northerner, you'll forgive me therefore if I take the Archaeology Department's 'findings' - findings they made via a team of Buddhist monks armed with Buddhist artefacts because the Archaeology Department allegedly does not have enough resource personnel to carry out their own work - with a pinch of salt. Actually, make that heavy doses of salt.

I am not in denial. Nor am I a conspiracy theorist. With the many conspiracies the Sri Lankan State manufactures to inflict upon its minorities, we don't have to imagine our conspiracies here.

It's downright Machiavellian.

The issue is not that there could be no ancient Buddhist sites here in the North and East - there most definitely are. As there are ancient Hindu sites in the South too. The issue is that even in living memory, those of us living in the North and East in Tamil and Muslim majority areas have been made repeatedly familiar with the State's blatant habit of putting up Buddhist temples and artefacts in our midst - then coming back to claim just a few years later that this is proof of an 'ancient settlement' - therefore they need to settle it with Sinhalese settlers from the South.

These days it is not even a few years in the making. Villagers in the North and East have repeatedly complained to the People's Alliance for Rights to Land (PARL) commission which held multiple sittings across various areas recently, that the Archaeology Department comes and buries artefacts in their midst the previous day - then comes back and claims to have 'discovered' ancient artefacts there the next day - thus accumulating land for the State as 'archaeological sites'. They do this repeatedly, openly and unashamedly with the help of Buddhist monks leading the fray. It is also to be noted that the right wing JHU's founder monk, Ellawala Meghananda Thero acts as a senior adviser to the Department of Archaeology - he has made

his politics of Sinhala Buddhist chauvinism repeatedly clear. Yet it is his advice and his 'findings' that the Department of Archaeology repeatedly endorses. Nor, when 'finding' such artefacts do they attempt to have democratic conversations with the people living in the area. They immediately call in the military and militant monks to secure the area - then tell the Sinhalese masses that they are being attacked for only doing their duty. See a pattern?

Looking back at our history, Sri Lanka had Hindu / animist worship roots before Buddhism spread across the land. The mythical king Ravana was said to have been a Shiva worshipper. It is Shiva (saivaite) worship that is still predominant among Hindus in the land. Then came Buddhism proselytised by King Ashoka. Given that his daughter Sangamithra landed first with the sacred Bo sapling at Mathagal, Jaffna (called Dambakola Patuna by Sinhalese) - Buddhism almost certainly spread in the North and likely East too, not just the South of the country. There are well recorded instances of Tamil Buddhists populating this land in the past. For that matter, there still are Tamil Buddhists populating the land.

As such, there certainly are real Buddhist artefacts to be found all over the country - and even earlier evidences of Hindu artefacts all over the country too - but that is not a fact that the State wants to let out.

They just want to portray that there are Buddhist sites all over the country, and therefore that means it was the Sinhalese alone who populated the country and then the Tamils and Muslims drove them out in certain areas such as the North and East. This is not history. This is spin doctoring - and the Sri Lankan State has a well recorded habit of rabidly engaging in it from the times of the Mahavamsa to current times. Various academics such as Rajan Hoole and Stanley Thambiah as well as independent land commissions such as PARL have tracked multiple instances of the State engaging in such spin doctoring to take over land belonging to the minorities in past decades, yet their well documented findings never make it into either our history books, or even our mainstream newspapers.

### Manufacture of News

What the Sinhalese people keep hearing instead is that their beloved religion is being 'insulted' by the Tamils and the Muslims who built 'new' temples and mosques over their ancient ones and are now denying it. Yet a visit to many of these areas find bewildered Tamils and Muslims who say that the temples and mosques they have worshipped in for generations have been destroyed, while militant monks and the military have taken over with a Buddhist temple - which they soon reinforce with a Sinhalese settlement around to 'protect' it.

It is also to be noted that the Hindus and Muslims either venerate or leave alone,



ancient Buddhist sites that actually exist - there are plenty of instances of the local non-Sinhalese guarding and preserving ancient Buddhist sites in the land including Kandarodai / Kadurugoda in Jaffna.

The news that the 'invaders' are 'wiping out Buddhism' is another myth therefore.

As for these manufactured instances now, the news in Tamil will rile up the Tamils with news of Sinhalese colonization, while the news in Sinhala will rile up the Sinhalese with news of Tamil and Muslim invaders and colonizers.

Very often, as has been pointed out by TNA parliamentarian M.A Sumanthiran, it would be the same media institutions putting out different versions of this "news" in their Tamil publications and channels versus the Sinhalese ones.

Divide and Rule.

The policy still works effectively.

Thus it was that when this Mullaitivu temple issue burst to the fore last week, I saw Tamils sharing photos and videos that showed Sinhalese chauvinism while the Sinhalese showed photos and articles that purported Tamil chauvinism. The 'truth' is lost in this fight over land, masquerading as history and archaeology.

Having watched many of these videos and talked to many people on the ground in the disputed area, I am of the opinion that this is a case of Sinhalese chauvinism masquerading as vulnerable defenders of race, religion, and history from Tamil chauvinism. Tamil chauvinists exist among us certainly, and some of them gleefully rushed to the fore to pour oil on troubled waters as soon as this issue burst - but the genesis of this particular issue was Sinhala chauvinism, not Tamil chauvinism.

Building a Buddhist temple with military help in a Tamil settled area while claiming that the temple the people had worshipped there for generations was a 'new one' which ought to be destroyed; deploying militant monks to the area who arrogantly threatened and taunted the people in the area with impunity; Bringing a monk's body all the way from Colombo to cremate him by the Hindu Temple tank despite court orders forbidding such a cremation on the disputed ground - if the Buddhists wanted, they still could have cremated the monk on undisputed land on their Buddhist temple property granted to them by the court next to the Hindu temple - they had deliberately burnt it by the Hindu tank just to rile the Hindus liv-

ing there - then claimed to the Sinhalese masses that the Tamils were 'disrespecting' their monk and his last rites.

The Tamils I spoke to denied that the monk's cremation was the problem - his cremation right by their sacred tank when the Buddhist temple had plenty of other spaces adjoining their temple to do the cremation in, was the problem. And for that matter, why was he brought all the way to Mullaitivu in a delegation headed by the hate spewing monk Gnanasara for his cremation?

Yet, its we Tamils who have to answer the Sinhalese as to why WE are being racist!?!?

Lawyers in the North have staged protests against this open contempt of court exhibited by the monks and their supporters (bus loads of Sinhalese supporters had been brought in to show their might) - but as yet, no action has been taken against the monks, or their supporters. They are apparently above the law, no matter what they do.

In the meantime, the police, instead of upholding the rule of law, were seen giving protection to the Buddhists as they cremated the monk. They have been recorded manhandling the common Tamil people protesting, as well as journalists and lawyers who went to cover the issue.

Christian clergy who had gone in support of the Tamil people there reported that the Police later claimed they were 'safeguarding' the honour of the Tamils by protecting the Sinhalese violating the court order with their cremation by the Hindu Temple's tank.

In their words: "They told us, 'we have to protect the minorities - and since the sinhalese are a minority in this area, we had to protect them. In that way, we saved the Tamil people from further trouble. Imagine what could have happened if one of you had attacked them?'"

~  
"I only came to protect the sheep", said the wolf to the people.

This is Sri Lanka. Wolves in sheep's clothing protect the wolves running unashamedly in their own skins. And we the minorities have to live with it because the Sinhalese are apparently an oppressed, marginalized race and we, the 'invaders' need to learn to live along with them instead of making 'undue demands'. And refrain from 'insulting' them by protesting when they insult us.

The Buddha watching, shakes his head.

“A smile is a curve that sets everything straight.”

*Phyllis Diller*



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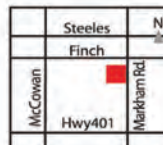
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# CTCC "Musical Voyage" event to raise funds for Building Project

By: Siva Sivapragasam

The Canadian Tamils' Chamber of Commerce recently organized a musical event titled "Musical Voyage" with well-known Veena Player Rajhesh Vaidya and violin maestro Steefan Devassy to raise funds for the CTCC Building project.

The musical event was held at the Flato Markham Theatre with a well-attended audience.

Seen here are some pictures taken at the event.

(Picture Courtesy: Ekuruvi)





# Donor Reception 2019 at Scarborough Health Network Foundation

On Wednesday October 2, 2019 Scarborough Health Network Foundation hosted its Annual Donor Reception to celebrate all of the generous individuals who have chosen to support the hospital in their mission to shape the future of health care in Scarborough.

As part of the event four outstanding individuals were honored for their commitment to Scarborough's hospitals.

This year's SHN Foundation Recognition Award recipients are:

Petra Sheldrake, Director of Laboratory Services – SHN Family Champion

Dr. James Rathbun, Orthopaedic Surgeon – SHN Family Champion

Ganesan Sugumar, Scarborough Business Leader – Community Ambassador

Dr. Dhun Noria, Chief of Laboratory Medicine – Philanthropist of the Year.



Petra Sheldrake, Director of Laboratory Services at centre – SHN Family Champion



Dr. James Rathbun, Orthopaedic Surgeon – SHN Family Champion



President & CEO Elizabeth Buller



Ganesan Sugumar, Scarborough Business Leader – Community Ambassador (Sofia Sugumar, daughter with Stan Muthulingam, SHN Foundation Board Member)



Donors at the Reception Event



Dr. Dhun Noria, Chief of Laboratory Medicine at centre – Philanthropist of the Year

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To learn more, contact **Krishni Narine** at [knarine@shn.ca](mailto:knarine@shn.ca).



## RAAM Clinic paves the path to recovery

An old Chinese proverb says that a journey of a thousand miles begins with a single step. Tom D. remembers the day he took his first step towards recovery.

“It was February 4, 2019. I woke up and I decided that I needed to get help for my opioid addiction,” he said.

With the support of his sister, Tom found Scarborough Health Network’s (SHN) **Rapid Access Addiction Medicine (RAAM) Clinic**. Offering barrier-free, same-day counselling services and medical treatment for those struggling with alcohol, opioid, or other addiction issues, RAAM services are available on a walk-in basis without a doctor’s referral.

Tom’s journey with opiates is not uncommon. It began about seven years ago as a coping mechanism for anxiety and depression, starting with Percocet, then Oxycontin, and finally Fentanyl – he smoked about a gram a day. As his tolerance grew, so did his addiction. He attempted sobriety on several occasions, but would eventually relapse each time.

“My whole life was just waking up and trying to find a way to get money to find drugs to use. Then the effects would wear off and I would do it all over again,” Tom reflected.

“I knew I gotta break the cycle and do something different. I had to be honest with the people around me and with myself.”

### Then he found the RAAM Clinic.

“This time, I sought help for myself and not for someone else, which has made the biggest difference,” he shared. “Once I made my decision, I didn’t have to wait for an appointment to access services; I just went in and they helped me whenever I needed it and that really motivated me to stay on track.

“The first visit, they gave me Suboxone and some others medications to help stabilize me. And just encouraged me to come back. So I did. Eventually, I started counselling, mindful meditation, exercise, and reading, and began to rebuild my life.

“The RAAM team were my biggest champions. They really wanted to see me succeed. I truly believe I would not have had the same success without them.”

Tom continues to access RAAM services to help him maintain his sobriety.

“It’s incredible to witness Tom’s journey towards recovery and wellness,” said Paul Koniec, Registered Nurse at the clinic. “He has the freedom to choose the strategies that work best for him and that really allows him to take ownership of his recovery process.”

Through recovery, he has gained a new appreciation for life’s small treasures.

“I am enjoying doing all the little things I was missing out on before. I love spending time with my daughter and I try to fill each day with positive things. My family has been a huge support through my journey.”

His advice to others who are struggling with substance use?

“Don’t be afraid to get help. Your life is valuable. Have hope, have an open mind, give everything a shot and see how it affects you. Stay motivated. All you have to do is show up and try.”

The RAAM Clinic is located at SHN’s General hospital and celebrated its first anniversary on May 1. In its first year, the clinic helped nearly 600 patients – with 98% saying they would recommend RAAM to a friend. If you think RAAM may be right for you, drop by or give us a call.

### RAAM clinic

SHN General hospital  
3050 Lawrence Ave. E., Scarborough  
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## SHN Diabetes Program recognized by Diabetes Canada



Congratulations to Scarborough Health Network’s (SHN) Diabetes Program for being recognized by Diabetes Canada for meeting the Standards for Diabetes Education in Canada!

For our patients, receiving expert diabetes care and education is vital for patients to successfully manage their diabetes to prevent and treat short and long term complications. With this accreditation, our patients and families can continue to be confident that the level of care they are receiving meets a standard of excellence.

Every five years, Diabetes Canada outlines standards, which diabetes programs must meet in order to be recognized as a program that provides excellent care for their patients and families.

Working on separate teams to address the uniqueness of each, the Diabetes Education Centres (DEC) and the Centre for Complex Diabetes Care (CCDC) engaged in the self-assessment process which looked at three specific areas of the diabetes program:

### 1. The program and support services;

### 2. How education is provided; and 3. The impact or outcome.

“Conducting this self-assessment brought to light the amount of incredible work that is done daily across our diabetes program,” noted Glencia Brookes Dos-Santos, Manager, In-patient Nephrology and Diabetes. “The team came together in a true show of collaboration to gather all of the information for the self-assessment to ensure that we were maintaining the highest standards of diabetes care.”

The process, which placed a focus on patient satisfaction, included conducting patient surveys, running focus groups gathering patient feedback, and one-on-one discussions with patients and families.

Over a period of six months, a core group from each team, which included manager Glencia Brookes-Dos Santos; Sandra Devine, RN; Jacqueline Hurtis, RD; Cathy Robb, RN; Anna Lowry, Pharm; and Stephanie Kwok, RD; and Dana Green, DS;

met to work on completing the deliverables for the standards recognition process.

There is a strong prevalence of diabetes in individuals of Asian, South Asian, and Caribbean descent. Much of Scarborough’s population is made up of these cultural groups.

SHN partners with many health care and community organizations to ensure timely access to high-quality services in the most appropriate setting. Our multidisciplinary teams provide effective evidence based care for our diabetes patients and families. Our exceptional quality services include diagnostic testing, assessments, interventions, follow-up, and self-management education to provide integrated, patient-focused care from hospital to community to improve quality of life for our patients living with diabetes.

SHN stands as a leader in diabetes management and prevention strategies.

For more information on Diabetes Education at SHN, visit [www.shn.ca/diabetes-education/](http://www.shn.ca/diabetes-education/).

## New Stroke Centre of Excellence coming to Birchmount hospital

An integrated Stroke Centre of Excellence will provide the Scarborough community an improved hospital experience with seamless stroke care, closer to home

For the first time, the Scarborough community will have access to seamless stroke care service, closer to home with the introduction of the new Stroke Centre of Excellence at Birchmount Hospital.

Stroke is the third leading cause of death in Canada, and Scarborough Health Network (SHN) sees more than 500 acute stroke patients every year. The new Centre – which will provide acute inpatient care for patients who have been admitted to the hospital for stroke, followed by occupational and physical therapy (inpatient rehabilitation) – means an improved hospital experience for patients, and greater independence and quality of life, all at a single location.

In addition, the Stroke Prevention Clinic will provide consultations for individuals who have previously experienced a stroke or symptoms of a stroke.

“Through our new Stroke Centre, we will be able to deliver the highest quality medical care that is designed to meet and exceed Canadian Stroke Best Practice Guidelines,” said SHN’s Dr. Bert Lauwers,

Executive Vice President, Medical and Clinical Programs.

The Centre will result in faster timelines from admission to hospital inpatient rehabilitation, ensuring less time spent in the hospital for patients. Bringing together all stroke services on one dedicated unit will raise standards of care for the Scarborough community.

“In exploring the development of a Stroke Centre of Excellence for Scarborough, we consulted with several regional partners – including Toronto Stroke Networks, CorHealth, and the Central East Local Health Integration Network,” said Trixie Williams, Director, Cardiovascular and Stroke Program at SHN. “Together, we evaluated leading stroke research, best practices, data, and analysis from our hospital and peers.”

In the coming months, SHN will share the plan outlining the processes, structures, and timelines for creating the Stroke Centre of Excellence. There will be opportunities for patients, families, community members, and health care providers to contribute ideas and input on how to best design this program.



## SHN BOARD OF DIRECTORS GETS NEW DOSE OF EXCEPTIONAL TALENT

Scarborough Health Network's (SHN) Board of Directors is welcoming five esteemed executives to round out its transformative team of leading minds.

As the Network approaches the first anniversary of its new name, logo, and brand this fall, the 2019-2020 Board of Directors is set to propel SHN toward our vision of becoming Canada's leading community teaching health network – transforming your health experience.

"In shaping the future of care, we are attracting the best professionals – from our frontline staff and physicians to our Board of Directors – as we develop and environment of learning and innovation," said Maureen Adamson, Board Chair.

"I'm delighted to officially welcome Michele Goddard, Gabriel Granatstein, Gale Rubenstein, Vince Timpano, and Ruth Woods to our Board. The skills and expertise of these individuals, combined with those of our veteran team, will be invaluable as SHN boldly embarks on Transforming Care and advances our Strategic Plan (2018-2023)."

Introducing the newest members of SHN's Board of Directors:

Michele Goddard

Over the course of her career as a financial services executive at BMO Financial Group, Michele led significant transformational changes



and successfully designed and implemented technology change programs within highly complex, regulatory environments. Michele is a Patient Advisor for Bridgepoint Active Healthcare, and was the Chair of the Board for Women in Capital Markets and a member of the Canadian Depository for Securities Board.

Gabriel Granatstein

Gabriel is the CEO of Canada Tire; a veteran and reservist in the Canadian Armed Forces; and serves on the Board of the Royal Canadian Military Institute. Prior to Canada Tire, Gabriel was an Associate at Norton Rose Fulbright law firm, where he represented Canada Post and Target Canada's Employee and Labour Relations Senior Counsel. Fluent in English and French, Gabriel is a member of the Law Society of Upper Canada and the Barreau du Quebec. Read more.

Gale Rubenstein

A Partner at Goodmans LLP, Gail is repeatedly recognized as one of Canada's top lawyers. She counselled the Province of Ontario with respect to Algoma Steel, Stelco Inc., General Motors and Chrysler; Purdy Crawford in restructuring of Canadian Third Party Asset Backed Commercial Paper during the financial crisis; and the Monitors of Nortel Networks and Target Canada. As a Hydro One Board member, Gale chaired the Regulatory & Public Policy, First Nations, Corporate Governance, and Human Resources committees, and was a member of Audit & Finance, Strategy, and Health, Safety & Environment committees. Read more.

Vince Timpano

Vince was President, Global Coalitions at Aimia, where he was accountable for Aeroplan, its largest division globally, and three UK-based programs. Previously, he was

President of Coca-Cola Canada and President & CEO of The Minute Maid Company Canada. Vince is Governor and Member, Finance & Administration Committee for Seneca College of Applied Arts and Technology. In his 13 years as Board Chair of the United Way of Greater Toronto, Vince also chaired the Governance & HR, Finance, Audit & Risk, and Operations & IT committees. Read more.

Ruth Woods

With more than 30 years' executive experience in investment banking and professional services management, Ruth is the Chief Operating Officer of Osler, Hoskin & Harcourt LLP, where she is responsible for Finance, IT, HR, Marketing and Facilities. Prior to Osler, Ruth was a founding partner of Hugesen Consulting Inc; Senior Vice President, Global Head of Human Resources at Scotia Capital; and a Founding Director of Women in Capital Markets, where she still sits on the Advisory Council. Read more.

Board Meeting

You're invited to attend the inaugural meeting of SHN's new Board of Directors on Thursday, October 3, from 4 to 7 p.m. at Birchmount hospital (3030 Birchmount Rd.). Proceed to the Irene Stickland Centre on Level 1. For more information, visit [www.shn.ca/board-meetings/](http://www.shn.ca/board-meetings/).

## TRANSFORMING WOMEN AND CHILDREN'S CARE



After a year of planning, research, consultation, and collaboration, SHN's Women and Children's program is heading into a busy autumn, as we gear up to develop centres of excellence for paediatrics, obstetrics, and neonatal intensive care.

From renovations, to enhanced education and skills training, the team is in the final stages of the program redesign. They are the first SHN team to transform care through clinical services planning.

Through this transformation, the program will provide children, babies, and expectant parents in our community with the care they need, when they need it, right here in Scarborough.

### October 30 – the big move!

On Wednesday, October 30, we take a big step to-

ward transformation. We will smoothly transition the birthing, inpatient paediatrics, and neonatal intensive care units from Birchmount hospital to the Centenary and General hospitals.

Our top priority is our patients' safety, particularly during this time of transition.

SHN physicians, nurses, and clinical interprofessional staff have developed comprehensive and evidence-based safety protocols for the October 30th transition, and the ongoing care for our patients and their families.

### Skills training for nurses

The Women and Children's team recently put SHN's strategic direction of "empowering and inspiring our people" into action by hosting skills-

building workshops to support emergency and paediatric nurses.

The workshops – which continue into October – are an exciting educational opportunity to bring staff from all three hospitals together to meet each other, learn together, and share their experiences in caring for children, babies, and expectant parents.

By the end of October, more than 300 emergency and paediatric nurses will have enhanced their skills through this training.

### High-risk situation simulations

Nurses aren't the only ones sharpening their skills. In mid-October, SHN physicians, midwives, and allied health professionals will join colleagues from the Sunnybrook Canadian Simulation Centre for an accredited simulation activity.

The simulations will focus on high-risk health scenarios for children, babies, and expectant parents who need care at SHN's Emergency Departments or need to be transferred between SHN hospitals.

SHN, in partnership with Sick Kids Simulation Program, is also working to build an in-house simulation team.

### Hard hats please!

As we count down to the big move, renovations and upgrades are in progress at all three hospitals.

Refreshing and upgrading the Family Birthing Centres and Neonatal Intensive Care Units is underway at the Centenary and General hospitals. And the brand new paediatrics unit and Kids Clinics at the General hospital are taking shape.

Continuing our commitment to patient-and-family centred care, we are also creating specific child- and family-friendly spaces in all of SHN's Emergency Departments and opening a new Kids Short Stay Clinic at Birchmount hospital.



# Durham health care providers on track to submit full Ontario Health Team (OHT) proposal

Proposal will set out how Durham partners will improve access to services and the patient experience

**Durham** – Since receiving the go ahead from the Ministry of Health (MOH) to submit a full application to become an Ontario Health Team (OHT) in July 2019, the 16-member Durham OHT has been working intensively to create a detailed proposal for improving access to health care in Durham Region.

The full OHT application focuses on how the OHT partners will make decisions and collaborate in year one to transform services for local populations including sharing patient information and data. It will also demonstrate how the OHT's work will improve access to health services and outcomes for people including reducing hospital readmissions in the Emergency Department.

In the first year, the Durham OHT proposes to focus on improving service delivery and care for two high needs groups: older adults living with frailty and individuals living with complex conditions including mental health and addictions. The submission will also include a special focus on home and community care and digital health. As the Durham OHT evolves a Patient Experience Office will be established.

An Oversight Committee of 16 organizations including primary care, acute care, and home and community care providers, along with regional government, community providers and patient, family and caregiver representatives will be signatories of the Durham OHT submission. In addition, four expert working groups with broader membership from across Durham Region including patients and caregiver representatives are supporting the development of a year one plan for a connected health care system:

- A Clinical Working Group will develop initiatives to provide integrated care to the populations of need.

- A Digital Working Group is focused on how to use digital health information and technology to enhance of care delivery, including virtual health options.

- A Governance Working Group is developing an interim framework under which the OHT will operate in its first year.

- A Home and Community Care Working Group is focused on the design of innovative service delivery, increasing accountability for performance and support efficient and integrated service delivery.

The Durham OHT will submit a full application by October 9, 2019, and the MOH is expected to announce the province's first OHTs in late Fall 2019.

## QUOTES

"It is exciting to see the tremendous commitment that partners, patients and caregivers have to creating a strong, integrated regional health system in Durham," said Matthew Anderson, Lakeridge Health President and CEO. "Through the OHT partnerships we will be collectively better able to meet the community's growing and diverse health care needs."

"As part of a team of patient and caregiver representatives working on this initiative, we are very encouraged by the focus and productive work to improve the healthcare system that drives towards a seamless and manageable system of services for our communities," said Randy Filinski, Patient and Caregiver Representative. "By engaging the complete range of services providers around clinical healthcare, social community needs and using digital capabilities to enhance our relationships, we are driving to a complete family oriented system for Durham residents."

"Individuals deserve a healthcare system that is easy to navigate and brings service providers together to deliver care that is seamless and connected. The partners of the Durham OHT are committed to improving the system of care to meet the unique needs of our growing population," said Denyse Newton, Alzheimer Society of Durham Region Executive Director.

"It is a privilege to be working with our health care partners, patient advisors, and caregivers to advance an integrated system of healthcare in Durham Region through the creation of an OHT. We look forward to continuing this important work for the benefit of our community and all those we serve," said Stephen Gray, Medical Associates of Port Per-



ry CEO.

"It is an honor to be an integral part in the development of the Durham OHT. By collaborating with so many engaged partners, strong relationships are being formed to ensure a successful plan for our future in health care. Partners in Community Nursing is fully committed and confident that the Durham OHT will complete a solid plan to provide integrated care for the entire Region," said Heather Smith, Vice President, Partners in Community Nursing.

## About Durham OHT

Ontario Health Teams (OHTs) are a critical component of the Ontario Government's plan to reorganize health care services and will provide a new way of organizing and delivering health care services in local communities. Through OHTs, health care providers will work as one connected team making it easier for people to access services and transition between providers, and empowering patients and families in their personal health care.

The Oversight Committee for the Durham OHT is comprised of partners from across the care continuum, including primary care providers, hospitals, patient and caregiver advisors, mental health, home care and community organizations.

The Durham OHT submission received 39 letters of support from partner organizations in the health, social, education, and private sectors.

For more information on the OHT process, please visit the MOH website at

[www.health.gov.on.ca/en/pro/programs/connectedcare/oht/](http://www.health.gov.on.ca/en/pro/programs/connectedcare/oht/).

## Durham Ontario Health Team Signatory Organizations

- Alzheimer Society Durham Region
- Brock Community Health Centre (CHC)
- Carea Community Health Centre (CHC)
- CBI Home Health
- Community Advantage Rehabilitation Inc.
- Community Care Durham
- Complex Injury Rehab
- Grandview Children's Centre
- Lakeridge Health
- March of Dimes Canada
- Medical Associates of Port Perry
- North Durham Family Health Team (FHT)
- Partners in Community Nursing
- The Regional Municipality of Durham
- St. Elizabeth Health Care
- Victorian Order of Nurses for Canada, Ontario Branch, Durham Site

## comdu.it handles promotion and distribution of "Handmade" Cookery Book in Canada

"Handmade" is a cookery book describing the traditional food recipes of the Jaffna Tamil people and published by Palmera.Org.

comdu.it which is a global network of diaspora volunteers committed to the sustainable development of the traditional Tamil homelands in Sri

Lanka, is handling the promotion and distribution of "Handmade" cookery book in Canada.

comdu.it are the exclusive distributors for the cookery book and can be purchased through online or directly in person from them.



## Take it or Leave it

# The Great Pyramids

The good is like a pyramid. Just a little bit at the top, and a lot more, the further down you go.

So now let me tell you about the good and the bad. The good is like this—like a pyramid. Just a little bit at the top, and a lot the further down you go. The bad is like an upside-down pyramid. You see all the consequences; you see all the problems; you see all, “Oh, this is terrible, oh....” But if you get down to the bottom of it, it’s just one little thing.

And the good is the same way, but upside down. You hardly see it, that it’s good. It’s so little on top; you hardly notice there is anything good. But keep digging; it gets better, and better, and better, and better, and better.

Next time, look carefully—because that’s how you keep missing the good and falling into the trap of the bad—because the bad is huge. It comes with its problems blaring right in your face. And how does it resolve itself? It turns out to be a little thing, tiny little thing.

Tiny little thing. The good? Inversely? All you get to see at first is this tiny little thing, but if you accept—and most of the time you will overlook it, what is the good.

Let me give you an example; this will maybe clarify the two pyramids. You wake up in the morning—you wake up in the morning, right? You come to your kitchen or family breakfast area, and there is your family. And you notice that one of your kids, he’s just angry.

“Dah-deh-deh-deh-deh-deh, dah-deh-deh-deh-deh-deh, this is wrong; that’s wrong; I don’t want to go to school; I’d, I’d, I’d, I’d, I hate school; why do I have to go to school, Dad?” You’ve seen all this. Get to the bottom of it: “I didn’t do my homework.”

The good? You come downstairs and that child says—now in good mood because you let them stay out of school, so they could finish the homework, and then they can—“Good morning, Dad.” There is your opportunity, in that “good

**The Great Pyramids held what ancient Egyptians believed was essential in the afterlife. Discover two other pyramids that hold what is essential for your life.**



morning, Dad.” If you took it: “How are you today?” you have just converted raw strings into metal chains of relationship, of love.

But most of the days, you just, “Yeah, good morning.” You missed it; you have missed it. Somebody says to you, “I love you.” And what are you good at? “I love you too.” You, you just missed it. Just missed it.

And here comes a breath into you, and maybe you took that one minute, sat down somewhere, and you went, “Hmmmh, hmmm....” Just that one breath—you missed it. You missed it, because now you’re thinking about this and you’re thinking about that. But you just could have sat down, as

you are, as you did and understand you have the gift of life.

And you keep going; it’ll get more and more and more and more and more and more and more, and you will begin to fill with gratitude. And from then on, it’s like fireworks. “Vvrr-vvrr-vvrr-vvrr, vvrr-vvrr-vvrr....”

The bad, we go for; good—we have not learnt how to detect that little, little, little thing of good. So, your dhar-

ma, or dharm, begins to be that duty that you have to the self, to not miss those little things in your life—the opportunity to fill your heart with gratitude, the opportunity to acknowledge what you have been given.

Aren’t you good at knowing when the problem is coming your way? “Aye-aye-aye-aye!” Are you also that good at knowing when the good is coming your way? Because if you were, you would realize, it’s so much good just keeps coming, and coming, and coming, and coming, and coming, and coming. That’s life!—the gift that you have been given.

- Prem Rawat



## WORLD PHYSIOTHERAPY DAY

Sept 8th 2019

# A pioneering physiotherapist Theera Fernando

By: Padmani Mendis



The life of Theera Fernando, nee Arumugam, was concurrent with the establishment of a new profession in Sri Lanka - the birth and pioneering of the physiotherapy profession, its establishment and its growth. And stretching across this entire span, she was amongst the first when it came to any and all these stages. Among the first to be selected to be sent abroad for study in 1952, she was immensely popular as a student at St Thomas' Hospital in south-east London where she completed a three-year course of study. She then completed the examinations which gave her membership of the Chartered Society of Physiotherapy of the UK.

Membership of the CSP gave her the authority to work as a physiotherapist anywhere in the world. But she returned to Sri Lanka to be placed by the Ministry of Health at the main Physiotherapy Department at the then General Hospital in Colombo. She worked here with the eminent physiatrist Dr Frank Perera.

And herein lies a romantic tale to be told. While she was working here came a patient for treatment for a painful neck. His name was Chandra Fernando. Since he was a dentist who worked particular hours, he could only come in for physiotherapy treatment as the last patient for the day. His treatment would go past the department's closing time. It was Theera who characteristically volunteered to go beyond her working hours. And so three times a week Chandra would come in for physiotherapy to be given by Theera. Her friends and departmental colleagues Camilla and Radhi never left the pair alone - how could they in those times? When treatment was over, Chandra would drop the three friends off at a convenient spot from which they could get home. What began as a therapist-patient professional relationship soon blossomed into friendship, soon thereafter romance and the two were married. A marriage filled with happiness that lasted 62 years.

Another first was when she was selected to be sent to the UK to study to be a teacher of physiotherapy. It was to St Thomas' Hospital and to her many friends there that she returned for another two years. But this time she had to leave behind a husband and an infant daughter Sudheera. She returned to take over the School of Physiotherapy which had, in her absence, been set

up at the General Hospital with the support of the WHO and a physiotherapist from the UK.

The early years were difficult but soon the school was producing therapists recognized by the developed countries. Many who had passed through Theera's tutelage had opportunities to get employment abroad. And today you will meet Sri Lankan physiotherapists in most countries that you visit. Other firsts in her career was that she was the first Sri Lankan Tutor Physiotherapist having been appointed in October 1965 and the first Superintendent Physiotherapist in 1981.

Theera retired from the Department of Health in 1987 at the age of 55 years. But she did not really leave her beloved profession or her school and the teaching she so enjoyed. She continued to come in on a voluntary basis for the next 18 years as long as the school and students needed her and until there were others to take her place as teachers. With her retirement she also began to work voluntarily in other areas that she had always wanted to. One was at the Family Rehabilitation Centre, giving therapy and psychosocial support to victims of torture and trauma, helping them rebuild their lives. These were times when Sri Lanka's civil conflict was raging and the Centre could hardly cope with demands made on it.

A second area of work was back in her profession - she continued to give physiotherapy to any and all who sought her help, sometimes travelling long distances all by public transport. All given voluntarily in her own time and at her own cost. And these contributions to society she continued until age and ill health no longer made it possible.

In all these she had the unstinting support - and participation when necessary - of her husband Chandra, daughter Sudheera, son-in-law Prasad Jinasena and grandchildren Ishan and Savindi. And then when she was frail and could no longer do things for herself, Sudheera who was now living in Canada returned home to be by her mother's side. This was remarkable, that a daughter continued so efficiently to look after

a husband and two children in Canada and at the same time could be in Sri Lanka, doing whatever was needed to be done for her ageing parents with unstinting love to all.

Then when at last it was time for Theera to leave this earth, her beloved Chandra went with her. Eleven hours after Theera passed on Chandra breathed his last. As they were united in life so they were together when life was no more. They had a joint funeral, never to be parted.

September 8 is celebrated the world over as World Physiotherapy Day. We, Theera's friends, colleagues and former students remember Dr. and Mrs. E.A.C.T. Fernando, Chandra and Theera, on this day and always with much love and appreciation.

*This article first appeared on Sept 8th 2019 in Sunday Times, Sri Lanka*

## Celebration on International Peace day - Sept 21 2019 Is Peace a Necessity or a Luxury

The Senior Tamils Centre of Ontario celebrated International Peace Day on Sept 20th 2019, at Burrows Hall. It held a Debate on the above topic with Dr. Varagunan as Moderator and 4 panelists, Mrs. Kanages Nadarajah, Mr. Emmanuel, Mrs. Rane Mahalingam, Mr. Muthulingam, and STC members.

The International Day of Peace ("Peace Day") is observed around the world each year on 21 September. Established in 1981 by unanimous United Nations resolution, Peace Day provides a globally shared date for all humanity to commit to Peace above all differences and to contribute to building a Culture of Peace.





By: Charles Sarvan

Preface. The meaning of the name parents give their child at birth often expresses their feelings, hopes and wishes for the infant. So it is with nations and their flags, particularly at independence. However, some flags have evolved through history, such as Britain's 'Union Jack' (1801), representing England, Scotland and Ireland. The phrase "waving the flag" is variously defined, among others as: "arouse intense nationalist feelings by a deliberate appeal to the emotions"; "expression of feelings for a country in a loud or exaggerated way" and "the strong expression of support for a country, sometimes with military intention". (End of Preface)

I have a recently-published book show-

ing the world's national flags: 'national' as formally recognised by the UN. Admittedly, the exact number of flags can be disputed. For example, does one include that of 'the Holy See'? This particular book lists 196 flags of which almost one-fourth are made up simply of different colours: the flags of Austria, Belgium, Columbia, Ecuador, France, Germany, Ireland, Italy, Netherlands, Nigeria, Poland, Russia, Thailand and others. The Indian flag consists of three colours – saffron, white and green – but has the Ashoka Chakra (the eternal wheel of law) with twenty-four spokes, in its centre. There are other, similar flags which, while being simply made up of colours, have in addition a design or object. Canada's flag consists of two red bands with a white square at its centre in the ratio of 1:2:1. In the middle of this white band is a stylized, red, 11-pointed maple leaf. The Japanese flag is white with a red ball in its centre: the Land of the Rising Sun. The Israeli flag is white with two blue horizontal lines that recall the Tallit, the Jewish prayer shawl, separated by a hexagram, the Star of David. The flag of Argentina is a tricolour – blue, white and blue – but with the sun (of freedom?) in the middle.

# "Waving the flag": a reading of national flags

Some Christian-majority countries have a cross on their flag as, for example, Denmark (white horizontal cross on a red background); Finland (as with Denmark but here a blue flag on a white background), Greece, Iceland and Switzerland. Of course, the cross resembles a sword and can be read as signifying the readiness to fight for Christianity.

Muslim-majority countries often have green on their flag, the colour most linked to Islam, together with the crescent moon. Green is associated with Paradise, and was also the favourite colour of the Prophet who often wore clothes of that colour. Indonesia with the largest Muslim population is an exception, its flag being made up of two broad, horizontal bands of red and white. Egypt's flag too lacks green. It's a tricolour consisting of the three equal horizontal bands: red, white and black. It also bears

the Egyptian eagle of Salah ud Din (1138 – 1193), better known as Saladin. The flag of Iraq too doesn't have green, being made up of three horizontal bands of red, white and black. The white band in the middle carries the 'Takbir' in Kufic script: "Allah is the greatest". (If I am not mistaken, the "greatest" in "Allahu Akbar" should not to be seen as a superlative because Allah is beyond any comparative scheme.) But the flags of other Moslem-majority countries such as Algeria and Pakistan have green. The flag of Saudi Arabia, 'Custodian of the Two Holy Place of Islam', is green, with the 'Shahada', and below it a sword. (The 'Shahada' or 'Confession of Faith', one of the Five Pillars of Islam, declares belief in Allah, and the acceptance of Muhammad as Allah's Prophet.) The sword is not vertical

but lies horizontal beneath the Shahada. However, there are other flags which resist grouping: of course, every flag is unique. The flag of Mozambique includes an AK-47 with fixed bayonet, crossed by a farming mattock, reminiscent of the Marxist 'Hammer and sickle'. Bhutan has a dragon on its flag, a white dragon to signify purity. (Dragons have long been drained of ferocity and fear because no one now believes they exist - except in the wonderful world of the imagination - raging about, breathing fire.) The Mexican flag depicts an eagle carrying away (removing) a snake.

The Albanian flag has a double-headed eagle because of the myth that the ancestor of the Albanians was an eagle. One recalls the myth that Romulus and Remus, founders of Rome, were suckled by a wolf. Similarly, a cherished myth of Sri Lanka's Sinhalese Buddhist majority is that they are the descendants of bestiality; specifically, the sexual union of a lion and a princess ("There are few things stranger or more repulsive than bestiality".) Compound-ing bestiality is patricide: the lion is later killed by his own son. (The first arrow shot by the son doesn't harm the lion because the animal has only love for his son. The second arrow angers the beast, and then he becomes fatally vulnerable. I 'read' this episode as a moral and philosophic parable about the self-harm of anger.)

The Sri Lankan flag is not simple. It has been described as consisting of a gold lion holding a sword in its right fore-paw in a maroon background with four gold "bo" leaves in each corner. ("Bodhi" means enlightenment.) This is bordered by gold, and to its left are two vertical stripes of equal size in green and orange. The lion and the maroon background are meant to represent the Sinhalese, while the saffron border and four "bo" leaves represent Buddhism and its Four Noble Truths. The orange band represents the Tamils; the green represents Sri Lankan Muslims.

It's most important that we make a clear distinction between 'religious doctrine' and 'religion' as practised and expressed



in real life with its rituals, paraphernalia, hierarchy, myths and superstitions. Religious doctrine has a divine or semi-divine origin or is from an exalted, exceptional, individual. Simplifying, one could say: While religious doctrine is 'divine'; religion is a human construct. Indeed, religion can be quite the opposite of its religious doctrine. Sri Lankan Buddhists declare the country to be the 'Dhamma Deepa', the Island where the doctrine of the Buddha is preserved in its purity. But how does Buddhism manifest itself as a religion? Is it by force and domination? Is it by the building of Buddhist structures; by chanting, praying and processions? If so, isn't the Buddhist religion violating Buddhist doctrine?

To the world in general, Buddhism is associated with noble and exalted qualities such as loving kindness, compassion, peace, moderation, philosophic detachment, self-discipline and abnegation. Though not a Buddhist, I think Buddhism with its agnosticism (see the Buddha's famous analogy of a man shot with a poisoned arrow) and with its Existential attitude of individual responsibility, is the wisest and gentlest of religious doctrines. Since Sri Lanka boasts of being the primary stronghold of Buddhism, people will also look at what symbolises the country: the flag. But there's little of Buddhist doctrine in the flag which is dominated by a lion, its jaw agape and, to add to its menace, a raised sword in its paw. One would have expected to see a flag that was peaceful, even serene but the present flag has all to do with power and pomposity (gold); power and hegemony; aggression and violence. In short, with all that the Buddha abjured. It is yet another example of religion being potently and perniciously political. (It's not the flag but beliefs and behaviour.) In a certain context Karl Marx said: If this is Marxism, I'm not a Marxist. Similarly, one can imagine Christ saying that of Christianity or the Buddha, 'the Soul of Utmost Compassion', sadly saying, if this is Buddhism, then I'm not a Buddhist. Of course, one can be profound (dis- ingenuously or not) and subject the flag to a historical and philosophical interpreta-

tion, such that the eight hairs on the lion's tail represent the Buddha's Noble Eightfold Path, albeit one would have thought it an insult to place the Buddha's Eightfold Path on the tail of an animal. Be that as it may, what do those who are not Sinhalese, or those not militantly Sinhalese-Buddhist, see? By way of an answer, I turn to 'The Front Row' in Pradeep Jeganathan's collection of short stories, 'At The Water's Edge', quoting from my 'Sri Lanka: Literary Essays & Sketches' (page 151): To the child, "innerly" lonely and vulnerable, the national flag at the front of the classroom threatens violence and cruelty: a "fierce" lion on a "blood red cloth", with "a naked sword" in its paw. In a remarkable use of understatement and indirection, we are told that, seeing the flag Krishna tried to calm himself: his psychosomatic attacks of asthma were getting more frequent.

There's much corruption (particularly at the highest levels) and violence in 'the Paradise Isle': racial and political violence; violence in public and in private life. See, for example, 'Sri Lanka: A Long History of Violence', 'The New York Times', 21 April 2019. See also, 'How torture is institutionalized in Sri Lanka' ('The Diplomat', 20 September 2019) from which I cite an extract: "A new 68-page report from the International Truth and Justice Project demonstrates how torture has been institutionalized in Sri Lanka. It is shown to be the direct consequence of Sri Lanka continuing to use the Prevention of Terrorism Act implemented in 1978. The PTA was described as an "ugly blot on the statute book of any civilized country" by the International Commission of Jurists in 1984... the PTA deems "confessions" obtained under torture admissible."

Sadly, the Sri Lankan flag, after all, is appropriate. The Dhamma Deepa can be proud that of all the 196 national flags of the world, its flag appears to be the most aggressive and violent.

Also appeared in *Colombo Telegraph*, 24 September 2019; *Island newspaper*, 25 September 2019.



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**CANADIAN COLLEGE FOR HIGHER STUDIES (CCHS) EXCLUSIVE SPONSOR FOR CTC WALKATHON TO RAISE FUNDS FOR UoFT TAMIL CHAIR**



It was a cheerful Sunday morning on September 8th as many gathered to fund-raise for the Toronto Tamil Chair initiative. Amidst the crowd, the majority of those who attended were of the younger generation! What an incredible gesture to keep the flame alive for such a beautiful and ancient language.

This was a community based project to support the establishment of a chair in Tamil Studies at the University of Toronto, Scarborough campus. Which means that having a chair in Tamil Studies would benefit generations to experience the Tamil culture and language for themselves.

Canadian College for Higher Studies (CCHS) was so honored to be the Exclusive Sponsor at the Walk for Tamil Chair event. To be part of an event where hundreds of family members came together to support such a tremendous cause was very heart-warming. CCHS thanks the Canadian Tamil Congress for including their institution in this wonderful moment in history.

Many donors also showed their support by giving generously. You can donate as well by going to: <https://donate.utoronto.ca/give/show/407>

Donatus Ratnakumar Doss, the President and owner of Canadian College for Higher Studies & UWIN Pro Inc mentioned in his speech about the importance of the Tamil Chair. His worry was that future generations would miss the enjoyment he had by experiencing different forms of the Tamil Language. One of his fondest memories was during his school days, he took part in speech competitions and dramas. And later, having completed his studies in Tamil up to the University level, he thereafter lectured at the University of Colombo in Tamil stream to further understand the beauty of his mother language.

Donatus started his career in IT by starting Computec International in his homeland Sri Lanka, which computerized local community businesses. He ended up training them as well since their belief was that computers are just toys and will not around for a long time. This was the beginning of his teaching career and it all started when he taught computer education from 1986 to serve the Tamil community. And since 1990, his passion for education has continued in Canada.

At the walk on Sunday, he was very happy to see youngsters getting involved in community activities. Towards the end, Donatus happily handed awards to young winners who participated in competitions that were held at Tamil Fest two weeks prior. Being a part of



Speech – President of CTC



Mr. Doss standing with a winner with a trophy



A winner is awarded with a certificate and trophy



Speech – President of Canadian College for Higher Studies

this moment in history was tremendous. Not only for Canadian College for Higher Studies, but for Donatus and his family as well.

With 35+ years of solid experience and knowledge, Donatus would like to pass his passion on to our community. This is why he has arranged many free lessons in IT for youngsters and adults who want to understand new technologies or computer jargon terms.

Please contact [learn@thecanadiancollege.ca](mailto:learn@thecanadiancollege.ca) or call (416) 850-1456 to take part in these free training sessions.

Education is vital to the functioning of our communities and for generations after us. Knowledge and application can prepare a successful path for you if you are willing to take the first step. Canadian College for Higher Studies is ready to guide you, will you take the first step?





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**WILLIAM**

Got a job in 5 months from the program start date. He has been working in a major bank as a Senior Technical Lead for many years. *Earns a 6 figure income.*



**ROHIT**

Joined as an international student and took a position as a Senior IT Consultant. He is now a DevOps Engineer. *Earns a 6 figure income.*



**EMMANUEL**

Worked on multiple projects with IBM and CIBC at the same time immediately after graduation. *Earns a 6 figure income.*



**JERRIN**

Joined as an international student and got a position as a Senior IT Support Consultant in a major community college. *Earns a 6 figure income.*

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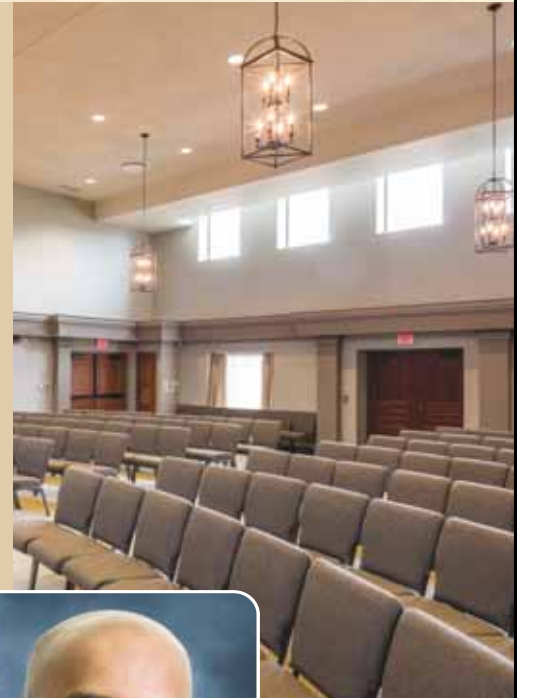
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# TRIBUTE TO SANGEETHA VIDWAN THE LATE MR. RAM CUMARASAMY



Late Mr. Ram Kumarasamy

## C. Kamalaharan

I was extremely shocked and deeply saddened on hearing the tragic news of the demise of my former colleague Ram Kumarasamy the popular Carnatic vocalist. During the 1950s and 60s when Carnatic music held sway in Jaffna Sangeetha Vidwans Shanmuratnam Param Thillairajah and Ram Kumarasamy were the accomplished Carnatic vocalists who entertained listeners in the regular one hour programme broadcast in the Sri Lankan Broadcasting Corporation (SLBC). Carnatic music being his forte Ram worked hard to become a talented singer under the tutelage of Thiruparampura Swaminathapillai at Govt. Arts College in Chennai. According to listeners Ram's voice as he sang bore a resemblance to the voice of the celebrity G. N. Balasubramaniam. His melodious voice lured many listeners as he sat elegantly in a cross-legged posture on stage and sang.

Ram's family members deeply rooted in Carnatic music and Bharathanatyam have excelled in their respective fields. His father late W. M. Kumarasamy along with V. R. Rasanayagam were the pioneers who inaugurated The School of Dancing at first cross street Jaffna long before the inception of The Ramanathan Musical Academy by Nadesapillai of Ramanathan College. Furthermore W. M. Kumarasamy was one among those who started The North Ceylon Sangeetha Saba. Kalabhooshanam Sathyabama Rajalingam the popular Carnatic vocalist and Kalabhooshanam Thiripurasundari Yoganathan the popular Bharathanatyam dancer are both Ram's sisters.

Kalaimanram an Institute for Bharathanatyam and Oriental music was established by Ram's family on the 21st of October 1958 at Town Hall Jaffna. It was ceremoniously opened by Pathmasiri Vazhuvoor B. Ramiahpillai when he arrived to officiate as Chief Guest for Kalabhooshanam Thiripurasundari Yoganathan's Bharathanatyam Arangetram (debut). In the institute Kalabhooshanam Thiripurasundari Yoganathan served as the principal and Chief Instructor in Bharathanatyam and Kalabhooshanam Sathyabama Rajalingam was in charge of Carnatic vocal while Ram took over the administration of the institute after his father. Nanthini Suthahar and Radhini Sivadharan daughters of Thiripurasundari are proficient dancers in UK. Thiripurasundari's son Yathavan also in UK is a composer and Carnatic vocalist besides being a dance vocalist in Bharathanatyam. Sathyabama Rajalingam's daughter Krishni settled in USA had performed on stage during the Markali Isai Vizha in Chennai for several years.

Besides his deep interest in Carnatic music Ram was professionally a Bachelor of Arts degree holder who began his teaching career at Jaffna Central College the school where he had his primary and secondary education right throughout. Later when I was appointed as a teacher at Central I became closely acquainted with him. I admired the way he moved with others. He was a simple, unassuming and easily approachable person who helped and respected others besides encouraging them in their quest for knowledge. He had a great sense of humour as he with some teachers kept the staff room lively through hilarious jokes and amusing anecdotes.

I still remember Ram's expertise in Carnatic music when he entertained the staff by rendering some popular Carnatic songs during the staff annual dinner at Palm Court resort at Valalai. The most popular song Ninnuvina Ram sang in the raga Navarasacana under the bright moonlight and beside the calm sea was received with rapturous applause. An old boy and a former teacher at Central S. Nadarajah who later retired as The Chief Education Officer reminded me of an incident that happened long ago. Rev. Bullough former principal of Central was given a rousing welcome when he revisited Central. He was warmly received at Main Street between Premier Café junction and Milk Bar junction and taken in a grand procession to Central accompanied by the principal, staff, students and well wishers. Leading ahead of the procession were the Natharswara artistes who played the college song 'Wet the ground and wind opposing...' enthralled the participants trailing behind. Prior to the function Ram had hummed the song to the Natharswara artistes who had meticulously noted it and played it flawlessly.

After I left Central and went on transfer to the outstations I hardly had contacts with Ram. When the civil war in the country escalated I with my family migrated to India and settled in Adyar Chennai. It was a pleasant surprise to see Ram also there. He had also settled there with his family next to the house of Dr. Pathma Subramaniam and in close proximity to my house. We had met occasionally and reminisced the past particularly about the happy days we spent at Central. The last time I met him was when he attended my son's wedding on the 22nd of Nov. 2003 at Breeze Hotel in Chennai. A week after the wedding we left India for good and settled in Colombo. Later we became citizens of Canada and settled permanently in Montreal.

For a long time I lost track of Ram. One day I accidentally met his nephew Y. Yathavan and inquired about Ram. My heart sank when I heard that Ram's condition was critical. I got Ram's telephone number from him and dialed. Ram promptly took the receiver and in a faint voice spoke, "Hello." I answered, "Kamalaharan here." His instant reply, "Oh Kamala! Sorry I am unable to talk to you now, call me sometime later." He seemed sickly and his voice too faltered. I really felt sad and placed the receiver. Quite aware of his health condition I didn't want to trouble him further and remained hoping that he would recover soon. But contrary to expectations Ram's condition deteriorated further. He breathed his last at Pennsylvania, USA on the 26th of June 2019. I was completely shattered on hearing the distressing news. His demise has left a void in the Carnatic world. It cannot be filled as other forms of music are looming large. Lovers of Carnatic music have lost a talented singer while Central has lost a distinguished old boy and a dedicated teacher.



Ram sings for a dance programme in UK



# Essence of Honour

- whizolosophy.com

By: J.A. Rajah

An honourable man will never cease to uphold his standards of honour even if such action leads to glorious life. Those who seek fame with honour will never indulge in dishonourable acts-even if such acts give them some sort of fame. Modesty should always go with prosperity, but during days of adversity one should hold the head high in dignity. In another couplet Valluvar asserts that greatness always humbles itself. (*Panniyumam enrum perumai*).

Men who are as noble as a mountain will shrink if they do an ignoble act.

They will consider themselves as a 'kunri' seed if they do a dishonourable act. It is better for a man to die at once rather than to maintain himself by hanging on to those who scorn him. We should not cherish our lives at the cost of our own reputation and our family's honour.

Our flesh nurturing life is not a precious nectar to continue with it at the expense of our honour. In 'Inniyavay natpathu' it is stated that "Maanam azhlinthapin varlamai munninithe". Just as the yak, which is shorn of its wool does not survive, a

man of honour will not live if he loses it. The world will admire the glory of men who give up their life when overtaken by dishonour.

Men who have fallen off from their high and noble estate, will be like the hair that has fallen off the head. The hair on the head is a thing of beauty. When it is removed from the head, it becomes rubbish. The same is the fate of men who have descended from the level of honourable conduct and demean themselves.

***"Thalayin illintha mayir annayar maanthar"***

***Nilayin illinthakkadai"*** (Kural: 961-970)



Valluvar's Views



# Forex Currency Trading – How to Trade Profitably

**Arun Senathirajah**  
MBA (Banking Mgmt)

The foreign exchange currency market simply called as Forex is world's largest financial market. It is also called 'FX Market'. This market is 1,000 times greater than the combined totals of all stock and equity trading markets worldwide. Popular currency pairs are traded globally by many individuals and organizations. According to the Bank for International Settlements triennial report of 2016, the foreign exchange market cap averaged \$5.1 trillion per day. The market does not have a physical exchange. FX market is borderless and is a virtual internet-driven marketplace.

## Currency Trader

A currency trader, also known as a foreign exchange trader or forex trader, is a person who trades, buys and/or sells currencies on the foreign exchange. Currency traders include professionals employed to trade for a financial firm or group of clients, but they also include amateur traders who trade for their own financial gain either as a hobby or to make a living. Many of the world's giant banks, hedge funds, and insurance companies actively trade currencies as a way to make money. Since they do so in very large amounts, they record profits and losses in the millions every day for the smallest fraction-of-a-cent movements in exchange rates. With the internet technology revolution of the 1990s, Forex trading became within reach of an individual.

## Training from a qualified professional and Demo Accounts Trading Practice

It is important to get a proper training from an experienced and professionally qualified person or institution. You have to understand very well the terminology used in the market, how to select a right pair of currency, how to watch the price movements using the combinations of various charts.

In order to open an account in most cases, simply by filling out online currency-trading application. After your learning process, engage in Demo account practice with any of the broker trading platform you have chosen. Until you get the confidence practice more.

Practice accounts are normally open with \$50,000 of virtual money. This way you can learn how to trade without spending real money. With good practice, if you see that you're trading profitably, you may then decide to trade in your real Forex account with your own money. You may begin by making a small deposit; some brokers will open an account with as little as a \$100 deposit while others may require more. This has been made possible because of the internet and highly liquid marketplace. It is a highly decentralized marketplace, with 15 regional marketplaces and thousands of specialist traders.

## Selection of Broker

Traders have to assess the reliability of the Forex broker, before open-

ing account with them and starting the first trading. Interactive Brokers, FXCM, and Thinkorswim are few of the prominent largest U.S. Forex brokers. Avatrade, LMFx, NetoTrade, and eToro are some of the Canadian brokers providing Forex trading platforms.

## Making Currency Trades in Currency Pairs

Once you've opened your account, you begin trading by selecting the currencies you want to trade. Currencies on the Forex always come in pairs. As the value of one of the currency pairs rises, the other falls. Most beginning traders should trade only the most-widely traded currencies, such as the U.S. dollar (USD), the British pound (GBP), or the Euro (EUR) because they are the most liquid and have the smallest spreads. The spread is the charge that the trading specialist, broker-effectively a middleman, charges both buyer and seller for managing the trade. Major pairs trading in the market are EUR/USD, GBP/USD, AUD/USD, and USD/JPY.

## Price Movements

A currency's value will fluctuate depending on its supply and demand. Price Movement is analyzed by two types of analysis – those are: Fundamental Analysis and Technical Analysis

## Fundamental Analysis:

Major Economic Indicators movements, interest rate and monetary policy decision making are most important factors that affect the currency price of country. Interest rate, unemployment rate, housing data, Money Supply Policy M3, GDP Trend, and Retail sales index are the major deciding factors of the economic Climate of a country. Further Speeches by Central Bank Governors, President or Prime Minister of a country: Political stability etc. also affects the market. Unlike in the stock market respective central banks intervene when there is too much volatility, in order to stabilize their currency. There is no insider information leak like in the stock market, everyone knows the same time when an econ indicator is released or political event happens. Meticulous talent of each trader is important in order to understand and predict the market trend and the movements of the price of the currency.

## Technical Analysis: Charts – Monitoring & Analyzing

There are prominent charts that are being watched to predict the price movements. Candle Stick patterns monitoring, Support & Resistance trend, observing Fibonacci sequence, Moving Averages, Bollinger Bands trending are mostly used in watching the price movements. Other technical Indicators Including: MACD, RSI, etc. also used in combination of other charts. Correlation among these charts and understanding them are paramount important to predict the price trend.

## Advantages of Forex Trading

Open 24 hours: During weekly session it is open 24 hours a day from



5:00pm EST Sunday through 6:00pm EST on Friday. Trading goes on all around the world during different countries' business hours. You can, therefore, trade major currencies any time, 24 hours per day. Since there are no set exchange hours, it means that there is also something happening at Trade Profitably almost any time of the day or night.

**International exposure:** As the world becomes more and more global, investors hunt for opportunities anywhere they can. If you want to invest in another country (or sell it short!), forex is an easy way to gain exposure.

**Go Long or Short:** Unlike many other financial markets, there are no limitations on shorting currencies. If you think a currency will go up, buy it. If you think it will fall, sell it.

**Highly Liquid Market:** Since forex is a \$5 trillion a day market, with most trading concentrated in only a few cur-

rencies, there are always a lot of people trading. You can easily find a buyer or seller any time. This makes it easier to get in to and out of trades at any time, even in large sizes.

**Trading on Leverage:** Because of the deep liquidity available in the forex market, you can trade forex with considerable leverage (up to 200:1). This can allow you to take advantage of even the smallest moves in the market. Leverage is a double-edged sword, of course, as it can significantly increase your losses as well as your gains.

## Trading Strategies and Trading Profitably

Through wide experience you can establish your own strategy. But you have to learn carefully generally established and used strategies to make profits in the currency trading. Understanding of the chart movements and apply the trend for your profitability in the trading brings fruitful results.

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# The Importance of Art

Part 1

By: Angela Yuan

**“Before a child talks they sing,  
Before they write they draw.  
As soon as they stand they dance.  
Art is fundamental to human  
expression.”**

- Phyllicia Rashad

From the early ages of Homo sapiens 100 000 years ago to our current twenty-first century modernity, art has been ever-present to mankind. Art, whether it is in the form of music, dance, poetry, or visual arts, is as important to our survival as food or water. Art is what makes us human. Visual Arts in particular, has encompassed a vast cultural, spiritual, and historical context of humankind, providing value to the societies built around this form of expression. Throughout history, art was an esteemed craft, challenging other top pillars of scholarly disciplines due to its storytelling and documentative abilities, its ability to immortalize deities, or for its ability to express intellectual and emotive satisfaction. Yet, today, many people consider art to be a form of casual entertainment, or “just a hobby”. Consequently, their close-minded ideologies are thusly projected onto school curricula, forming hierarchical career standards to be passed down the generations and to be propagated all around the world. Despite the common belief that art is a lesser or insignificant field, a reflection back on history will remind you to instead regard art to be as vital to our success as Math or Science academia.

Let's revisit some of the first Homo Sapiens, back in 30,000-28,000 BCE of the Paleolithic era in the Ardèche region of Southern France. There, one of the first ever cave paintings were made at Chauvet Cave. A popular misconception is that the cave paintings made long ago were creative byproducts of people living inside caverns, but art historians will justify that early humans did not widely use them as shelters due to the lack of oxygen and light. Many people also believe that cave paintings represented a record of human activity or of spiritual worship. While this may have been true for some cases, a particular painting of a bear in Chauvet cave disagrees with this assumption. Instead of using art to bless good fortunes on a hunt, this bear was made simply to document the animal itself, since bear-poaching was not a staple activity for the human diet or survival strategy. Thus, the Bear in Chauvet Cave illustrates one of the earliest examples made of art being made purely for self-expression and satisfaction. But why did humans have a need to make art anyway? Making cave paintings was never necessarily practical to a human's core survival. You can't eat or gain shelter or warmth from a painting. And isn't it so counterintuitive to venture inside a dark anoxic cave in the first place, just to wind up making art for art's sake? But, the fact that we indeed took time away from our potential hunting and gathering needs demonstrate our innate human nature, our desire



Portrait Recreation of A Michael Malm Study (2018), Oil on Canvas by Angela Yuan

to express ourselves and to capture the world around us.

As humanity thrived into larger complex social structures, art was used more extensively as a form of documentation, and as a tool to dictate hierarchies among royalty or among gods and religious figures. It became a way of pronouncing our culture and societal beliefs and assimilating them into our daily lives. Basic everyday objects like wardrobes or chests would recount stories of our gods and kings, and even colours like gold, ultramarine blue, and purple made hierarchical connotations to social structures that would extend even to today's standards of quality and value. During early civilizations, text and written language had not yet been invented, and thus art has placed even further emphasis on visual storytelling and communication between the past and present of our cultures and lifestyles.

Time went on, and our societies and beliefs would shift. But throughout every era in time, and within every nation across the globe, art has been crucial in recording our changing lives, supplying emotionally-charged reactions, and delivering action or consequences. Whether it was propaganda papers about a war, biblical artifacts in honor of a deity, consumerist advertising to a new factory fad, graffiti and protests to changing governmental implementations, or even Instagram posts about the latest celebrity scandal, all forms of visual media elicited an emotional response, prompting reflection, criticism, or action. Some people looked at a war poster and were motivated enough to serve their country. Others looked at an ad about children's cancer and were touched enough to donate to a hospital. Several others may have looked at a Facebook-circulated nature photography post and become angered enough to sign a petition. No matter what form it takes, art makes you think critically about the media you consume, and integrates itself within every level of influence we interact with. It expands beyond pure visual stimulation; It's in the ergonomic chairs we sit on, the blog-worthy foods we

eat, and in the statement-branding clothes we wear. No other species or animal comes close to the level of creation, decoration, and expression that we have emphasized in our lives. Let's even look back to the genetically dis-




Banality Through My Red Slippers (2019), Acrylic on Canvas by Angela Yuan



Angela Yuan


sonant Neanderthals who once lived alongside early humans in the same period: Art was absent from their lives, while it thrived among ours. Art is ingrained in our culture and in our history, exemplified by our sculptures, paintings, mosaics, and even our everyday tools and clothes. Art is what makes us human.



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# THE MOON LANDING IS MANKIND'S MOST EXCELLENT VENTURE

## India is the Fourth Nation to Land on the Moon & the First Space Mission to the South Polar Region

By: *Uthayan Thurairajah*

Indian Space Research Organization (ISRO) launched Chandrayaan-2 (C-2) on July 15, 2019. It is an advanced version of the previous Chandrayaan-1 (C-1) mission, which was launched about ten years ago. It is the first space mission to carry a landing on the south polar region of the moon. India illustrated the fourth country to land on the moon after the former Soviet Union, USA and China. The mission not only aims to expand India's footprint in space but also to inspire a future generation of scientists, engineers, and explorers.

C-1 played a vital role in the discovery of water molecules on the Moon. C-1 was India's first deep-space mission. Among its suite of instruments, it carried NASA's Moon Mineralogy Mapper (M3), an imaging spectrometer helped confirm the discovery of water locked in minerals on the Moon. C-2 comprising an orbiter and a soft lander carrying a rover. The primary objective of C-2 is to demonstrate the ability to soft-land on the lunar south surface and operate a robotic rover on the surface.

### WHY TO THE MOON?

The Moon is the closest cosmic planet to earth on which the lunar space can be explored and documented. It is also a promising testbed to prove the technologies required for deep-space missions. C-2 attempts to foster a new age of discovery, increase our understanding of space, stimulate the advancement of technology, promote global alliances, and inspire a future generation of explorers and scientists.

ISRO website explains, "Extensive mapping of the lunar surface to study variations in lunar surface structure is necessary to trace back the moon's origin and evolution. Evidence for water molecules discovered by an earlier mission needs further studies on the extent of water molecule concentration on the surface, below the surface and in the light lunar atmosphere to discuss the origin of water on the Moon."

The space mission is a consequence of some of India's most advanced engineering miracles. The module for C-2 uses technology and software developed across the country, including ISRO's most powerful launch vehicle to date and a wholly home-grown rover. It is a first Indian mission to land on the lunar surface to explore the lunar terrain with home-grown technology.

### TAMILS ARE PROUD

People are proud to note that after the "Indian missile man" and former president, Dr. Abdul Kalam, ISRO Chairman, Dr. K. Sivan became an "Indian rocket man." Both are Tamil and hailed from the southern state of Tamil Nadu. They have climbed from humble origins to the glorious reputation in the field of science and technology. They are an inspiration and role model for the younger generation.

Over one billion dreams have soared high as India has taken a giant leap towards outer space. The country salutes ISRO and its scientists as India scripts history in space exploration and technology. India tries to land on the lunar surface for the very first time and especially on the south pole. Earlier mission, C-1 was orbiting around the Moon and analyzed lunar surface. C-2 has three components, the Orbiter, the Lander 'Vikram' and the 'Pragyaan' Rover.

It is a first space mission to land on the South Polar Region of the lunar moon surface with homegrown technology. India has joined the illustrious league of

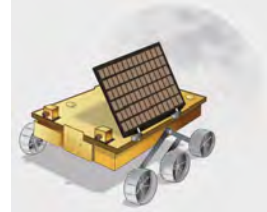
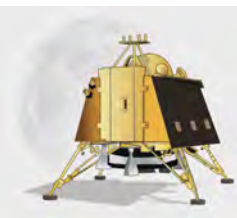


four nations across the world to make a landing on the lunar surface. This puts India with global leaders for space technology and research. The findings during the mission will scale new frontiers for science. C-2 also stands out for its moderate cost of \$142 million, which is lower than several other lunar missions. ISRO has formed a niche for itself across the globe, in the sphere of astronomy and space research for running cost-effective projects.

C-2 has many science payloads to expand the lunar scientific knowledge through a comprehensive study of topography, mineral identification, seismography, and distribution, surface chemical composition, thermo-physical characteristics of topsoil and structure of the tenuous lunar atmosphere, leading to a new understanding of the origin and evolution of the Moon.

### HARD LANDING ON MOON

The C-2 lander had a "hard landing" when it lost contact with the ground station during a historic attempt to soft-land on the lunar surface, NASA said. "The C-2 lander, Vikram, attempted a landing Sept. 7 on a small patch of moon highland flat plains between Sim-



pelius N and Manzinus C craters. "Vikram had a hard landing and the exact location of the spacecraft in the lunar highlands has yet to be determined," NASA said in a statement and released pictures of the targeted landing site, labeling the craters. The deadline to contact Vikram, which had a 14-day mission life, ended as lunar night began to fall in the south polar region of the moon where the lander was attempting a descent.

Space is a complex region to conquer, and the moon surface places polluted with failed attempts. The hard landing and failure are chiefly attributed to the lack of atmosphere on the moon, which renders parachutes inefficient. The lander is left solely at the aid of thrusters to cushion the landing. The difficulty can be estimated from the fact that the hard landing may be successful.

### C-2 ORBITOR IS ACTING WELL

C-2 orbiter continues to perform the mission to complete satisfaction while experts are still analyzing the communication loss with Vikram lander. C-2 Orbiter continues to perform scheduled science experiments to complete satisfaction. Meanwhile, the National Committee of academicians and ISRO experts are analyzing the cause of communication loss with VikramLander," tweeted ISRO.

ISRO further informed that the initial trials for orbiter payloads were completed successfully and the performance of all orbiter payloads was satisfactory. The Vikram Lander successfully separated from C-2 Orbiter on September 2. After revolving around the Earth's orbit for nearly 23 days, the craft began its journey to the moon on August 14. On July 22, C-2 was launched into space by India's heavy-lift rocket Geosynchronous Satellite Launch Vehicle-Mark III (GSLV Mk III). The C-2 spacecraft comprised three segments — the Orbiter (weighing 2,379 kg), Vikram (1,471 kg), and Pragyaan (27 kg). After five earth-bound orbit raising activities, C-2 was inserted into the lunar orbit. On September 2, Vikram separated from the orbiter.



### ISRO CHIEF & INDIAN PM



Dr. K. Sivan, ISRO's chairman, stated that "Vikram lander descent was as planned and normal performance was observed till the altitude of 2.1 km. Subsequently, the communication from the lander to the ground station was lost. The data is being analyzed," CNN reported. ISRO chief Dr. K Sivan further said a national-level committee is analyzing "what really went wrong with the lander." "We have got no signal from the lander. After the committees submit the report, we'll work on the plan. Necessary approvals and other processes are required. "Our next priority is Gaganyaan mission," he added.

The country is eager to go on Gaganyaan (crewed orbital spacecraft) mission, says the ISRO chief. All attempts to stabilize contact with lunar lander Vikram went in hollow. However, Dr. Sivan termed C-2 mission is a huge success and declared that it helped in mapping the entire moon surface in best details and accuracy.

"C-2 includes a huge size science part and a small technology performance part, which include soft-landing near the South Pole of the Moon. The majority of investigations conducted in the Interplanetary science in the orbiter. Originally, the orbiter's life was only one year, but due to optimum mission operations, it has increased to 7.5 years. Now, scientists would receive 7.5 times of data more than expected. It is a huge success," he said.

"Gaganyaan is very important for India as it would boost the science and technological capabilities of the country. By December 2020, India would like to send a first unmanned space flight and the second one by July 2021. Targeting the first Indian will be carried by our rocket by December 2021. The ISRO is working on that," Dr. Sivan further said.

The Indian Prime Minister, Modi offered encouragement to Dr. K Sivan, the team of scientists and children that had accompanied him to the ISRO campus. "Be courageous. Our faith in ISRO has not lost. I can proudly say that the work was worth, and so was the journey. We are full of confidence that when it comes to our space program, the best is yet to come," he stated, praising the ISRO.

Three mission stages were completed successfully at an altitude of 300 meters from the moon surface. It is validated all new technology elements, including navigation sensors and propulsion except the soft-landing. Innovation is not having a great idea on the mind or paper. Discovery comes from very high-level risk and failure. These failures did not become barriers in our path. We use these failures as learning opportunities. Space technology was only a means of fast-tracking the country's development. It is good India moving forward that direction, and it is happy to note that the contribution of Tamil in this endeavor is outstanding.



*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

# Adding an adult child as joint owner

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

If you're a Canadian living outside Québec, and are considering sharing ownership of an asset with a child during your lifetime, be careful.

There are two distinct forms of joint ownership. You'll need to specify which type you're choosing, but also be very clear about when your child will receive both legal and beneficial ownership. If you're not careful, unintended tax burdens, estate complications, and family conflicts can result.

## Joint tenancy vs. tenancy in common

The common law, which applies in all Canadian provinces except Québec, recognizes the following two forms of joint ownership:

- "Joint tenancy," sometimes also referred to as "joint tenancy with a right of survivorship," whereby each owner has an equal and identical interest to each other owner. When one of the owners dies, his or her interest is transferred by an automatic right of survivorship to the surviving joint owners.

- "Tenancy in common," whereby the interests of each owner do not need to be identical. When one of the owners dies, his or her interest is transferred to his or her estate, from which it is distributed in accordance with his or her will. If there is no will, then it is distributed in accordance with the intestate succession laws of the deceased owner's province or territory. This article only addresses the "joint tenancy" form of ownership with a right of survivorship.

## Legal ownership vs. beneficial ownership

The common law also distinguishes between "legal ownership" and "beneficial ownership." If an individual is the legal owner but holds the property for the benefit of another person, then the individual is acting as trustee and holding the property in trust for the other person who is the beneficial owner (sometimes called the beneficiary). The legal owner gives instructions with respect to the property, but may not personally benefit from the property unless the legal owner is also a beneficial owner.

## Presumption of resulting trust

In 2007, the Supreme Court of Canada ruled that when a parent gratuitously adds an adult child as a joint tenant to an asset, it will be presumed that the parent did not intend true joint tenancy, but rather that the child holds his or her interest on a "resulting trust" for the benefit of the parent and the parent's estate, and that the child does not receive a "beneficial" interest in the property at the time that he or she was added – only a "legal" interest. If this presumption holds true, then:

- There is no change in beneficial ownership when the parent adds the adult child, so no capital gains or losses are realized.

- During the parent's lifetime, the par-

## Are you thinking of adding your adult child as a joint owner to any of your properties? If so, you should be familiar with the legal and tax consequences of joint ownership

ent must report all the future income and capital gains from the property.

- During the parent's lifetime, the child will not have any rights to any part of the asset, and neither will the child's creditors.

- If the parent dies first, The parent will realize all the accrued capital gains on his or her tax return in the year of death. The asset will be considered part of the deceased parent's estate.

The child should transfer the asset to the parent's executor, to be distributed in accordance with the parent's will – i.e. the child will not necessarily be the only one who will enjoy the asset. If the deceased parent's executor is required to apply for probate, and the application for probate requires full disclosure of all estate assets, then the executor should include the value of the jointly held asset. This may mean that probate fees may be payable in respect of the asset.

## Rebutting the presumption of resulting trust with evidence of gift

The presumption of resulting trust can be rebutted with evidence of the parent's intent to "gift" an interest to the child. For example, when dealing with a bank account or an investment account, the child would have to prove that either:

- The parent intended to gift the right to withdraw funds from the account(s) to the child during the parent's lifetime (whether or not the child exercised those rights), and also to gift the balance of the account to the child alone on the parent's death through survivorship, with no expectation that the child would share with other estate beneficiaries. (This would generally be considered a "true joint tenancy" arrangement.) or,

- The parent intended to retain exclusive beneficial ownership of the account until his or her death, but allow the child to take the balance of the account through survivorship, with no expectation that the child would share with other estate beneficiaries.

If evidence of gift is produced, then:

- There is a change in beneficial ownership when the parent adds the adult child, potentially resulting in a partial disposition of the asset. If there is an unrealized capital gain accrued within the investment, part of this gain would have to be reported at the time the joint owner is added, potentially resulting in a tax liability for the parent.

- During the parent's lifetime, the parent and children should report an equal share in the future income and capital gains on the asset.

- During the parent's lifetime, the child will be a part owner of the assets, meaning



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that the child's interest could be exposed to claims made by the child's creditors (including the child's spouse).

- If the parent dies first, The parent will realize the accrued capital gains with respect to his or her remaining share in the asset on his or her tax return in the year of death.

The asset will not be considered part of the deceased parent's estate.

The child will inherit by right of survivorship, free and clear of any claims made by other estate beneficiaries. Probate fees will not apply to the asset.

## When does joint ownership most often become a problem?

Usually the battle begins when the parent has died, and the child who was added as joint owner wants to retain the property while the other beneficiaries of the deceased parent's estate or the creditors of the parent's estate want access to (or a share of) the asset.

## What is appropriate "evidence of the parent's intent to gift"?

The wording of the application for a joint account with a financial institution, or the wording used with the land titles or land registry office is generally insufficient to settle the matter. In the absence of a clearly written contract (ideally prepared by a lawyer

at the time that the joint ownership arrangement is established), the courts will have to infer what the parent's intentions were by studying the circumstances. It is difficult to predict what a court might rule in a given factual situation, as the courts have given different weight to similar facts in different cases.

**Which end result do you want to apply – a resulting trust, or true joint tenancy?**

If you hold an asset in joint ownership with an adult child, what end result do you want? Do you want that child to have to share the asset with the other beneficiaries in your will (i.e. your other children and relatives, friends, or favourite charities)? Or do you

want your child to inherit the asset free and clear upon your death, with no obligation to share with the other beneficiaries of your estate?

## Conclusions

Before adding a child as a joint owner, consider first going to a lawyer to write a contract in which you clearly explain your intentions and expectations and your child agrees to them. If you have already added an adult child as joint owner to an asset, consider going to a lawyer to document your expectations today. The contract will hopefully prevent possible fights after your death.

Lastly, if you are contemplating joint ownership with an adult child but want your child to share the asset with other beneficiaries, be aware that the asset may still be subject to probate and probate fees, making this form of joint ownership a strategy with arguably little value. In many cases, the reason for adding a joint owner to an asset may be a concern about who will manage the asset in the event of incapacity. If that is your concern, speak to a lawyer or notary about signing a power of attorney.

## Disclaimer:

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





# Guidance for Higher Studies and career Information Workshop



The Association of Sri Lankan Graduates of Canada (ASGC) is hosting an academic and professional development workshop for high school students and their parents on Saturday November 2nd at 10am at Middlefield Collegiate Institute in Markham. This follows the success of three such workshops held in 2018-19 in Markham, Mississauga and Ajax. The workshops provide an opportunity for high school students and their parents to hear first-hand from recent graduates and young professionals from a wide range of fields including health sciences, business and entrepreneurship, social sciences and humanities, and engineering and math about their experiences and lessons learned in college and/or university, as well as in the workplace. Students and parents are encouraged to ask questions and engage in discussions with our panelists. This includes answering questions about course selection in high school, college, and university; scholarship and grants; volunteering and extra-curricular activities and career options.

ASGC has been supporting the Tamil community in the GTA for over 30 years. Through partnerships with local school boards, ASGC hopes to ease the transition from high school to post-secondary school.

If you're interested in attending this event, please contact either Dr. K. Theivendirajah 416-561-4786 or Dr. V. Manivannan 647-949-5205.

**Krishni Ganesan, BHSc.,**  
(McMaster), M.Sc (Queens), Senior Advisor to Ministry of Health.

Executive committee member of ASGC.



## The Association of Sri Lankan Graduates of Canada & The York Region District School Board

### Guidance for Higher Studies and Career Information Workshop

HIGH SCHOOL STUDENTS (GR. 9-12) & PARENTS/GUARDIANS

**Date: Saturday November 2, 2019**

**Time: 9:30 am - 1:30 pm**

**Venue: Middlefield Collegiate Institute, 525 Highlen Avenue (@Middlefield Road), Markham**

**Admission: Free**

Looking for information on...

- Career Choices
- University/College Selections
- Scholarships & Grant Applications
- Secondary School Course Selections

**Come join us to meet the professionals, seek the right advice and step into the right path for a better future.**

**Free Refreshments & Snacks will be provided**

**To Register, Contact the following Phone Number or Email:**

**Dr.K.Theivendirajah, Phone: 416-561-4786**

**Email: Initha.Subramaniam@yrdsb.ca**

**Register at: <http://bit.ly/highschoolworkshop>**

Partner Organizations

Canadian Tamil Professionals' Association (CTPA),  
Canadian Tamil Medical Association (CTMA) &  
Sri Lankan Accountants Association of Canada (SAAC)  
Educators For Tamil Students' Success (YRDSB)

# T20 Cricket – Jaffna Hindu College Association Canada Vs Hindu College Colombo Alumni North America

By: Tashvir Narine

The first battle of the Hinduites of North America was held on September 14th, 2019 at the Eglinton Flats Cricket Grounds in Toronto. There were two entertaining 20 over matches to behold on the day, with the teams separated between over-45 and under-45 age groups. Past students from both Jaffna Hindu College and Hindu College Colombo filled both teams with the intent of bringing glory to their respective school associations.

### MASTERS Game – Colombo Hindu College won by 1 wicket

In the first match, Colombo Hindu won the toss and elected to bowl in the

Over 45 competition. Jaffna Hindu College scored 92 losing 6 wickets in their 20 overs. JHC Captain Ravi top scored with 21 runs and Sivam scored an unbeaten 16 runs. On the other side, both Rajendra and Pradeep bowled their individual 4 overs for Colombo Hindu College and each taking 2 wickets during their spell.

Colombo Hindu College then went in to bat needing 93 runs for victory. Raju top scored with 18 runs and Yohan totaled 11 runs before being run out. CHC lost 9 wickets on the day with 4 coming from run outs however, with only 2 balls to go, the last two batsmen brought the victory home with a single run in a thrilling finish!

Best bowler on the day was Aravintan from JHC who not only captured 2 wickets in his 4 over spell, but also got 3 of the Colombo Hindu batsmen out from direct hit run outs.

### BLASTERS Game – Jaffna Hindu College won by 33 runs

The second contest of the day placed the Under 45 competitors from both schools, with Jaffna Hindu College winning the toss this time and electing to bat. Batting the full 20 overs and losing 6 wickets, JHC was able to total 84 runs. Top scorer was Ranjith with 21 not out and Sathees who opened the batting and made 16 runs before being bowled. CHC bowler Murali performed well with the ball, taking 5 wickets for

15 runs. The total seemed however to be too much for the chasing side in this match. Colombo Hindu College managed to score only 51 runs in defeat with Sushen being the only batsman to get into double digits. JHC bowled well from the start with Nitharsan taking 3 wickets in his 4 overs allowing only 8 runs. Both Sarangan and Jansan also took 2 wickets in their respective spells.

This event was welcomed by all participants and spectators from both schools. Monsoon Journal congratulates both winning teams and extends a special thanks to all the players and organizers of the event. Best of luck next year to all.

The teams can be identified by the color of their jerseys, Jaffna Hindu College in Blues and Colombo Hindu College in Yellows  
Photo Credit: Ravi Rasiah





யாழ்ப்பாணம் ஒந்துக் கல்லூரிச் சங்கம் கனடாவின்

கலை மரபுரிமைக் கழகம் பெருமையுடன் வழங்கும்

# கலையரசி 2019

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ஈழ நிலத்தார் பாடல்

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கலையரசி மலர் வெளியீடு

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தமிழின் கொண்டாட்டமாய்

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GENIE SISTERS

SAMAYAL  
SANTHAI

Welcome to our recipe corner! We sisters will entice you with recipes that we have fallen in love with and teach you a little Tamil along the way, as all the ingredients will have their Tamil names. Both of us love to cook and we have developed very different styles. Niranjini has a very refined palate and cooks more contemporary world cuisine with an Asian touch. Rajini is the founder of Tamilfood and teaches individual and group cooking classes in Toronto and abroad. Follow us on Instagram: @ninjateatsfood and @tamil\_food Facebook: /tamilfoodclasses Eat more, learn more!

Sisters Niranjini Thirunesan and Rajini Nathan are both food enthusiasts from England. Niranjini, who lives in London, has a degree in Human Biology and is a trained chef. She makes it her business to know everything about what she eats, from nutritional value to source producers. Follow her food obsession on Instagram @ninjateatsfood.

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.

# Vendakkai poriyal

The festivities this month begin with Navarathri and then deepavali follows soon after, with vegetarian dishes in demand, here is one that is super easy to make and the perfect accompaniment for rice or chapathi dishes. Source the perfect vendakkai (okra) and this dish will be one you'll want to revisit time and time again.

## Ingredients:

- ✓ 500 gms okra (vendakkai)
- ✓ 4 tbs sesame oil (nallennai)
- ✓ ½ tsp mustard seeds (kadugu)
- ✓ ½ tsp cumin seeds (seeragam)
- ✓ ½ tsp urid dhal (uzhundhu)
- ✓ ½ tsp chana dhal (kadalai paruppu)
- ✓ 2 dry red chillies (varai milagai)
- ✓ A pinch of asafoetida (perungaayam)
- ✓ ¼ inch grated ginger (inji)
- ✓ ¼ tsp turmeric (manjal)
- ✓ 1 tsp lime juice (optional)
- ✓ Salt to taste (uppu)

## Method:

Wash the okra, cut into ¼ inch pieces and set aside. This step can be done in advance and the cut pieces put into an air tight Tupperware to cook on a weekday night. Once ready to cook, in a spacious wok heat the oil and add the mustard seeds, wait for them to pop and add the cumin seeds, urid dhal, chana dhal, chillies, asafoetida and grated ginger. Cook till the lentils and ginger begin to turn slightly brown. Add the cut okra, turmeric and salt and continue to cook for 10 minutes stirring occasionally. Using a larger utensil will help the okra crisp and not turn to mush as it cooks in the oil. Slowly you'll see the sliminess of the okra disappear as the okra becomes crisp and cooked. Once done, add the lime if you want to lift the dish up slightly with that touch of tanginess.

Try making this recipe this month and hashtag #monsoonjournal on Instagram.

Send us your pics, comments and feedback. Spread the love (and recipe!) :)



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# Chef Ramanaa's Aachi Food Event a Success



*By Siva Sivapragasam*

**W**ith an array of extravagant stronger flavoured ethnic food dishes and an evening of entertainment coupled with food & drink stalls, well-known Chef Ramanaa's Aachi Kitchen event held recently certainly took the guests by storm.

The super flavoured dishes served to the guests were spiced with traditional ingredients like chillies, cardamom, cumin seeds, ginger and pepper. All items were cooked, baked and roasted by Chef Ramanaa and his team to satisfy the culinary desires of the guests present at the event.

The novelty of the event was the food stalls which served some traditional Jaffna dishes and drinks including chilled Palmyrah toddy and cold Maple brand beer given free. All proceeds from this event will go to help the services provided by the SAAC Autism Awareness Centre.

Aachi Kitchen has plans to open-up a new sales outlet in Ajax to cater to the needs of those who would like to taste and take-out stronger flavoured ethnic dishes.

*Seen here are some pictures taken at the Aachi Kitchen event held recently. (Picture Courtesy: Charles Deva)*





**J**affna Central College Old Boys Association, Canada celebrated its 27th Annual Dinner & Dance Gala event on Saturday September 14th 2019 at The Grand Cinnamon Banquet & Convention Centre, Scarborough. Compared to the previous ones in recent years, this year's event was full house with many Centralites and old boys and girls from brother and sister schools of Central in attendance. Group tables were sponsored by Vembadi, St. John's, Chundikuli, Jaffna College, St. Patricks, St. Josephs, Kokuvil Hindu and Holy Family Convent.

The president of the association Mr. Yaso Somalingam welcomed the largest gathering of old boys, their families and well-wishers. He thanked the Platinum sponsors Dushy Christeen Seevaratnam of Chapel Ridge and S. Yoganathan of Grapharts printers.; the Event sponsors- K.C Dental Dr Chandra and associates, Atlantic Kitchen- Ramesh , H&ME Fine Cars- Vasanthan, Platinum Car & Truck Rentals and Don Valley North Toyota-Shan Manojkumar for their wonderful support. The chief guest at the dinner was S. Yoganathan, an outstanding old boy and former President of JCCOBA Canada. Unfortunately he could not be present, but his message was read at the dinner. There was plenty of variety of food for all tastes, live music by the famous band- SHINERS and Mexican salsa dancing by professional dancers. Everyone enjoyed the party which started at 6.30 pm and went on after midnight into the early hours of Sunday. It was an excellent show under the leadership of Yaso Somalingam and his team of dedicated committee members of JCCOBA Canada.

*Photos courtesy of Lucky Exclusive Studios and K.T. (By Dr. K. Theivendirarajah, old boy of Jaffna Central)*

# HIGHLIGHTS OF THE GRAND GALA DINNER

## “CENTRAL NITE 19”





# Mississauga Celebrates Small Business Month with Programs for Aspiring Business Owners

October is Small Business Month in Mississauga – a time to celebrate and acknowledge the contributions that Mississauga's aspiring entrepreneurs and business owners make to the local economy and the community at-large.

"Starting and operating a business is not an easy feat. Our small businesses community is thriving and is responsible for hiring over 180,000 workers. Many small businesses in Mississauga achieve great success because we have a talented workforce, diverse population and spaces with vibrant and accessible storefront locations that make our community a desirable place to live, work and play," said Bonnie Brown, Director of Economic Development Office (EDO). "Small business continues to be important to our community; in fact, the number of small businesses has grown by 9.8 per cent over the past three years. To help businesses, we work with our government, education, and community partners to solve challenges facing the small business community and to provide real-world advice and resources to support own-

ers and aspiring business leaders take their business to the next level."

As an example of interesting ways that EDO supports entrepreneurs and business owners is by hosting a digital marketing conference to provide small businesses with transformative tools to help them adopt digital technologies and stay competitive to meet the demands of the modern customer. This is in addition to a number of free events including seminars and webinars to help entrepreneurs start, build and grow their business. The events provide participants with the business skills and resources in the area of sales, marketing, accounting, taxes, and more.

Bonnie Brown added, "Small businesses are an economic driver and a strong contributor to the growth and vitality of Mississauga's economy. Every small business is essential to our community and we all need to do our part to support and promote them. I encourage everyone to visit their favourite small business throughout the month to show them just how much



you value what they do."

For more small business information, please visit [www.thefutureisunlimited.ca/mississauga-events/](http://www.thefutureisunlimited.ca/mississauga-events/)

Mississauga is home to over 97,000 businesses that are responsible for employing over 180,000 workers. This employment accounts for 43.6 per cent of the City's employed labour force, as recorded through City of Mississauga, 2018 Employment Survey. The city's

small business community consists of various enterprises specializing in tech, childcare, pharmaceuticals, dentistry, hospitality and many more.

The Mississauga Business Enterprise Centre (MBEC) offers small business seminars, workshops and online training where attendees can learn valuable information, insights and skills needed to start or grow a business.

## CEO Appointed for Living Arts Centre in Mississauga

Paul Damaso, City of Mississauga Director of Culture, has been appointed as the Chief Executive Officer (CEO) for the Mississauga Living Arts Centre (LAC) effective immediately.

The appointment is part of the transition process to transfer all operations and management of the LAC to the City of Mississauga.

"As of September 30, 2019, the City has assumed governance and operation of the LAC, but there is still work to be done to fully complete the transition to our Community Services team. Paul will be leading and overseeing the day-to-day operation and future planning for the LAC in addition to continuing in his role as Director of the City's Culture division," said Janice Baker, City Manager and Chief Administrative Officer (CAO). "During the transition, it will continue to be business as usual for all LAC employees, customers, rental clients and program participants."

Baker added, "The City wishes to acknowledge and thank the efforts of the dedicated, skilled and passionate board members who have managed the LAC for the past 22 years."

For more information about the LAC, visit [livingartscentre.ca](http://livingartscentre.ca).

The LAC, owned by the City of Mississauga, officially opened its doors on



November 14, 1997, adding an exciting cultural dimension to Mississauga's downtown. During that time, through a lease and relationship agreement with the City, the LAC in Mississauga (a registered not-for profit charitable organization), was responsible for managing programming and services within the facility. Moving forward, the City of Mississauga will be looking for opportunities across the City's municipally managed major entertainment and cultural facilities - Paramount Fine Foods Centre, Celebration Square, Meadowvale Theatre, the LAC - to better integrate programming, drive tourism and establish Mississauga as a creative music city.

உங்களுடைய டாலர்களில் வரியாக எடுத்துக்கொள்ளப்படும் தொகையின் மதிப்பு



ஒவ்வொரு டாலரிலும் வரியாக எடுத்துக்கொள்ளப்படும் 35 செண்டுகள் தீயணைப்பு மற்றும் அவசரகால சேவைகள், போக்குவரத்து, நிகழ்ச்சிகள், சமூக மையங்கள் மற்றும் நூலகங்கள் தொடர்பான சேவைகள் போன்ற சேவைகளை அளிக்கின்றன.

MISSISSAUGA

2020 budget

[mississauga.ca/budget](http://mississauga.ca/budget)

#SaugaBudget



# Oodahathiru ஊடகத்திரு Esthi 50+ எஸ்தி 50+

A collection of articles in Tamil on Journalist Thiruchelvam's Media Contribution

Book Reviewed By:  
Siva Sivapragasam

Very few Tamil journalists from Sri Lanka's ethnic Tamil minority in Canada can claim to have reached fifty years of media experience. S. Thiruchelvam more popularly known by his penname "Esthi" is one among the few who can claim this well-earned tribute.

Thiruchelvam began his journalistic career by initially contributing articles to his school magazine at a tender age while being a student. His passion for journalism and writing made him carry his writing talents higher when he began contributing to national Tamil dailies and extending it to Radio broadcasting and TV appearances.

The current Book about him suitably titled "Uudahathiru Esthi 50+ is a collection of articles penned by his friends in the Media both in Sri Lanka and world over. Authors of the articles are not only those who worked with him but also those groomed by this veteran journalist. The testimony to his capabilities lies in the publication of the

monthly magazine "Thamilar Thahaval" which has completed twenty-eight years of continued and uninterrupted publication in Canada. The contents of every issue are rich in value and covers almost every subject dear to the heart and soul of the Tamil community. Be it matters pertaining to immigration, Tamil culture, short stories of value, politically inspired editorials, religious sentiments, "Thamilar Thahaval" has it all for the reading pleasure of those who lay their hands on the magazine monthly. The contributors to his magazine are also well-known to the community and well versed in the subjects they write.

Many of our senior writers have retired from Media services since the advent of modern computer and printing technology coupled with the arrival of social media. It is to the credit of Thiruchelvam that he has weathered the storm and adjusted himself learning the modern techniques and becoming a third - generation journalist.

There is no doubt that the "Uudahathiru Esthi 50+ will find itself as a



valuable and knowledgeable book into the history of Sri Lankan Tamil Media. The articles for the book have been compiled jointly by S. Jegatheesan, P. Vivekananthan, Bharathi Rajanayagam and Prem Sivaguru. The graph-

ics and page lay-out was done by Sasi Pathmanathan of Haran Graphics. There is no doubt that the book will find a place in the bookshelf of those associated with Media and others too.

## தமிழ் மாலைப் பொழுது

South Asian Performing Arts festival

19th annual

Tamil Cultural Nite 2019

Saturday, October 19

5.30 - 10.00pm

Humanities Theater  
University of Waterloo  
Free Admission

South Indian Dance,  
Veenai group performance,  
Tamil Classical Music  
Students - University of Waterloo

Tamil Cultural Association of Waterloo Region

தமிழ்க் கலை பண்பாட்டுக் கழகம் வோட்டரூ வட்டாரம்







# DTA Gala Night

Durham Tamil Association (DTA) celebrated the annual DTA Gala Night recently with a record attendance of celebrities, members, media and sponsors of the event.

DTA wishes to express their thanks all the members, executives and sponsors who supported DTA's Gala Night fundraising event which was an immense success!!

The Association also wishes to thank the volunteers and subcommittee members who helped them to make this memorable event a successful Gala Night! DTA congratulated everyone for the support given to the event.

DTA offers its special thanks to the proud sponsors who supported them for the Gala Night!

**The following sponsored the Gala Night:**

**Platinum Sponsors**

Computek College  
Nava Wilson LLP Barristers and Solicitors  
Showtha Thushijanthan from RE/MAX

**TSN Express**

**Table Sponsors**

- Threat IQ
- Green Road Dental
- Hanthan Manickavasagar and Utha Manickavasagar from Century 21
- ProOil Change
- Nithya Suntharalingam from Century 21
- KC Dental
- RG Printing
- Meena Sakthivel from Century 21

**Titans Realty Inc Brokerage**

- Aachi Kitchen
- Sindu Thava from Scotiabank, Home Financing Advisor
- Durham Regional Police
- Connecting GTA
- Nelanthe Jeganathan from Homelife Galaxy Real Estate Ltd.

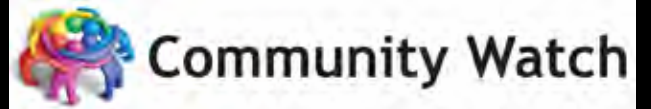
DTA has also donated food for "Feed the Need" Durham at the town of Ajax.

*(Seen here are some pictures taken at the event)*



# THE HINDU TEMPLE SOCIETY OF CANADA

## Richmond Hill Ganesha Temple



Compiled by *Kidambi Raj*

# GANESHA CHATURTHI & GANESHA VISARJAN

What is Ganesha Chaturthi?

It is one of the most important Hindu Festivals. It is a sacred day and birthday of Lord Ganesha. It falls on the 4th day of the bright fortnight of the month of Aavani or Sravana (August – September). It is observed throughout India, Sri Lanka as well as by Hindus all over the world. Lord Ganesha is invoked at the outset of any Puja and any special events like starting a business, since He is the remover of all obstacles. There are numerous stories in Hindu mythology associated with the birth of this elephant-headed God. His vahana (vehicle) is Mooshika or Rat who loves Modakams.

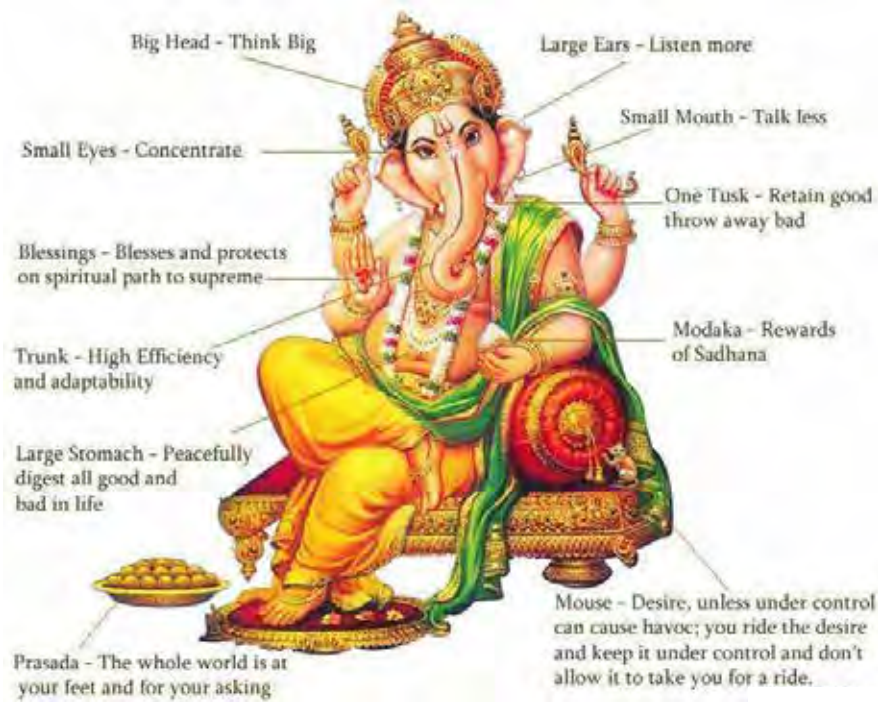
Some not so familiar facts about Lord Ganesha:

According to the legend, both Parvati and Siva were in the same mountain, but on two different sides of the mountain. One day when Parvati went to visit Siva, Her husband, She was blocked from entering by Siva's lead attendant, Nandi, as Siva was on one of His deep meditations and wanted no one to disturb Him. Parvati was deeply hurt and felt very lonely being ignored by Her husband, Siva. So, She made the decision to have someone who would be there any time She needed and would only respond to Her. So, right away She collected some clay from the ground and molded the most handsome young man she could imagine, the next moment She breathed life into Him and thus Lord Ganesha was born. At the time of birth Lord Ganesha had a normal human head. He got His Elephant head after his original head was destroyed.

There are three stories explaining how this happened:

His battle with Lord Siva – Parvati had requested Ganesha guard her side of the mountain while She bathed. As Siva came out of His meditation, He wanted to see Parvati, unaware of the newly created Ganesha. Suddenly He was confronted by a handsome young man telling Him that He could not see His wife since she doesn't want to be disturbed. Siva was so furious and soon a quick battle ensued and Siva beheaded Ganesha. After learning who He was, Siva decided to bring Him back to life and told His entourage to bring the head of the first sleeping being found with its head facing North. The first being they found was a baby elephant and so, brought its head. So, Siva attached the elephant head to Ganesha's body. Cursed Gaze of Sani – according to Purana, when all the Gods were blessing Lord Ganesha, Sani Bhagawan was standing with his head looking down. So, Parvati asked the reason for looking down and not looking at Ganesha and Sani replied that if he looks directly at Ganesha, He will lose His head. But Parvati insisted and Sani looked at Ganesha. This resulted in Ganesha losing His head. At that time Lord Vishnu was flying on Garuda towards north direction and reached river side of Pushpabhadra and found a female elephant was sleeping with her newly born baby elephant. He cut the baby elephant's head and placed it on Ganesha's body and brought Him back to life. Shiva made Ganesha the leader of His troops, the Ganesha, and also gave Him the following boon. "All obstacles, whatever they may be, will be rooted out by worshipping Ganesha, even as diseases are cured by the worship of Surya and purity results when Vishnu is worshipped." Surya Deva's father's curse:

According to another legend, Lord Siva in anger had once attacked Surya Deva with His Trishul. Surya Deva's father got annoyed with that and cursed Him, that the way He had harmed his son's body, one day His (Siva's) son's will be cut from His body.



Tulsi and Ganesha curse each other:

According to Purana, one day Tulsi was crossing through the banks of Ganges. There She saw Ganesha in meditation. She was attracted to Ganesha asked Him to marry her and Ganesha refused to do so. In anger Tulsi cursed Ganesha that He will marry soon and Ganesha in return her to be a plant. Though Tulsi plant has a holy relevance in most Hindu rituals, the worship of Lord Ganesha specifically excludes any involvement with Tulsi plant because she cursed Him.



Lord Ganesha is called an **Ekadant** meaning **one-toothed**. He is always represented with a broken tusk which signifies another physical imperfection in addition to His Elephant Head and His large belly. There are various explanations for His broken tusk in the scriptures.

1. Writing of the Mahabharata:

One explanation is that it was the result of writing the Mahabharatam with one of his tusks. It is believed that Sage Veda Vyasa requested Ganesha to write poems as he dictated. Knowing that this would be a huge project, Ganesha agreed on one condition; that Sage Veda Vyas should recite the entire poem un-interrupted, without pausing or taking a break and Sage Vyasa agreed to it and Ganesha wrote the whole Mahabharatam.

2. The battle with sage Parasurama:

According to purana, when Parasurama went to Kailash Mountain to meet Lord Shiva, who was meditating, Ganesha did not allow Parasurama to meet Lord Siva. Parasurama got angry and attacked Ganesha. The weapon he used to attack Ganesha was given to him by Lord Shiva. So, Ganesha did not want the attack to go to waste as it was His father's weapon, so he took the attack to His teeth and lost one of His teeth and thus was called an Ekadant.

Why Lord Ganesha is always

**worshipped first:**

According to the legend, once Ganesha was brought back to life with elephant's head, all the

Gods blessed Ganesha and wished Him power and prosperity. Vishnu blessed Ganesha thus, **"O excellent God! O dear one! May your prayer be performed before that of any other God. May you be. May You be situated in all venerable beings and may you be the best among yogis. This is my boon to you."**

Sri Siddhivinayak Ganapati Mandir in Mumbai:

Believed to be the most popular place of worship for Lord Ganesha, the Sri Siddhivinayak Ganapati Mandir in Prabhadevi, Mumbai, India, is one of world's most visited Ganesha Temple. Built originally in 1801, the temple has grown from a small structure to a large venue accommodating hundreds of thousands of devotees on a daily basis.

The outstanding feature of this deity is the tilt of His trunk to the right side.

Other idols of Ganesha commonly see the trunk tilted towards the left. The

idol has four hands (Chaturbuj), which contains a lotus in the upper right, a small axe in the upper left, holy beads in the lower right and a bowl full of modakas (a favorite sweet item of Ganesha) on lower left. Also positioned on both sides of the deity are Riddhi and Siddhi, the goddesses signifying prosperity and success. On the forehead of Ganesha is an eye, resembling the third eye of Shiva. Devotees flock to this temple as the belief is that by praying with a sincere heart to this form of Ganapati, He grants all wishes.

What does Visarjan mean?

The Sanskrit word **Visarjan**, in the context of worship or Pooja, refers to the formal concluding rite, specifically utilized for the pooja (usually a murti) in which it was initially invoked. This **temporary receptacle** is then discarded, most often by submersion into running water, such as a river or a sea. This act is not necessary for more permanent murtis (deities) as found in temples, unless the murti becomes damaged, thus rendering it unfit for pooja.

**Significance:**

Ganesh Chaturti festival starts on the Shukla Chaturti 9fourth day of the waxing moon period, and lasts for ten days, ending on Anant Chaturdashi (fourteenth day of the waxing moon period). Ganesha is believed to bestow His presence on earth for His devotees during these ten days. Symbolism of Visarjan:

The Visarjan ceremony represents the concept of Samsara, or the cycle of birth, death and rebirth. This fate befalls on all living creatures including humans, as life is fleeting and once the soul departs from our body, the corporeal form then perishes and returns to the natural elements, only to be reconstituted in another body in the subsequent life cycle. Similarly, once the presiding deity departs from the murti, its physical manifestation is then returned to nature, only to be reanimated the following year. The imbibed spirit however remains in the hearts of the devotees and enriches their lives. The symbolic meaning of the 10-day Ganesha Chaturti and Visarjan is, that Lord Ganesha comes and stays among us and His immersion on the 10th day symbolizes His return from the earth after removing the obstacles and unhappiness of His devotees.

The purpose of the Visarjan ceremony:

The purpose of such ceremonies is to replenish our spiritual reserves and to remind us that material wealth is transitory and is of no use to the soul. The process of Visarjan teaches us detachment and to realize that our own body, which we cherish and pamper will one day be reduced to base elements.

**May Lord Ganesha's Blessings be with you all !!!**

Compiled by *Kidambi Raj*

# KRISHNA JANMASHTAMI

Krishna Janmashtami, also known as Gokulashtami or Sri Jayanthi are sometimes merely as Janmashtami, is a Hindu festival celebrating the birth of Lord Krishna, the 9th Avatar of Lord Vishnu. This marks the celebration of the birth of Lord Krishna in full fervor and enthusiasm by the devotees all over the country. The incarnation of Lord Krishna signifies the end of all darkness and the eradication of the evil from the earth. Celebrated mostly by Hindus worldwide, Krishna Janmashtami observes a large conflux of people from all walks of life engaging themselves in the jubilation of the festival.

Krishna Janmashtami is observed on the **Ashtami Tithi**, the eighth day of the dark half of **Krishna Paksha** of the month of **Shravan** in the Hindu calendar (August – September of the Christian Calendar), when the **Rohini Nakshatra** is ascendant. Legend has it that Lord Krishna was born on a dark, stormy, windy night to end the rule and atrocities of his maternal uncle **Kamsa**. Lord Krishna was born in the year **Visvavasu**, approximately 5,200 +years, at the end of the third cosmic phase, **Dvapara Yuga** and the beginning of the present **Kali Yuga**.

**Significance of Krishna Janmashtami:**

The Purpose of His Incarnation:

In the **Bhagawad Gita** (Chapt. 4 – verse 7) the Lord has ordained:

**Yadaa yadaa hi dharmasya glanir bhavati Bharat  
Dharma sansthaarpanarthaay sambhavaami yugae yugae**

He says: "I incarnate whenever Dharma declines and evil predominates, to establish Dharma and vanquish evil". In the Bhavishottara Purana, Lord Krishna Himself extols the celebration of Janmashtami to Yudhishtira, the eldest of the five Panadavas.

The first and foremost importance of Krishna Janmashtami is to observe dharma. Since we humans are all imprisoned in Samsara, the Lord incarnates in this prison within us, establishes dharma and redeems us from Maya. We can only win over maaya, if we seek the Lord's aid, as did Arjuna during the battle at Kurukshetra (Mahabharata). As sage Veda Vyasa ordains:

**Yato Krishna Statao Dharmaha,  
Yato Dharma Stato Jayaha**

He says: Where there is Krishna, there is Dharma, where there is Dharma, there is Victory. Since Duryodhana, leader of the Kauravas did not observe Dharma, he did not have Krishna. No Krishna, no Victory.

**Surrenderance – Saranaagati:**

During the battle, Lord Krishna



Lord Krishna

uttered 700 Slokas in the form of Bhagawad Gita to convince the reluctant Arjuna to fight. The Lord finally uttered the essence of His Sermon in the following verse (Chapt. 18 – Verse 66):



Lord Krishna

**Sarva Dharmaan Parityajya  
Maamekham Sharanam Vraja  
Aham Twaa Sarvapaapebhyo  
Mokshayishyaami Maa Shuchaha**

He says: One who becomes **Brahmarupa** and offers devotion to **Parabrahmaa** (God), he forever

remains blissful and attains the highest glory of God. Brhamarupa simply means to become the ideal devotee like Arjuna who represents Nar to then worship Krishna-Narayan. Hence the murtis of Nar-Narayan.

**Legend of Krishna Janmashtami:**

The legend behind Lord Krishna's birth is as intriguing as the occurrences during His lifetime. As per the Hindu mythology, when sinful and unscrupulous forces unleashed havoc over the world, Mother Earth requested Lord Brahma to put an end to the rampant conditions. Lord Brahma took this concern of Mother Earth to Lord Vishnu, who in turn reassured him of His birth on earth to purge it from all prevailing evils.

As promised, Lord Vishnu took birth as Krishna on Earth at midnight on the 8th day (Ashtami) of the month of Sharavana (August – September). Krishna, the 9th avatar of Lord Vishnu, was born to Devaki and Vasudeva in Mathura in a prison.

Krishna was born at a time of turmoil, raging persecution, lack of freedom, and when evil forces were reigning on the earth. His own life was at risk from His maternal uncle, King Kamsa due to a prophecy that proclaimed his death at the hands of his nephew

Krishna. Knowing of the dangers that hovered over the life of Krishna, His father, Vasudeva, immediately handed Him over to Yashoda and Nanda in Gokul to keep Him away from King Kamsa.

**The symbolism of the parts of the body of Lord Krishna:**

**Conch** (Sangu) – stands for the five elements and eternity. The five elements are Earth, Air, Fire, Water and Ether. Lord Vishnu issued the **Om** or the primordial sound **OM** through His conch.

**Discuss** (Sudarshana Chakra) - it means a wheel or force field. It is also the symbol of the mind. It was made by Lord Shiva and gifted to Lord Vishnu as a token of love.

**Mace** (Gada) – symbolizes power.

**Lotus** – symbol of the cosmos. It is also the symbol of purity and transcendence. Lotus rests on water but does not touch it.

**Aadishesha** (Primal Serpent) – Lord Vishnu sits on Aadishesha which represents the desire of consciousness in humankind.

**Garuda** – Lord Vishnu's vahana (vehicle).

**Flute** (Murali) – symbolizes divine music. It is the call from the Lord, inviting every creature to His abode. Lord Krishna is the ideal of divine love, the God of love. The flute also symbolizes human heart, which is made free from worldly thoughts. Only such a heart qualifies to become a flute for the God of love to play upon.

**Peacock Feathers** – symbol of beauty and knowledge.

**Celebration of Krishna Janmashtami:**

People fast on this day, usually a waterless fast. They spend the day immersed in Lord Krishna's glory by reading and singing His divine Leelas especially in the evening in temples. At midnight, the Lord's birth hour, aarti is performed. Baby Krishna is placed in a swing and devotionally offered many sumptuous dishes. Butter is specially included as it is considered His favourite right from His childhood. The traditional Prasad is **Panchamrit**, made of five ingredients: honey, jack fruit, coriander, sugar and ghee. Also included besides those five ingredients are, poppy seeds, desiccated coconut shavings. After Aarti, devotees jubilantly sing and hail keertanas extolling Lord's incarnation.

**CELEBRATE WITH YOUR  
FAMILY AND FRIENDS  
AND GET THE BLESSINGS OF  
LORD KRISHNA!!!**



# TIME FM Radio Interview with Scarborough-Guildwood Conservative candidate Quintus Thuraisingham

Compiled by  
Raymond Rajabalan

.....  
*Our youths, seniors and single women still face unique issues. If their needs are to be met greater political representation from our own community is an absolute must.*

Once again it is election time, Yes the date for the next Federal elections of this great Nation is fast approaching. There is already a great flurry of activity right across the country. The candidates of all the political parties are working day and night hoping to register a victory in their riding. TV ads have begun popping up with greater frequency and posters of various candidates are being plastered at strategic locations. Meanwhile the voters are keeping their fingers crossed hoping for a better government to be in power by this fall.

In this context, Quintus Thuraisingham, the Conservative party candidate for Scarborough-Guildwood recently faced a lengthy interview at TIME FM Radio Station in Scarborough.

Though Quintus is facing a veteran parliamentarian in his riding, yet he was a picture of self-confidence and was cool and collected right throughout the interview.

At the very onset, Mr. Ilango Manickavasagar, a very experienced interviewer introduced Quintus to the audience as a social activist, experienced media personality and a Canadian politician with a promising future. He made sure that there was never a dull moment during the interview spicing it often with interesting anecdotes.

The following are some salient points from the hour long interview that covered a wide variety of topics.

Ilango: You are a multi-faceted personality already very familiar to the Canadian Tamil community. This interview is going to reflect the variety of experience you gained within the past three decades and how you went through the process of social evolution to reach this point of being nominated as a Federal candidate for the forthcoming general Elections. Could you give a brief account of your experience in this country?

Quintus: Yes, it has been a really long process. I was recently nominated by the Conservative party to contest in Scarborough-Guildwood riding. It is a riding covering a vast geographical area that is often described as the heart of Scarborough. Though there have been other Tamils who had contested in this riding during previous elections this is my maiden attempt but I am very confident and hopeful about the outcome.

Ilango: How would you describe the process of being chosen as a candidate for Federal Election?

Quintus: It was a hectic contest involving four candidates and was a real nail-biter till the last moment. In fact even just moments before deciding the final winner it was a very close contest between myself and another candidate

and finally I was chosen by a very narrow margin. My victory was actually the result of the combined effort of several hundreds of volunteers, friends and relatives who pooled all their efforts to make this a reality.

Ilango: It gives us a great pleasure to note that several candidates from our community have been already successful at the past elections of all three levels of government in this great country.

In this context could you tell us about your political journey and your previous experience in social work.

Quintus: From the very beginning of my life in Canada, I have been deeply involved in various levels of social service. The very first social organization I joined was Society for the aid of Community Empowerment (SACEM). This was one of the first few organizations set up in Toronto to serve the Tamil community and I have served as its President for some time. In addition I have experience as a writer on several political topics and also have served as a political analyst and commentator in various media organizations. All these activities have finally led me up to this very important point in my life.

Ilango: How did you get involved in social work then followed by your entry into Politics? Did this happen spontaneously or was it inherited from someone else?

Quintus: To be honest I inherited these qualities from my father. He was involved in social service for many years and then just prior to retirement he got into politics. During early 70's. He contested in one of the wards in the local council, won by a slim margin and ended up serving as the Deputy Chairman of Town Council. Since he won by just two votes, I grew up appreciating the value of every single vote.

Ilango: It makes all of us feel pleased to note that even amidst the rushed life in this western world you have continued your motivation to be involved in social activities.

Could you please tell our listeners about your place of birth?

Quintus: I was born in the Island of Kayts also known as the island of Leyland. It is a beautiful place surrounded by sea on all sides. After a very long period of living abroad, I had the great opportunity of stepping on the soil of my birth place just last year after 30 years.

Ilango: What were your feelings during this visit to your home town after such a long time?

Quintus: Actually it was a combination of experience of both pain as well as pleasure while there appeared to be a general sense of peace and quiet, yet there were several unmistakable signs of many people still feeling the effect of the civil war even though it was brought to an end a decade ago.

Ilango: Once you moved to Canada, what motivated you to get involved in social work?

Quintus: At the very beginning I used to participate in numerous seminars



through which I was able to familiarise myself with the problems being faced by our countrymen who had recently immigrated here. Then I became involved in the activities relating to the old student Association of my Alma Mater Kayts St. Antony's college. Soon after that I also got involved with the activities of Thirumarai Kala Manram after which my literary journey began to take shape.

Ilango: 'After all these experience you got yourself involved into Canadian Tamil Media. I am aware of the fact that you were with Geethavaani Radio for quite a few years. Could you elaborate about these activities?

Quintus: It was a pleasant experience to work at Geethavaani where I was able to gain the friendship of several media personalities. At Geethavanni Radio I functioned in various roles such as news reader, program coordinator etc. Later I had the opportunity of being involved with CMR Radio for a short stint. In addition with the help of Thamilpiriyam I gained great experience as a political analyst at TVI television and it served as a platform for me to familiarise myself among our people.

Ilango: Apart from this you have also been involved in print media. To be very specific you have been deeply involved with the monthly journal Tamils Information for nearly two decades. Could you elaborate about this experience?

Quintus: Actually I always feel happy to call myself a writer. There have been times in the earlier years when I used to contribute articles to several newspapers and journals. However I gained the most valuable media experience while being trained by the well experienced journalist Thiru Thiruchelvam, the editor of Tamils Information. While being involved with Tamils Information, I had the opportunity of getting to know several senior writers from our community.

Ilango: What is your assessment concerning the level of political representation of Tamil community in this country?

Quintus: The specific answer to this very important question is that the level of political representation of our community in proportion to our population is awfully inadequate. Considering the fact that it is more than three decades since our community began arriving in this country the proportionate political growth of our community is very inad-

equate.

Several years ago many of us including myself seriously thought about this and made an attempt to address this issue. Our goal at that time was that at least one person should be elected as a representative from each of the three major political parties to represent our community at all three levels of government. Being a community that arrived from a war affected country it certainly is bound to face a variety of socio-cultural problems while trying to adapt to the life in the western world it is quite natural for any new group adapting to a totally new cultural environment to face growing pains. In fact we all are aware of how some our youth got drawn into unacceptable situations at the beginning. Fortunately that situation was short lived.

Yet our youths, seniors and single women still face unique issues. If their needs are to be met greater political representation from our own community is an absolute must.

As we are all aware, right now we have one Tamil Federal MP from Liberal party and two MPPS from Conservative party at the Provincial level. We also have four Tamils serving as School Board Trustees. Yet I wish to emphasize that in proportion to the population of our community we need much more representation.

Ilango: Now that the Federal election is fast approaching we are all overjoyed by the fact that you have been chosen as a Federal candidate of Conservative Party. Could you elaborate on some of your plans in the event of being successful at this elections?

Quintus: If I am successful at the polls, I will have a tremendous responsibility ahead of me. Canada being a great multicultural Country, in addition to looking after the needs of the Tamil voters will also have to address the needs of the various other communities in my riding. All these communities have vast and diverse needs and all have to be given equal attention. It is an overwhelming task but yet I have the confidence to face the future due to the support from various sources.

Ilango: On behalf of our listeners I would like to wish you success in all your future ventures.

Quintus: My sincere thanks to you for your great support.



**VOTE**

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# Canada Parliamentary Structure & Federal Elections

## An in-depth analysis

By: Raymond Rajabalan

**Parliamentary Hill - Canada's Parliament**

Canadian Parliamentary Structure is made up of the following,

**A) Queen of Canada**

The Queen of England is represented in Canada by the Governor General.

The incumbent Governor General is, Her Excellency the Right Honourable Julie Payette.



**B) Senate**

Members of the Senate are appointed by the Governor General on the recommendation of the Prime Minister.

**C) House of Commons**

Members of the House of Commons are chosen by eligible citizens through federal elections.

**Formation of Canada**

On March 29, 1867, Queen Victoria signed the British North American Act and in July 1st the same year, it came into effect. A new nation was born, Canada consisting of 3.5 million people and four provinces.

The Original four charter members of Confederation were as follows:

- New Brunswick
- Nova Scotia
- Ontario
- Quebec

On the 16th of July this new country was named the Dominion of Canada.

In the first election held in 1867, Sir John A. Macdonald, the leader of the Conservative Party won



a working majority and became the first Prime Minister.

**The Number of General Elections.**

The general election to be held on October 21st, 2019 will be the 43rd election within the past 152 years since the formation of Canada.

**The growth of the number of Electorates**

At the first election after the confederation in 1867, Canada had 181 members in the House of Commons. The number increased to 301 during the Federal elections in 2000. Since then the number has increased to 338 during 2015 October elections.

**Province with the most number of electorates**

The Province of Ontario has 121 electorates, which is the largest number for any of the provinces, territories in the whole of Canada. Only the party which obtains the most number of electorates will be able to form the Federal Government.



**Electorates with the least geographical and most geographical areas.**

Laurie-Sainte-Marie electorate in Quebec has an area of only 9 square kilometers.

The electorate with the largest geographical area in Nunavut. This electorate in the North West Territories region has area of 3,111, 463 square kilometers.

**Voting rights for women**

In 1918, the franchise at Federal elections was extended to all women of 21 years of age and over. During the following year women became eligible for elections to the House of Commons. The first woman Member elected was Agnes Macphail of the progressive Party in 1921.



**Change in the voting age**

In 1970, a newly revised Canada election Act, lowered the voting age and the minimum age to be candidate from 21 years to 18.

**Voter Turnout**

Voter turnout at the 2004 June Federal election was (60.9%) percent which was the lowest since 1896. The highest turnout in Canadian history was (79.4%) percent, that was received at the General elections of 1958, when John A Diefenbaker's Government was re-elected.



**Closest Results of any Federal election in Canada**

One of the closest election results of any federal election in Canada occurred in 1972, when the Liberals led by Pierre Eliot Trudeau won 109 seats and the progressive Conservatives led by Robert Stanefield obtained 107 seats.

**Provinces and Territories of Canada**

- Province of Ontario
- Province of Quebec
- Western Canada: 4 Provinces and 3 North West Territories

- **Four Provinces in Western Canada**
  - British Columbia
  - Alberta
  - Saskatoon
  - Manitoba
- **Three North West Territories**
  - West Arctic
  - Nunavut
  - Yukon
- **Atlantic Canada**
  - New Brunswick
  - Nova Scotia
  - Prince Edward Islands.
  - New Foundland and Labrador
  - Ontario, Quebec, Western Canada and Atlantic Canada

**- Facts & Figures**

- **Ontario**
  - Long serving Ontario MP**
    - John Graham Haggard (Conservative) served 41 years from 1872 to 1913.
  - Youngest Ontario MP**
    - Patrick O'Sullivan (Progressive Conservative) elected 1972 at the age of 20 years.
  - Ontario's first female MP.**
    - Agnes MacPhail (Progressive United Farmer's of Ontario elected 1921.
  - Ontario's Prime Ministers**
    - Lester Pearson (Liberal) 1963 to 1968
    - William Lyon McKenzie King (Liberal) 1921 to 1930, 1935 to 1948.
    - Sir John A McDonald (Liberal, Conservative) 1867, 1873, 1878, 1891.
    - Alexander McKenzie (Liberal) 1873 to 1878
  - **Quebec**
    - Longest serving Quebec MP**
      - Wilfred Laurier (Liberal) Served 45 years from (1874 to 1919)

- Youngest Quebec MP**
  - Claude Andre' Lachance (Liberal) Elected 1974 at the age of 20 years
- First female MP of Quebec**
  - Monique Begin (Liberal) Elected 1972
- Quebec Prime Ministers**
  - Paul Martin (Liberal) 2003 to 2005
  - Jean Chrétien (Liberal) 1993 to 2003
  - Brian Mulroney (Conservative) 1984 to 1993
  - Pierre Elliot Trudeau (Liberal) 1968-1979, 1980-1984.
  - Louis St.Laurent. (Liberal) 1948 to 1957
  - Wilfred Laurier (Liberal) 1896 to 1911.
- **Western Canada**
  - Longest serving Western MP**
    - John Diefenbaker (Conservative, Progressive Conservative.) Served 39 years from 1940 to 1979
  - Youngest MP from West**
    - Lorne Nostrum (NDP) Elected 1968 at the age of 22 years.
  - First Western female MP**
    - Doris Winifred Nielson (Unity Party) Elected 1940
  - Western Prime Ministers**
    - Kim Campbell (Progressive Conservative) 1993 to 1993.
    - John Turner (Liberal) 1964 to 1984
    - Joe Clarke (Progressive Conservative) 1979 to 1980
    - John Diefenbaker (Progressive Conservative) 1957 to 1963
    - Stephen Harper (Conservative) 2006 to 2008
- **Atlantic Canada (Eastern Canada)**
  - Longest serving Eastern MP**
    - (Liberal, Conservative, Liberal) John Costigan Served 40 years from 1867 to 1907
  - First Eastern Woman MP**
    - Margaret Mary Macdonald (Progressive Conservative) Elected 1961.
  - Eastern Prime Ministers**
    - Robert Laird Borden (Conservative, Unionist) 1911 to 1920
    - Charles Tupper (Conservative). 1896 to 1896
  - Minority Governments**
    - In the past 50 years, Canada has had eight minority Governments as given below.

PERIOD	PARTY	PRIME MINISTER	PERIOD IN POWER
1957-1958	Progressive Conservative	John Diefenbaker	5 Months
1962-1963	Progressive Conservative	John Diefenbaker	6 Months
1963-1965	Liberal	Lester B. Pearson	2 Years 4 Months
1965-1968	Liberal	Lester B. Pearson	2 Years 4 Months
1972-1974	Liberal	Pierre E. Trudeau	5 Months
1979-1980	Conservative	Joe Clark	6 Months
2004-2005	Liberal	Paul Martin	1 Year 6 Months
2006-2008	Conservative	Stephen Harper	2 Years 8 Months

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