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Nearly all businesses in parts of Ontario will reopen coming Friday as the province enters Stage 3

Nearly all businesses, including gyms, movie theatres and indoor dining, can reopen on Friday in parts of Ontario, except for the Toronto-area and a few other regions, as the province enters Stage 3 through a regional approach.

The majority of Ontario's 34 local public health unit regions will move forward to Stage 3 on July 17, the province announced on Monday.

All restaurants, bars, concession stands, and other food and drink establishments are allowed to reopen for indoor dining in Stage 3. Nightclubs are still banned from reopening, except for the purpose of serving food or drinks.

Abel Tesfaye (The Weeknd) donates half a million to Scarborough Hospitals Foundation

COVID – 19 Emergency Fund now totals more than \$2.7 million

By Siva Sivapragasam

Abel Tesfaye, better known as Weeknd and a popular Multi-platinum selling singer, songwriter and record producer, has donated \$500,000 Canadian Dollars to the Scarborough Health Network (SHN) to support COVID-19 relief efforts through sales of his popular XO face masks.

The gift demonstrates that the critical work of the Hospital's courageous staff and physicians does not go unnoticed or unappreciated. The donation becomes a leading gift to the health network's COVID-19 Emergency Fund, which now totals more than \$2.7 million.

"I was raised in Scarborough and



felt it was important to give back to the community that raised me during the hard times of this pandemic," said Tesfaye, a.k.a. The Weeknd.

Abel Tesfaye was born in Toronto, came to be known as Weeknd has become one of the music industry's leading alternative R&B performers. He is the son of Ethiopian immigrants. In 2015, the Weeknd enjoyed huge success with the Grammy-winning album Beauty Behind the Madness, which boasted the hit single "Can't Feel My Face."

Since the outset of the pandemic, the Grammy Award-winning Scarborough native has been raising awareness and support for many charities, including SHN Foundation. All the proceeds

from the sales of The Weeknd's XO face masks will be donated to COVID-19 relief, with the artist matching every dollar raised.

"Our vibrant and diverse community represents the best of Canada, and we are fortunate to have ambassadors like The Weeknd in our corner," said Elizabeth Buller, President and CEO, SHN. "This gift will help our community hospitals continue to deliver exceptional care for the people of Scarborough in the wake of COVID-19, and demonstrates to our courageous staff and physicians that their critical work does not go unnoticed or unappreciated."

Contd. on page 6...

Sri Lanka General Elections August 5th

Rajapakse Government confident of victory but two-thirds majority not certain

By Siva Sivapragasam

TNA splits but leader Sampanthan confident of winning a minimum of twenty seats

Sri Lanka's postponed general elections due to the COVID – 19 outbreak will now be held on August 5th.

The Podujana Peramuna coalition led by Prime Minister Mahinda Rajapakse is confident of capturing most of the seats but may fall short of a two-thirds majority the party is

asking to make amendments in the constitution.

The chances of victory to the Rajapakse government was assured when the country's oldest party, namely the UNP, split into two and became a divided party. Also, there is a feeling among the people that the previous Government led by former President Sirisena and Ranil Wickremesinghe had not delivered the goods and promises made when they came to power. The votes of the

minorities are also likely to be divided among the leading parties whereas at the last election they voted for the previous government.

The political scenario especially in Northern Sri Lanka had also undergone a political upheaval where C.V. Wigneswaran, former Chief Minister of the Northern Province who was with the TNA at the last elections is now contesting with some others under a new party.

The COVID 19 – Pandemic has

brought about severe economic downturn in Sri Lanka with tourist earnings hitting rock bottom and foreign exchange reserves dwindling. There has also been a steep rise in unemployment while several workers from the Middle East are returning to the country leading to a fall in foreign earnings.

The new government that will be elected on August 5th will have a heavy responsibility in putting back the economy on track.

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CANADA NEWS 

Thomson Rogers Launches \$100 Million Class Action against Aviva Insurance Company of Canada

Thomson Rogers has issued a Canada-wide class action proceeding claiming \$100 million in damages on behalf of Canadian businesses who have been denied business interruption insurance by Aviva Insurance Company of Canada

Toronto, ON, July 06, 2020 (GLOBE NEWSWIRE) -- Thomson Rogers has issued a Canada-wide class action proceeding claiming \$100 million in damages on behalf of Canadian businesses who have been denied business interruption insurance by Aviva Insurance Company of Canada ("Aviva") during the COVID-19 pandemic.

Aviva sold Enterprise Insurance Policies (the "Policies") to Canadian businesses, which included protection for the loss of business income

as a result of an outbreak of a contagious or infectious disease ("contagious disease coverage").

Canadian businesses small and large have applied to Aviva for contagious disease coverage and have been denied coverage by Aviva, which takes the position that the global COVID-19 pandemic does not qualify as a contagious or infectious disease under the Policies.

The Representative Plaintiff, Nordik Windows Inc., is a window manufacturing and installation company located in Ontario, which had to close its operations for several months as a result of the COVID-19 pandemic. Thomson Rogers has been contacted by Canadian businesses who have suffered extreme economic hardship as a result of Aviva's failure to honour their business

THOMSON ROGERS
LAWYERS

interruption claims and seeks damages including punitive damages on their behalf.

"Aviva has allegedly failed to honour its good faith obligations to its policyholders with respect to business interruption claims resulting from the COVID-19 pandemic. This has put Canadian companies on the brink when they are most vulnerable," said Robert Ben and Stephen Birman, partners at Thomson, Rogers.

Many Canadian businesses are unaware that they have contagious disease coverage and have not submitted claims to Aviva.

"Canadian businesses insured by

AVIVA

Aviva should immediately review their policies to determine whether they include these significant coverages that are often referred to as Restrictive Access, Negative Publicity or Interruption by Civil Authority coverages," say Robert Ben and Stephen Birman

For further information regarding this claim, please contact:

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(rben@thomsonrogers.com
or 416-868-3168) or

Stephen Birman

(sbirman@thomsonrogers.com
or 416-868-3137)

Ontario Building Trades Affirm Zero Tolerance for Racism in Construction

TORONTO, July 03, 2020 (GLOBE NEWSWIRE) -- "There is no place for racist activity on any construction site in Ontario," said Patrick Dillon, Business Manager of the Provincial Building and Construction Trades Council of Ontario (PBCTCO). "Recent events in Toronto have reminded us that there is more work to do in fighting racism and promoting a more inclusive culture."

"The Ontario Building Trades Council has zero tolerance for any form of racism or intimidation," Dillon said. "These hate crimes do not reflect the hardworking women and men who work together to build a better Ontario."

"The construction industry is working hard to be inclusive and representative of all Ontarians, and is proud of the efforts made to include new Canadians and underrepresented communities," Dillon said. "Our workplace should be free of racial

discrimination and we will work with employers to create a safe environment for workers."

"Our members build an Ontario for everyone's benefit regardless of race, gender, age, sexual orientation, or ability. An attack on one community is an attack on all of us," stated Dillon. "Recent events both in Canada and the United States have highlighted the need for more work to deal with systemic racism, especially anti-black racism. We need to do more and the Ontario Building Trades are ready to work with employers and community organizations to find solutions that make our communities better, healthier and more inclusive."



The Council's Statement of Principles on Workplace Equity states that:

The Provincial Building and Construction Trades Council of Ontario is committed to striving for racial equality and worker solidarity. Discriminatory actions, including acts of intimidation in the construction workplace, are completely unacceptable and the Council has a zero tolerance policy towards such acts. The Building Trades fight for, and continue to advance the

collective interests of workers which can only be achieved when workers feel safe at work. Securing workplaces free from harassment, intimidation, and discrimination of any worker based on his or her ancestry, race, religion, or any other difference, is the goal of the Council. Diversity enriches our communities and respectful workplaces are a key ingredient to an inclusive society.

Dillon went on to say, "With respect to the incidents that took place on construction sites in Toronto, the Provincial Building Trades Council supports a full investigation and appropriate prosecution of those involved in these cowardly acts."

The Provincial Building and Construction Trades Council of Ontario represents 150,000 trades workers throughout the province.

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INDEX JULY 2020

Main News	1
Ads	2
Canada News	3 - 7
Publisher's Info	4
World News	8 - 15
Health & Care	16 & 17
Special Feature	18 - 29
Education	30
Science & Technology	31
Business & Finance	32 & 33
Food	36
Community Watch	34 - 46
Ads	47 & 48

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Summer Days

International Day of Friendship 2020: Promoting international understanding and respect for diversity to foster friendship to strengthen our society

By **Harrish Thirukumar**

On July 30, 2020, the world shall come together to commemorate International Day of Friendship since its initiation by the United Nations (UN). Accordingly, it was proclaimed in 2011 by the UN General Assembly with the idea that friendship between peoples, countries, cultures and individuals can inspire peace efforts and build bridges between communities. It was an initiative that follows on the proposal made by the United Nations Educational, Scientific and Cultural Organization (UNESCO) that defines the Culture of Peace as a set of values, attitudes and behaviours that reject violence and endeavour to prevent conflicts by addressing their root causes with a view to solving problems. It was then adopted by the UN General Assembly in 1997.

As the UN has recognized, our world faces many challenges, crises and forces of division — such as poverty, violence, and human rights abuses — among many others — that undermine peace, security, development and social harmony among the world's peoples.

To confront these challenges and crises, their root causes must be addressed by promoting and defending a shared spirit of human solidarity that takes many forms — the simplest of which is friendship. Through friendship — by accumulating bonds of camaraderie and developing strong ties of trust — we can contribute to the fundamental shifts that are urgently needed to achieve lasting stability, weave a safety net that will protect us all, and generate passion for a better world where all are united for the greater good.

The International Day of Friendship is celebrated with a variety of styles depending on the respective country and

the culture of the people involved itself. In many states, some opt to hold parties where they get together with their friends and share a meal by creating some great memories. While in other parts, people present gifts to their friends, which is often known as the gratitude through symbolism, which eventually means something for friends to remember each other.

Besides the parties and gifts, many people take their time to go out camping in the wild with friends for a day. Many people chose to go to camping resorts which usually offer discounts around this time of the year to enable people to enjoy their time fully with their friends. However, in some countries, huge parades are held in public spaces, and people are invited to come and spend the day outside with their friends at no cost. During this time, one can also participate in events and games and also attend free public concerts.

To mark the International Day of Friendship the UN encourages governments, international organizations and civil society groups to hold events, activities and initiatives that contribute to the efforts of the international community towards promoting a dialogue among civilizations, solidarity, mutual understanding and reconciliation.

The resolution places emphasis on involving young people, as future leaders, in community activities that include different cultures and promote international understanding and respect for diversity. For people living in the Greater Toronto Area like yourself and across Ontario, promoting international understanding and respect for diversity through community activities among young people and others can be a way to foster friendship to strengthen our society.

Canada Historical Milestones:

July 16, 1880

Dr. Emily Stowe is granted a licence to practice medicine by the College of Physicians and Surgeons of Ontario.

She had been doing so without a licence since 1867, when she opened her first homeopathic clinic and became the first female doctor in Canada. Stowe began studying medicine after her husband, the father of her three children, fell ill with tuberculosis. She had learned homeopathy and herbal remedies from her own mother.

Dr. Stowe will also be instrumental in founding the suffragette movement. In 1883, her daughter, Augusta Stowe-Gullen, will graduate from the University of Toronto as the first female graduate of a Canadian medical school. Later that year, Dr. Stowe will start the Ontario Medical College for Women.



Always be on the lookout for the
presence of wonder.

- E.B. White (July 11, 1899 - October 1, 1985) American writer

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

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NGen Supports Manufacturing of Disinfection Robots

NGen investments target health and safety solutions for patients and employees

OTTAWA, July 06, 2020 (GLOBE NEWSWIRE) -- Next Generation Manufacturing Canada (NGen), the industry-led organization leading Canada's Advanced Manufacturing Supercluster, is co-investing \$5 million in projects leading to the development and production in Canada of automated hands-free disinfection technologies to help stop the spread of COVID-19.

Five outstanding projects have been selected for funding under NGen's Disinfection Robot Challenge. With matching contributions from industry, total value of these projects will exceed \$10 million.

In April NGen challenged companies to develop innovative robotic solutions that would reduce the number of healthcare associated infections to protect the safety of both patients and healthcare workers, or that would disinfect private spaces and facilities so that businesses could bring employees back to work in a safe and sanitized environ-

ment. In order to qualify for funding, projects were expected to have a fast turnaround, demonstrating an impact on COVID-19 within six months. NGen received 34 expressions of interest and 19 proposals from innovative companies across Canada. "The COVID-19 pandemic has presented Canada with many challenges, but it has also highlighted the very best Canadians have to offer," says Navdeep Bains, Minister of Innovation, Science and Industry. "At an unprecedented time, Canadian manufacturers, supported by organizations such as NGen, have developed innovative, Made in Canada technologies that will save lives and benefit Canadians now and into the future."

ment. In order to qualify for funding, projects were expected to have a fast turnaround, demonstrating an impact on COVID-19 within six months. NGen received 34 expressions of interest and 19 proposals from innovative companies across Canada. "The COVID-19 pandemic has presented Canada with many challenges, but it has also highlighted the very best Canadians have to offer," says Navdeep Bains, Minister of Innovation, Science and Industry. "At an unprecedented time, Canadian manufacturers, supported by organizations such as NGen, have developed innovative, Made in Canada technologies that will save lives and benefit Canadians now and into the future."

"Canada has an opportunity to be a world leader in developing and producing large scale disinfecting solutions based on our outstanding advanced manufacturing capabilities," says Jayson Myers, CEO,

NGen. "Disinfection robots have been deployed successfully in other countries and are showing promising results in terms of reducing the spread of COVID-19 as well as other infectious diseases. Scaling up these capabilities in Canada will spark an entirely new ecosystem around advanced robotic disinfection, creating new business opportunities, jobs and knowledge, and above all anchoring more manufacturing here at home."

The five projects that were selected for funding a panel of independent experts are led by:

A&K Robotics, based in Vancouver, BC, which with its partner, Sanctuary AI, will develop and rapidly bring to market Amrud, a self-driving robot capable of autonomously disinfecting large areas of floor spaces and high-touch surfaces. Matthew Anderson, CEO, A&K Robotics, says, "Amrud will assist frontline workers (medical and other) in the fight against COVID-19, make our workplaces and schools

sufficiently safe to allow workers and students to return safely back to their jobs and studies, and help prevent other pandemics from breaking out in the future."

AIS, Advanced Intelligence Systems, based in Burnaby, BC., which will produce a robot that will map large-scale environments such as hospitals, navigate to interest points, and perform hands-free UV disinfection without requiring human intervention. "We strongly believe this project will be instrumental in supporting hospitals, elderly homes and healthcare workers to manage resources more effectively during and in the post-COVID-19 pandemic. AIS plans to incorporate more of its robotics modules in the future to cater its disinfection, surveillance and detection capabilities to restaurants, offices, warehouses, and manufacturing plants," says AfshinDoust, CEO, AIS.

CrossWing, based in Aurora,



ON, which will manufacture Cleanbot UV and Cleanbot MIST, two next-generation robots that overcome serious limitations of first-generation disinfecting systems. Cleanbot UV will allow for the targeted delivery of UV light to where it is critically needed. Cleanbot MIST will deliver a precisely measured spray dose to all common pathogen hotspots. "CrossWing has been able to leverage our expertise in robotics and automated systems to deliver a fully autonomous solution to help fight the spread of COVID-19 and other pathogens," according to Stephen Sutherland, CEO, CrossWing.

GlobalDWS, based in Toronto, ON, which will develop GlobalDWS' Disinfection Service Robot (DSR). DSR is a fully autonomous, voice-en-

abled service robotic platform with advanced cognitive capabilities. This innovative solution is equipped with an intelligent COVID-19 assistant, disinfectant sprayer, and UV-C light functionality to provide a comprehensive disinfection solution for essential businesses and public workplaces. "The DSR combines a two-barrier disinfection solution to ensure all high-touch and high-risk areas receive adequate and consistent doses of disinfectants through an intelligent robotic platform. This innovative solution will support the lifelong paradigm shift our communities need as we transition to the new future of private and public place sanitization," says Rami Wehbe, Co-Founder & CTO, GlobalDWS.

Prescientx, based in Cambridge, ON, will develop and deploy a fleet of self-driving mobile robotic vehicles integrated with an UltraViolet (UV) light disinfection system to quickly and continuously sanitize essential workplaces, protecting workers against COVID-19 and other infectious diseases. The solution will combine Prescientx's patent-pending targeted CoolDose™ UVC technology with ClearpathRobotics's OTTO autonomous mobile robot platform. "The first wave of mobile UV light-emitting vehicles will be deployed immediately in controlled-access healthcare settings," said Barry Hunt, President and CEO, Prescientx. "A second wave of vehicles is targeted for essential workplaces and manufacturing environments to sanitize medical and food supply chains, decontaminate busy warehouse operations and disinfect assembly lines between shifts. OTTO robots are already being used in these settings to move materials."

The Disinfection Robot Challenge is one of many challenges NGen plans to issue in support of economic recovery. On June 25, NGen launched its Made Smarter Strategic Supply Challenge. The competition challenges manufacturers to build sustainable, cost competitive supply capabilities in Canada of products that are essential in the fight against COVID-19. NGen will invest over \$15 million in these projects.

About NGen - Next Generation Manufacturing Canada

NGen is the industry-led not-for-profit organization that leads Canada's Advanced Manufacturing Supercluster. Its mandate is to help build world-leading advanced manufacturing capabilities in Canada for the benefit of Canadians. NGen works to strengthen collaboration among its membership of more than 2,000 manufacturers, technology companies, innovation centres, and researchers, and provides funding and business support to industry-led initiatives that aim to develop, apply, or scale-up transformative manufacturing solutions in Canada for commercialization in global markets. In March, NGen announced that it would allocate at least \$50 million of funding from the Canadian Government's Innovation Superclusters Initiative to help launch innovative manufacturing solutions to help in the fight against COVID-19.





CANADA NEWS

Abel Tesfae (The Weeknd) donates half a million...

contd. from page 1...

SHN's COVID-19 Emergency Fund was established to support frontline staff and doctors by addressing urgent and changing equipment needs. This includes equipment such as ventilators, ICU beds, vital signs and ECG monitors, as well as personal protective equipment (PPE), health and wellness supports for frontline workers, and other urgent needs. More than 3,500 community donors have contributed to the Fund to date.

"Like The Weeknd, many of my fellow frontline workers either come from Scarborough or call this community home. It is amazing to see one of our own on the world stage, giving back during our community's time of need; generous support like this inspires us to keep going," said Dr. Elaine Yeung, Corporate Chief and Medical Director,

Medicine. "This gift represents Scarborough's incredible spirit and collective passion for shaping a brighter, healthier future."

"Throughout the pandemic, SHN Foundation has worked to inspire the generosity that will support our courageous frontline staff in their work," said Alicia Vandermeer, President and CEO, SHN Foundation. "Thanks to The Weeknd's phenomenal support for our hospitals, and that of thousands of donors over the past several months, we are ensuring that our health care teams have everything they need to safely treat all of our patients."

For more information to support SHN through COVID-19, visit SHN-Foundation.ca. To learn more about and purchase The Weeknd's XO face masks, visit shopca.theweeknd.com.

Ontario Lawyer Looks at the 'New Normal' in Divorce Amid the Coronavirus Pandemic in Upcoming Book

Russell Alexander answers questions about how family law has changed in recent months

LINDSAY, Ontario—Noted Ontario family lawyer Russell Alexander takes a look at changes in family law during the coronavirus pandemic in his latest book, set to hit shelves later this summer.

Alexander delayed publication of his second book, "Everything You Always Wanted to Know About Divorce," to add a new chapter providing readers with answers to questions about divorce, child custody and other issues raised by the pandemic.

"The coronavirus raised a whole set of issues," said Alexander. "How do you handle co-parenting hand-offs during a lockdown? How do you address spousal support during a worldwide recession? Should risk of contracting the virus factor into custody decisions? My goal with this book was to help families get answers."

In the book, Alexander lays out some basic guidelines for the new normal. First, couples who were already facing stressed relationships should take extra time and care to reduce tension to avoid divorce down the road. Those who are splitting up should aim for a collaborative approach that allows more flexibility if conditions change. And children's best interests should include not just the risk of contracting the virus, but also the emotional damage of having their lives disrupted or not being allowed to see a parent.

With many lawyers working remotely and some courtrooms closed during the pandemic, Alexander said judges are taking a different view of which matters are considered urgent enough to warrant an immediate hearing. In some cases, that could mean a dispute over a parent's use of social media, for example, might be delayed,

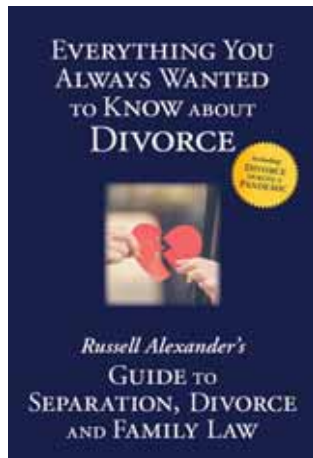
while a question about a parent's compliance with social distancing rules might lead to an immediate hearing.

"Our firm has long advocated for families to use alternatives to the courtroom, but that has never been more important than during the pandemic," added Alexander. "I hope that this book can help families make the best choices possible in this difficult time."

Alexander's previous book, "The Path to a Successful Divorce," became a No. 1 bestseller on Amazon.

Russell Alexander Collaborative Family Lawyers

Russell Alexander Collaborative Family Lawyers is committed to practicing exclusively in the area of family law in Ontario dealing with all aspects, including separation and divorce, child custody and access, spousal support, child support, and division of family property. A team of lawyers provide guidance from start to finish, helping clients identify and understand the legal issues as well as the options and opportunities available through the transition. The firm has offices in Lindsay, Whitby, Oshawa, Markham, Peterborough and Toronto, Ontario.



CALLING ALL FOOD BANKS: 15,000 Meals Available to Food Banks through Feeding Our City Campaign

TORONTO, July 02, 2020 (GLOBE NEWSWIRE) -- Pusateri's Fine Foods ("Pusateri's") is calling on all food banks in Toronto to sign up for the Feeding our City initiative where more than 15,000 meals are now available to be donated to their respective organizations.

In April 2020, Pusateri's Fine Foods launched Feeding Our Heroes, an initiative committed to donating meals to frontline healthcare workers during COVID-19. With an overwhelming response towards the initiative, Pusateri's successfully donated 10,000 meals to essential workers, but there is still so much more work to be done.

"Pusateri's reached out to our team at the beginning of COVID-19 to see how they could support frontline workers at our hospitals. Our staff were absolutely thrilled to receive such delicious food during the pandemic," says Louise Aspin, Senior Vice President and Chief Development Officer, Toronto General & Western Hospital Foundation, which supports University Health Network (UHN). "It's been a very trying time for many of our team members at UHN, and to see the smiles these meals brought to their faces was so nice. Pusateri's really stepped up to do their part for the community and we are excited to see how many more people they will be able to help."

Today, Pusateri's announced its decision to commit another 15,000 meals to support our local food banks, who need an extra hand now, more than ever.

In a 2019 report from The Daily Bread Food Bank, it was noted that 49% of GTA respondents reported they will go hungry for a day, at least once a month. During COVID-19, The Daily Bread Food Bank saw a 35% increase in food bank use in Toronto.

"Thousands of individuals need emergency food support as many have lost their jobs because of this pandemic. Through Feeding our City, Pusateri's will be able to deliver nearly 400 meals per day to food banks as they struggle to navigate growing food shortages," said Frank Luchetta, President and CEO of Pusateri's. "After years of working with a number of food banks, including Daily Bread Food Bank, we are acutely aware that the number of individuals who go hungry each day is staggering and COVID-19 has only exacerbated that fact."

Pusateri's is eager to launch the new extension of this initiative, with hopes to help many more in the city.

"Pusateri's has always been a great partner to the Daily Bread Food Bank, providing food and financial

contributions to help support our families," said Neil Hetherington, CEO of Daily Bread Food Bank. "COVID-19 has created many more stark realities and we are grateful for organizations like Pusateri's to help us make the greatest impact. We hope that every food bank in Toronto takes advantage of the initiative and fuels our ability to feed the community."

There is no qualification to be eligible for Feeding Our City, except to be located in Toronto and be registered as a food bank or charity. Each meal donated will include a pre-packaged Pusateri's meal with sides and a snack.

"We are asking for any food banks in Toronto, no matter how big or small, to submit their organizations for our initiative," said Luchetta. "We want to be able to reach as many families as we possibly can and we are asking for our city's support to share who might need these meals the most right now."

Food banks can submit themselves to the Feeding our City initiative or community members can submit on behalf of an organization. The link is now live and food banks will be supported on a first come, first serve basis until all 15,000 meals are delivered.

Interested food banks can visit our website and complete the registration form where they will then be contacted to confirm delivery details.

"As a community, we realize the impact that COVID-19 has on nearly every element of our lives," said Luchetta. "As businesses reopen and we try to move forward, it is important to remember that we have people and communities that are still struggling. We are so inspired seeing other companies and organizations mobilizing for a good cause over the last few months, and we hope that we can be part of lending a helping hand with Feeding Our City."

About Pusateri's Fine Foods:

Pusateri's heart remains with our founder, Cosimo Pusateri, who arrived in Canada from Sicily with his family as a boy in 1957. Forever remembered for his passion for food, family and life—he was the smiling face of his family's popular produce market in Little Italy. In 1986, Cosimo transformed this neighbourhood shop into the fine food emporium it is today, specializing in gourmet and specialty products, from local and international producers. Cosimo was beloved for his ability to talk to anyone about food, family and the finer things in life. He believed in the best—and only the best. Today, his spirit remains our guiding principle and our standard of excellence.



Most restaurants will need continued government support to survive Canada's recovery from COVID-19

A new Restaurants Canada survey reveals the majority of foodservice businesses across the country are still losing money and could take at least a year to return to profitability.

TORONTO, July 06, 2020 (GLOBE NEWSWIRE) -- The majority of foodservice businesses across the country are still operating at a loss and could take at least a year to return to profitability, according to a new survey from Restaurants Canada.

"Restaurateurs are eager to help rebuild the economy and revive neighbourhoods, but they're going to need continued assistance from government to remain operational under ongoing restrictions," said David Lefebvre, Restaurants Canada Vice President, Federal and Quebec.

Survey reveals many restaurants expect a year or more to recover

More than half of respondents whose operations are either open for takeout or delivery only, or now offering dine-in services under new restrictions, said they are continuing to operate at a loss.

When asked how many months they expect it will take their business to return to profitability:

- 13 per cent said six months or less.
- 31 per cent said between seven months to a year.
- 36 per cent said between a year and 18 months.
- 20 per cent said more than 18 months.

For the third month in a row, more than 90 per cent of respondents reported lower sales compared to the same period last year.

Restaurants will need continued support to contribute to Canada's recovery

A thriving foodservice sector is critical to Canada's recovery from COVID-19:

- Restaurants and other foodservice businesses are the fourth-largest

source of private sector jobs and number 1 source of first jobs for Canadians, typically employing 1.2 million people.

- Restaurants support a wide variety of supply chain businesses, indirectly supporting more than 290,000 jobs.

- Restaurants typically spend more than \$30 billion per year on food and beverage purchases, playing a critical role for Canadian farmers and the agri-food sector.

Not only was the foodservice industry among the first and hardest hit by the impacts of COVID-19, the sector will also be among the slowest to return to profitability. Given this reality, Restaurants Canada is calling on the federal government to extend and strengthen support for foodservice businesses in the following areas so they can continue contributing to Canada's recovery.

1) Assistance with labour costs

Seventy-five per cent of restaurant operators who responded to the latest Restaurants Canada survey said they are receiving the Canada Emergency Wage Subsidy (CEWS).

Restaurants Canada is continuing to recommend the following changes to this program to ensure foodservice businesses can bring more Canadians back to work as they continue to reopen and recover:

1. Continue to keep the subsidy available for as long as restrictions are in place. Instead of the 75 per cent wage subsidy suddenly dropping to zero, support should be reduced gradually as businesses get closer to manageable levels of revenue variance while operating under ongoing restrictions.

2. The 30 per cent revenue decline threshold should be scaled to support restaurants in their recovery, instead of serving as a disincentive to improving sales at the risk of losing access to the subsidy while businesses are still operating at a loss.



2) Rent relief and commercial tenant protections

At the start of June, half of restaurant operators across the country were still dealing with landlords unwilling to participate in the Canada Emergency Commercial Rent Assistance (CECRA) program or any other rent relief arrangement.

While Restaurants Canada welcomes the federal government's commitment to work with the provinces to extend the program by a month, further action is needed to sufficiently address ongoing challenges with rent:

1. Support through the CECRA program should be available on a sliding scale, recognizing the tenuous financial circumstances that many commercial tenants will continue to face while restrictions remain in place. The threshold should be adjusted so that businesses remain eligible as they reopen and recover.

2. Eligibility requirements should be expanded to be more inclusive of all foodservice business models.

3. Tenants should be able to apply for the CECRA program and an application from an eligible tenant should make a landlord's participation compulsory.

4. Commercial tenants should be protected against evictions until solutions are in place that work for all parties. The federal government should work with the provinces to ensure moratoriums on evictions remain in place to protect commercial tenants not benefiting from the CECRA program for as long as restrictions continue.

- 3) Help with cash flow and rising debt levels

Existing measures need to be

expanded and new solutions are needed to ensure restaurants have enough working capital to remain viable for as long as restrictions remain in place:

- Businesses should be able to access more than \$40,000 in interest-free loans through the Canada Emergency Business Account (CEBA) program and at least 75 per cent should be forgivable.

Feeding Canada's recovery

Working together with Restaurants Canada, all levels of government can help foodservice businesses continue playing an integral part of the social and economic fabric of communities across the country. Learn more at feedingtherecovery.ca.

About the Restaurants Canada survey

Conclusions cited above are based on responses to a Restaurants Canada survey conducted between June 25 and July 3, 2020. Restaurants Canada received a total of 947 completed surveys from foodservice operators across Canada, representing 11,623 locations (as many respondents belong to multi-unit businesses). Canada's commercial foodservice industry is made up of 97,500 establishments, including full-service restaurants, quick-service restaurants, caterers and drinking places.

About Restaurants Canada

Restaurants Canada is a national, not-for-profit association advancing the potential of Canada's diverse and dynamic foodservice industry through member programs, research, advocacy, resources and events. Before the start of the COVID-19 pandemic, Canada's foodservice sector was a \$93 billion industry, directly employing 1.2 million people, providing Canada's number one source of first jobs and serving 22 million customers across the country every day. The industry lost more than 800,000 jobs by April and is on track to lose as much as \$44.8 billion in annual sales compared to 2019 due to the impacts of COVID-19.

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Appointments

Rajan Brito and Dharmarajah join Renuka City Hotel Board of Directors in Sri Lanka

Renuka City Hotels has appointed J.M.S. Brito and T. Dharmarajah as Independent Non-Executive Directors of Renuka City Hotel Board of Directors in Sri Lanka

By Siva Sivapragasam

Rajan Brito

Brito is a former Chairman of DFCC Bank, Sri Lankan Airlines and Employers' Federation of Ceylon and was Deputy Chairman and Managing Director of Aitken Spence PLC for 18 years until his retirement in March 2019.

He has a wealth of experience working overseas with international organizations such as the World Bank; Price Waterhouse, London and Public Sector Institutions in Sri Lanka.

He holds a L.L.B degree from the University of London; MBA from the London City Business School; and is a Fellow of the Institute of Chartered Accountants of both Sri Lanka and England and Wales.

T. Dharmarajah

Dharmarajah is the Senior Partner (Audit & Assurance) of Amerasekera & Company and serves as a Director of LOLC Development Finance PLC, NatWealth Securities Ltd. (NWSL), National Wealth Corporation Ltd. (NWCL), Management Applications Ltd., and DHS Medical Group Ltd.

Dharmarajah holds a B.Sc. Management (Sp) Degree of the University of Sri Jayewardenepura and a Fellow Member of the Institute of Chartered Accountants of Sri Lanka, Association of Accounting Technicians of Sri Lanka and Institute of Public Finance & Development Accountancy.

With the latest appointments the Board of Directors of Renuka City Hotel Plc comprises Ravi Thambiayah (Chairman), N.A. Thambiayah (Deputy Chairman), S.R. Thambiayah (Joint

Managing Director), A.L. Thambiayah (Joint Managing Director), M.A. Jayawardana, N.R. Thambiayah, R.S. Tissanayagam, T. Dharmarajah and J.M.S. Brito.

Kasturi Chellaraja Wilson appointed Group CEO of Hemas Holdings PLC in Sri Lanka

Kasturi Chellaraja Wilson has been appointed as Group Chief Executive Officer of Hemas Holdings with effect from October 1, 2020, making her perhaps the first woman to head a large-scale Sri Lankan conglomerate.

Kasturi is a Fellow of the Chartered Institute of Management Accountants, UK. She has attended many leadership programmes over the span of her career, most notably the Senior Executive Leadership Program at Harvard Business School. Kasturi was also recognized by the Parliament of Sri Lanka in 2019 and awarded a position on its prestigious list of Women Changemakers.

Kasturi becomes the first female group CEO of a public quoted conglomerate in Sri Lanka. She was also appointed as the deputy CEO of Hemas Holdings and will resume her duties as the deputy CEO with effect from 1 July 2020.

Kasturi is an old girl of Holy Family convent, Bambalapittiya and a mother of two boys, Ashvindh and Amrith. She is the daughter of Mr. & Mrs. Chellarajah. Readers may remember Mr. Chellarajah as the well-known cricketer who played for St. Thomas first eleven cricket team.

Sri Lanka's Prime Minister Mahinda Rajapakse, in a tweet,



Dharmarajah



Rajan Brito



Kasturi Chellaraja

congratulated Kasturi on her new appointment and wished that her appointment would inspire youngsters, specially, women, to follow in her footsteps.

Kimarli Fernando functions as the Tourism Chairperson in Sri Lanka

Corporate leader Kimarli Fernando is functioning now as the Chairperson of the Sri Lanka Tourism Development Authority (SLTDA), Sri Lanka Tourism Promotion Bureau (SLTPB) and Sri Lanka Convention Bureau (SLCB). She currently serves as a



Kimarli Fernando

Director of Delmege Forsyth Limited, Vallibel One PLC and Richard Pieris Distributors Limited. Previously, she was Acting Chairperson of LB Finance PLC, Director of NDB and has also held senior positions at Pan Asia Banking Corporation PLC, Standard Chartered Bank, Sri Lanka and Deutsche Bank AG, Sri Lanka and in Germany.

She holds an LLB (Hons.) from the London School of Economics and Political Science, London, UK, is a Barrister-at-Law, Lincoln's Inn, UK (1987) and an Attorney-at-Law, Sri Lanka.



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U.S. Embassy Provides Children with At-Home Summer Camp Experience

Embassy in Ottawa Partners with National Inventors Hall of Fame (Canada) to Offer Innovative Program to Children of Frontline Healthcare and EMS Workers

OTTAWA — July 10, 2020 — The U.S. Embassy in Ottawa is providing funding to enable children of frontline Ontario healthcare and EMS workers, pediatric cancer care patients, and other children in need to attend Camp Invention Connect™, a new at-home summer enrichment camp program.

Provided under the Public Diplomacy Grants Program announced by the Public Affairs Section of the U.S. Embassy and Consulates in Canada, U.S. Department of State, this funding will enable 100 children from kindergarten to grade 6 to explore the invention process from home.

“The U.S. Embassy in Ottawa is pleased to support this innovative program and to help it reach deserving kids in Ontario,” said U.S. Embassy Chargé d’Affaires Richard M. Mills. “We are proud to partner with NIHF Canada, particularly during these challenging times as the organization inspires Canada’s next generation of STEM leaders.”

A hybrid program featuring both offline activities and optional online sessions led by Ontario educators, Camp Invention Connect enables hands-on exploration by delivering a set of four activity kits, full of exciting materials, directly to each participant. Included in the materials for each camper is their very own robot called LINK, named after National Inventors Hall of Fame Inductee Edwin A. Link,



inventor of the flight simulator.

This is the second year that the U.S. Embassy has helped inspire future innovators through NIHF Canada’s invention education programs. Last summer, campers in Ontario engaged in hands-on learning activities at Camp Invention™, the program on which Camp Invention Connect is based. Plans are also in place to provide additional programs when students return to the classroom this fall.

“This is a wonderful way to say thank you and to show appreciation to frontline healthcare and EMS workers who have had to sacrifice so much during the COVID-19 pandemic,” said Shelley Jones, vice president of NIHF Canada. “This funding will also support some of those most vulnerable who have been particularly impacted

by the isolation associated with being at home, including cancer care patients and their families.”

Through its innovative STEM education programs, NIHF Canada features inventors as role models who have changed our world for the better, including Canadians such as Class of 2020 Inductee James McEwen, inventor of the first microprocessor-controlled tourniquet system used in thousands of surgeries each day.

For information about NIHF Canada’s educational programs and to learn more about its new virtual summer camp program, Camp Invention Connect, please visit invent.org/canada/camp-invention-connect and see #CampInvention on social media.

NIHF Canada is inspiring future innovators through programs such as

Camp Invention Connect that challenge children in grades K-6 to find their “inner inventor” by learning the process of innovation. Using hands-on activities, Camp Invention promotes STEM learning; builds confidence, leadership, perseverance, resourcefulness and problem-solving skills; and encourages entrepreneurship — in a fun and engaging environment. In the unprecedented times we’re all experiencing, these lessons are even more valuable. Camp Invention was first introduced in Canada last summer with programs held in Ontario.

About Camp Invention

Based on programming developed by the National Inventors Hall of Fame (U.S.) in partnership with the United States Patent and Trademark Office, Camp Invention is the only nationally recognized summer program in the U.S. focused on creativity, innovation, real-world problem solving and the spirit of invention. Through hands-on programming, Camp Invention encourages children entering kindergarten through sixth grade to explore science, technology, engineering and mathematics curriculum inspired by some of the world’s greatest inventors. Since 1990, these education programs have served more than 1.5 million children, and 170,000 teachers and Leadership Interns in the U.S.

USAID Success Stories in Asia

“Our goal in Asia,” said Gloria Steele, Senior Deputy Assistant Administrator for the Asia Bureau at the U.S. Agency for International Development, “is to help them become prosperous, free and open, and help them to achieve self-reliance.”

“What is good for Asia, is good for the United States,” noted Gloria Steele, Senior Deputy Assistant Administrator for the Asia Bureau at the U.S. Agency for International Development, or USAID. “Our goal in Asia,” she explained in a recent interview, “is to help them become prosperous, free and open, and help them to achieve self-reliance.”

USAID was particularly successful in helping Vietnam improve their competitiveness by increasing transparency and streamlining business practices in the country, said Ms. Steele:

“Vietnam is now one of the highest growing countries from an economic perspective in the region. They have demonstrated the highest

increase in terms of the WEF’s – the World Economic Forum’s competitiveness ranking in the region. And that has had significant impacts for both the people of Vietnam in terms of quality of life, as well as markets for the U.S.”

In Indonesia, USAID has been instrumental in advancing the energy sector, said Senior Deputy Assistant Administrator Steele:

“We have been working with Indonesia, particularly the energy sector, and they have been able to work to make their policies such that there has been a lot of changes and improvements in modernizing the energy sector. . . .Again, this has served as a good source of investment, not just for local investors in Indonesia, but for the US investors as well.”

In the Philippines, USAID has supported the growth of e-commerce with an investment in mobile banking, which has enabled people who do not have access to banking



Program Lampu Tenaga Surya Hemat Energi (LTSHE) Kemen ESDM periode 2017-2019 mampu menerangi sekitar 350.000 rumah di seluruh Indonesia. (Foto: Humas ESDM)

services to use their mobile phones to manage their finances. It eventually developed into a system of e-payments, which are used not just for commerce, but for distributing social welfare services for the disadvantaged and marginalized in the country.

USAID will continue to help countries in Asia become

economically self-sustaining by creating conditions that encourage private sector investment. Senior Deputy Assistant Administrator Steele, said, USAID plans to “work with governments to make their policies so that they’re conducive to private sector involvement and there is a level playing field for legitimate private sector entities.”



WORLD NEWS

WHO Official: Coronavirus Probably Can't Be Eliminated Under Current Conditions

By VOA News

July 10, 2020 03:13 PM

The World Health Organization's emergencies program chief said Friday that the new coronavirus probably could not be eliminated if current global conditions persisted.

"In the current situation, it is unlikely we can eradicate the virus," Dr. Mike Ryan said at the WHO's regular coronavirus briefing in Geneva.

The world could "potentially avoid the worst of having second peaks and having to move backwards in terms of a lockdown" if surges in infections could be extinguished, he added.

WHO chief Tedros Adhanom Ghebreyesus offered a word of optimism, saying examples around the world have shown that even if the COVID-19 pandemic is "very intense," it can still be brought back under control.

But Tedros noted that global cases of infections worldwide had more than doubled in the last six weeks.

More than 12.3 million people had contracted COVID-19 worldwide by midafternoon Friday EDT, according to statistics from Johns Hopkins University.

Many public health experts believe, however, the number of infections is actually higher. They say cases go unreported for a variety of reasons, including testing shortages, the lack of transparency among some governments, and the attribution of COVID-19 deaths to related complications.

The U.S. remains the hardest-hit country, with about one-quarter of all confirmed infections and fatalities worldwide. As of Friday, 3.1 million people in the U.S. had contracted COVID-19 and nearly 134,000 had died of the disease, according to the Hopkins data.

The U.S. reported more than 64,000 new cases of the coronavirus



WHO Health Emergencies Program head Michael Ryan attends a news conference organized by the Geneva Association of United Nations Correspondents (ACANU) amid the COVID-19 outbreak, at the WHO headquarters in Geneva, Switzerland, July 3, 2020

Thursday, a record number, overwhelming intensive care units in hospitals in the country's hard-hit West and South, including the states of Arizona, California, Florida and Texas.

No strategy

Dr. Anthony S. Fauci, the nation's top infectious-disease expert, again warned that the pandemic was worsening in the U.S. because the country lacks a coherent strategy to contain the virus.

"As a country, when we compare ourselves to other countries, I don't think you can say we are doing great — I mean, we're just not," Fauci said in an interview Thursday with FiveThirtyEight, a website focused on opinion poll analysis, politics and other news.

Fauci suggested on Wednesday that states struggling to combat the virus "should seriously look at shutting



FILE - Dr. Anthony Fauci, director of the National Institute for Allergy and Infectious Diseases, testifies before a Senate Health, Education, Labor and Pensions Committee hearing on Capitol Hill in Washington, June 30, 2020.

down," despite state efforts to reopen in order to revive their economies. Despite the surge in coronavirus cases in the U.S., President Donald Trump continues to push for the country's schools to open in the coming weeks. Questions remain about how safe the openings will be for the children and school personnel.

While it is generally believed that the virus does not affect children as adversely as it does adults, children have contracted the disease, and some have died.

In Hong Kong, schools will be closed Monday, beginning the system's summer vacation period a week sooner than planned. Schools had been closed earlier in the year because of the coronavirus outbreak but were gradually reopened in May. The new closing follows a spike in new COVID-19 cases, 34 on Thursday and 38 on Friday.

Transmission through air

Meanwhile, the WHO formally acknowledged Thursday that COVID-19 could be spread through the air in



FILE - A man searches through a garbage bin in Beirut, Lebanon, June 30, 2020.

crowded, closed or poorly ventilated environments, after initially dismissing the possibility.

Australian and U.S. scientists — backed by more than 200 others — wrote this week that studies show "beyond any reasonable doubt that viruses are released during exhalation, talking and coughing in microdroplets small enough to remain aloft in the air."

U.N. High Commissioner for Human Rights Michelle Bachelet on Friday called the situation in Lebanon "rapidly getting out of control." The pandemic has exacerbated the worst economic crisis in Lebanon's history, she said, and the country's most vulnerable citizens "risk starvation as a result of this crisis."

Bachelet called on the Lebanese government to implement "urgent reforms" to meet "the basic needs of the population."

Israeli Prime Minister Benjamin Netanyahu admitted Friday that the decision to allow bars and other businesses to reopen might have been made "too soon." His admission was made as the country's health ministry reported 1,500 new cases, a record single-day high.

U.S. Condemns China's Move to Destroy Hong Kong's Autonomy

The Chinese Communist Party has imposed draconian new security legislation on Hong Kong

Under the new legislation, sweeping and vague provisions on secession, subversion, terrorism, and collusion with foreign countries create new crimes with penalties of up to life in prison. This has already had a chilling effect on the pro-democracy movement. Shortly after the law was passed, Hong Kong activist Joshua Wong resigned as secretary general of pro-democracy group, Demosisto, and left the party. Other members, including Nathan Law and Agnes Chow, have done the same, and the party announced it would disband.

Under the new regulation, many of Hong Kong's protests that took place last year would be punishable

by law. Nevertheless, protesters took to the streets July 1, which marked the 23rd anniversary of the city's handover from the United Kingdom to the People's Republic of China. By midday, the Hong Kong city police reported their first arrest under the new security law: a man holding a banner that simply read "Hong Kong independence."

This newly imposed security legislation is clearly a betrayal of the people of Hong Kong — as well as a clear disregard of international commitments — by the Chinese Communist Party. "The CCP," said Secretary of State Mike Pompeo, in a written statement, "promised 50 years of freedom

to the Hong Kong people [under the 1984 Sino-British Joint Declaration, a UN registered document, and the Basic Law] and gave them only 23."

The United States is not standing idle while Beijing strips Hong Kong of its economic and political independence and vitality. The U.S. has imposed visa restrictions on CCP officials responsible for undermining Hong Kong's autonomy. In addition, President Donald Trump has determined to eliminate policy exemptions that give Hong Kong different and special treatment, with few exceptions.

"The United States," said Secretary Pompeo, "will continue to stand with the freedom-loving people of Hong



Kong and respond to Beijing's attacks on freedom of speech, the press, and assembly, as well as the rule of law, all of which have, until now, allowed the territory to flourish. Today, marks a sad day for Hong Kong, and for freedom-loving people across China."

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University of Toronto creates two endowed funds titled Navalar Nedunchezhiyan Tamil Literary Prize and Lecture Series

The Two endowed funds follow an anonymous donation to support Tamil Studies

By Siva Sivapragasam

The University of Toronto Scarborough has announced the creation of two endowed funds gifted by an anonymous donor and titled The Navalar Nedunchezhiyan Tamil Literary Prize and Lecture Series, according to a statement released by Wisdom Tettey, Principal of the University of Toronto Scarborough & Vice-President, University of Toronto.

Both funds are named after the Tamil Scholar and political figure Dr. V.R. Navalar Nedunchezhiyan, who would have celebrated his 100th birthday on July 11, 2020. Dr. Nedunchezhiyan was known for his oratorical skills and speeches which

earned him the sobriquet "Navalar", a reference to his rhetorical nature.

The Navalar Nedunchezhiyan Tamil Literary Prize will be awarded annually to an outstanding local or international scholar in the field of Tamil Studies. The inaugural award will be given out after the completion of the Tamil Chair fundraising initiative to create the first Chair in Tamil Studies at the U of T Scarborough.

The Lecture Series will promote conversations around pluralism, multiculturalism, and inclusive global societies. It is inspired by the leadership and scholarship of Navalar Nedunchezhiyan, who gained a reputation as a "mobile university" because of his commitment to



Dr. Navalar Nedunchezhiyan

engaging communities as a vehicle for sharing knowledge about Tamil heritage and deliberating on questions of ethics and morality. The

series will bring the brightest in their fields to share their ideas on how inclusive and resilient communities can help us address contemporary issues that we face throughout the world.

The statement further states that the University of Toronto Tamil Chair is honoured by the support of the anonymous donor and continues to be grateful for the contributions of all those who share the commitment to Tamil Studies at U of T Scarborough. A person involved in the creation of the endowment remarked that this Tamil Literary Prize could be compared to the Booker International Prize in English.

Find out more about how you can donate to the Tamil Chair initiative.



ADHECOGEN – A B2B provider of efficient manufacturing services helping to keep you ahead of your competition through quality materials and cost savings.

By Siva Sivapragasam

"A business relationship with ADHECOGEN is one that provides B2B custom design manufacturing solutions. We're always considering customer satisfaction since the company does not compromise when it comes to quality and service," says Hari Karthigesu, President & CEO.

ADHECOGEN is in its 10th year of business, which signifies a key milestone as a Canadian owned business-to-business company. They passionately believe that customized hardware parts for office furniture, window and patio door industries, and LED lighting for commercial, residential, and industrial sectors, help to make lives safer and more comfortable, companies more productive and cities more liveable.

ADHECOGEN transforms conventional lighting to energy efficient and environmentally friendly LED technology that is high power, and cost-effective. In their [case studies](#), whether for a condominium, a health care facility or office warehouse, the energy savings of over 50% and financial savings in the thousands of dollars, are great reasons to trust them.

They also design mold and tooling for office furniture, windows, and patio door hardware industries. This is achieved through contract manufacturing to provide cost-effective services in Canada and internationally. Whether you need components delivered quickly, or you have a large project, their expert team of engineers and project managers are ready to help.

As an innovator for 10 years, ADHECOGEN has hundreds of successful installations in Canada and internationally. Their products improve ambience; enhance productivity; provide significant cost savings while being socially responsible to our planet. ADHECOGEN's products are green and RoHS (Restriction of Hazardous Substances) compliant and follows environment friendly design to bring you the best LED lighting at competitive prices.

ADHECOGEN's team has worked together with manufacturing units, subcontractors, trades, and suppliers to deliver the highest standards of excellence for their clients. ADHECOGEN has a set of five core values:

- **Social Responsibility** - We factor in economic sustainability and help you minimize your carbon footprint; we follow green design and manufacturing processes.
- **Respect and Safety** – For team members, our clients, our manufacturing partners, and our trade partners we come into contact within our day-to-day business.

- **Teamwork** – The highest quality products are produced when we work closely with our clients to become a seamless team of professionals working towards a common goal.
- **Integrity** – Honesty is given freely because the value of integrity is priceless.
- **Accountability** – We take full responsibility for the quality of work we produce and oversee.

There is no compromise with ADHECOGEN when it comes to quality and satisfaction, and that is exactly what you can expect when you do business with them.

"We're committed to timely service, continuous improvement and building a company that serves you the best with our new generation of interior and exterior LED (light-emitting-diode) lighting systems, and custom patio and office hardware," says Hari Karthigesu.

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WORLD NEWS



Canadian Tamil youth receives special white House HBCU Award

By: Raymond Rajabalan

“My career goal is to become a health care professional so that I can travel to third world countries and help those in need, especially orphans, women, and individuals with special needs,”



Remeya Ganesh

Remeya Ganesh

Two Mississippi Valley State University (MVSU) Students were among 44 scholars from 33 Historically Black Colleges and Universities (HBCUs) announced by the White House Initiative on Historically Black Colleges and Universities as 2020 HBCU Competitiveness Scholars—the initiative’s highest student recognition.

MVSU’s Remeya Ganesh of Toronto, Canada, and Chyna Sawyers of London, England, are included on the prestigious list of HBCU students being honored for their superior academic achievements, campus and civic involvement and entrepreneurial “go-getter” spirits.

U.S. Secretary of Education Betsy DeVos said, “These exemplary students have excelled inside the classroom and out and have successfully met the unprecedented challenges to learning during the COVID-19 pandemic. Their determination, resilience, and commitment to excellence will serve them well as they continue their academic careers and prepare for future continued success.”

Johnathan Holifield, executive director of the White House Initiative on HBCUs, added, “I am simply thrilled to recognize the 2020 HBCU Competitiveness Scholars. These students are fine examples of the talent and boundless vitality found at America’s HBCUs. This recognition heightens expectations for scholars to continue making meaningful contributions to

our nation. I am confident they will deliver.”

Ganesh is a junior Health, Physical Education and Recreation (HPER) major with a minor in Biology and a focus in teaching. Ganesh maintains a 4.0 grade point average and is a member of the MVSU Women’s Soccer team.



Chyna Sawyers

“My career goal is to become a health care professional so that I can travel to third world countries and help those in need, especially orphans, women, and individuals with special needs,” Ganesh said.

Remeya a past student of Pope John Paul II Catholic Secondary school, Scarborough received a special scholarship before being admitted to Mississippi State Valley University. She is the younger daughter of reputed Canadian soccer referee Ganesh of Scarborough. Remeya was also a member of Durham Soccer team during her college days.

The Competitiveness Scholars are comprised of undergraduate, graduate, professional students, and international students from various academic backgrounds. The 2020 scholars were selected from among several highly distinguished HBCU students. In addition, each recognized scholar was nominated and endorsed by their institution’s president.

Which itself is a prestigious acknowledgment.



Singapore’s People’s Action Party retains power again by winning 83 out of 93 seats

Singaporeans returned the People’s Action Party (PAP) to power again by handing it 83 of the 93 seats.



Singapore Prime Minister Lee Hsien Loong waves after the election victory. Picture Courtesy: Straits Times, Singapore

The PAP under the leadership of Prime Minister Lee Hsien Loong who is the son of Singapore’s Founding Prime Minister Lee Kwan Yew, received 61.24 per cent of the votes, an 8.7-point swing from its previous 69.9 per cent share in the 2015 polls.

The election was significant against the backdrop of the pandemic and also saw the opposition doubling their seats to 10 elected MPs in the next Parliament.

The Opposition’s Workers’ Party chief Pritam Singh pledged to do his best as the leader of the opposition, responding to the announcement by Prime Minister Lee Hsien Loong that the WP leader would be appointed to the newly-created position and be given staff and resources. Singh is a Singaporean with Punjabi ancestry, and is a practicing Sikh.

Posting on Facebook the morning after his party made historic gains at the general election, he wrote: “I

look forward to serving as leader of the opposition and will carry out my duties to the best of my abilities. I will endeavour to ensure that the Workers’ Party under my leadership will remain loyal to Singapore and all Singaporeans.”

The U.S and India congratulated Singapore Prime Minister Lee Hsien Loong and the People’s Action Party on their victory in Friday’s (July 10) election. In a statement, US Secretary of State Mike Pompeo said: “The United States and Singapore have enjoyed more than 50 years of valuable partnership since we established diplomatic relations in 1966.”

Indian Prime Minister Narendra Modi congratulated Mr. Lee on Saturday and wrote on Twitter: “Congratulations to Prime Minister @lee-hsienloong for success in the General Elections! Best wishes to the people of Singapore for a peaceful and prosperous future.”

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HEALTH & WELLNESS



TELUS FRIENDLY FUTURE FOUNDATION CONTRIBUTES \$150,000 TO COVID-19 RELIEF



The TELUS Friendly Future Foundation has granted \$150,000 to support frontline hospital workers through the Scarborough Health Network's COVID-19 Emergency Fund.

The grant is one of the leading gifts to SHN's COVID-19 relief efforts. Created to support urgent needs across all three SHN hospitals, the COVID-19 Emergency Fund supports equipment purchases such as ventilators, ICU beds, vital signs and ECG monitors, as well as personal protective equipment (PPE), health and wellness supports for frontline workers, and other critical needs.

To date, more than \$2.2 million has been raised from 3,500 community donors.



"We are incredibly grateful to the TELUS Friendly Future Foundation for their generous support," shared Alicia Vandermeer, President & CEO, SHN Foundation. "This contribution

will not only have a tangible impact at our hospitals by helping to secure the tools needed to treat our community, but it also inspires our frontline staff to keep up the fight against COVID-19."

The TELUS Friendly Future Foundation is committed to building brighter futures by enhancing public health initiatives through charitable health and technology programs. Every year, the Friendly Future Foundation contributes \$8 million to local charities and supports over 500 charitable grants across Canada.

To learn more about the many ways there are to support frontline staff at Scarborough hospitals during the COVID-19 pandemic, visit SHNFoundation.ca.

TURTLES NAMED AFTER SHN HEROES



In a wonderful act of appreciation and solidarity, Toronto Zoo reached out to Scarborough Health Network (SHN) asking if they would like to have 53 Blanding's turtles named after members of their staff who have gone above and beyond in the fight against COVID-19. SHN

posed the question to their employees and were inundated with nomination messages written by individuals and groups, detailing why their team member or leader is so especially deserving. They were beautiful, funny, heartfelt and a pleasure to read.

After a difficult selection process, a list was put together and the turtles were ceremoniously given the names they would take on into their new lives of independence. The SHN recipients of this prestigious distinction thank the Toronto Zoo for this special and lasting way of acknowledging their

efforts in keeping our community safe.

About the noble Blanding's turtle and the release program

The Blanding's turtle is a long-lived species with a life span of up to 80 years. This species has inhabited the Rouge Valley for thousands of years, though prior to 2014, its future was uncertain. Habitat loss had pushed this species to the brink, with as few as seven adult Blanding's turtles remaining at that time.

However, in June 2014, a group of partners, co-led by Parks Canada and the Toronto Zoo, began reintroducing juvenile Blanding's turtles in the Rouge. To date, they have released 397 head-start and hatchling Blanding's turtles.

On a warm Tuesday morning on June 23, the turtles named for SHN team members were taken to a marsh in the Rouge and set free to live their lives. Learn more.

Ajith Varghese
Manager, Spiritual Care
Ann Sideris
Director, Workplace Health and Safety
Babi Kattakayathil
Executive Assistant
Chief Mathew Pegg
Chair of City of Toronto's Emergency Operations Centre
Christina Gagnon
Registered Nurse
Christina Hawkins
Social Worker
Cristina Badlis
Physiotherapist
David Graham
Executive Vice President & Chief Administrative Officer
Dr. Abdel Belhaj
Medical Director, Infection Prevention and Control
Dr. Albert Lauwers
Executive Vice President, Medical and Clinical Programs
Dr. Dick Zoutman
Chief of Staff
Dr. Eileen de Villa
Toronto's Medical Officer of Health

Dr. Elaine Yeung
Corporate Chief of Medicine
Dr. Liz Hartley
Anesthesiologist
Dr. Reena Lovinsky
Medical Director, Infection Prevention and Control
Dr. Robert Ting
Physician
Dr. Norm Chu
Chief and Medical Director of Emergency Services
Dru Ann Skeates
Manager, Emergency Care
Elyse Hosein
Emergency Preparedness Specialist
Fred Go
Director, Surgery
Glyn Boatswain
Director, Women's and Children's Health
Heidi McDowell
Rehab Assistant
Jaclyn Smoskowitz
Social Worker
Katrina Studeny
Registered Practical Nurse

Leigh Duncan
Executive Director, Communications and Public Affairs
Linda Calhoun
Vice President & Chief Professional Practice Executive
Liora Krinsky
Registered Nurse
Lisa Cipriano
Communications Lead
Liz Buller
President and CEO
Lorie Sheridan
Registered Nurse
Marina Zajakovski
Registered Nurse
Mayor John Tory
Mayor City of Toronto
Meredith DePaulsen
Manager, Patient Care
Michele James
Vice President, People and Transformation
Minette MacNeil
Interprofessional Practice and Allied Health
Nick Dimovski
Director, Logistics and Supply Chain

Nick Parsons
Registered Nurse
Nicholas Smith
Manager, Marketing and Communications
Nisa Karan
Manager Workplace Health & Safety
Penny Lalopoulos Karafle
Director, Support Services
Petra Sheldrake
Director, Laboratory Services
Philippa Dawood
Wellness Coordinator
Rebecca Harvey
Executive Vice President Clinical Programs
Renee Blomme
Vice President, People and Risk Management
Rincy Pulickal
Registered Practical Nurse
Sharah Haque
Registered Nurse
Shelley Dorazio
Pharmacy Director
Stanley "Stan" Muise
In Memory Of
Stephen Casey
Manager, Birchmount Emergency Department

Tabatha Bowers
Nurse Practitioner
Tanisha Donaldson
Clerical Information Management Supervisor
Thiru Appasamy
Operations Lead for Cardiovascular and Stroke Program
Trixie Williams
Director, Oncology & Cardiovascular
Tyler Crocker
Director, Plant & Facilities Operations
Varma Sneha
General Manager, Support Services
Vydia Nankoosingh
Manager, Infection Prevention Control
Zahir Hirji
Manager, Risk & Privacy





BRINGING LIFE TO END-OF-LIFE CARE

- SHN PALLIATIVE CARE PHYSICIAN WINS U OF T AWARDS FOR LESSONS LEARNED AND TAUGHT

When Dr. Rahim Abdulhussein met with his first palliative care patient, he listened. The patient was a man in his late eighties who had arrived at the hospital shortly after suffering a stroke. Quietly, Dr. Abdulhussein pulled in closer for an intimate conversation that was to be the defining moment in his career. It would foster a passion for end-of-life care that Dr. Abdulhussein has shared with medical residents at the start of their own careers — a faculty role for which he has recently received two 2020 Teaching Awards from the University of Toronto (U of T).

The moment was some 11 years ago, but Dr. Abdulhussein still remembers it vividly. There in the hospital room, surrounded by his family, the elderly patient began to tell Dr. Abdulhussein about his life. He spoke about leaving his home to fight in a world war, about losing his first wife to cancer, and finding companionship later on in life. After painting a portrait of his life, there was one more thing the man had to say. Despite having been healthy and independent nearly a week prior, he was declining further treatment.

"I remember telling him that it didn't have to be over. There were options available we could pursue,"

recalled Dr. Abdulhussein. "But in the end the man told me, 'I've lived a good life. I'm ready to go.'"

This pivotal moment led Dr. Abdulhussein to focus on palliative care, a form of specialized health care that seeks to remove suffering and improve the quality of life for patients living with a life-limiting illness or disease.

"It is a calling," said Dr. Abdulhussein. "There is a limit for how much medicine can do for people, and there are diseases we can't cure. That's when palliative care comes in."

As a family doctor who specializes in palliative care of inpatients at Scarborough Health Network (SHN), Dr. Abdulhussein is one of several SHN faculty and residents recognized for their significant contributions to medical education by the 2020 Postgraduate Awards of Excellence, Postgraduate Awards, and Teaching Awards from the University of Toronto (U of T).

Dr. Jenn McDonald, Site Program Director for the Family Medicine Post-graduate program submitted the nomination for Dr. Abdulhussein, and spoke about the impact of his teaching on students. "Residents value Dr. Abdulhussein as a role model," said Dr. McDonald. "Many residents have not had

extensive experience in palliative medicine, and by the end of the rotation they are very comfortable working with the team."

Also included in the nomination, residents praised Dr. Abdulhussein's investment in their independence-focused education:

"Dr. Rahim was great in reviewing the checklist at the beginning and later through the rotation!"

"Good balance of supervision and independence."

"Excellent independence with support."

The recognition of his work in the two-year Department of Family and Community Medicine (DFCM) Residency Program is a testament to his approach to teaching: thoughtful and supportive, while empowering each resident to act independently.

"My philosophy is to give as much autonomy and independence as possible," said Dr. Abdulhussein. "While we work on what the residents' goals and objectives are, I also stress that they can connect with me any time. It's important that they feel supported."

Since taking over the palliative care lead three years ago, Dr. Abdulhussein has taught and mentored residents, with a focus on restructuring and enhancing the program each year to make

it truly exceptional. The result is confirmation of Dr. Abdulhussein's hard work and determination that a holistic approach is key to addressing the physical, emotional, and spiritual needs of patients and their families.

As he reflects on that turning point in the path he would take as a physician — caring for a man who, together with his family, entrusted him with his final moments, Dr. Abdulhussein remains a humble champion of the concepts of palliative care in medicine.

"Palliative care can really help and be a mercy to people. Everyone should have access to high quality palliative care. My hope in teaching family medicine residents is that when they go out to be comprehensive doctors they can incorporate the concepts of palliative care into their daily practice."

Congratulations to Dr. Rahim Abdulhussein, who has received the following awards:

2020 University of Toronto Faculty of Medicine Community-Based Teaching Awards, Award for Excellence (Community Hospital)

2020 Department of Family and Community Medicine Award for Excellence in Course / Program Development in the community affiliated site category.

Congratulations DFCM Award Winners and Nominees!

As medical education continues to grow every year at Scarborough Health Network (SHN), so, too, do opportunities to recognize the achievements of SHN's medical staff.

Congratulations to the faculty and residents who received 2020 Postgraduate Awards of Excellence, Postgraduate Awards, and Teaching Awards from University of Toronto (U of T), which recognize significant contributions to medical education.

SHN is a training site for U of T's Department of Family and Community Medicine Residency Program, providing unique, one-on-one educational opportunities on family medicine and specialty rotations with dedicated preceptors.

"The next generation of health care professionals are coming to SHN to train in one of the most ethnically diverse communities in the world," said Dr. Erlick, Chief and Medical Director, Department of Family and Community Medicine. "Congratulations and thank you to each of our winners and nominees on your achievements; your work reinforces our bold vision to be Canada's leading community teaching health network."

Faculty Award Winners

2020 University of Toronto Faculty of Medicine Community-Based Teaching Awards, Award for Excellence (Community Hospital).

Dr. Rahim Abdulhussein
2020 Department of Family and Community Medicine Award for Excellence in Course / Program Development in the community affiliated site category.

Dr. Rahim Abdulhussein
2020 Department of Family and Community Medicine Award for Excellence in Leadership in the community affiliated site category.

Dr. Jennifer McDonald
2020 Department of Family and Community Medicine Postgraduate Award for Role Modeling Clinical Excellence:

Dr. Erum Raheel
2020 Department of Family and Community Medicine Postgraduate Award for

Clinical Excellence:
Dr. Karishma Ramjee
Faculty that were Nominated:

2020 Department of Family and Community Medicine Postgraduate Award Nomination for Role Modeling Clinical Excellence:

Dr. Rodolfo Dominguez
2020 Department of Family and Community Medicine Postgraduate Award Nomination for Program Leadership.

Dr. Kristine Lamorena
2020 Department of Family and Community Medicine Postgraduate Award Nomination for New Teacher:
Dr. Nashwah Taha
2020 DFCM Award of Excellence in Teaching (Early Career) Nomination in the community affiliated site category.

Dr. Amy Bahri
2020 DFCM Award of

Excellence in Sustained Teaching Nomination in the community affiliated site category:

Dr. Dave Wheler
2020 DFCM Staff Excellence Award Nomination in the community affiliated site category:

Stacey McKeown
Residents that were Nominated

2020 Department of Family and Community Medicine Postgraduate Award Nomination for Leadership.

Dr. Wan Jin (Tiffany) Lee
2020 Department of Family and Community Medicine Postgraduate Award Nomination for Advocacy for Patients:

Dr. Madeleine (Maddy) Sugar
2020 Department of Family and Community Medicine Postgraduate Award Nomination for Teaching Excellence: **Dr. Margaret Wu**



SPECIAL FEATURE

BLACK RACISM

- WE ARE PART OF THE PROBLEM

Dr. Pushpa Kanagaratnam,
PhD., C.Psych.
Clinical Psychologist

A black male, George Floyd, died in the American state of Minnesota after a police officer knelt on his neck for nearly 8 minutes. His last words were "I can't breathe". We all know that racism against black people is not new, but this tragedy has sparked protests at a global level.

What is relevant to us South Asians in this specific incident is the other Asian police officer who stood there preventing bystanders trying to intervene, even after Floyd appeared to have lost consciousness. This incident is going to be a monumental moment in the history of South Asians in the West, exemplifying the passivity of most South Asians in a societal context. What can we do? As minorities, we can ask this question. The Asian police officer may have had the same thoughts. As inscribed at the U.S. Holocaust Memorial Museum: "Thou shalt not be a victim. Thou shalt not be a perpetrator. Above all, thou shalt not be a bystander."

I would say that as Asians, we are taking advantage of the West's discrimination against Muslims and blacks. By giving us a status as the "model minority," the mainstream is successfully distracting us Asians from the daily micro-aggressions and racism we face and the racism and stereotypes that exist within our communities. What does the "model minority" imply? Asians are "submissive" — they do not rock the boat; they give importance to the nuclear families. The issues we have in our supposedly harmonious families, including the long-term impact of war, domestic violence, mental health issues and addictions are all nicely buried within the four walls. Asians value education and hard work — understandable, as education is likely the only weapon we have in our attempt to stand as equals to caucasians. This concept disregards the inequalities faced by blacks and other ethnic groups. Could we argue that racism, including more than two centuries of black enslavement, can be overcome by hard work and strong family values? As the "model minority" we are kept in our place, handcuffed from reacting to the racism and discrimination



experienced by other racial/ethnic groups. Having this privilege should actually foster our empathy in acknowledging the struggles faced by those who are targeted the most. Even if we are not actively supporting these groups by engaging in protests, we should at least develop our knowledge and awareness on this issue. By doing so, we can stand against racism.

Who is targeted depends on the social and political reality at a given time. Like the growing islamophobia post 9/11, black racism is now again in the forefront. Likewise, we saw a rise in racism against Asians with the onset of the COVID-19 pandemic. There have been times when the Tamil diaspora has been in the lime-light. I am reminded of this when I use my smartphone; whenever I type the word Tamil, the next suggested word I get is 'Tigers'.

As an ethnic group, large and diverse, it appears that what we have common as Asians is our passivity. As a Tamil friend and activist once told me, "We will talk about war, but we will not talk about what the war did to us." The war is probably the only thing that, in spite of creating fragmentation in the community, united us as Tamils in one way or the other. Aside from the war, what do we talk about? Through the war, we have experienced torture, sexual abuse, separations, betrayals, tragedy, and much more. But we never

talk about this. There is no space in our community to even touch upon these issues. A Tamil mother and grandmother who is raped by government forces does not even have the words to express what happened to her. Silenced for decades, unable to disclose this even to her children, the only reason she was forced to open up was to provide her story to the Immigration and Refugee Board, which had a pending deportation order. Biting her palm to swallow the trauma, this woman did not even have the words to narrate what she had gone through, stating..."they behaved with me like family."

Such narrations apply not only to Asians; this ranges from the South African Reconciliation testimonies, to narratives of raped women in the former Yugoslavia and our Tamil mothers who are protesting for their loved ones who are still missing a decade after the end of the war in Sri Lanka. What is common for these women globally is that they have been silenced by their own people and communities that they will not be given a space to disclose, vent or heal from what happened to them. They can speak out, demonstrate, and protest for the people in their lives — or the men in their lives — but not for themselves. As a community, we are terrified to talk about feminism — a reason why I get requests to speak about parenting and children's mental health on

International Women's Day, but not for instance on domestic violence, women's roles and functioning, or sexual abuse. Nobody wants to stir things up. Women are concerned that talking about feminism will lead to accusations they are not being proper women. Men are worried that they will be labeled as "lesser men".

Caste issues are another major concern in our South Asian communities. We never talk about it. Our ancient Hindu temples have carvings that depict same-sex relations and gender variance, showcasing the open culture that we once belonged to; we were forced to adopt the Victorian era's rigidity and sexual properness by the colonial powers. It is indeed ironic that we are today seen as regressive and backwards by the very cultures that brought this regressiveness upon us. Our cultures were once accepting of gender identities and diverse practices of sexuality. So how is all this related to racism against Black people?

We have blood on our hands too, because we are obsessed with white skin. This ingrained ignorance is eating us alive. Are we even aware of this issue? How many young girls with dark complexion are considered as a burden to their parents in our Asian communities? How many adults in our communities are affected so deeply by the discrimination they faced as children with darker

SPECIAL FEATURE



skin, and continue to suffer from low self-esteem?

I think one of the biggest negative influences we are facing at the present time in our communities is the influence of the Indian movie industry. There are good movies reflecting social issues, but they are only released once in a blue moon and therefore fail to have a lasting impact. The industry is dominated by regressive norms and values and all the isms that are part of our cultures. From Fair and Lovely advertisements that give the message to young girls that applying this lotion is supposed to boost their self-confidence, we have popular artists like Surya (in the movie Singam) who calls the black man and co-actor in the movie as an "African chimpanzee". While Tamil cinema proudly hails the darker complexion of their male actors, female actresses are imported from the "whiter" parts of India. When the storyline needs a woman with darker skin, the white-skinned actress is transformed into an unnatural darker character. This foolishness and irony in our people is incredible.

When we are not even aware of what is happening in our backyard, how are we supposed to be knowledgeable about black racism? Though this is a large generalization, our communities appear to have lost their ability for any critical thinking. There was a large research study conducted by CAMH, Canada's largest mental health teaching hospital, focusing on the mental health issues in the Tamil diaspora. The investigators were surprised with one of their findings, namely that discrimination was not mentioned by the community as a significant concern. Why is this? Is this good news? Or are we so colonized that we do not dare to utter a word against the White majority?

Let us forget about the older generation. We have suffered a lot fleeing from the war and are still trying to come to terms with our past experiences. We have as a

community managed to invest in our people and many of us have become successful to a certain extent in making a living in this country. But what about our children? Do they not have to study and put in twice as much effort to fulfill their educational and career dreams just because of who they are? Do we talk to our children about the micro-aggressions and racism they face in their daily lives? We remain silent, as if nothing is an issue if we do not talk about it. When we are not even openly talking to our kids about the racism they face, how are we supposed to talk about the experiences of other races and ethnic groups?

What do we do to hold on to our "model minority" status? When Islamic extremists attack Paris, we change our Facebook profile picture to the French flag. At the same time, when there is an attack on Muslims, we keep quiet. Recently, anti-racism protestors in Bristol tore down a statue of the slave trader Edward Colston and rolled the sculpture into a nearby river. Rather than saying that the protestors had every right to remove a landmark that celebrated Britain's racist past, British politician Priti Patel, who was born in a Ugandan-Indian family, lashed out at the activists, calling the toppling "disgraceful". In an interesting contrast, police superintendent Andy Bennett said that it 'felt right to allow the removal of statue' to happen and that was why they did not intervene. How long are we going to take advantage of our model minority status?

Racism blinds us. It leads among other things, to racial and religious stereotyping. Those in power get to define the stereotypes. It is this power that allowed the boat people from Sri Lanka to be called terrorists. Today, the majority of the Tamils who were brought in by the MV Sun Sea in 2010 have been accepted as refugees.

Evidence from the service provision shows that black patients are more likely to experience inadequate

pain management from their practitioners than white patients. The disparity between black and white women who die during or after childbirth is alarming. According to the World Health Organization (WHO), black women's survival rate during pregnancy is similar to women in developing countries. This cannot be explained away by the typical social factors such as poverty and lack of education in the black population. A 2016 study conducted over 5 years, analyzed the data on pregnant women in New York and found that college-educated black mothers were more likely to suffer complications of pregnancy or child birth than their white counterparts who never graduated from high school. It is interesting to note that these disparities even affect high-profile black women such as Beyonce and Serena Williams. According to a 2011 article in the Clinical Orthopaedics and Related Research, racial/ethnic minorities consistently receive less adequate treatment for acute and chronic pain than non-Hispanic whites, even after controlling for age, gender, and pain intensity.

Our stereotypes assume for example that Blacks are dangerous and Muslims are terrorists. In an interesting study using a sample of 146 episodes of prominent US news programs such as ABC, CBS, NBC, PBS, CNN, Fox News, MSNBC, Dixon found that among those described as domestic terrorists on those programs, 81 percent were identifiable as Muslims. Yet in FBI reports for the same period, only 6 percent of domestic terrorist suspects were Muslim, or about one in 17. Likewise, among those described as immigrants accused of a crime on those news programs, almost all (97 percent) were identifiable as Latinos, according to the study - yet only about half (47 percent) of immigrants are Latinos, according to a cited 2013 report from the U.S. Department of Homeland Security. As such, those with the least power receive the most bias in coverage.

In another recent study published online this month, Halberstadt et al., have found that prospective teachers appear more likely to misperceive Black children as angry than White children. This anger bias is obviously affecting the black children, leading to their feelings of not being understood and not belonging to their school, and leading to unfair treatment, which have long term consequences. Halberstadt says, "Those common racist misperceptions can extend from school into adulthood and potentially have fatal consequences, such as when police officers kill unarmed Black people on the street or in their own homes."

Sandra L. Shullman, president of the American Psychological

Association, states the following regarding the mental health consequences of recent high-profile violent events targeting African Americans:

"If you're black in America – and especially if you are a black male – it's not safe to go birding in Central Park, to meet friends at a Philadelphia Starbucks, to pick up trash in front of your own home in Colorado or to go shopping almost anywhere... We are living in a racism pandemic, which is taking a heavy psychological toll on our African American citizens. The health consequences are dire. Racism is associated with a host of psychological consequences, including depression, anxiety and other serious, sometimes debilitating conditions, including post-traumatic stress disorder and substance use disorders. Moreover, the stress caused by racism can contribute to the development of cardiovascular and other physical diseases."

Let us be more aware of our own thought processes and our traumatic past, and hone our critical thinking skills to strengthen our compassion and enable us to stand in solidarity with people who are deeply affected by social injustice, as we have been. The time is right to reflect, learn, understand and educate those in our communities who continue to live in ignorance. Let us strive towards building mentally healthy communities.



"He who passively accepts evil is as much involved in it as he who helps to perpetrate it. He who accepts evil without protesting against it is really cooperating with it."

— Martin Luther King, Jr



SPECIAL FEATURE

Take it or Leave it

What Makes Us Human

“When you come from fear, nothing gets done. Take away the fear, and something wonderful happens. Celebrate existence!” —Prem Rawat

What I have to say is, you are so fortunate to be alive—incredibly fortunate, unparalleled. That within you is this incredible ocean of peace, of joy. That within you are the beautiful, cool shades, the cool waters. And when it gets confusing, you have to know that wherever you go, you always carry in you this incredible peace, this incredible joy. It's always there, always.

And that's what makes you so fortunate—not the accomplishments outside. Because they will come and go; they will become useless at one point.

I talk about the two walls—one wall where you came through and you were born—and the other wall that you are moving towards. And you will go through that wall and you will disappear. Now, I'm sure nobody likes to hear that. Because it's a very strange relationship with life that we have. On one hand, we really can't do without it.

I mean, it's one of those things. It's like, you need it; you absolutely need this thing called “life.” And secretly, you actually love it. And it's one of those love affairs that is not obvious.

But at the same time that you love this life, that—you want things to be a certain way. And that's your fight. You want things to be according to your imagination, according to your dreams, according to your ideas. You want this thing to be this way; you want this thing to be this way; you want this person to be this way, you want that person to be that way.

And all your life, you actually love that very thing—but you ignore it. So, you love life—but you ignore it—why? Because, because you are alive you have the capacity to be able to try, (or you think you could), try to change everybody—and everything.

And if you could change everybody and if you could change everything—it's a ridiculous idea, but this is your road map—your road map is, “I'm not going to change myself. (I don't want to change.) But I want to change everybody else—and I want to change everything else.” And that's your road map.

And the amazing thing is, you have no idea how common that road map is. Everybody has the same exact road map. Everybody figures, “If people weren't the way they are....” If everybody just listened to you, all

the time—because you're always right. Even when you are dead wrong, you're right.

And so that's your effort: “Let's change the world.” Of course, you realize the comedy in this. Everybody is trying to change everybody. And nobody wants to change. So you're trying to change the person that is next to you, and that person is trying to change you—and that person, the other person on the other side is also trying to change you....

And change, change, change, and nobody wants to change—because we don't understand what a change is. “The universe is about changes; life is about understanding.” (Aristotle.)

Look. The gift that I have come to give you this evening—and I have a gift for you, I'm in the process of giving it to you—it is not an object. But it is the most beautiful gift because it is a gift to be able to think differently. That's the gift that I give people.

Because in your thinking, peace is not in you; somebody's going to bring it. “Wrong.” It's in you.

The world doesn't need to change; people don't need to change; you need to change. And how will you change? By unchanging. “Heh?!” Yes, you are no longer who you really are. You are no longer who you really are, and all you have to do is become who you really are, and the change is finished. That's the change!

That's what Socrates said; “Know thyself!” Because if you actually knew who you were, you wouldn't be chasing all this other stuff. You would be going into that beautiful pond of serenity, of clarity, and diving in and going, “Wow....” Because you have it in you. You have it in you.

And to be able to understand that, to be able to think differently, this can change this life from struggle to enjoyment.

I can only give you what I understand. What I don't understand, I will not give you. I'm not here to fire up your imagination, start telling you how incredible heaven is. No, I want to tell you that if there is a heaven, it's here. And I want to tell you, “Before you hit that wall, find it. Find it; enjoy it”—because you don't know what's on the other side of the wall. (It's the honest truth.)

I could tell you things. Oh, people will listen to me; I'll have a much bigger audience than this. But that's



not what I'm going to tell you. I'm going to tell you—that if there is a hell, it's not created by Satan; it's created by us. And we're the ones who are creating a hell. Not discovering the heaven that is here.

You are here. You are alive. And I think it's a good time—to find out in your life how much of that, most incredible treasures that you have in you—that you dug up, that you brought out. Did you dive in and dig at the mines of clarity? To dig like you have never dug before? To enjoy the riches, the wealth of clarity?

Did you find your Divine in you? Did you find compassion? Did you find your peace? Did you find your joy? Did you find your love? Did you find your wisdom? Because that's what makes you human. Not fighting—monkeys fight too. Fish can fight. Snakes fight.

Fighting doesn't make you human. Your errors don't make you human. What makes you human, (not sapiens)—what makes you human are these incredible gifts that have been given to you, that you encompass in your life—clarity. Wisdom. Joy. Peace.

What else could you ask for? Whatever clarity exists, wherever it comes from, wherever, whatever, in this being called “human,” it can dance—it's a stage; it can dance.

Wherever peace comes from, in this universe, world, in this stage called a “human,” it can dance; it can, it can just scream; it can just, “Yes!”

What's so special about being alive is that you are the stage on which the peace can dance. And there you are—and what is dancing on your stage? Hello? Confusion? Disappointment? When you start to become disappointed with yourself.

nobody can help you after that. And you do.

Because this thing called “imagination” came along and painted a picture—and it painted a wild picture. And you bought that picture; you didn't edit that picture; you didn't clean that picture up; you bought it, hook, line and sinker. And you went, “That's what I want.”

And that first hour you realized you didn't quite make it there, the disappointment starts to set in, and it's a very weird disappointment. Because you know you are disappointed with yourself—but you don't know how to express it to yourself.

When you're disappointed with somebody else, you know how to express it to them. But when you're disappointed with yourself, you don't know how to express it to yourself. And that's the day you start fighting yourself. And the day—that is the day you need to listen to what I am saying: “Know thyself. Don't fight yourself; know yourself.”

You are not the instrument to fulfill your wishes; you are not Aladdin's lamp; (your name isn't even “Aladdin”). It's not your job—to go around fantasizing how your life should be and then trying to make that a reality; that's not what life is about. It's about this heaven—this heaven—and this heaven that is in you.

Peace is good news. You know, and you come from fear and nothing gets done. Take away the fear and something wonderful happens. And you need to do that to your life, in your life. Celebrate peace; celebrate this existence, because you are so fortunate.

Prem Rawat

www.timelesstoday.com

SPECIAL FEATURE



Adventurous love

- weddingwire.com

By: Kumar Punithavel

Kalithokai is a collection of poems from the Tamil Sangam era. This poem, number 37, was composed by Kapilar, who had contributed about ten percent of all the Sangam literature. This particular poem is remarkably romantic, about a heroine discussing with her close girl friend about her ploy to draw the attention of her lover. Reading this, one can realize the world hasn't changed much in romance, and the Tamil dames were armoured and adventures.

Her lover was a hunter by profession from the neighbouring high land which in Sangam literature is referred to as *Kurunji*. Whereas the girl is from flat farming land called *Marutham*. As a hunter he roams around the farmland on the ploy looking for a deer to hunt, but in reality he was trying to get a glimpse of his dearly loved dame.

She too knows that he comes to see her, and she too had fallen for him.

Knowing that her lover did not have the courage to come out and make the first move, and realizing that he will never gather enough courage to come out openly and propose, she decided to take matters to her hand.

She first wanted to please her lady friend who was listening that before she narrated her experience. She addresses her friend as one with painted eyes like blue lily on the pond and goes on to say: a man with a big bow on his shoulder came down to her fields on the pretext of tracking the footprints of a great elephant, stole a glance at her face showing his desire, but left without saying anything. This went on for many days, and her expectation and hope rose higher and higher with no avail. She tells her friend that this went on for many days, when he

showed his face but never expressed his love towards her.

She expressed her suffering by saying she lost her sleep, even cried and sad missing him. She says he was so meek and won't even look into her eyes and speak to her. She tells her friend this might go on forever, but being a girl, how could she take the first step, thinking it may not look dignified.

She goes on to tell her friend how she got over the dilemma, by doing a game plan. She had waited for her lover on the swing, next to the millet farm, where her duty is to chase the birds that flock to graze on the grains. When he came around the usual time she had asked him for a favour, to push the swing which he happily obliged.

Pretending she missed the grip she had intendedly fell on him. Believing it to be an accident, to break the fall he caught her in his hands

close to his bosom. She pretended to have fainted and laid on his hand with closed eye lids. At this point she wants to show her friend what a great gentleman he was, and told her that he is such a gentleman, had she opened her eyes he would have dropped her down, and advised her to go home without delay and rest.

What a lovely lovers they are, and poet Kapilar had made their love immortal by his *Kalithokai* poem #37, which after centuries we still think of the couple. Out of the 2381 Sangam poems available today, poet Kapilar has written 235 poems, that is almost 10% of the poems! Whereas there had been about 470 poets contributed towards the Sangam literature. Most of his contributions are in the Kurinchi Thinais of the mountainous landscape.

One will not be at a loss in studying the Sangam poetry which is rich in classic Tamil poetry.

Kalithokai-37.....

*You, with eyes like blue lily on the pond: A man,
With great bow carrying on his shoulder, came by
Tracking the footprints of a mighty elephant:
Stared at me, showing his face, but went away,
Never expressing his heart, for many a day;
I lost my sleep, teared a bit and was sad,
With sorrow on his behalf; he's meek,
Wouldn't look into my eyes and converse:
Am a girl, how could I speak out? Afraid
This will go any further than gazing,
As my shoulders vined away, I gathered my courage,
And did a shameful thing one day: my friend!
I waited on the swing next to the millet field,
Where we drive away the parrots that graze, on his arrival,
Appealed to him, "Sir, push my swing a little"
Agreeing, "Sure girl!" he did push the swing;
Pretending to lose my grip I fell on his arms;
Thinking it was real, he grabbed and held me tight;
I lay on his arms feigned to be fainted;
If only had I opened my eyes to rise,
He would have moved away from me in a trice,
Saying "come on lass, go home now",
For such a gentleman is he.*

கய மலர் உண்கண்ணாய்! காணாய்: ஒருவன்
வய மான் அடித் தேர்வான் போல, தொடை மாண்ட
கண்ணியன் வில்லன், வரும்; என்னை நோக்குபு,
முன்னத்தின் காட்டுதல் அல்லது, தான் உற்ற
நோய் உரைக்கல்லான் பெயரும்மன், பல் நாளும்;
பாயல் பெறேஎன், படர் கூர்ந்து, அவன்வயின்
சேயேன்மன் யானும் துயர் உழப்பேன்; ஆயிடைக்
கண் நின்று கூறுதல் ஆற்றான், அவனாயின்;
பெண் அன்று, உரைத்தல், நமக்காயின்; 'இன்னதூஉம்
காணான் கழிதலும் உண்டு' என்று, ஒரு நாள், என்
தோள் நெகிழ்பு உற்ற துயரால் துணிதந்து, ஓர்
நாண் இன்மை செய்தேன்: நறுநுதால்! ஏனல்
இனக் கிளி யாம் கடிந்து ஒம்பும் புனத்து அயல்,
ஊசல் ஊர்ந்து ஆட, ஒரு ஞான்று வந்தானை,
'ஐய! சிறிது என்னை ஊக்கி' எனக் கூற,
'தையால்! நன்று! என்று அவன் ஊக்க, கை நெகிழ்பு
பொய்யாக வீழ்ந்தேன், அவன் மார்பின்; வாயாச் செத்து,
ஓய்யென ஆங்கே எடுத்தனன் கொண்டான்; மேல்
மெய் அறியாதேன் போல் கிடந்தேன்மன்; ஆயிடை
மெய் அறிந்து ஏற்று எழுவேனாயின், மற்று ஓய்யென,
'ஒண்குழாய்! செல்க' எனக் கூறி விடும் பண்பின்
அங்கண் உடையன் அவன்

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"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

BY THULASI MUTTULINGAM

MARRIED PEOPLE: WHAT WERE YOUR EXPECTATIONS FROM MARRIAGE, GOING IN? WHAT DID YOU REALISE FROM IT?

■ Most importantly, what advice do you have for those about to marry?

Serious question btw.

I get many of you would want to crack jokes but I see a lot of disappointment and pain around me. A few happy couples too, of course. What is your advice to

1. Be financially independent as a woman.
2. Make sure the person you are marrying is able to communicate with you and vice versa.
3. Marriage is work. Make sure you commit time to working on yourselves as a couple instead of depending on initial star struck love alone to see you through - because it won't.

When life takes sudden curves and dips as it inevitably will, it will be emotional maturity, communication and commitment that will see you through, not hormonal love.

4. Live together with the man for at least 2 years, preferably 3-4 to ensure you know each other in and out before committing.

Nearly all of them who messaged said this.

People show fake personas when courting and then show a Mr. Hyde side after marriage - this

those coming in after you? :

- A lot of people are messaging me - those with negative experiences.

Happy to see the positive ones here, but no-one reading this make the mistake of thinking

will put paid to that.

Also it is important to actually check for sexual compatibility and common life goals before committing.

- Also other points that have been shared on here as well:

5. Don't lose your personal identities in the process. Especially women who are culturally expected to become only wives and mothers.
6. Ensure housework gets shared.
7. Marry a man who is feminist - as someone in a message said, it makes a huuuuuge difference.
8. In the absence of that, at least ensure you marry a man who is not a male chauvinist.
9. Don't take advice from society on how to run your marriage. Each marriage is unique and the people within it know best what works for them, while the people outside tend to parrot bullshit best not listened to.

positive experiences outweigh the negative. LOL.

- A young woman contemplating marriage messaged to ask what the negative messages were.

They were not necessarily negative but people didn't feel comfortable

talking about their lessons learned openly, given this judgemental society. I don't blame them.

Anyway, here are the collective lessons from nearly all of them in a nutshell - all who messaged were women btw.



Learning creative artwork from Ananth Kirubai. You can see the results of the teacher's creation vs the student's creation.

- Thanks to my housemate for the photos.

conservative and puritanical.

Why puritanical? because breasts and legs have been kind of sexualised in our discourse about women's bodies, (not just ours) but in the west too and this I think sends all kinds of mixed and confusing signals and messages to both men and women about how to regard women's bodies, mind you women's bodies only.

Honest question though, dont bite me: what is the purpose of sporting cleavage?

I just ask because many women who wear low cut dresses say they dont want anyone to look there ?

This is a genuine question by the way, not an attack. Having grown up in a buttoned up culture, I dont get this style and it's intended purpose.

A response - by Nirmala Rajasingam:

There was a time when women in Jaffna did not wear blouses at all. They wore the saree that is. No underskirt or petticoat. They did the thattuduppu method and no blouse.

A very old woman from my grandfather's village - it was his sister or his aunt, i forget which. would visit us occasionally. She was called 'Mami' by the entire extended family. She did not wear a blouse, just the saree. I remember Rajani and I being shocked and very curious and asking our Amma

why she was not wearing a blouse. Even though we were very little we had already been socialised to think that breasts should not be exposed.

You will find this in many south Asian cultures. Also quite far away in history women - possibly aristocratic/ upper class women dress codes change over time. The Sigiriya frescoes for instance. In the mid to late 60s when the miniskirt first came into fashion it swept the world. Girls in some of the mission schools in conservative Jaffna wore very short uniforms, yes they were mini skirt length.

My daughters and nieces saw mine and Rajani's old school pictures and fell about laughing as they saw how short our uniforms were and they always thought that Jaffna society was very

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 அடைய முனை டிஸைன்களில்
 பட்டு, முகையுள், ப்ரெப்பூட்டு
 காட்சயறையை ஒரு முறை
 விஜயத் செய்து பாருங்கள்
 சகல சாறுவைக்கறும் பஞ்சாய், முகலா க்ரூ
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 ஆடைவைக்கறும்...

எவர்சல்வர் பொருட்கள்
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THE KONESWARAM TEMPLE IN TRINCOMALEE

The ancient hallowed shrine of the Hindus



Lord Shiva with background

By: C. Kamalaharan

Built on top of Konesar Malai (Swamy Rock) overlooking Trincomalee district Koneswaram temple is the most sacred of the Pancha Iswarams (Five abodes of Lord Shiva) in Sri Lanka. The other abodes being Naguleswaram in Keerimalai Thiruketheeswaram in Mannar Muneswaram in Chilaw and Thenavaram (Teven Thurai) in Dondra Head a historical Shivan temple better known as Tondeswaram. It was destroyed by the Portuguese during the 17th century. Koneswaram temple was built during the reign of the early Cholas. Based on Dravidian style it was regarded as the greatest building of its

New Year Day festival by the Portuguese. Soldiers camouflaged as priests entered the temple and massacred many devotees. They had damaged the structures dumped some of them in the sea and smashed everything that was in sight. The temple's ordained priests during the widespread panic salvaged the remaining idols and statues and buried them under the ground near the temple before fleeing. Since the destruction of the temple no ceremonies were permitted even during the Dutch period. However with the advent of the British rule the ban was lifted and by the 19th century the site became alive again. Worshippers gathered there and threw into the sea fruits and offerings to the ruins of the temple and prayed.

When the urban council of the area dug a well close to the temple to pump out water the buried idols and statues surfaced. They were unearthed and brought to the temple. Later masonry, architecture, idol images, carved pillars with flower emblems and stones in the form of elephant heads were discovered by Sir Arthur C. Clarke and photographer Mike Wilson while deep sea diving. While salvaging these items they retrieved the original Siyambu Lingam (self formed Lingam) from the ocean floor. It was later reinstalled in the Moolasthanam (main shrine room). This Lingam is one of the 69 natural Lingams to have been formed. It was found in Mount Kailash. When the temple was reconstructed and all the idols statues and Lingams installed it was opened in March 1963.

After several decades when I went on a pilgrimage to the historic temple in March this year I felt elated by the vast changes that had taken place over the years. Those days the road leading from Fort Fredric entrance up to the temple was uncrowded with only a few devotees moving up and down. There weren't the busy shops all along the road. The temple too was easily accessible. But now the road on either side is lined with shops selling a variety of items; toys fancy items clothing eatables and

cool drinks. In addition vendors are selling young coconut juice and ice cream. It was on a Sunday we visited the site. The temple inside and outside was bustling with activity with Hindu devotees and a few people from different cultures and countries. We parked our vehicle in an elevated enclosure a short distance away from the ascent to the temple and proceeded towards the temple bare footed. Near the temple is a sculpture carved into rock and painted. The sculpture displayed the family of Lord Shiva his consort Parvathi and His two sons Ganesha and

400 years ago. The painting is so well done that it appears three dimensional. The roof and the side walls are beautifully sculptured and colourfully painted. Outside the main entrance is a lengthy shrine room where the statues of the Saivite saints Sambanthar Navukarasar Sundarar and Manickavasagar are enshrined.

The temple has a small courtyard surrounded by high pillared wall. In the back of the courtyard is the sacred Vilvam tree completely loaded with wooden cradles hung by devotees wishing for children. Further down the stairs a giant golden idol of King Ravana stands facing the temple and worshipping the Siyambu Lingam. The statue stands on a metal platform where coins thrown by devotees lay at the feet. After leaving the temple on the left hand side a few meters away is the spectacular view of the Lovers' Leap or Ravana's cleft. It is believed to have been made by King Ravana. Feeling tired and



Cradles fastened on Vilvam tree

age for its architecture and its ornamentation. The Koneswaram temple is referred to as a 'Padal Petra Stanam' (a holy abode glorified in the Thevarams – hymns) in 'Vayu Puranam' Konesar Kalvettu (stone inscriptions) and Thevarams – hymns sung by Saivite saints Thirugnana Sambanthar and Sundaramurthy Swamigal. Saint Arunagirinathar also paid homage at Koneswaram temple during his pilgrimage from Nallur Kanthasamy temple to Kathirkamam. At Koneswaram temple he offered a garland of Thiruppugazh verses in praise of the holy abode.

It was a heartrending devastation when such a grandiose temple was raided and completely razed to the ground on the 14th of April 1622 during the Tamil



King Ravana Statue

Murugan. We proceeded further and climbed a few wide tiled stairs to reach the summit. Along the 3rd stairs there is a tiled tub filled with water for the devotees to wash their feet. As we ascended a few stairs further the gigantic statue of Lord Shiva painted in gold mesmerised us. We stood spellbound and prayed. Passing the statue we proceeded further enjoying the breathtaking view of the ocean deep below and arrived at the entrance of the temple.

Inside the temple we stood awestruck on seeing the splendor of the Siyambu Lingam in the Moolasthanam (main shrine room). Unlike the Moolasthanam in other temples here in this temple instead of one there are two Moolasthanams. To the left of Siyambu Lingam is another Moolasthanam where Koneswarar's consort Mathumai Ammal is enshrined. On entering the temple on the right we saw a pillar displaying a large image of all the other shrines in the temple in the order of worshipping them in a clockwise rotation. On the wall in the left is a beautifully painted image of the temple as it appeared originally before its destruction



Lovers leap and Ravana cleft

thoroughly exhausted after the strenuous walk the whole morning we quenched our thirst with young coconut water from a street vendor and decided to wind up and return. Purchasing some souvenirs and other items we left the premises spiritually charged and with the delightful feeling of having fulfilled our long desire of visiting the hallowed shrine which has become one of the major tourists' attraction in the country.



SPECIAL FEATURE

Paths of Goodness - 3

Awwiayaar



'Nanenrum theethenrum naanenrum thanenrum thanenpatu,
Anrenrum aamenrum ahathe - ninranilai
Thanathan thathuvamaha samparuthal yaakakikup,
Ponava thedum porul.

To search for the good, the bad, the self, the other,
The negative or positive is all foolishness,
If one does not realize that in him is the answer,
Than searching outside of oneself is a waste of time.

By: J A Rajah

There is no need to look at something as bad or good. One must think of everything in a self detached manner. There is no need to cut grass and look out for a string to bind it together. One must be able to twist grass together and make a string out of it. Looking for a string outside is like searching for God outside of you. God is within you. That is why Jesus said, "The kingdom of God is within you". Those who practice transcendental meditation could realize the presence of God in the immense depths of the mind wherein all eternity seems to have become attainable in one placid and breathless contact. Without exception, everyman has the right, the legitimate right to enjoy all the glories that belong to him, all glories of the inner world and all glories of the outside world and this is a process every man can directly experience for himself. This is the art of finding God within one's self as mentioned by many saints.

COMMUNITY WATCH



The Everlasting Sweetness of Love Songs in Tamil Films

NAGESWARARAO FILMS

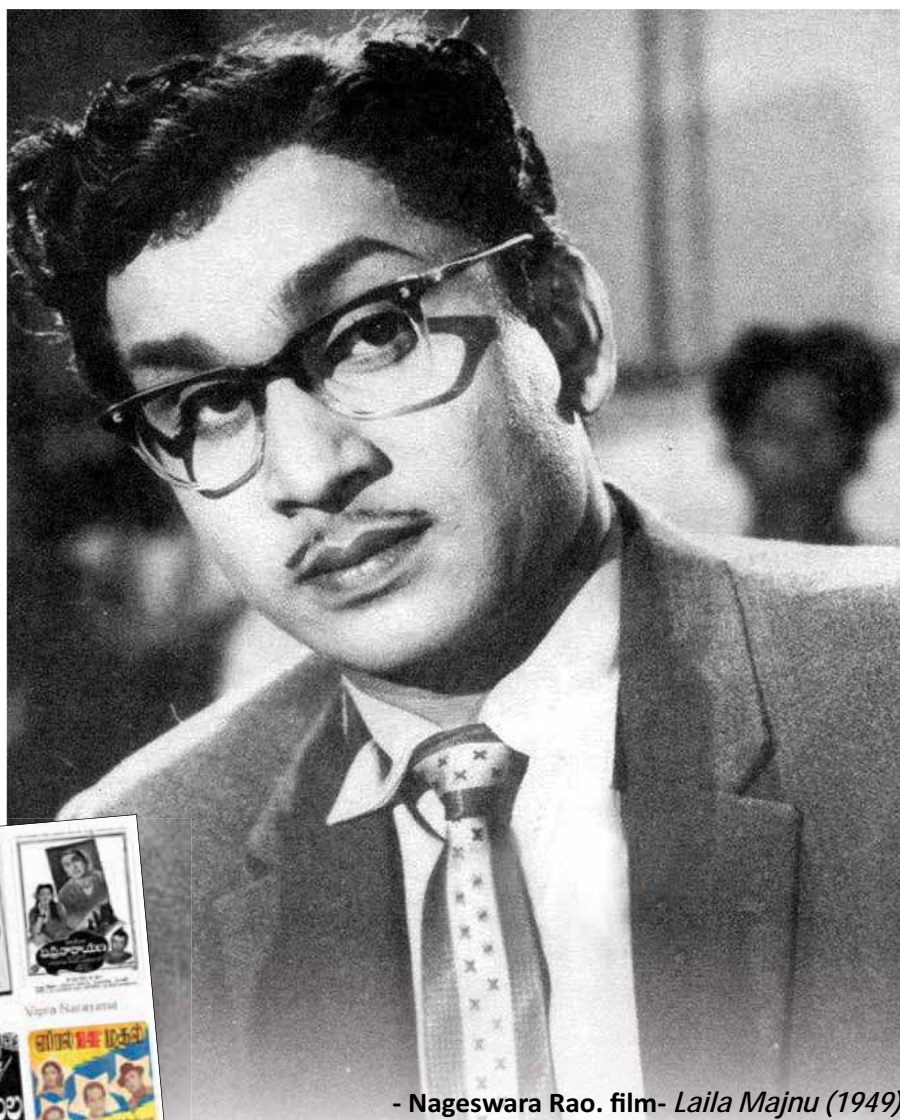
By: J A Rajah

Love songs in Nageswararao's films are of everlasting sweetness due to the well chosen phrases and melodious songs. The background singers of those times like Ghantasala, Susila and S.R. Janaki proved to be experts in rendering the songs with utmost care and dedication. The films of note are Oor Iravu, Laila Majnu, Devadas, Kathal (prema) and Anarkali. These songs have a tendency to haunt you with memories of superlative acting and noble feelings.

In Oor Iravu, the song, 'Tunpam Nerkaiyil yarleduthu nee' was written by Bharathithasan and sung by Ghantasala and Jikki. In addition to meaningful expressions, the song had a bewitching tune. Although the song was originally meant for a toddler, it was converted to be a love song in the film. It was commented that the

ran for several months in Jaffna theatres with the crazy fans going repeatedly to hear those endearing film songs. "Iga meethinil kaathal maha jothiye maruma", "Solluvai nee van mathi", 'Inaiyatha kathal vazhlvil, anaiyatha jothiyai orli veesuvai"-were some of those heart rendering songs. Anarkali is another romantic tragedy acted by Nageswara Rao and Anjali Devi, where songs excelled in sweetness and meaning. Jikki and Ghanatasala were the playback singers and the noted numbers were:-'jeevithamellam sapalamo' and, 'kanintha alliyodum nilavin olriye kaathal yuvarajan anarkali nee'.

"Kathaal' or 'Prema"- produced by Bharani films was another film noted for its excellent love songs and much adored romance. Again Nageswarao Rao as the young man from an urban area and Bhanumathi as a village girl gave a sterling



- Nageswara Rao. film- Laila Majnu (1949)



love scene enacted by Nageswara Rao and Lalitha with this song in the background proved to be the ideal for generation of youngsters who fell in love. His words 'kanne' sounded to be a matchless love term in Tamil, inspiring young minds to find a love partner in those times.

Lailamajnu is a Romeo-Juliet type of story set in an Arabic situation. The love pair Caius and Laila were portrayed by Nageswararao and Bhanumathi. The Songs were sung by Ghantasala and Bhanumathi. The songs were all well worded expressions of passionate love. The acting was superlative and the last scene where Caius and Laila get killed by the sandstorm in a desert was spectacular. The film

performance and delighted an appreciating audience. It could be classed as the best romantic film ever to be produced in Tamil. The songs:»ah,ah inbame, ah ah ha enrume, ah ha,ha ha ponguthe», «Kalyaname namma kalyaname, kan kavarthidum puthumaik kalyanem»,»Inpakk kaviym aahum vazhlve kaathalinala, iru manam onaikk koodum narlile», «Vaazhlvellam parlanathe», «Pirapanchamellam Poiye» are songs loaded with love and happiness. Most of them were sung by Bhanumathi who was a greatly admired singer as well as actress. The underlying theme was that life will be a saga of happiness when propelled by romance.

Devadas was Nageswarao Rao's best film and all the songs in the film were well worded and tuned to match the different contexts

of this memorable film. The songs were written by Udumalai Narayana Kavi and sung by Ghantasala, K. Rani, Balasaraswathy and Jikki. The songs are: 'ellam mayai thana', 'Oh, Oh,

Devadas", "Thunnthapin maname thuyaram korlathe", "Uravum illai, pahaiyum illai", "Kanavithuthan, ninavithuthan", "Anpe paavama", "Ulahe maayam andVazhlve maayam". The last scene when Nageswara rao seated near a dusbin and street dog sings the song-'ulage maayam'- made many to shed tears. Social class differences spell detrimental to the passionate love between Devadas and Parvathi superbly enacted by Nageswara Rao and Savitri. The song is about the impermanence of life and the world. Ghantasala sang it sorrowfully and spiritedly. The words of the song express deep sorrow and depressed feeling and highlighted the tragic end of this great love story by SarathChander of Bengal. The story of the film was greatly enhanced by a good rendition of

songs which portrayed the feelings and character of all the major figures in the film impressively performed by Nageswara Rao, Savitri and Lalitha. Lalitha as a courtesan seeking the love of Devadas at the latter stages acted brilliantly with the song 'anpe pavama, athil ethum pethama, aaval konda pethai enthan kaathal paavama?'. A superbly rendered song portraying unrequited love. There was desperation, frustration, acute love and pathos wonderfully expressed in this song. Jeyaraj, a Sri Lankan journalist asserted that ' the Tamil songs of Devadas, will always remain popular and unforgettable. Every single song proved to be character portraits and in addition reflected the mood of the character at the particular stage of the film.

It is not Devadas alone. Other films like 'Kaathal', 'Laila Majnu', and 'Anarkali' also carry the same sense of sweetness. None of the modern day film love songs can come anywhere near these songs and even the acting of Nageswara Rao is matchless in its accent on realism and appropriate performance instead of yielding to excesses. Songs are supremely profound expressions of joy or happiness or state of mind.



EDUCATION & CAREER

The Destruction of Our Planet: Global Warming

By: Kanisha Sritharan

In today's rapidly growing modern society, there are several issues we must pay attention to and focus on. Every day, through various media platforms, we see these issues being presented to us. Unfortunately, there are still many we have yet to pay more attention to, specifically, global warming. Global warming is a growing crisis and poses several threats to our planet. Humans are the reason behind this immense problem. The toxic gases we emit into our environment form the greenhouse gases in our atmosphere and slowly start destroying our atmosphere. These gases trap escaping heat waves and return them back to earth, thereby causing the earth's temperature to increase. Climate change is creating a negative impact ecologically and creating a lot of damage to our wildlife. Global warming is also affecting humans in various ways. It is crucial that we take action against this growing issue and stop it now before global warming destroys our planet.

Climate change has created a lot of changes ecologically. Due to climate change, there has been an increase in natural fires. Areas that are already very dry and do not have an abundance of water are in more risk of these fires. The increase in heat can spark deadly wildfires and destroy habitats, important resources, and put the lives of humans at risk as well. Global warming has also caused the melting of glaciers. This causes water levels to rise at a drastic level and the elevation of land to decrease. There has been an increase in droughts as well. This has reduced the production of crops. Global warming has led to changes in our landforms. The changes in the environment have a direct link to wildlife and the impacts on them because of global warming.

Global warming has had several negative biological impacts. Climate change has put wildlife at risk. Currently the extinction of twenty species has been linked to global warming. After an extensive study, scientists believe one fourth of all the species on our planet will be extinct by the year 2050. The change in the environment because of climate change has made it more difficult for these animals to survive. Many of these animals have lost their natural habitat because of climate change. Polar bears, for example, are finding it more difficult to survive because the increase in temperature is causing the glaciers they live on to melt away. Food has become more scarce and difficult to find for these animals. Global warming has created an off balance in the food chain in several ecosystems. Not only has it impacted the availability of food for animals, it is also affecting humans as well.

If global warming is not curbed, it will affect our production in food. Studies show that three percent of all the land used for agriculture will be reduced down to only one percent. Droughts will decrease the amount of crops grown, as well as livestock. Other ecological impacts such as natural fires will destroy a lot of the fertile land that could potentially be used for agricultural development. Due to the increasing amount of land loss because of climate change and the decrease in the production of food, it will impact humans severely. Approximately eighty-five million people will be left malnourished and with a majority of them from developing countries, who may already be suffering. Several countries which do not have a large water source nearby and also face severe droughts due to climate change, will also have to deal with dehydration

and the ability to distribute clean water to the people. Alongside, not having proper nutrition, global warming will also take a toll on our health.


Climate change has begun to impact human health in various ways. Malnutrition has been a leading factor in the impact of our health. Many people, specifically young children, do not get the nutrition they need for their bodies, as well as their minds to grow and thrive. This has also led to a decrease in the human mortality rate and has had a bigger impact on developing countries compared to countries that are already developed. Global warming has increased the production of allergens and asthma, making it more difficult to breathe – especially for those who are older or have respiratory problems. The increase of carbon dioxide because of global warming will also affect the quality of air we breathe which affects our health. If we do not act now, global warming will destroy our planet.

It is important we take action against global warming as soon as possible. There are several ways, both domestically and globally, we can do to help stop and reverse the effects of global warming. Locally, we can all try to find ways to travel and get to our destination in a more eco-friendly way. Whenever possible, we can carpool, take public transportation, or walk. We can start using renewable energy resources to generate energy. By using solar power, wind energy, thermal energy or any other renewable resource, we can help reduce the amount of toxic gases we release (burning fossil fuels (ex. coal) to create energy). By spreading awareness on this issue to the public and putting more



attention on this ongoing crisis, we can help encourage others to take part in helping stop global warming. There are also several national, as well as global organizations fighting for a change against climate change, targeting specifically youth and future generations.

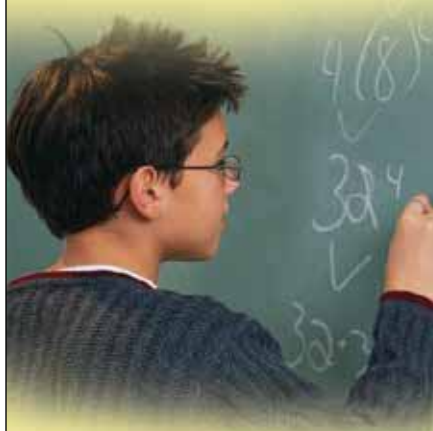
(see page 44)



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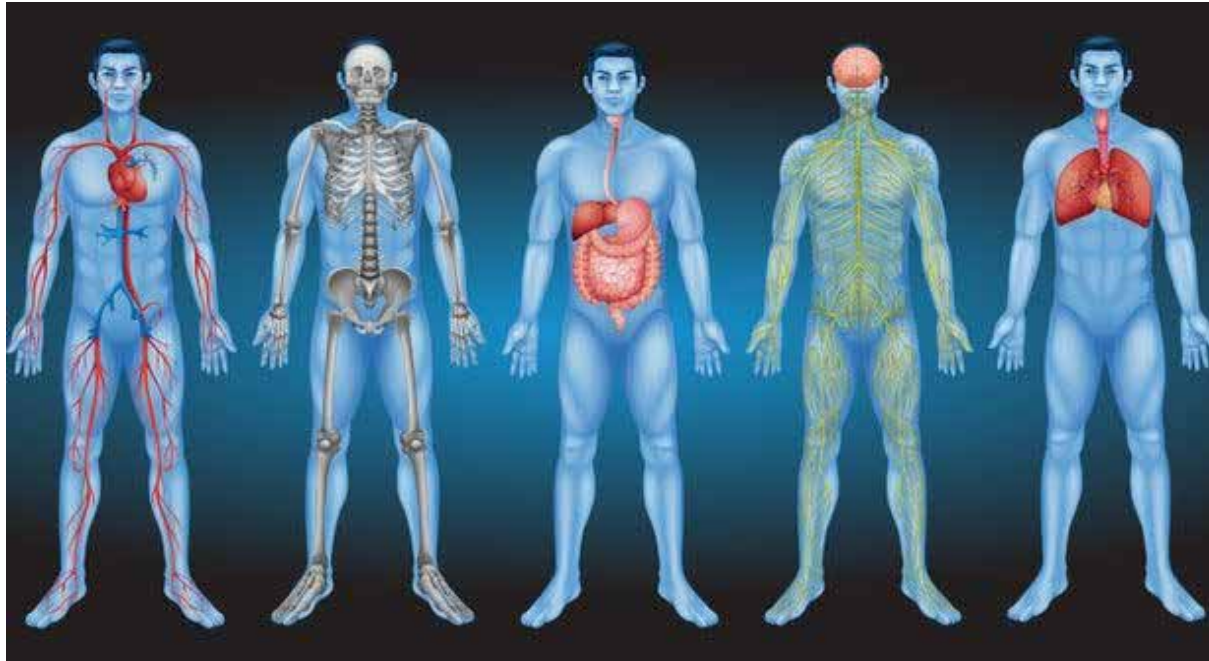
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SCIENTISTS DISCOVERED A NEW ORGAN IN THE HUMAN BODY

This Discovery is Going to Change Our Understanding of Medicine

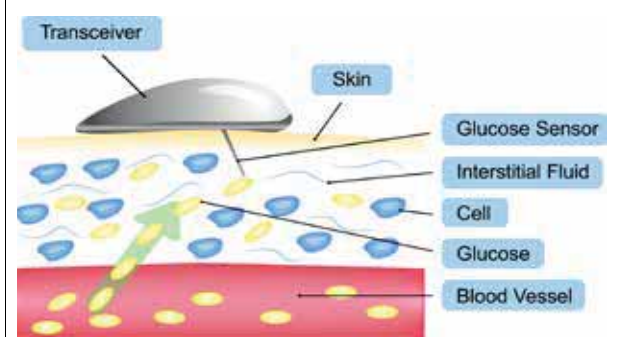


According to scientists, once they get in, it is like they are on a water slide. Therefore, we have a new window on the mechanism of tumor spread. Scientists are now investigating whether analyzing the fluid in these newly-discovered channels might lead to earlier diagnosis of cancers. They think the organ might also be involved in other problems, including oedema, a rare liver disease, and other inflammatory disorders.

The interstitium plays a vital role in carrying lymph, the clear fluid that also travels through lymphatic vessels, and that supports immunity. It also plays a role in some of our body's less desirable functions. It may be an essential part of a sudden swelling called edema. And it may have a vital role during fibrosis or the stiffening of specific tissues. The researchers say the interstitium can be called an organ in its own right. The human body has 80 known organs, which are tissues that have a specific structure and function. The team says their findings mean that many abnormal and normal activities of different organs need to be reconsidered. The newly discovered role that the nearby interstitium appears to play.

"This discovery is exciting because we have established novel microanatomy and have laid the foundation for how this may start to describe inflammation, cancer spread, and scarring of connective tissue. This development will open up new research pathways for cancer progression and inflammation," said Dr. Petros Benias, co-author of the study, a member of the Feinstein Institute and an assistant professor at the Donald and Barbara Zucker School of Medicine at Hofstra/Northwell Health, in a written statement. "We are confident that with what we learned, we will soon be able to study and target the interstitial space for diagnosis of disease and perhaps for new personalized treatments," he said.

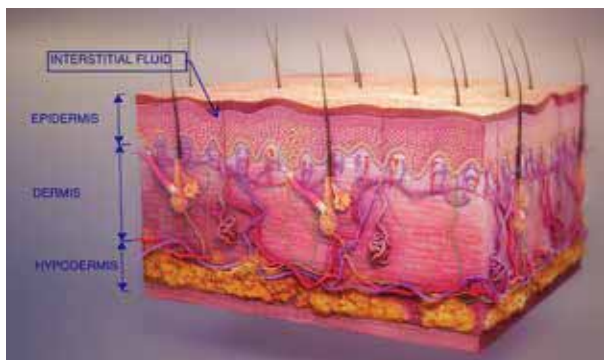
The discovery of the interstitium is a significant scientific achievement. It could lead to a new understanding of the human body; a large amount of research needs to be done to learn its purpose and how it affects the rest of our body system. Michael Nathanson, the Yale School of



Medicine, "I would think of this as a new component among a variety of organs," says Nathanson in an interview with CNN. "It would be comparable to finding blood vessels for the first time, in that they are in every organ, but they are not an organ themselves." Despite the semantic argument over the classification, the discovery of this new anatomical feature is undoubtedly significant, and it highlights with compelling clarity that we still have so much more to learn about how our complex human body functions.

By: Uthayan Thurairajah

Scientists have been studying human bodies for thousands of years. You would think that they have discovered all, but they have missed one giant organ. It is not a mini-brain or second stomach. Scientists have found an essential new organ that larger than all the rest and plays a critical role in many tissues and other organs do their jobs. The new gland is called the interstitium, and it's "a series of interconnected, fluid-filled compartments" that are found everywhere underneath the skin of the human body as well as throughout the gut, lungs, blood vessels, and muscles.



It is the second time in the past three years that scientists have discovered a new organ in the human body. In 2017, an Irish surgeon discovered the mesentery, which connects the intestine to the abdomen. If we're still finding new organs, who knows what could be hiding in our bodies that we haven't seen yet? Scientists believed previously that these spaces were connective tissue. It is not entirely clear what the purpose of this organ is, although they hypothesized it could be a "shock-absorber" for parts of the body. The human body contains more than two-thirds of its water, and most of that held inside cells. About 20 percent is "interstitial," a Latin word combining "inter," or "between," and "sistere," or "to place" — literally, "between the other places."

The new organ was identified when researchers looked at live human tissue with a new imaging technique. Previous methods have mostly looked at the muscle that is dead and drained of fluid, so the cavities were not visible. Space is found throughout the body, from under the skin and between the organs. It surrounds arteries,

muscles, the digestive and urinary tracts, in a layer long thought to be dense connective tissue. It was hiding in clear sight for decades and was found by chance, the scientists explain in a research published in the journal Scientific Reports. The regular endoscopies include entering a thin camera into the person's gastrointestinal region, which allows the doctors to get a microscopic look at the tissue inside the gut at the same time, with some surprising results.



Shock absorbers

Every tissue in the body is enclosed by a network of these channels, which essentially form an organ. The team estimates that the organ contains about a fifth of the total fluid volume of the human body. They think that it acts as shock absorbers. They also play a role in conducting electrical signals as cells move and stretch. The standard approaches for processing and visualizing human tissue causes the channels to drain, and the collagen fibers that give the network its structure to collapse in on themselves. It would have made the channels appear like a hard wall of dense protective tissue, instead of a fluid-filled cushion.

Cancer spreads

Scientists wondered how certain diseases or conditions, such as cancer, could spread so quickly throughout the whole body. It is reasonable that the interstitium could be a contributor. The fluid-filled channels in the human body that may cushion our organs and seems to help transport cancer cells around the body. It not only protects the body organs but also aids the spread of cancer quickly. The samples taken from invasive cancers patients found that cancer cells that had worked their way out from their original tissues could find their way into these channels, which led them straight to the lymphatic system.



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.



The investment STRATEGY for all time

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

At any time of the year, it can be tough to set aside money to invest – either in your investments held in an RRSP or to purchase shares to add to your non-registered portfolio. Then there's your assessment of the 'state of the market'. Will it go up? Will it go down? Should I invest now or should I wait?

All valid questions, of course, but there is one simple answer: Make your investments now. Here's why.

It's impossible to time the market – just ask any knowledgeable investment professional. Trying to hit a high return and avoid a low one by jumping in and out of the market is a sure way to curtail your returns – and give you an ulcer. Time in the market is a much surer path to investment success. That's because of this historical truth: Markets always move up and down but the long haul trend is always up. So, stay true to a long-term investment strategy for higher long-term returns. For most investors, the best long-term strategy is to make your investments immediately, regardless of whether the current market is up or down. Even better, invest regularly instead of holding off and making a lump sum investment once a year – because, by investing regularly,

you will accomplish your important investment goals:

Don't put off saving until that magical day sometime down the road when you have a few extra dollars to invest – instead, a PAC (Pre-Authorized Contribution Program) is an easy and consistent way to get a monthly investment plan working for you. It's much easier to contribute by investing small amounts automatically – for example, 10% of your earned income each month – and you will be surprised at the amount you can gain from PAC-ing it into your investments held in a RRSP, or Tax-Free Savings Account (TFSA), or your non-registered portfolio. Especially at this time of year, it's difficult to find a lump sum to invest – but at any time of year, it's much easier to come up with \$100-200 a month through a Pre-Authorized Contribution (PAC) plan that automatically invests an amount you choose in investments you choose.

Dollar cost averaging can help manage the risks of investing. Dollar cost averaging is an investment technique that involves buying equal dollar amounts of a given investment on a regular basis. Rather

than investing all your money at once, making a commitment to invest a smaller amount on a regular basis can lower your average cost per unit by purchasing more units at lower prices.

You get the full benefits of "dollar cost averaging" – meaning you make your investment purchases (by acquiring more units of investments held in an RRSP, TFSA or purchasing non-registered stocks) regardless of whether the current price is low or high. Over time, the average cost of your investments will be lower and your potential for longer-term returns will be higher.

Sleep easier by always looking at the big picture. Don't worry excessively about the performance of one investment. View your investments from the perspective of your overall portfolio and your long-term goals.

By investing regularly and using a balanced investment strategy, you will achieve your financial goals. Your professional advisor can help design the plan that's best for you.

Your personal path to a secure financial future requires a map – a financial plan – that is unique to you and your life goals. But every financial plan has one essential component -- and that is to commit to saving right now.

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.



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Random Acts of Canadian celebrates acts of kindness in challenging times

New RBC program encourages Canadians to discover and create moments of empathy



From the front lines to our front lawns, Canadians have been known to carry out selfless acts for family, neighbours and even strangers. These neighbourly acts of compassion know no age limit, colour, gender or social barriers and they've brought communities closer together with smiles, tears, and an overwhelming appreciation for what it means to be Canadian.

To help spread some good news in these challenging times, RBC has launched Random Acts of Canadian. This is a new national call to showcase the incredible ways in which Canadians are positively impacting and supporting each other, their communities and their country as they cope with the ongoing stress of living through – and emerging from -- a global pandemic.

Canadians can share their stories by submitting them to www.randomactsofcanadian.com. Each week, RBC will share stories to spread the

joy, and celebrate the amazing acts of kindness that are happening all across Canada.

"COVID-19 has disrupted the lives of Canadians in so many ways, but what continues to stand out is the ingenuity with which they are helping one another," said Neil McLaughlin, Group Head, Personal & Commercial Banking, RBC. "These stories demonstrate the resilience and spirit of generosity that defines Canadians – something that should be recognized and celebrated. We hope these stories inspire others to follow suit and do something that keeps this kindness movement going as Canada emerges from the pandemic."

RBC encourages all Canadians to discover and participate in Random Acts of Canadian, by bringing the ideas that are spotlighted into their own community, or creating their own moments and sharing their successes through this communal

online space.

Here are a few examples of Canadians standing up in their communities:

- With face masks and hand sanitizers in short supply, many saw this as an opportunity to lend a hand. Jordan raised more than \$31,000 and has delivered more than 7,000 bottles of free hand sanitizer throughout his community. Meanwhile, 87-year-old Olga made 160 face masks and left them on her porch for anyone who needed them.
- With camps cancelled this summer, Canadian jazz pianist Thompson wants to get arts supplies to kids in underserved communities. He is aiming to raise \$30,000 to donate 1,000 sidewalk chalk boxes by summer's end.
- Rachael, age 5, loves horses and records videos of herself reading stories on YouTube. She aims to raise \$50,000 to help cover feed and healthcare costs for horses for six

local barns.

- Kyla rallied a community of women in the Yukon to use their intricate style of First Nation beading to create broaches of the fireweed flower, the official flower of the territory. The broaches are made to lift the morale of Kyla's fellow frontline health care workers.

- Family-owned Niagara Trailers donated 41 RV units to help frontline health workers isolate from their families while staying close to home.

- Steve knows what it's like to be hungry. So, when community groups in Toronto began closing due to COVID-19, he created Kitchen 24 and has provided over 30,000 meals to those in need so far.

To learn more about these and other inspiring acts of kindness, visit www.randomactsofcanadian.com.


COMMUNITY WATCH

Canadian Tamil Youth expresses gratitude to legendary Composer AR Rahman

By: Raymond Rajabalan

Vithusayni Paramanathan, a budding Playback Singer from Toronto once again expressed her sincere gratitude to the world-class Music Composer, AR Rahman, for guiding her towards success. During a recent interview, she gave a detailed account of the evolution of her musical journey.



Introduction to AR Rahman

In 2017, Vithusayni, popularly known as Vithu, had an opportunity to sing Shakalaka Baby in the presence of AR Rahman. The following year, she released her first original song titled Oru Murai composed by Pravin Mani and produced by Isai Empire, which she sent to Rahman. She was astounded by his immediate response, and the rest is history.



Vithu sings Shakalaka Baby on stage in Toronto

Training at AR Rahman's KM Conservatory

In 2017, Vithu had the privilege of getting admitted to AR Rahman's music academy, KM Conservatory, in Chennai to begin her professional training. She traveled to Chennai along with her parents and began Western vocal training by world-renowned experts from the academy. This was a dream come true for her.

In 2019, Vithu once again traveled

to Chennai. This time, she was virtually flying in the clouds, as she had the opportunity to meet Rahman and gain insight and advice from him in regards to her musical journey. Upon his advice, she enrolled in KM Conservatory again to get trained in Hindustani music.

During her three month program, Vithu was in for a pleasant surprise when she received a call from Rahman's Manager requesting her to visit his studio for a recording. Filled with excitement, she went there to learn the melody and lyrics of a song taught to her by Lyricist Vivek. A few hours later, she recorded this song with Rahman playing the keys. Throughout the entire process, Vithu did not have a clue as to the purpose of this recording. A few days later, she found out that her voice made it into the song Maathare, which was recorded for Thalapathy Vijay - Lady Superstar Nayanthara starrer Bigil directed by Atlee. Vithu describes this moment as the best yet in her life thus far.



Cover picture for Oru Murai song album

AR Rahman Live In Chennai 2019

Prior to returning to Canada from her 2019 travels, Vithu once again received a call from Rahman's manager to visit his studio. This time, she was given the grand opportunity to perform at AR Rahman Live In Chennai 2019 alongside Rahman and his live band in the presence of more than 30 000 fans at the YMCA Grounds. She sang Style from Sivaji and Kaara Aatakaara from OK Kanmani alongside Rapper ADK, and shared the stage with Playback Singers Haricharan, Sid Sriram, Benny Dayal, Andrea Jeremiah, Swetha Mohan, Jonita Gandhi, AR Rehana, Ishrath Qadri, and many others. She was enthralled to be on such a grand stage with legends around her under the supervision of Rahman.

Recent Endeavours

In January 2020, Vithusayni was awarded the Best International Debut

ACHIEVEMENTS

Branavi Raveendran graduates as an Ontario scholar achieving 94% average



By Siva Sivapragasam

Branavi Raveendran, a 17-year-old student from Scarborough, recently graduated as an Ontario Scholar with a 94% average from St. Augustine Catholic Secondary School in Brampton.

She achieved Honours throughout grade 9 to 12. Throughout her time in high school she received various subject awards and became a significant community leader. In addition, she is a flutist and was a part of her high school band. She took the initiative to create a school-wide book club to welcome grade 9 students to her high school. She also took part in the Beaver Computing Competition run by the University of Waterloo where students are put to test their math skills. This year, she was given the honourable title of Valedictorian of her 2019/2020 graduating class. She was chosen out of 250+ students by a panel of 10 Dufferin-Peel District School Board judges. Branavi also graduated with English, Business, and Photography awards placing high marks in each of these subjects.

Branavi uses her love for leadership to gain public recognition in politics too. In 2019, Branavi had the opportunity to interview and discuss

Brampton's political plans with Mayor of Brampton - Patrick Brown. Today, she works closely with MPP of Brampton East - Gurratan Singh, brother of NDP leader, Jagmeet Singh. She continues to voice her strong political views with many political leaders and strives to bring forth the Tamil community's voices. She has recently accepted her offer at the University of Toronto with a scholarship, to pursue her studies in Political Science. Branavi aspires to become a Canadian politician to better serve her Tamil community in the Greater Toronto Area.

Branavi not only excels in academics but has a growing passion for her Tamil culture. She is a classically trained Bharatanatyam dancer - a major form of Indian classical dance and has completed 10+ years of training. During the Covid-19 pandemic, she has created comedy videos, in Tamil, to have a source of comic relief during a dark time. She uses her videos to connect with people suffering from mental stress caused by the global pandemic. Branavi is passionate to further her Tamil studies at the University of Toronto and serve the Tamil community on various platforms.

(Picture Courtesy: Ravi Atchuthan Photography)

Playback Singer at the 13th Annual Edison Awards in Chennai, India for Maathare. She traveled to Chennai once again to receive this prestigious award and perform on this legendary stage amongst many other well-known Kollywood artists.

Last month, Vithu released her third and most recent original song titled Minmini composed by Pravin Mani and produced by Isai Empire once again. Her second original song was titled Anuvai for which the lyrics were written by PA Vijay from Chennai.

With many invitations for her to

take part in interviews, participate in music production, and perform in concerts worldwide, one can soon expect Vithu to shine all across the globe.



Vithu Receiving a special award at Annual Edison awards Event

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MONSOON KITCHEN

GENIE SISTERS SAMAYAL SANTHAI



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

Eat more, learn more!

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

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

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

Instagram @tamil_food.

Homemade Yoghurt

Now that the weather is so hot, making yoghurt at home is even more easier. Follow these simple steps to enjoy fresh homemade yoghurt.



Ingredients:

Serves 2

- ✓ Milk 2 cups (500 ml)
- ✓ 1 tsp of yoghurt

This can be any store bought yoghurt as well.

Method:

Boil the milk till it reaches boiling point and starts to boil over. Switch off the heat and let it cool for 15-20 mins (uncovered) While it's still warm, add the teaspoon of yoghurt and mix well.

Leave the milk overnight in the oven with the oven light on, or in a warm place in your kitchen and within 8 hours you'll have fresh homemade yoghurt. Once you start eating homemade yoghurt, it's very hard to enjoy store bought again.

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



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COMMUNITY WATCH



JC's Grill House now offers Take-out & Delivery of Sri Lankan Banana Leaf Lunch Specials during weekends



JC's Grill House, a well-known name in the banquet catering and takeout business is now offering mouth watering Sri Lankan Banana Leaf Lunch Specials during weekends at their Scarborough and Mississauga locations.

Customers have the options of

choosing a variety of options from the wide selection of these lunch parcels which consist of a popular choice of veggies combined with spicy chicken, mutton, crab or squid curries cooked in Colombo or Jaffna style. JC's are also offering Rasam, Fish Fry, Pol Roti with Katta

Sambol, JC's Sri Lankan Roti with Coconut Sambol and Jaffna-Style Seafood Kool.

The banana leaf wrapped lunch parcels are available during weekends and will be available to customers on a prior order service before every Friday 9.00 p.m. The lunch

parcels will be ready for pickup or delivered through WhatsApp or telephone orders on **(416) 290 6438**

Your pre-ordered parcels can be collected at JC's Grill House located at 1686 Ellesmere Road., Scarborough or 1500 Matheson Rd., Mississauga.



BANANA LEAF LUNCH SATURDAY & SUNDAY SPECIAL



Jaffna-style Seafood Kool - \$12



Banana Leaf Lunch - \$12



Pol Roti w/ Katta Sambol - \$5

Activities by JC's Group of Companies during COVID-19

JC's Group of Companies – Head office & Banquet at 1686, Ellesmere Road – Toronto – M1H 2V5, having Banquet Halls, Grill Houses, Employment Services and Tours and Travel Services under the same umbrella. The group under the able leadership of Jude Francis, CEO is

engaged in various social and community services in Canada and Sri Lanka. Some of the various activities being carried out by the company are helping the society during the Pandemic. The company provided FREE FOOD to various Hospitals and Long-term care Residences etc.

The pictures are from the events that are from SHN Foundation, Participation House @ Markham Stouffville Hospital and Chartwell Trilogry Long Term Care Residence to mention some of them.

The group is coming up with all together Newly Renovated Banquet

Hall at re-opening in the last week of July 2020 with a motive to provide our clients the state of the art interiors together with world class food and top in the class service.

We look forward to starting the services soon after pandemic restrictions are lifted.

THANK YOU!

FOOD DONATIONS

- JC's Banquet Hall
- Mr. Tamil Canada
- Pizza Nova
- Saravanaa Bhavan
- The Six Social Lounge and Grill
- Mandarin Buffet

PPE DONATIONS

- Chinese Cultural Centre of Greater Toronto

COVID-19 EMERGENCY FUND

- Print Fast
- Centrecorp Management Services
- Hogan Chevrolet Buick
- Power Line Plus
- DOM International
- Best Deal Printing
- Jiang Hing Food Mart
- Periman Vegetable






March 30th, 2020

Jude Francis
JC's Banquet Hall & Catering
1686 Ellesmere Rd,
Scarborough, ON
M1H 2V5

Re: COVID-19 Pandemic Support – SHN

Dear Jude,

We are grateful to receive your thoughtful donation to help our frontline staff at Scarborough Health Network (SHN) fight the COVID-19 pandemic.

This letter is to acknowledge that SHN has received your very generous donation of the following gift-in-kind:

- 200 individually packaged meals

For the past few weeks, we have seen an outpouring of support from the community, whether it is monetary donation, PPE, or food. It is truly humbling and inspiring to see the community come together as we fight this invisible enemy. You can be assured that your donation will help our front-line staff continue to provide lifesaving care to our patients and keep the community safe.

Thank you for the kindness and compassion you have shown at this worrying and difficult time. Together we will beat COVID 19. Please check our website at <https://www.shn.ca/> for the very latest updates.

With best regards,



Alicia Vandermeer
President and CEO
SHN Foundation

SCARBOROUGH HEALTH NETWORK
FOUNDATION (SHN Foundation)
106-3030 Lawrence Ave. E.,
Scarborough, ON, M1P 2T7
416-431-8130 | foundation@shn.ca



Remembering TULF Leader Appapillai Amirthalingam on his Death Anniversary

Appapillai Amirthalingam

The Tragedy and Victim of Moderate Politics



By Siva Sivapragasam

When the mantle of leadership and succession of the TULF fell on Appapillai Amirthalingam after the death of Chelvanayagam, little did he realize that it would end up with a tight rope walking between moderate and militant politics.

Having been nurtured in the Gandhian politics of non-violence at the feet of his mentor and guru Chelvanayagam, moderate politics was the order of the day for him. His student days at the University brought him close to Marxist ideology championed by LSSP leaders like Dr.N.M. Perera and Dr. Colvin R. De Silva, followers of the Russian Marxist leader Leon Trotsky. But after leaving the University and becoming a lawyer he was swayed towards Tamil politics espousing the cause of a Federal state for Sri Lanka. The death of senior Tamil leaders like S.J.V. Chelvanayagam and G.G. Ponnambalam who dominated post-independence Tamil politics brought Amirthalingam into

the fore-front as the leader of the Tamil community. Amirthalingam became more known among the Tamil and Sinhalese people specially during the Sinhala Only debate in Parliament when he was mercilessly attacked by hoodlums in Galle Face green and entered Parliament with the injuries. The then Prime Minister Bandaranaike sarcastically remarked that the injuries "were honourable wounds of war". It could be said that from this time onwards the 'political war' between the Sinhalese and Tamils had begun. Unlike the previous Tamil leaders like Chelvanayagam and Ponnambalam, Amirthalingam was deep rooted in the Jaffna soil and was closer to the heartbeats of the people since he was practising in the Northern courts.

The soft-spoken but an elegant orator Amirthalingam was an advocate of non-violence. The social and academic background in which he was nurtured saw him depend on a negotiated settlement for the problems of the Tamils. Perhaps this was

one of the reasons that made him accept the position of the Leader of the Opposition after the 1977 elections. The then President J.R. Jayewardene who was referred to as the "cunning fox in politics" offered him the perks associated with the position of the Leader of the Opposition hoping to sway Amirthalingam to his way of thinking. But unfortunately for J.R. Amirthalingam was made of sterner stuff. He refused to be cowed down to J.R.'s manipulations.

For his intelligence, patience, and soft nature, Amirthalingam was nicknamed "Dharmar", the great hero in the Maha Bharatha epic. He did display these characteristics with finesse in his discussions and dealings on political matters. The intransigence of Sinhala politicians and the wavering attitudes of elected governments made the youth movements among the Tamil community move towards militancy. Amirthalingam was caught between moderation and militancy. Nurtured in Gandhian politics under

the patronage of his Guru Thanthai Chelva, Amirthalingam could not subscribe to the politics of militancy. At the same time, he did realize that he was not going far in obtaining the rights of the Tamils from the Sinhala Governments. However, he achieved one thing-He made the world and specially India know better of the Tamil problem in Sri Lanka and helped to internationalize the issue.

When the dust and the heat on this senseless conflict between the two communities settles down one day and sanity prevails on those opposing the settlement of the ethnic strife, persons like Appapillai Amirthalingam who laboured through out their life for the just rights of the Tamil community by peace methods will be remembered in the pages of history as a tragedy and victim of moderate politics. It can be said of Amirthalingam that while he imbibed the sweet smell of success he also experienced the winds of defeat.



The late Richard Rajaratnam

By: J A Rajah



Richard Dharmarajah Rajaratnam passed away recently at the age of 88 after a brief period of illness at Centenary hospital at Scarborough. He was earlier working as an apothecary in Sri Lanka and later in Nigeria as a teacher along with his wife. He has two daughters - Nishani and Roshani. His wife Jeyarani predeceased him. Right from the start he was a man of tremendous faith and was very active as a Christian. He said that he developed his passion to serve the Lord when he was a youth following the CSI Church services in Colombo when the late Rev.K.S. Jeyasingam pioneered the establishment of the CSI Church at Wellawatte. It started functioning at the Dutch Reformed Church there. His funeral service was held recently at Chapel Ridge Funeral Home, where most of his immediate relatives took part. His daughters, son-in-laws and grandchildren paid glorious tributes mentioning that he was a loving father and a dedicated Church worker. He was a mentor who organized monthly prayer meetings for the seniors at Greencrest Circuit in Scarborough. Pastor Benji Devadason who preached at the service appreciated his services to his Church and community and remarked that he had the passion to do it even at the last stages of his life. May God grant him eternal peace.

Day of Pentecost – “Joy of Christian Resurgence”



By: J A Rajah

Pastor BenManickam preaching at the Tamil Church of the Living Saviour said that the Day of Pentecost (31/5) is the most important festival of the Christian Church. In Acts 1st Chapter 8th verse we read, “He came to give us power and make us witnesses throughout the world”. Holy Spirit inspired Jesus’ disciples and all those who followed them to take the message of Christ and his teaching to all parts of the world. It gave them consistence in the service of God. He compared Christian service to a soccer game. The workers for Christ are like the forward- line players running at great speed to take the love of God to the ends of the earth. Bro. Mohan Amerasinghe sang devotional lyrics like: ‘He knows my name’; “Behold the Lamb” and “He is my everything”. In these pandemic days devotees miss Church worship but modern day technology has made it possible for interested persons to get together through zooming and engage in a kind of fellowship to fulfill their religious observances. The TCLS conducted a memorable service under the leadership of Rev. Dr. Ben Manickam and revived the spirit of Pentecost that is continuing to galvanize the love of God throughout the world.



Appreciation

Remembering Professor THURAIRAJAH

Former Vice-Chancellor of the University of Jaffna

By Siva Sivapragasam

During the period of the civil war in Northern Sri Lanka, his duty-consciousness and his passion for teaching made him travel up and down on a push cycle daily covering a distance of over seventy-five kilometers, from Point-Pedro to Thinnevely where he functioned as the Vice-Chancellor of the University of Jaffna.

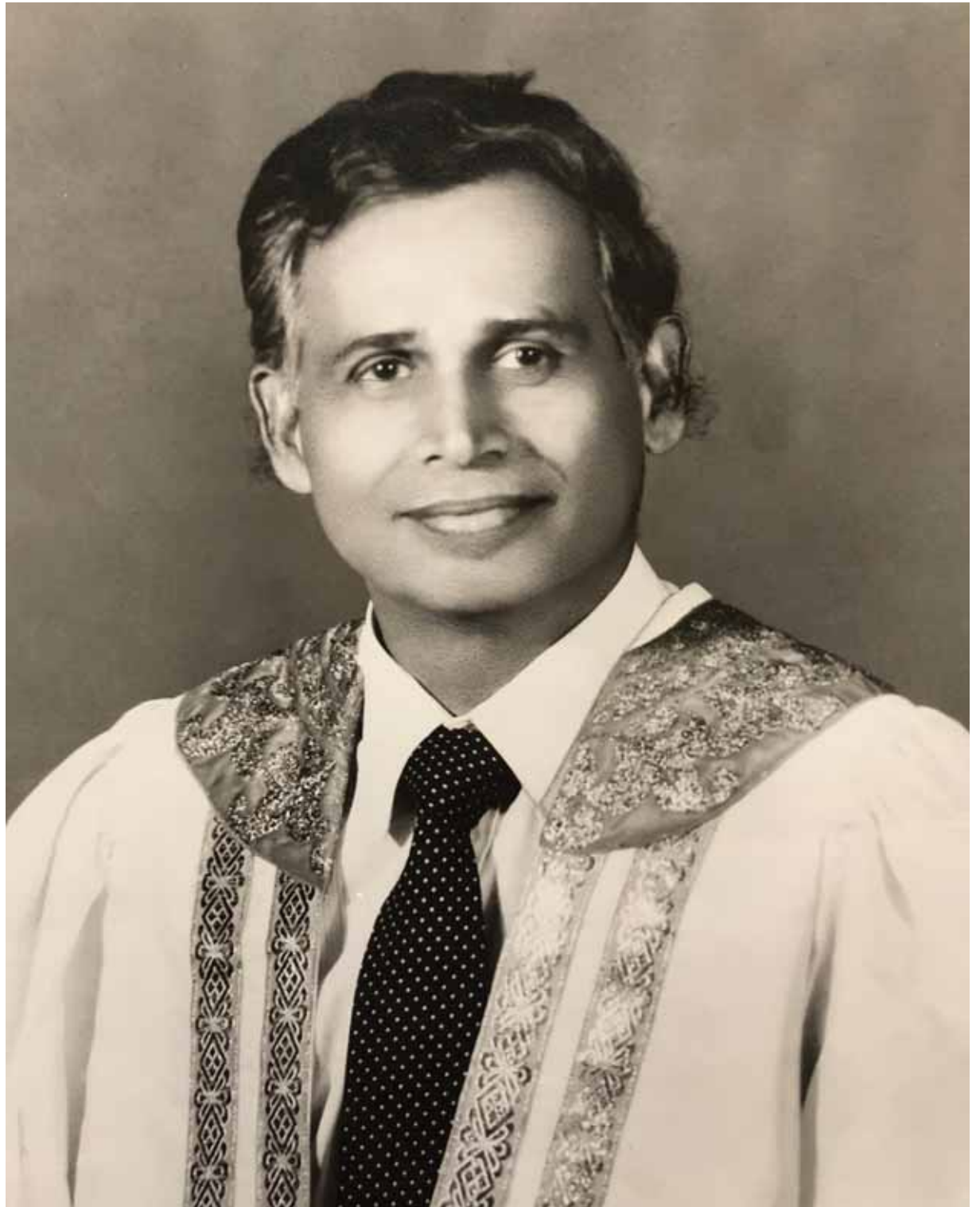
Professor Thurairajah was born on 10th. November 1934 in Kamparmalai in northern Ceylon to Velupillai Alagiah and Sellammah. He was educated at the Uduppiddy American Mission College and later at Hartley College which has produced several academics like Prof. Eliezer and Prof. Kanapathipillai. After his high school education he joined the University of Ceylon in July 1953, graduating with a BSc degree in civil engineering in 1957.

He then served as an instructor in civil engineering at the university until March 1958 before working for the Public Works Department as a Junior Assistant Engineer for four months. He then went to the University of Cambridge on a scholarship after Kenneth H. Roscoe chose him to be his research student. Between October 1958 and December 1961 Thurairajah assisted Roscoe in his research into shear properties of soils. This research earned Thurairajah a PhD in June 1962 with thesis titled "Some shear properties of kaolin and of sand."

Professor Thurairajah was a fellow of the National Academy of Sciences (Sri Lanka) from 1977; Institution of Civil Engineers (Sri Lanka) from 1979; and the Institution of Civil Engineers (UK) from May 1985. He was president of the National Academy of Sciences (Sri Lanka) in 1986. He was president of the Institution of Civil Engineers (Sri Lanka) between October 1989 to October 1990. He was an expert on soil engineering.

On his return from UK, he accepted the post of Professor in Engineering at the University of Peradeniya. Later he accepted the post of Vice-Chancellor of the Jaffna University when others were reluctant to accept the post due to the unsettled conditions in Jaffna due to the civil war.

Thurairajah fell ill and moved to Colombo in his later years for treatment and re-joined the Open University. He died on 11 June 1994 in Colombo due to cardiovascular failure brought about by a terminal illness. At the time of his death, he left behind his wife



Professor Thurairajah (1934 - 1994)

Rajeswari, daughters Ahila, Cavitha, Punitha and sons Arabinthan and Alageswaran. He was also the recipient of an award titled "Maamanithar" conferred on him.

There is no doubt that the death of Professor Thurairajah was an irreparable loss to the Tamil community and more to the academic sections in Sri Lanka. He led a simple life despite the high positions he held and was admired by all for his gentle character and friendliness in his conversations with others.

A perfect tribute to Professor Thurairajah will be the often quoted words of Poet Shakespeare "His life was gentle and the elements were so mixed in him that nature would stand up and say to the whole world "Here was a man."

The writer wishes to acknowledge with thanks for the information provided by Prof. Thurairajah's daughter Ahila who followed her father's footsteps in becoming an engineer and is settled down with her husband Professor Sivathasan and children in California.

THE VARIOUS INCARNATION OF LORD SIVA

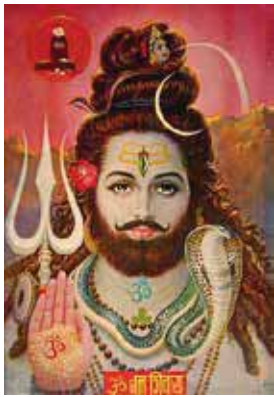
Compiled by Kidambi Raj

INTRODUCTION

When the beings of the world perform intolerable and many harmful activities, Gods threw the dice. He steps in His shoes and comes down to earth to teach these unruly beings a lesson. This is when He undergoes incarnation (Avataaram). In order to maintain balance in the law of nature, God manifests Himself into several Avataarams. Siva Purana mentions the following Nineteen Avataarams. Lord Siva is present everywhere! As Aadi Sankaraacharya said, "*Forgive me Oh Siva! My three great sins! I came on a pilgrimage to Kasi forgetting that You are omnipresent. In thinking about You, I forgot that You are beyond thought in praying to You, I forgot You are beyond word*".

01 PIPLAAD AVATAARAM

As the legend goes, Lord Siva was born as Piplaad to sage Dhatichi. The sage left his son even before he was born. Upset being without his father, Piplaad asked the Devas why his father left him. They told him that unfortunate circumstances were formed because of the planetary position of **Sani**. On learning this Piplaad cursed Sani and Sani started falling down from its celestial abode. Piplaad forgave Sani on the condition that it will not trouble anyone before 16 years of age. It is believed that praying to this Avataaram of Lord Siva helps people to get rid of their Sani Dosha.



02 NANDI AVATAARAM

If one enters any Siva temple, he/she would see a statue of the quietly formidable Nandi, Lord Siva's mount and the divine gate keeper. There are some temples which are exclusively built for Nandi. The famous Nandeewara temple in Karnataka is one such. As a primary Hindu God, Nandi is traced in lineage back to ancient dairy farmers that depended on cows for their main livelihood. As their foremost source of sustenance, Nandi was worshipped as keeper of the herds. In this form He was said to be bull-faced with a body much like His hallowed Siva, but with 4 hands. Two hands holding axe and antelope and the other two hands joined in homage. In this human form He is known as Nandikeswara.



03 VEERABHADRA AVATAARAM



According to the legends, Sati was the youngest daughter of Daksha, the king of all men. When

Sati grew up, she married Lord Siva, much to the displeasure of her father. One day Daksha made arrangements for a great yagna and invited all gods omitting only Lord Siva. Sati's urge to go to her home due to her affection towards her parents, overpowered the social etiquette for not going to an uninvited ceremony. Daksha insulted her and Lord Siva in front of all gathered. Unable to bear further trauma she ran into the sacrificial fire.

When Lord Siva came to know about this and with deep sorrow and anger, plucked a lock of hair and thrashed on the ground. Lord Veerabhadra and Rudrakali were born. Veerabhadra is believed to be the destroyer of Ajnana. His tall body reached the high heavens. He was dark as the clouds with three burning eyes and fiery hair. He wore a garland of skulls and carried terrible weapons. To provide him the power, Bhadrakali, a wrathful incarnation of Devi arrived. On the direction of Lord Siva, Veerabhadra appeared in the midst of Daksha's assembly like a storm and broke the sacrificial vessels, polluted the offerings, insulted the priests and finally cut off Dakshana's head, trampled on Indra, broke the staff of Yama, scattered the gods everywhere and returned to Kailas.

04 BHAIRAVAR AVATAARAM



Bhairavar, sometimes called as Kaala Bhairavar is the fierce manifestation of Lord Siva associated with annihilation. Legends trace Bhairavar's origin to the conversation between Lord Brahma and Lord Vishnu, as recounted in **Siva Purana**, where Lord Vishnu asked Lord Brahma as to who is the Supreme Creator of the Universe. Arrogantly, Brahma told Lord Vishnu to worship him because he (Brahma) was the supreme creator. This angered Lord Siva, and He incarnated as Bhairavar to punish Brahma. Bhairavar beheaded one of Brahma's five heads and since then Brahma has only four heads. When depicted as Kaala Bhairavar, Bhairavar is depicted as carrying the severed head of Brahma. Chopping off Brahma's fifth head made him guilty of killing a Brahmin (Brahamatyapaapam) and as a result, he had to carry around the disembodied skull for twelve years and roam as Bhikshaatanaa, a mendicant, until he was absolved of the sin.

05 ASWATHAAMAA AVATAARAM



According to legend, during **Samudra Manthan** (Churning of the Milky Ocean), Halahaal the fuming poison capable of burning the entire universe appeared and as the Devas fled. All of them along with Lord Vishnu and Lord Brahma went to Lord Siva for help. Lord Siva consumed Halahaal and held it in His throat. However,

unable to bear the consequences it started burning Him. So, **Vish Purusha** sprung out of Him (Lord Siva) with his palms folded. Lord Siva told him that although both Lord Vishnu and I did not let you kill the people yet in Dwapara Yuga, but during the Mahabharata war, with my blessings, you will be able to kill the oppressive kshatriyas. He told him that he would be born as Bharadwaja's grandson and be raised as a Brahmin, but will be attracted towards Kshatriyahood. So, this Vish Purusha was born as Aswathamaa to Drona and Kripa.

06 SHARABHA AVATAARAM

Sharabha is a creature that is part lion and part bird. In Sanskrit, Sharabha is an eight-legged beast, mightier than a lion and an elephant, which can kill a lion. Sharabha is described as an eight-legged deer. According to Siva Purana, Lord Siva assumed this avataaram to tame Lord Narasimha, the fierce man-lion avataaram of Lord Vishnu, into a normal pleasant form representing harmony. This form is popularly known as Sarabheswara.



07 GRIHAPATI AVATAARAM

According to the legends, there once was a brahmin named Viswanaar, who was a great devotee of Lord Siva. Shuchismati was his devoted wife. She expressed her desire of having a son just like Lord Siva. So, Viswanaar went to Kaasi to please Lord Siva by doing penance. He worshipped Visweswar Lingam with supreme devotion. Lord Siva was very pleased by his devotion and appeared before Viswanaar from the Lingam. When Viswanaar expressed his wife's desire, Lord Siva agreed to take the birth as Viswanaar's son.



In due course of time Shuchismati gave birth to a beautiful boy. Lord Brahma named the child as Grihapati. When the boy attained the age of six, he was proficient in all the Vedas and other sacred texts. When he attained the age of nine, Naradaa came and informed Viswanaar that the death of Grihapati was imminent because of the evil effects of the planetary configuration. Grihapati consoled his parents and proceeded towards Kaasi to do penance in order to conquer his imminent 'death'. When Grihapati commenced his penance in Kaasi, Indraa arrived there and asked him to demand anything he wanted. But Grihapati refused to take Indraa's offer.

This infuriated Indraa and he tried to attack him with his Vajra. Grihapati was very terrified and right then Lord Siva appeared and Indraa had to retreat from the scene. Lord Siva blessed Grihapati by saying, even **Kaalavajra** would not be able to kill you and Grihapati was very pleased. The Siva Linga that Grihapati worshipped became famous as **Agniswar Linga**. Lord Siva made Grihapati the Lord of all directions.

08 DURVAASAA AVATAARAM

Lord Siva had taken this avataaram on earth to maintain the discipline of the universe. Durvaasaa was a great sage known for his short

THE VARIOUS INCARNATION OF LORD SIVA

temper. Wherever he went he was received with great reverence from humans and devaas alike. Once **Atri**, the *Manasputra of Lord Brahma* went to do penance at the bank of the river Nivindhya which flew by the foothills of Trayakshakul mountain as per the instructions of Lord Brahma himself. He commenced a tremendous penance. The effects of his penance were such that devastating flames of fire manifested from his head. The fire spread in all the three worlds in no time. The deities were terrified by the death and destruction caused by the fire. So, Lord Brahma, Lord Vishnu and Lord Siva went to Atri and blessed him. Later on, Atri's wife Anusuya gave birth to three sons, who in fact were the incarnations of Lord Brahma, Lord Vishnu and Lord Siva. Lord Brahma incarnated as the Moon. Lord Vishnu incarnated as Dutt and Lord Siva took the incarnation as Durvaasaa.



09 HANUMAAN AVATAARAM

Lord Siva was so infatuated by the appearance of Lord Vishnu in His form of Mohini during Samudra Manthan that His semen was released on the ground. This semen was established by the Saptarishis in the womb of Anjani, with the permission of Lord Siva Himself. In this way was born the mighty Hanumaan.



10 VRISHABHA AVATAARAM

During the Samudra Manthan Lord Vishnu tricked all the asuras by creating an illusion of enchanting beauties. When the Asuras saw them, they forcibly carried these enchanting beauties to their abode, the Paadaala Lokaa. After that they returned to take control of the Nectar which had been taken by the Gods. When Lord Vishnu went to annihilate the asuras in the Paadala Loka, He Himself got caught up in the Maya and fathered many immoral sons there, who created a ruckus for the Gods. It was then Lord Siva took form of an Ox or Vrishabha and killed all the cruel sons. Lord Vishnu came to fight the Ox, but after realizing that it was Lord Siva's incarnation, He left the fight and returned to His abode, the Vishnu Loka.



11 YATINATH AVATAARAM

There once was a tribal man named Aahuk. He and his wife were ardent devotees of Lord Siva. One day Lord Siva visited them in the form of



Yatinath. Their small hut couldn't accommodate Lord Siva disguised as a guest and so, Aahuk decided to sleep outside. Unfortunately, he was killed by a wild animal and so his wife decided to take her own life. Lord Siva blessed them and said that they would be born as **Nala** and **Damayanti** in their next life and that Lord Siva would unite them.

12 KRISHNA DARSANA AVATAARAM

There once was a King Nabhag, who in his childhood, left his home for Gurukulam to get his education. In his absence, his brothers got the wealth of the kingdom and distributed among themselves. When Nabhag returned home and demanded his share of wealth, his brothers told him that since he was not there, when the wealth was distributed, they completely forgot him and asked him to go to meet his father. When he made the same request to his father, he told him to go to Sage Angirasa, who was having difficulty completing his Yagya because of his attachment to material things. So, Nabhag went to sage Angirasa and preached him on the virtues of religiousness. As a result, the sage became free from all sorts of attachments and was able to successfully complete the Yagya.



Sage Yagya was so pleased by the religious knowledge of Nabhag, he gave him all his remaining wealth of the yagya to Nabhag. Just at that time Lord Siva in His incarnation as Krishna Darsanam appeared and tried to prevent the sage from giving it to Nabhag and instead staked His own claim. Nabhag told Lord Siva that since the wealth was given to him by sage Angirasa himself, it belonged to him. Lord Siva then sent Nabhag to his father Shradhadev to get his opinion. Nabhag went to his father, who revealed to Nabhag that the person staking claim to wealth was none other than Lord Siva Himself and that whatever remained after the Yagya belonged to Lord Siva. So, Nabhag went back and worshipped Lord Siva and was blessed to attain salvation.

13 BHIKSHUVARYA AVATAARAM

There was a King named Satyarathaa who ruled over Vidarbha. Once he was attacked by a neighbouring king and got killed in that battle. His wife who was pregnant at that time, somehow managed to save her life by hiding in a forest. After she delivered the child, she was feeling very thirsty and so went to the pond to quench her thirst. Unfortunately, she was killed by a crocodile that lived in the pond. The hungry child was crying and a beggar woman with her one-year old child came there. Though her heart was filled with compassion seeing the hungry child cry, but still she hesitated to take the child in her lap. Right then Lord Siva appeared as a beggar and advised her to bring up the orphan child. This Avataaram of Lord Siva protects human beings from all kinds of dangers.



14 SURESHWARA AVATAARAM

Upamanyu, the son of Sage Vyagrapaadaa, was brought up in his maternal uncle's house since his childhood. One day when Upamanyu was crying for milk, his mother told him to worship



Lord Siva, since He was the only one capable making the milk available. So, Upamanyu proceeded towards Himalaya and started doing penance to please Lord Siva. His penance generated so much of heat that all the three worlds started burning.

To test his devotion, Lord Siva and Goddess Parvati appeared before him disguised as Indra and Indrani respectively. Both of them told Upamanyu to stop doing the penance. They said, "*We Indra and Indrani are extremely pleased by your devotion. Stop worshipping Lord Siva and we will fulfill all your desires*". Lord Siva and Goddess Parvati did not stop at that. They even cursed Lord Siva. Upamanyu became very furious and got up to attack the abuser, Indra.

Lord Siva and Goddess Parvati were satisfied with his total dedication and devotion. They then revealed their real identity and blessed him. Lord Siva promised Upamanyu that He would be present in the vicinity of his hermitage along with Goddess Parvati forever. Upamanyu returned back to his home and narrated the whole story to his mother who was very pleased. Lord Siva got the name **Sureshwar**, because He appeared in the guise of Indra.

15 KEERAT AVATAARAM

Once, Arjuna was performing a tremendous penance to please Lord Siva. Duryodhana had sent demon named Mooka to kill Arjuna. Mooka had disguised himself as a boar. Arjuna was engrossed in his meditation, when suddenly his concentration got disturbed by a loud noise. He opened his eyes and saw Mooka being chased by a Keerat. In fact, it was none other than Lord Siva, who appeared in the guise of Keerat. Both Arjuna and Lord Siva both struck the boar with their respective arrows at the same time.



A disagreement broke between Arjuna and Keerat, over who killed the boar. Arjuna challenged Keerat for a dual. Lord Siva was very impressed by Arjuna's valour. He then revealed His real identity. Arjuna was very ashamed that he fought with Lord Siva, but Lord Siva consoled him and gave His weapon Paasupataa to Arjuna.

16 SUNATNARTAK AVATAARAM

Lord Siva took this Avataaram to ask the hand of Parvati in marriage from Her father Himalaya.



17 BRAHMACHARI AVATAARAM

After sacrificing herself in her father Daksha's yagna, Sati took rebirth in Himalaya's house and worshipped Lord Siva for years to make Him her husband. Lord Siva took this Brahmachari Avataaram to test Parvati's determination to marry Him. (see page 44)





COMMUNITY WATCH

(Continued from page 43)

18 YAKSHESWARA AVATAARAM

When the Deities after defeating the Asuras during the Samudra Manthan, became very arrogant. Lord Siva disliked it as pride was not a quality for Gods to possess. So, Lord went to them in the guise of a Yaksha and asked them as to what was it that had made them



so arrogant. They replied that their arrogance stemmed from the victory over the demons. Lord Siva who was disguised as Yaksha replied, "*Your pride is based on false notion, because you did not achieve victory due to somebody's grace and blessings*". Lord Siva then asked them to cut the grass if they considered themselves so mighty. He then left a grass leaf in front of them. Each of the deities tried to cut that grass with their respective weapons. All of them were unsuccessful. Suddenly a heavenly voice was heard, which said that the Yaksha was none other than Lord Siva Himself. Then all the deities realized their mistakes and apologized to Lord Siva.

19 AVADHUTA AVATAARAM



Lord Siva took this Avataaram to crush the ego of Lord Indra.

(Continued from page 30)

The Destruction of Our Planet: Global Warming

These organizations encourage and spread awareness on global warming throughout the globe, hoping to stop this growing problem. All of these little changes can make a large change on a global level and demolish climate change forever.

Global warming is an important issue we all must definitely pay more attention to. It has been creating several negative ecological changes which have had a direct impact on wildlife and their survival. Global warming has also jeopardized the survival of the human race because of several growing problems related to food production, as well as our health. There is still time left to take action and create change against global warming and it is important we start now. Global warming is a problem that was created by humans and it is time for us to end the problem that we created before climate change destroys our planet.

Durham Tamil Association Proudly Serving the Community in the Pandemic Time

Paattukku Paatu

Inaugural Paatukku Paatu virtual got off to a great start. It was heartwarming to see so many faces enjoying the event and having a good time. Hope to see more of you every Sunday at 5:30 pm. Thank you to all who participated and were shining with their amazing voices. Thank you to our judges, Dr. Mohan Pancharatnam, Mano Pancharatnam, and Sarika Navanathan. Also, thank you to our youth volunteer Sweta for supporting with timing and the participants' wheel. Thank you to our guest singer, Jaya Ananathan.

If you need more information please visit our website: durhamtamils.org.



Dental Health Seminar

As many may know, dental offices are open for patients. As such, everyone would benefit to know what the Dentists's office responsibilities are and what patients should be aware of before you go to your dentist during this pandemic. We had dentists who answered all our questions.

Thank you to all our guest dentists:

Dr C.P.Giri
Dr. Chandrasegaram
Dr. Sharon Barr
Dr. Kapilisa Natkunam

COMMUNITY WATCH



Durham Tamil Association Proudly Serving the Community in the Pandemic Time

For more information on all our Community Support Programs and Sponsor contacts please visit www.DurhamTamils.Org Tel 905.428.7007

தமிழ் மொழி வகுப்புகள் ONLINE VIRTUAL ZOOM TAMIL CLASS

இரண்டாவது மொழிக்குரிய கற்பித்தல் முறையில் தமிழ் மொழி வகுப்புகள் ஆரம்பம். இணைந்து கொள்ள விரும்புவோர், தொடர்பு கொள்ளவும்.

NEW TAMIL ONLINE VIRTUAL ZOOM CLASSES ARE STARTING
 Register Online website: durhamtamils.org
 Fill out the form and provide your information under 'Virtual class registration'
 Email: info@durhamtamils.com

I studied Economics back home, and started my career as an Associate Banker with the Bank of Ceylon in Jaffna. What was supposed to be a two-year role in Saudi Arabia turned into a career of many decades as the riots began back home; it was no longer safe for me and my family to return to Sri Lanka. Despite the strict laws of the country, my family and I had a good life there. I was able to involve myself in my community through many services, including establishing a Sri Lankan International School and serving on its Board of Management, serving as President of the Sri Lankan Expatriate Society, and joined the Serendib Toastmasters Club. Community involvement and Tamil culture have always been important to me, and I'm happy to continue that work in Canada through our organizations here.

Kathirithambiy Subramanian

அன்புடன் அறிவு

OUR Stories Seniors Strength

Ontario Seniors Month 2020

TAMIL CIVIC ACTION

Father's Day

What a happy amazing Father's Day virtual celebration. A very Happy Father's Day to all our dads and granddads and for anyone who plays that role. Thank you for going above and beyond every day to make each day a brighter day. You are our superheroes.

Thanks to all our DTA kids for sending Father's Day wishes, poems, songs, and slide shows.

Grade 12 Graduation and Conversation with Pickering Uxbridge MP Jennifer O'Connell.

Thank you to all attendees for today's virtual meeting in which we celebrated our Grade 12 graduates and had a conversation with Pickering Uxbridge MP Jennifer O'Connell.

Special thanks to MP Jennifer O'Connell for joining us and for giving us your continued support.

Congratulations to our 2020 graduates:

- Suweithaa Kalaichchelvan
- Piraveen Pathmanathan
- Akshaiyan Manivannan
- Anchanah Jeyamohan
- Ahrujan Vijay

We are all so proud of you!

Dear Parents, We truly realize the importance of our children learning their mother tongue. In an effort to sustain our young Canadian born ethnicity, culture and language among our young Canadian born children, we are introducing TAMIL LANGUAGE CLASSES. Tamil will be taught as a Second Language, so our English-speaking children will be able to learn, understand, speak and write Tamil with ease. Don't miss out on this great opportunity.



Serving Tamil Seniors

முதியோர்களுக்கு உதவும் தமிழ் அமைப்புகள்

Durham Tamil Association

Durham Tamil Association (DTA) was established in 2000 serving the community in the Durham region. DTA is integrated with the cities in Durham region and always invited to participate in all city programs in the municipalities of Pickering, Ajax, Whitby and Oshawa. They have made it their mandate to bring the senior community along with them as one family and caters many special services for them. This includes monthly meetings, with birthday celebration for individuals born in the month, guest speakers including doctors or other professionals to provide valuable information, computer classes in conjunction with the library with support from mighty youth volunteers, regular chair and mat yoga classes twice a week, and organized trips within Ontario and the United States. DTA creates a family atmosphere where youth and seniors can come together to participate and showcase their talents.

Ontario Seniors Month 2020

TAMIL CIVIC ACTION



Obituary for Mr. Rajadurai Raveenthiranathan

Sharing very sad news that our long-standing DTA member Mr. Rajadurai Raveenthiranathan passed away. He was an amazing volunteer. He was DTA's communication officer and past executive of DTA. We will miss his patience, guidance, and his infectious laugh. Our heartfelt condolences to the family and may his soul rest in peace.



COMMUNITY WATCH

READERS COLUMN

June 2020 issue

You come as a monsoon every month and always fill our hearts with news around the world. You leave like a thunder giving us unbiased news, to read and think for weeks.

You made us preserve the journal for weeks and months to read like a novel, not missing anything from daily newspapers, online news magazines and Televisions, we read and hear.

This anniversary is a milestone that may

seem as short as fifteen years but the time and efforts went in it is perhaps even twice as important and worth celebrating!

I hope this year brings you to tell us many more stories to feed your news greedy readers.

Wish you a happy fifteenth anniversary.

Subramaniam Sivapalan

Retired Chartered Accountant
Pickering, ON. Canada

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McCowan & Sheppard:	Babu Takeout & Catering
Middlefield & Finch:	New Embassy's Grocery GTA Mall
Kennedy & Finch:	3852 Finch Ave Building
Birchmount & Finch:	Suvaiyakam
Warden & Finch:	Nantha Catering
Markham & McNicoll:	Martin Bakery
Markham & Steeles:	New Spiceland Supermarket
Middlefield & Steeles:	Nantha Takeout
McCowan & 16th:	Babu Takeout & Catering Ganesha Takeout & Catering
Markham & Major Mac:	South Asiyam Supermarket
Kipling & Steeles:	Uthaya's Supermarket
Wellesley & Parliament:	Ambal Trading
Ajax:	New Spiceland Supermarket
Brampton:	Durcaa Super Market
Mississauga:	New Kaveri Supermarket
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