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Sri Lanka Elections 2020

Rajapakse regime sweeps the polls with a landslide victory

TNA wins ten seats in the North

Former Chief Minister of the North
C.V. Wigneswaran enters Parliament as an MP



By Siva Sivapragasam

The Rajapakse brothers led Podujana Peramuna party won the recently held Sri Lanka general elections comfortably securing a majority in Parliament and has expressed confidence of securing a 2/3rds majority in Parliament.

A fractured Opposition with a split in the UNP and the failure of the previous Government led by former President Sirisena and Prime Minister Ranil Wickremesinghe to solve the problems faced by the country paved the way for the Rajapakses to win 145

seats out of a total of 225 seats easily including the National List MPs.

Although the Podujana Peramuna did not obtain a two-thirds majority at the elections, SLPP has expressed confidence that they will be able to obtain a 2/3rds majority in Parliament with the help of other minor parties.

Prime Minister Mahinda Rajapakse also told the Media that they will arrange to get a two thirds majority created in parliament if the party did not receive it at the General Election.

Contd. on page 10...

U.S. Presidential candidate Joe Biden picks Kamala Harris as his running mate



By Siva Sivapragasam

Kamala Harris was born to an Indian Tamil mother and a Jamaican father. Her mother, Shyamala Gopalan Harris, was a breast cancer scientist who immigrated to the United States from Chennai in 1960. Her father, Donald Harris, is a Stanford University economics professor who emigrated from Jamaica in 1961 for graduate study in economics at University of California, Berkeley.

Kamala was close to her maternal grandfather, P. V. Gopalan, a Tamilian Indian diplomat. She often visited her extended family in the Besant Nagar neighborhood of Chennai, Tamil Nadu. Besant Nagar is an affluent residential neighbourhood in South Chennai.

By choosing Harris, who is Black and Indian American, Democrats are sending a powerful and historic state-

ment ahead of the November election as the nation continues to grapple with social change. If elected, Harris would not only be the first woman to serve as vice president but would also be the first person of color to be second in command and the highest-elected Asian American in history.

She was also the first person of color and first woman to serve as California's attorney general. Both former Presidents Bill Clinton and Barack Obama welcomed the decision to pick Kamala Harris.

Obama called it "a good day for our country" in a tweet about the announcement.

"Kamala is an ambitious girl; she knew what she wanted to achieve. She wanted to be a lawyer, she did. She wanted to be attorney general, she did. She wanted to run for the Senate, and she did.", says Kamala Harris's aunt Dr. Sarala Gopalan.

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Best Executive Awards 2020 from Report on Business Magazine

By Siva Sivapragasam

Report on Business magazine has announced the winners of its inaugural Best Executive Awards—a new annual program to celebrate excellence among non-CEO leaders at the SVP, EVP, and C-suite (or equivalent) levels.

The 2020 winners represent the best of Canadian leadership in five functional areas: Finance; Human Resources; Operations; Sales and Marketing; and Technology.

Nominations were assessed by the Report on Business editorial team based on career background, leadership style, achievements, and impact.

Winners of the Best Executive Awards will receive their awards on October 30—the same day their stories will be featured editorially in the November issue of Report on Business magazine. Winners will also share their experiences and advice at a virtual event on November 3.

Roy Ratnavel - Sales and Marketing Award

Roy Ratnavel, Executive Vice-President of CI Financial & Head of Sales & Marketing at CI Investments

Roy Ratnavel, who “started in the mailroom” has proved that hard work, perseverance, and discipline always pays off in going up the ladder.

Arriving in Canada from Sri Lanka at a young age of sixteen with hardly enough money in his wallet, his first real job was sorting mail at a Bay Street Investment firm. Half a century later and with half a dozen promotions, Roy is now the Executive Vice-President of CI Financial and Head of Sales & Marketing at CI Investments—the largest independent asset management firm in Canada. It is a quite a journey for a young man who arrived in Canada nearly thirty years ago with (US) \$50 in his pocket.

Roy currently leads CI's national sales team across Canada as well as the development of sales strategies and initiatives that make use of CI's diverse lineup of investment solutions. He has over 25 years of experience in the financial services industry and holds an undergraduate degree from the University of Toronto. He lives in Toronto with his wife and son.

Nicki Sabapathy - Human Resources Award

Nicki Sabapathy, Head of Human Resources - Cisco Canada



Nicki Sabapathy

Nicki Sabapathy is an accomplished global Human Resources executive with 20 years' experience as a trusted Business Partner and Servant Leader with broad experience in all aspects of Human Resources & Organizational Development. She is gifted with experience in various industries, including High Tech, Communications, Automotive, Manufacturing & Distribution. An agile, highly motivated leader with a proven track record of success both at a strategic and operational level.

Organizational Design & Change Management, Strategic Leadership & Operational Excellence, Employee



Roy Ratnavel

Relations & Performance Management, Compensation Program design, Executive Coaching & Development, Talent Management & Succession Planning, Policy Deployment, Communication and Implementation, Talent Acquisition & Recruitment, Risk Mitigation, Compensation/Benefits program design.

Routine is her element and her first item of business is coffee – “In Sri Lanka, tea and coffee were a big part of our culture,” she says. “So, I like my coffee strong.” preferably vanilla-flavoured and as strong as possible”.

Ontario Making Travel Easier Across York, Peel and Halton Regions Province Introduces Preferred Route for New 400-series Highway and Transitway Across the GTA

August 7, 2020 11:00 A.M.

Ministry of Transportation

TORONTO - The Ontario government is taking steps to make commuting and travel easier in the Greater Toronto Area by confirming the Preferred Route for a new 400-series highway and transit corridor across York, Peel and Halton regions. Advancing the GTA West corridor will reduce travel times for drivers and support economic growth and job creation.

“The Greater Golden Horseshoe is an economic driver for the province and addressing transportation needs in this region is essential to the competitiveness of our economy,” said Caroline Mulroney, Minister of Transportation.

“The GTA West Corridor will help alleviate traffic congestion and improve the movement of people and goods across the province.”

The GTA West corridor will include a four-to-six lane 400-series highway, separate infrastructure dedicated for transit and passenger stations, as well as intelligent transportation features and truck parking. By 2031, the overall traffic on this route is expected to exceed 300,000 auto vehicles trips per day.

Feedback from public consultations have been reviewed in consideration of the confirmed Preferred Route and 2020 Focused Analysis Area. The Preferred Route incorporates feedback



received from stakeholders and the public as well as new land use and environmental information.

The Preferred Route consists of the route and interchange locations for the GTA West corridor. Preliminary design and further consultations will

be moving forward over the next two years as the design is further developed. The Environmental Assessment (EA) for the GTA West Corridor is expected to be complete by the end of 2022.

Via <https://news.ontario.ca/>

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International Day Commemorating the Victims of Acts of Violence Based on Religion or Belief 2020

Raising Awareness on Preventing and Eliminating Violence Based on Religion and Belief

By **Harrish Thirukumaran**

The recent explosions in Lebanon exposed not only the corruption and incompetence in the government of Lebanon, but also deep-rooted sectarian divides that trace back to the 1970 civil war and further back in history in the religiously diverse Middle Eastern nation. From a human rights perspective, freedom of religion or belief, freedom of opinion and expression, the right to peaceful assembly and the right to freedom of association are interdependent, interrelated and mutually reinforcing. They are enshrined in articles 18, 19 and 20 of the Universal Declaration of Human Rights of the United Nations. Upholding these rights plays an important role in the fight against all forms of intolerance and of discrimination based on religion or belief.

As with Lebanon and the Middle East, there are continuing acts of intolerance and violence based on religion or belief against individuals, including against persons belonging to religious communities and religious minorities around the world, and the number and intensity of such incidents, which are often of a criminal nature and may have international characteristics, are increasing. In response, the General Assembly adopted the resolution A/RES/73/296, titled "International Day Commemorating the Victims of Acts of Violence Based on Religion or Belief" strongly condemning continuing violence and acts of terrorism targeting individuals, including persons belonging to religious minorities, on the basis of or in the name of religion or belief. It was designated on August 22, 2019.

It strongly deplored all acts of violence against persons on the basis of their religion or belief, as well as any such acts directed against their homes, businesses, properties, schools, cultural centres or places of worship, as well as all attacks on and in religious places, sites and shrines that are in violation of international law. A previous resolution establishing the International Day of Remembrance of and Tribute to the Victims of Terrorism (A/RES/72/165) also recognized that working together to enhance the implementation of existing legal regimes that protect individuals against discrimination and hate crimes, increasing interreligious, interfaith and intercultural efforts and expanding human rights education are important first steps in combating incidents of intolerance, discrimination and violence against individuals on the basis of religion or belief.

The Member States of the UN reaffirmed their unequivocal condemnation of all acts, methods and practices of terrorism and violent extremism conducive to terrorism, in all its forms and manifestations, wherever and by whomsoever committed, regardless of their motivation and reiterated that terrorism and violent extremism, in all its forms and manifestations, cannot and should not be associated with any religion, nationality, civilization or ethnic group. As such, readers like you and other Ontarians can use this occasion to raise awareness on preventing and eliminating violence based on religion and belief here and elsewhere across the globe.

Canada Historical Milestones:



On August 3, 1876, inventor Alexander Graham Bell made the first one-way transmission telephone call via telegraph wires between separate buildings.

Canada's Parliament introduced telephone services in 1882 and installed a switchboard with 50 lines to various offices. There are now parliamentary social media accounts, video channels, live streaming and virtual sittings, among many other outreach methods. Technology continues to connect Parliament and parliamentarians to Canadians from coast to coast to coast.

via: **Parliament of Canada**
~ www.facebook.com/PARLyouth/

The best way to treat obstacles is to use them as stepping-stones

- Enid Mary Blyton (11 August 1897 - 28 November 1968) English children's writer

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CANADA NEWS 

Historic Agreement Delivers Over \$230 Million for Child Care

Safe Restart Agreement Will Support Ontario's Plan to Safely Reopen Child Care and Early Years Programs

August 7, 2020 10:00 A.M.

Office of the Premier

TORONTO — The Ontario government, in partnership with the federal government, is providing \$234.6 million in funding to keep children and staff safe in child care and early years settings. This funding will help support enhanced cleaning costs as well as health and safety requirements set out to support the reopening of licensed child care and early years programs. This funding is in addition to the Ontario government's continued commitment to stabilize the child care sector as many Ontarians return to work.

The announcement was made today by Premier Doug Ford, Christine Elliott, Deputy Premier and Minister of Health, and Stephen Lecce, Minister of Education.

"My number one priority is the health and safety of our children.

Thanks to our federal partners, we're putting over \$230 million on the table as part of the Safe Restart Agreement to help deliver our plan to reopen child care safely at full capacity in September," said Premier Ford. "With these additional supports in place, we have the best plan anywhere in the country, informed by the best medical advice and science available. Parents can have peace of mind knowing that every measure has been taken to keep their children and the staff who care for them safe."

The additional funding will help child care operators, EarlyON Child and Family Centres, and First Nations Child and Family Programs increase cleaning and infection control, ensure staff have access to personal protective equipment, promote physical distancing, purchase additional cleaning supplies, and support staffing needs.

"We are investing more in child care



to ensure it is safe, accessible and affordable for working moms and dads," said Minister Lecce. "This agreement will ensure funding continues to flow so that child care remains available to parents as they return to work today and into the future."

"The availability of affordable and high-quality child care will be key to ensuring Canadian parents can return

to work and our economy can recover from this crisis," said Ahmed Hussen, Canada's Minister of Families, Children and Social Development. "The Government of Canada is committed to supporting the child care sector to ensure all Canadian families will have access to the quality child care they need."

Via <https://news.ontario.ca/>

Ontario Reaches Next Milestone On Priority Subway Projects

Province has shortlisted teams to advance tunnelling work on the Scarborough Subway Extension and the Eglinton Crosstown West Extension projects

August 5, 2020 11:00 A.M.

Ministry of Transportation

TORONTO - Ontario has shortlisted three teams each to advance tunnelling work on the Scarborough Subway Extension and the Eglinton Crosstown West Extension projects, part of the largest subway expansion in the province's history.

Teams were shortlisted based on criteria identified in the Request for Qualifications (RFQ) process that began in March 2020. Criteria included design and construction experience and the financial capacity to deliver a project of this size and complexity. Teams with the top three scores were then shortlisted for each project.

"When our government was elected, we immediately reached out to listen to the market to ensure there was capacity and competition to bid on priority projects," said Caroline Mulroney, Minister of Transportation. "The market has responded in an overwhelmingly positive manner and this shortlist is made up of a strong mix of Canadian and international bidders."

These teams will be invited to respond to a Request for Proposals (RFP) to begin preparing their submissions that detail how they will deliver the project. Upon evaluating the proposals received, Infrastructure Ontario (IO) and Metrolinx expect to



award these tunnelling contracts in mid-2021.

"Investments in infrastructure projects will be essential for getting people back to work and improving the quality of life for people throughout the GTA," said Kinga Surma, Associate Minister of Transportation (GTA). "This shortlist is another key milestone that should send a clear signal that our government is ready to work with leaders in the private sector and all levels of the government to deliver on these four nationally significant subway projects."

In April 2019, the province announced its new Subway Transit Plan for the GTA with a preliminary estimated cost of \$28.5 billion. This includes four priority transit projects: the all-new Ontario Line; a three-stop Scarborough Subway Extension; the Yonge North Subway Extension; and the Eglinton Crosstown West Extension.

Via <https://news.ontario.ca/>

Prime Minister appoints Bob Rae as Ambassador to the United Nations



July 6, 2020

Ottawa, Ontario

The Prime Minister, Justin Trudeau, today announced the appointment of the Honourable Bob Rae as the Ambassador and Permanent Representative of Canada to the United Nations (UN) in New York.

Mr. Rae brings a wealth of experience to the role, most recently serving as Canada's Special Envoy on Humanitarian and Refugee Issues, building on his earlier work as Canada's Special Envoy to Myanmar. In these positions, Mr. Rae closely collaborated with the UN and the international community to help lead Canada's efforts to address pressing humanitarian and refugee issues around the world.

Mr. Rae will succeed Marc-André Blanchard as Canada's Permanent Representative to the UN in New York. Mr. Blanchard, who informed the Prime Minister of his intention to leave his post earlier this year, served as a strong voice for innovation and reform at the UN. He also helped

develop Canada's leading role in international discussions on financing the UN's Sustainable Development Goals, including most recently in the context of the global response to the coronavirus. Mr. Blanchard also sought to better integrate the UN's work on development and security issues, and contributed to Canada's expanded engagement with many regional partners. After more than four years of service, Mr. Blanchard leaves his role having made a significant contribution to both the UN and advancing Canada's place in the world.

Mr. Rae will build on the work of the outgoing Ambassador to help advance Canada's interests abroad, including to further sustainable development and address the impacts of climate change. We will continue to engage our international partners and promote the Canadian values of peace, freedom, democracy, and human rights as we move forward in a time of global uncertainty.

Via pm.gc.ca



CANADA NEWS

WHAT YOU NEED TO KNOW WHEN COMING TO CANADA FROM THE U.S.

Use this checklist before crossing the border

by Mohanad Moetaz

Published on August 10th, 2020 at 05:00am EDT

Tags:

If you're looking to come to Canada from the U.S., make sure you know what you need to do beforehand and which port of entries are currently open.

In March, Canada put in place travel restriction measures to slow the spread of COVID-19. Canada and the U.S. also announced an unprecedented border closure between the two countries that have since been extended until August 21.

However, some people are exempt from these travel restrictions including:

- Canadian citizens;
- Permanent residents;
- People registered under Canada's Indian Act;
- Protected persons;
- Immediate family members of Canadian citizens or permanent residents;
- Spouses and common-law partners;
- Dependent children;
- Grandchildren;
- Parent or step-parent;
- Guardians or tutors; and
- Some temporary foreign workers.

Find out if you are eligible for any Canadian immigration programs

Canadian citizens and permanent residents

If you are a Canadian citizen or permanent resident, you must be prepared to quarantine for 14 days and have a quarantine plan.

Upon arrival, if you are showing symptoms of COVID-19, you will be referred to an officer from the Public Health Agency of Canada. You will then be requested to isolate from others for 14 days.

Immediate family members

If you are an immediate family member of a Canadian citizen or permanent resident travelling from the U.S., you must not be showing symptoms of COVID-19. In addition, you must be staying in Canada for at least 15 consecutive days. If you are planning to stay less than 15 days, scroll down to the All other foreign nationals section below. You are expected to provide evidence that you are indeed an immediate family member.

You must also have a quarantine plan.

Temporary foreign workers

Upon arrival in Canada, you must prove that you have a valid work per-

mit or approval letter, and a proof of employment at a Canadian business.

If you do not have a work permit but are employed at a Canadian business, you may be able to apply for a work permit at a port of entry. You must also not be showing symptoms of COVID-19.

All other foreign nationals

If you are not a Canadian citizen, not a permanent resident and not considered an immediate family member (or are planning to stay in Canada for less than 15 days), you must prove that you are travelling to Canada from the U.S. for an essential purpose. You must also prove that you have no symptoms of COVID-19 and have a quarantine plan.

If you are looking to transit through Canada to travel to Alaska, you must follow additional rules.

Travelling to Canada Checklist (applicable to all travellers)

Everyone travelling to Canada, including Canadian citizens and permanent residents, must do the following:

Wear a non-medical mask throughout your trip, if travelling by air.

Be prepared to pass a health check before you board your flight if travelling by air.

Download the ArriveCAN mobile

app on your phone and provide basic information. If you do not wish to download a mobile app, you may do this using an online form, or a paper form.

Be prepared to pass a health check by a border services officer or a quarantine officer upon arrival in Canada.

Have a plan to quarantine for 14 days.

Make sure you arrive at an operating port of entry.

Quarantine plan

All travellers to Canada are required to have a plan to quarantine for 14 days. This is mandatory. This plan should include where you are going to stay, how you will travel to your place of quarantine, how you will be getting groceries, and how you will access other services including healthcare.

You must make sure that you do not come in contact with anyone over 65 years old, anyone with underlying health conditions or weak immune systems. You must wear a non-medical mask on your way to your place of quarantine.

You are required:

to go straight to your place of quarantine without stopping;

to not leave your place of quarantine, unless you need medical attention;

to not welcome any guests; and to not use any outdoor spaces unless they are private.

If you develop symptoms of COVID-19, contact your local public health authority, and extend your 14-day quarantine period to the day you developed symptoms.

If you are a Canadian citizen or permanent resident and are showing symptoms of COVID-19 upon arrival in Canada, you will be requested to self-isolate.

This means that you are required to follow all the quarantine rules. In addition, you must use private transportation, such as your car, to travel to your place of isolation from the port of entry. You are prohibited from using any outdoor spaces, and you must regularly clean any common areas in your place of isolation. If your condition worsens, contact your local public health authority.

Ports of Entry

Before you travel to Canada, you are advised to check which ports of entry are operating. This webpage on the Canadian Border Services Agency website lists all open ports of entry and what services they currently provide.

Via cicnews.com



July job numbers reveal foodservice sector requires continued support to recover losses

Restaurants Canada recommends a path forward to relaunch the country's vital foodservice sector in its pre-budget submission to the federal finance committee

TORONTO, Aug. 10, 2020 (GLOBE NEWSWIRE) -- Restaurants Canada has tabled its pre-budget submission to the federal finance committee, advocating for continued support to help the foodservice industry through the ongoing COVID-19 crisis.

"Many of the measures that the federal government has introduced over the last few months have provided a lifeline to restaurants during these extraordinarily challenging times," said David Lefebvre, Restaurants Canada Vice President, Federal and Quebec. "But with colder months approaching, the foodservice sector will need continued assistance to keep fulfilling its critical role within the Canadian economy."

Recommendations for restarting Canada's vital foodservice 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 recover.

While the latest Labour Force Survey from Statistics Canada reveals foodservice employment rose by 100,500 jobs in July, the sector is still more than 300,000 jobs short of where it was in February. No other industry comes close to continuing to face this level of shortfall.

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 in 2021.

1) Assistance with labour costs, rising debt and cash flow

The following programs should continue to be available in 2021 to support foodservice businesses still struggling to operate under ongoing restrictions:

The Canada Emergency Wage Subsidy (CEWS)



**Restaurants
Canada**

The voice of foodservice | La voix des services alimentaires

The Canada Emergency Business Account (CEBA)

These COVID-19 response measures have made a meaningful difference in the short term and should be extended and strengthened to support business continuity over the longer term.

Restaurants Canada also recommends changes to the tax regime to further support businesses struggling with cash flow. Simplified rent relief provided directly to businesses is also needed.

2) Red tape reduction for small and medium-sized businesses

Restaurants Canada is recommending that any new legislation and measures that were put on hold due to the COVID-19 pandemic be reassessed to consider the new economic realities for businesses.

Hurdles to doing business should be limited wherever possible while small and medium-sized enterprises continue to struggle to remain operational under ongoing restrictions.

3) Targeted foodservice sector support

Sector-specific measures are needed to address some of the unique challenges that restaurants and other foodservice businesses have endured due to COVID-19. Restaurants Canada has provided a number of recommendations based on input from its members.

All recommendations contained in the full submission from Restaurants Canada can be consulted here: info.restaurantscanada.org/hubfs/2021%20Federal%20pre-budget%20submission_Restaurants%20Canada.pdf

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.

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 has since lost hundreds of thousands jobs and could lose as much as \$44 billion in sales in 2020 due to the impacts of COVID-19.

Canadian movie theatres will air new films ahead of the US market



For the first time in movie theatre history, Canada releases new films ahead of US market.

Vince Guzzo, President and CEO of Cinémas Guzzo and "Dragon" on CBC's entrepreneurially-focused show Dragons' Den, explains why Canada is releasing movies ahead of the US.

Unhinged – releasing August 14 (US: August 21)

The SpongeBob Movie: Sponge on the Run – releasing August 14 (US: unknown)

Tenet – releasing August 27 (US: September 3)

Get the inside scoop! Mr. Guzzo is available to comment on:

Release date, domestic vs. international, and the impact

Overall outlook for movie theatres moving forward relative to COVID-19

Theatrical releases vs. straight-to-streaming

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Appointments

Deepthi Lokuaratchchi appointed CEO of Colombo Hospitals Corporation

Deepthi Lokuarachchi appointed CEO of Lanka Hospitals Corporation

The Board of Directors of The Lanka Hospitals Corporation PLC has appointed Deepthi Lokuarachchi as the Group Chief Executive Officer of the Company effective from 20 July 2020.

Lanka Hospitals is the most accredited hospital in the Sri Lankan healthcare sector. Since 2002, Lanka Hospitals has revolutionized the healthcare industry through infrastructure development and advancement of products and services, with a view to deliver healthcare that is on par with global medical standards.

Lokuarachchi holds a law Degree from the University of Colombo and is professionally qualified as a Chartered Member of CII-UK.

Being an insurance professional and having served in both Life and General sectors, he had gained extensive exposures into executive general management, and other areas such as underwriting, claims and reinsurance within insurance companies owned by the Eagle Star Group, Zurich Financial Services, AI-Futtaim UAE, AVIV A and AIG. Lokuarachchi also functioned as CEO of Sri Lanka's biggest



Deepthi Lokuaratchchi CEO Lanka Hospitals Corporation

State insurance company SLIC in his career.

Serving the professional interests of industry personnel, Lokuarachchi has held the Presidency of the Sri Lanka Insurance Institute for a period of two years and is also the immediate past President of the Insurance Association of Sri Lanka. Recently, he retired as Managing Director/CEO at HNB Assurance PLC Group.

Shekhar Mehta of India selected to be 2021-22 Rotary International President

Shekhar Mehta, of the Rotary Club of Calcutta-Mahanagar, West Bengal, India, is the selection of the Nominating Committee for President of Rotary International for 2021-22. He will be declared the president-nominee on 1 October if no challenging candidates have been suggested.

Mehta, an accountant, is chair of the Skyline Group, a real estate development company he founded. He is also a director of Operation Eyesight Universal (India), a Canada-based organization.

Mehta has been actively involved in disaster response and is a trustee of ShelterBox, UK. After the 2004 Indian Ocean tsunami, he helped build nearly 500 homes for families affected by the disaster.

Mehta pioneered a program that has performed more than 1,500 life-changing heart surgeries in South Asia. He is also the architect of the TEACH Program, which promotes literacy throughout India and has reached thousands of schools.

A Rotary member since 1984, Mehta has served Rotary as director, member or chair of several committees, zone coordinator, training leader, member of The Rotary Foundation Cadre of



Rotary International President Shekhar Mehta

Technical Advisers, and district governor. He is also the chair of Rotary Foundation (India).

Mehta has received Rotary's Service Above Self Award and The Rotary Foundation's Citation for Meritorious Service and Distinguished Service Awards.

Palmyrah Sugar processing Plant in Jaffna to export Palm Sugar to Canada and Australian supermarket chains

Palmyrah Development Board in Jaffna has started producing Palmyrah Sugar (Palm Sugar) and is now considering to set up a mini Sugar processing plant in Jaffna to export palm sugar packets to foreign countries like Canada and Australia, according to Krishantha Pathiraja, Chairman of the Palmyrah Board.

The Chairman also remarked that Palm Sugar is a niche product and they are already in talks with Canada and Australia supermarket chains to export these sugar packets.

"The product was designed and developed at our R&D center and is now available at selected outlets in Colombo and Jaffna," said Palmyrah Development Board (PDB), Chairman, Krishantha Pathiraja.

He said that they would now invest to build a Mini Palmyrah Sugar processing plant in the North to increase production and for export to foreign countries.



The Palmyrah Development Board has already launched the manufacture of Palmyrah Ice Cream, a first for Sri Lanka with Sri Lanka's oldest ice cream manufacturer, Alerics Ice Cream Company.

Consecration of third Auxillary Bishop of Colombo to be held on 29 August 2020

The Consecration of St. Sebastian's College, Moratuwa Rector Msgr. Anton Ranjith Pillainayagam as the third auxiliary bishop of Colombo Archdiocese will take place on 29 August and Malcolm Cardinal Ranjith is scheduled to officiate at the ceremony.

Pope Francis had named Rev. Fr. Pillainayagam as the auxiliary bishop of Colombo Archdiocese 13 July assigning him the Titular See of Materiana, a press release issued by the Apostolic Nunciature Colombo said.

Auxiliary bishop elect Fr. Pillainayagam, born on 23 September 1966 in Jaffna, is conversant in all the three major languages spoken in the country.

He had his early education both in St. Benedict's College, Kotahena (1973) and at St. Patrick's College, Jaffna (1974-1985).

He completed his philosophical studies at St. Francis Xavier Major Seminary, Jaffna (1985-1988). He then entered the National Seminary of Our Lady of Sri Lanka, Ampitiya, Kandy, in 1995 and followed studies in Theology and Sacred Scripture. He was ordained to the priesthood on 16

September 2000 at St Lucia's Cathedral in Colombo, presided over by then Colombo Archbishop Rev. Dr. Nicholas Marcus Fernando.

Fr. Pillainayagam, a past student of the Science Faculty, Jaffna University, earned his Degree in Mathematics and Master's in Philosophy, and obtained his Baccalaureate in Theology from the Pontifical Urbanian University, Rome.

He was sent to Middlesex University, UK in 2004 to continue further studies and in the year 2005, he returned to the country having obtained his Master's in Educational Science. Back in Sri Lanka he served in the tutorial staffs of Colombo Catholic colleges including both St. Joseph's College, Maradana, and St. Peter's College, Bambalapitiya and he was serving as the Rector of St. Sebastian's College, Moratuwa at the time he was named the third auxiliary bishop of Archdiocese of Colombo.





Four Tamils in Singapore's new Cabinet of Ministers

By Siva Sivapragasam

Prime Minister Lee's PAP party retained power with a "clear mandate" in the general election held in Singapore recently amidst the COVID-19 pandemic. The PAP, in power since 1965, won 83 of the 93 parliamentary seats or 61.24% of the vote. Mr. Lee is the son of Mr. Lee Kwan Yew, the founding Prime Minister of Singapore who turned Singapore from a "desert" to an "Oasis" and a "third world country" into a "first world country".

Four Tamils have been appointed in the new cabinet of ministers. A brief profile of the four Ministers are given below:

Tharman Shanmugaratnam – Senior Minister & Co-ordinating Minister for Social Policies

Tharman Shanmugaratnam is a Singaporean of Sri Lankan Tamil origin. Tharman has spent his working life in public service, in roles principally related to economic and social policies. He served as Deputy Prime Minister from 2011 to 2019.

One of three children, he is the son of Emeritus Professor K. Shanmugaratnam, a medical scientist known as the "father of pathology in Singapore", who founded the Singapore Cancer Registry and led a number of international organizations related to cancer



S. Iswaran



Indraneel Rajah



Tharman Shanmugaratnam



Vivian Balakrishnan

research and pathology.

Dr. Vivian Balakrishnan – Minister for Foreign Affairs

Dr Vivian Balakrishnan studied Medicine at the National University of Singapore (NUS) after being awarded the President's Scholarship in 1980. He was elected President of the NUS Students' Union from 1981 to 1983 and Chairman from 1984 to 1985. Balakrishnan was born in 1961 to an Indian Tamil father and a Chinese mother. During his last visit to Sri Lanka, Dr. Balakrishnan was anxious to visit the village of Singapore's former Foreign Minister Sinnathamby Rajaratnam who was of Jaffna origin. He was taken to the village of Sithankerni and showed the ancestral home

of Rajaratnam where he met Rajaratnam's relatives.

S. Iswaran - Minister for Communications and Information

S. Iswaran is a member of the governing People's Action Party (PAP), and was previously the Minister for Trade and Industry. He will now become the Minister for Communications and Information, and the Minister in charge of Cyber Security. He has also previously served as a Minister in the Prime Minister's Office. He read economics at the University of Adelaide, where he graduated with first class honours. He also holds a Master of Public Administration from Harvard University.

Iswaran is a Tamil Brahmin and is

married to Kay Mary Taylor. The couple have one daughter, Monisha, and two sons, Sanjay and Krishan.

Indraneel Rajah

Indraneel Thurairajah is a Singaporean politician and former lawyer. She is a member of the governing People's Action Party (PAP) and has been a Minister in the Prime Minister's Office since May 2018. She is the fourth woman to become a full Minister in Singapore's history after Lim Hwee Hua, Grace Fu and Josephine Teo. Indraneel is the daughter of the late A.T. Rajah, retired Deputy Commissioner of Police and former President of the Singapore National Olympic Council. Her father was a Hindu and her mother was an ethnic Chinese.

Modi Lays Temple Foundation Stone Marking Victory for Hindu Nationalist Party

By Anjana Pasricha

August 05, 2020 11:25 AM

NEW DELHI - In a ceremony watched by millions of Indians on television, Prime Minister Narendra Modi offered prayers and laid the foundation stone for a grand Hindu temple to be built in the northern town of Ayodhya on the site of a mosque demolished by Hindu radicals.

The ceremony marks a historic triumph for Modi's Bharatiya Janata Party, whose rise to political prominence was propelled by the three-decade campaign to build a temple to honor the revered Hindu deity Rama.

"It is an emotional moment for India. A long wait ends today," Modi said after the ceremony that was held even as the COVID-19 pandemic continues in India.

The temple is being built on the exact spot Hindus believe is the birthplace of Lord Rama. The demolition of the 16th century mosque that stood there in 1992 sparked deadly Hindu-Muslim riots and became a deeply



divisive issue in the Hindu-majority country, where many Hindus want the temple to be built.

The Supreme Court approved the

temple's construction last November when it handed the bitterly contested plot of land to a Hindu group after a long legal battle.

Modi said the site had been liberated and a "grand house" would be constructed for Lord Rama.

Via voanews.com



Plane Crash Kills 18 in Southern India

By Anjana Pasricha

August 08, 2020 03:36 AM

NEW DELHI - At least 18 people have been killed and more than 125 injured in southern India in a plane crash that took place when the aircraft overshot a runway and plunged into a valley as it attempted to land in heavy rain. The Air India Express plane skidded off the runway Friday around 7:40 p.m. and split into two during a second attempt by the pilot to land at Calicut airport near Kozhikode in Kerala state, authorities said.

Officials said the fuselage of the plane broke as its nose crashed into the ground -- visuals showed two parts of the Boeing 737 aircraft lying several meters apart.

Located on top of a plateau, the airport at Kozhikode has what is called a tabletop runway, which has a steep drop at one or both ends.

Both the pilots were killed and several of those injured are reported to be in critical condition.

The plane, which was coming from Dubai, was repatriating Indians stranded overseas since India shut down international flights in March due to the coronavirus pandemic. It was carrying 190 passengers, including 10 infants and six crew.

They were extricated following a three-hour operation Friday night.

Civil Aviation Minister Hardeep Puri said rescuers managed to extricate most of the passengers because the plane did not catch fire while skidding down the slope.

"Our task would have been much more difficult if the plane had caught fire," he said. He said 127 people are in the hospital.

Puri said only an investigation could reveal the cause of the crash but said that the weather conditions due to the monsoon rains were unfavorable.

"The pilot tried to stop the plane at the end of the runway, but the accident happened due to the slippery conditions," Puri said.

Heavy monsoon rains have battered Kerala in recent days.

Some injured passengers told reporters that the pilot had warned the passengers that the weather was very bad. Security personnel on the airport's perimeter could see the crash happening and rushed to the crash site, M.A. Ganapathy, the special director general of the Central Industrial Security Force, told NDTV TV channel. Authorities said Saturday that the digital flight recorder has been recovered from the aircraft.

"Pained by the plane accident in Kozhikode," Prime Minister Narendra Modi tweeted.



"My thoughts are with those who lost their loved ones. May the injured recover at the earliest," he continued.

Tens of thousands of people in Kerala state work in Middle East countries. Although international flights have still not been resumed, state-run carrier Air India has been operating hundreds of flights since May to bring those stranded overseas back.

This was the worst plane crash in India since 2010, when an Air India plane also overshot a runway in the

southern city of Mangalore and caught fire. The toll in that accident was 158.

The plane tragedy was not the only disaster to strike the southern state as it is lashed by heavy monsoon rains.

At least 17 people died in a landslide that struck hilly areas of the state on Friday.

via voanews.com

Rajapakse regime sweeps the polls with a landslide victory

Contd. from page 1...

Though many feared that the voter turnout might drop due to the pandemic, voters came out to exercise their franchise, recording a 71 % turnout.

This election also saw the virtual exit of Sri Lanka's oldest and historic United National Party (UNP) from the legislature by not winning a single seat in the elections. Its leader and former Prime Minister Ranil Wickremesinghe who was in parliament for over 40 years, lost his seat. The TNA suffered a setback with its party's seats reduced to ten

at this election.

Meanwhile, the name of Dr. Suren Raghavan, Former Governor of the Northern Province, has been submitted by the Sri Lanka Podujana Party to be appointed as a Member of Parliament from the party's National List.

There is no doubt that the newly minted government will have to face economic problems in the coming months due to the current Covid-19 pandemic coupled with a fall in tourist earnings, drop in foreign remittances, a struggling balance of payments problem and foreign debt re-payments.



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WORLD NEWS

Biden Picks Senator Kamala Harris as His Running Mate

By Ken Schwartz

Updated August 11, 2020 08:23 PM

Presumptive Democratic presidential nominee Joe Biden has picked California Senator Kamala Harris as his vice presidential running mate — making her the first Black woman to be named to a major party's ticket for a presidential election.

As a woman of Indian descent, she is also making history as the first major South Asian-American candidate to run in the general election.

"I have the great honor to announce that I've picked Kamala Harris — a fearless fighter for the little guy, and one of the country's finest public servants — as my running mate," Biden tweeted Tuesday afternoon. "Together, with you, we're going to beat Trump."

After winning enough primaries to secure the nomination earlier this year, Biden, 77, committed himself to picking a female vice presidential candidate. There was much speculation he would choose a Black woman to run with him. A number of familiar and respected names surfaced in the press as potential running mates.

But Biden and Harris have a long friendship going back to the days when she was California attorney general at the same time Biden's late son, Beau Biden, was attorney general in Delaware.

"She worked closely with Beau. I watched as they took on the big banks, lifted up working people, and protected women and kids from abuse," Joe Biden tweeted Tuesday. "I was proud then, and I'm proud now to have her as my partner in this campaign."

Harris had high praise for Biden during a campaign event several weeks ago before she was named as his running mate.

"Joe has empathy, he has a proven track record of leadership and more than ever before we need a president of the United States who understands who the people are, sees them where they are, and has a genuine desire to help and knows how to fight to get us where we need to be," Harris said.

Harris, 55, was born in Oakland, California, to a Jamaican American father and an Indian American mother.

She graduated from the University of California, Hastings College of the Law and was elected district attorney for San Francisco in 2003 and California attorney general in 2010.

Harris arrived in Washington less than four years ago as the U.S. Democratic senator from California.

In her 2020 presidential campaign, Harris was briefly the Democratic front-runner after success in the early debates. Her criticism of Biden's one-



time opposition to court-ordered busing to achieve racial balance in public schools strained their relationship.

But Harris' overall centrist political stance in the early debates, including her support for law enforcement as an attorney general, failed to excite progressives and liberals, and she dropped out of the presidential race before the first primaries.

Some Democrats accused her of being out of touch over issues of police violence — questions that are bound to be raised again amid nationwide protests against police brutality against Black people and other people of color.

Social media sites are already full of excitement from many Democrats over the Biden-Harris ticket, including a tweet from former President Barack Obama.

"I've known Senator Kamala Harris for a long time. She is more than prepared for the job. She's spent her career defending our Constitution and fighting for folks who need a fair shake. This is a good day for our country. Now let's go win this thing," Obama tweeted Tuesday.

Democratic Congressman Raja Krishnamoorthi, who was born in New Delhi, tweeted: "Regardless of your political leanings, it says so much about the progress our country has made that a major party ticket now includes a Black and South Asian American woman."

But senior Trump campaign adviser Katrina Pierson calls Harris "Phony Kamala" and says she "will abandon her own morals, as well as try to bury her record as a prosecutor, in order to appease the anti-police extremists controlling the Democrat Party. ... She is proof that Joe Biden is an empty shell being filled with the extreme agenda of the radicals on the left."

Harris is the third woman to run for vice president on a major party ticket.

Democratic representative Geraldine Ferraro was Walter Mondale's running mate in 1984 when they lost by a landslide to the Republican ticket of Ronald Reagan and George H.W. Bush.

Former Alaska Governor Sarah Palin ran with Republican John McCain in 2008 but lost to Democrats Obama and Biden.

Via (<https://www.voanews.com/>)



Kamala Harris, back row at left, in an undated family photo. Next to her, from left, are her grandmother Rajam Gopalan, grandfather P.V. Gopalan and sister, Maya Harris. With them are Maya's daughter, Meena, left, and Harris' cousin Sharada Balachandran Orihuela. (Courtesy of Sharada Balachandran Orihuela)





Sri Lankan Tamil American serving as Senior Advisor to US Vice Presidential candidate shares her professional experiences

From Capitol Hill to Campaigns: Interview with Rohini Kosoglu

US Vice Presidential candidate for the Democratic Party, Senator Kamala Harris has a Tamil American among her senior staff.

Sri Lankan Tamil-American Rohini Lakshmi Kosoglu, a Resident Fellow at Institute of Politics at Harvard Kennedy School serves as a key advisor to the Senator and now serves in the Biden-Harris campaign as well.

Parents of Rohini Lakshmi Kosoglu are Dr. Wijeyadevendram Ravindran and Shobhana Ravindran hail from Jaffna, Sri Lanka.

In a recent interview with Harvard Political Review (HPR) magazine, Rohini Lakshmi Kosoglu talks about her professional experiences:

From Capitol Hill to Campaigns: Interview with Rohini Kosoglu

Harvard Political Review: You came straight to Harvard from the campaign trail, what was that transition like?

Rohini Kosoglu: The day-to-day routine of campaign life is obviously a 180 from being here at Harvard. But having the time to step back and reflect on the last few years, I think it's been such a blessing, and I'm so excited to be here this semester around the students. They have such an amazing energy for politics and democracy, and it's really inspiring to be around them. I feel very fortunate.

HPR: What is it like for the staff of a campaign when the candidate drops out?

RK: It is sad, but I think that there's also a huge sense of gratitude to be part of, in our case, a very historic candidacy. There's a sense of gratitude to get to go around the country to see people engaging in rallies, town hall meetings, knocking on doors, and making phone calls. I feel very blessed to have worked with some of the smartest and most talented people I've ever worked with in my life. And to be a part of a mission of trying to elect someone president has certainly been one of the honors of my life.

HPR: Regarding your work in Washington D.C., tell me a little bit more about what you did when you were a senior healthcare advisor during the drafting and passage of the Affordable Care Act.

RK: When President Obama took office in 2009, there was a real energy and excitement around the fact that, for healthcare policy staffers, they were working on an issue that was on the front page of the newspaper every



Rohini Lakshmi Kosoglu

day, and constituents of all states were all talking about their experiences with the healthcare system. Constituents would have stories that seemed incredulous, but at the same time they were the victim of a conflict with an insurance company or a drug company. And we as a government didn't have answers about why the insurance companies were allowed to do this, why their pharmaceutical company drug prices were so high. And a big part of the Affordable Care Act was asking, "How do we get people 'rules of the road' for the healthcare system?" And so staffing for a U.S. senator was so exciting in terms of the day-to-day routine. I worked for Sen. Michael Bennett (D-Colo.) at the time, and we'd be in meetings for five to seven hours a day. We were meeting with different parts of the Democratic caucus, negotiating out different provisions of the law with Republicans that were interested in still trying to make something pass in a bipartisan way. But I can't emphasize enough the energy and the feeling [we had] that this was a historic moment and we [could] get something done on health care for the American people.

HPR: How has the Trump administration affected the work that you did on Capitol Hill?

RK: In 2016, I was interviewing to work in the private sector. At the same time, I was also exploring an opportunity to work for Sen. Kamala Harris (D-Calif.). As we processed the first month or so of President Trump taking office and getting his transition ready for the new Congress, it became clear to me that it was important to stay in public service during a time when there were so many people that were about to lose some of their civil rights. It was important to me to work for a member that was ready to take

on the fight and give a voice to the voiceless. I got more lucrative offers in the private sector, but I wanted to work for somebody who would fight for people in the country that needed help and hold President Trump accountable. That made me stay in public service.

HPR: Moving to more of a personal level, what fueled your passion for politics, and was there ever a moment that you realized you really wanted to get involved and work in public service?

RK: My father is an emergency room doctor. And in the emergency room, you have to treat whoever is in front of you. There's no Democrat or Republican. It doesn't matter what race they are [and] it doesn't matter what gender they are. It's that sense of fairness that makes me want to keep fighting for a system that's fair on behalf of other people. So I bring that ethos with me to every job offer that I approach and I think, "Can I do this job bringing that same ethos fighting for people to more families in this country?"

HPR: I know that you also recently spoke at the South Asian Society at Yale, and you've been in touch with the South Asian Americans in Public Service here at Harvard. Can you speak more about your culture and how it intersects with your work in public service?

RK: I feel so fortunate to be given this opportunity to take a step back and give back to my culture and to South Asian students that are so passionate about politics, democracy, or policy. I am learning from even my own students how much enthusiasm there is for South Asians in public service across the country. Even the conference at Yale was about bringing

other South Asian students together from across the country to talk about different paths and career opportunities and to expose them to different ideas of how to think outside the box for different career roles. I felt very fortunate to be a part of it. I think that there's a lot more that we as the South Asian community can do to mobilize and engage students. It's my hope that being a Fellow here and working with these students can help us think of ways to move this forward.

HPR: Many people feel disheartened by politics today. What keeps you motivated?

RK: Certainly being around the students every day has been so great, seeing their passion for politics, democracy, and engaging in public service. But even in the last year, to watch over 20 candidates run for president, and to see how many people in this country were showing up to rallies or town halls and were willing to knock on doors or willing to call people. It was so compelling to see people taking time out of their lives to learn more about what these candidates had to offer in terms of their vision for the country. That does make me heartened. I saw people bringing their children and their grandchildren to these different events, and it showed that people want to see an alternative to President Trump. But people are also interested in how these candidates are going to improve their daily lives.

HPR: What are some values that you think about every day, or morals that you hold deeply with you?

RK: I constantly think about what I am doing in my role to improve the lives of working people in this country. I think I've been blessed to work at some of the highest levels of government and politics, and with that comes a responsibility to use that expertise to help others. Whether it be a woman that's cleaning a hotel room or a dad that's an Uber driver and can't make it to [his] kid's soccer game, I have a responsibility to use the expertise that I gained over the years to help make their lives better.

HPR: What's next for you after your time here at Harvard?

RK: I see myself in a role where I'm helping the lives of other people. I don't think I'll lose that trajectory. I need to be able to connect the dots on how what I'm doing is going to help the world in some way that resonates with the public servant in me. So I don't expect to lose that anytime soon.

Via <https://harvardpolitics.com/>



CELEBRATING INNOVATION WITH SHN'S NEW PHARMACY CLEAN ROOM

It's not every day that you open a brand new, leading-edge medication system during a pandemic — and yet, that is exactly what happened at Scarborough Health Network (SHN) Centenary hospital's Pharmacy department. On July 9, staff celebrated the grand opening of a brand new, 1200-sq.-ft. Clean Room (sterile compounding area).

What is a Clean Room?

A Clean Room is a controlled environment where pollutants like dust, airborne microbes, and aerosol particles are filtered out in order to provide the cleanest area possible. Most Clean Rooms are used for manufacturing products such as electronics, medical equipment, and in this case – intravenous pharmaceutical medications.

“Compounding” refers to the mixing or adjusting of ingredients of a drug or drugs, in order to create medications prescribed by physicians. Sterile environments are essential for certain medication compounds, since even small particles can adversely affect the manufacturing process.

Given the critical requirement for pharmacists to have such a specialized space, the celebration was infused with pride and excitement, as the team gathered to reflect on the previous years' work.



“We are thrilled to be able to celebrate with everyone,” said Shelley Dorazio, Director, Pharmacy Services, as she welcomed staff and vendors at the small ceremony. “It's truly a recognition of the investment of Senior Leadership Team in our medication system.”

Researching a better way forward

The work began in January 2019, following a mandate from the Ontario College of Pharmacists (OCP) to implement new physical infrastructure to support sterile and non-sterile compounding. The research and planning that would unfold over the next two years involved multiple vendors, over 15 plan drafts, and five site visits and consultation with other hospitals in Ontario, Quebec and the U.S.

As advice was being sought on best practices, SHN's own frontline experts were eagerly offering their own vision for the space. From the beginning, Pharmacy staff were empowered to build a space



grounded in practical use and flow, which led to creative solutions to adapt the existing space. The revised plans, improved the work flow and expanded the space to our maximum physical capacity. During construction, Pharmacy staff worked in a temporary Pharmacy space.

“You're the trailblazers,” said Glyn Boatswain, Acting Vice President of Clinical Programs, who was in attendance for the ribbon-cutting. “Our heartfelt thank you to each and every one!”

The resulting brand new sterile and non-sterile compounding areas have both positive and negative pressure — one for hazardous (chemotherapy) and one for non-hazardous (other intravenous products) — is now open for business. Developed as a “hub and spoke” model, the new Clean Room will be the primary source for delivering compound intravenous (IV) medications to SHN's three hospitals

Establishing ourselves as a High Reliability Organization

It's an innovative solution, that relies heavily on our assertion that we are stronger together. By meeting the accreditation standards from the OCP, and exceeding them in some areas, SHN has demonstrated commitment to its S.A.F.E.T.Y. pillars. This achievement is another exciting way we are relentlessly prioritizing safety, and truly establishing ourselves as a High Reliability Organization. “I couldn't be more proud of our internal and external teams,” said Swasti Bhajan Mathur,

Manager of the Centenary Pharmacy department, beaming with excitement. “The frontline pharmacy voices really led the way.”

Congratulations to everyone who contributed to this capital project, and thank you to all of the teams from Pharmacy, Senior Leadership, Capital



Planning, IPAC, Facilities, Environmental Services and Workplace Health and Safety, as well as the vital external partnerships with Plexxus, Labworks, Parkin Engineering, HEPA, OCP and ADEC Construction. This was an amazing accomplishment and celebration!





BRINGING IT HOME:

COMMUNITY PARTNERSHIP HELPS PATIENTS TRANSITION SEAMLESSLY FROM HOSPITAL WITH SHN@HOME

When a patient is in the hospital, surrounded by a team of nurses, doctors, therapists and more, they feel secure. They are confident and comfortable knowing they have their support system to provide them with the best care. But when the time comes for a patient to go home, they may experience feelings of unease or fear as they transition to being away from the hospital. This is where SHN@Home comes in.

Scarborough Health Network (SHN) has partnered with Bayshore HealthCare, Integrated Care Solutions to create SHN@Home – a seamless discharge care plan for patients who require continued restorative care when they are transitioning home from the hospital. The SHN@Home team is comprised of care coordinators, nurses, personal support workers, occupational therapists, physiotherapists, speech-language pathologists, social workers and dietitians – all dedicated to working closely with the patient, their family and their hospital team to make sure their care plan meets their needs at home.

“We are thrilled to be working together with Scarborough Health Network on this program, which frees up valuable hospital space for more critically ill patients, all while helping patients meet their goals,” notes Anita Fitches, Director, Integrated Care Solutions at Bayshore HealthCare. “Bayshore’s contribution to the program is multifaceted and helps ensure a smooth transition home while ensuring that patients have all of the necessary supports in place.”

The program is comprehensive and has been designed with the patient in mind. Through a series of check-ins with the SHN@Home care team, patients can be confident their journey to optimize their rehab goals is our priority when staying in

hospital is no longer required. As patients needs change, their care team will work with them to adapt to what best suits their needs.

SHN@Home enables patients with diverse care needs to continue to work towards their restorative goals in their home environment. The individualized care plans are tailored to meet the unique needs of each patient and connects them with the appropriate services and support.

As part of the seamless transition from hospital to home, Bayshore participates in discharge planning calls with the SHN team, to ensure that patients and their families are aware of what to expect.

In a patient’s first week home, they will receive a call from their SHN@Home team to make sure they’ve arrived home safely, as well as receive an in-person visit from a member of their team. They will receive daily check-ins every day of their first week home, and then will work with their team to determine how often the patient requires continued check-ins based on their needs, comfort level and support requirements.

“This partnership came from a joint desire and passion to ensure a continuity of care for our patients as they return to the community,” shares Nancy Veloso, Director, Medicine, Transitional



Care and Senior’s Health. “The collaboration between Bayshore and SHN has allowed us to continue to provide the exceptional care for our patients that they receive in hospital, even when they’re not within our walls anymore. We’re extremely thankful for Bayshore and for all of the members of the SHN@Home team for their commitment to ongoing quality care for their patients.”

Through the collaborative partnership of SHN and Bayshore HealthCare, SHN@Home connects patients with the services that best suit their needs – from community supports, rehabilitation or even helping a patient find a primary care physician if they don’t already have one. Helping patients receive the therapy they require sooner rather than later after discharge helps them get back to a level of functioning faster and allows them to return to their independent lifestyle.

TEAMWORK SUPPORTING GERIATRIC CARE

SHN GERIATRICIAN AND SENIORS HEALTH LEAD ON THE COLLABORATION FOR COMPASSIONATE SENIORS CARE

In life, aging is a catalyst for change. Our bodies and minds transition from one phase of life to the next, collecting stories and storing memories of both good and bad, ease and hardship, trauma and joy. For those of us privileged enough to reach old age, the marks of a life lived create a map – not only for our friends and families to cherish, but also for health care providers to navigate.

Among them is Scarborough Health Network (SHN) geriatrician and Senior Health lead, Dr. Seda Rafilovich. Together with a team of specialists, they develop care plans and follow through to support the health and overall well-being of SHN’s more senior patients.

“Geriatrics is multifaceted and requires complex care systems to meet seniors’ unique needs.” Said Dr. Rafilovich. “That’s why we use a team approach to develop a care plan.”

The team approach to seniors’ health extends to community partnerships, where programs like the Geriatric Assessment and Intervention Network (GAIN) Clinic employs a network of coordinated health care services to provide clinical care and education to ensure the best care for frail seniors. The GAIN teams draw

upon the expertise of nurse practitioners, physiotherapists, occupational therapists, social workers, pharmacists, collaborating geriatricians, and other specialists.

“We have a community of practice, where GAIN teams at our General and Centenary hospitals have huddles once a week.” Said Dr. Rafilovich. “Involving several perspectives allows us to share discoveries, and also creates a sense of camaraderie for everyone invested in geriatric practice.”



The investment in a varied team approach is critical for recognizing not just the physical health issues we commonly associate with old age, but acute social issues too. Within the context of assessment, geriatricians like Dr. Rafilovich can identify and address a wide range of complex issues such as financial instability and the emotional strain of loneliness and isolation.



“Being able to listen and absorb a patient’s history is an important part of geriatric care.” Said Dr. Rafilovich. “The stories I’ve heard, and the people I’ve met are incredible.”

Maps of our identities are marked by our history, but also our culture. As a proud first generation immigrant, Dr. Rafilovich knows this well.

“As a new Canadian, I was allowed to remain myself and maintain my identity.” Dr. Rafilovich recalled. “Now, being able to practice in the diverse community of Scarborough, I appreciate the opportunity to see how people live their lives in unique ways. It’s like travel from your office! It’s beautiful.”

As the range of programs offered at SHN grows to meet the needs of an aging population, seniors care remains a priority. Thanks to the



collaborative work between SHN and other health care and community organizations, a network of supports extend the same quality in-patient care, to out-patient treatments and follow-up care at home.

More recently, Dr. Rafilovich credits her team with quickly adapting to the challenges presented by the COVID-19 pandemic. The creation of virtual visits and out-patient call monitoring have been a positive outcome resulting in the team’s ability to gain invaluable insight to patients’ home environments and maintaining the continuity of care.

“Our geriatric care team is truly amazing.” Said Dr. Rafilovich. “These advancements are going to have a huge impact on seniors’ health and continue to nurture full-blown geriatric care at SHN.”



SPECIAL FEATURE

ONE MUST QUESTION THE HATE SPEECH...!



By GowryMaha

Koneswaram Temple Trincomalee - YouTube

Earlier this month, there was a news report in the media in Sri Lanka about the Koneswaram Temple, which is mentioned in textbooks as a historical place. The report said that it is the Gokanna Viharaya in Trincomalee that has now been turned into a Hindu Kovil as Thirukoneswaram Temple. Since then it has become the talk of most Tamil media. The Tamil people began to react on websites and social media regarding this.

The news was presented in all media as one of the biggest lies in history. Beyond that there were lots of racist and hate speeches on social media. Criticisms of it to this day are being written with fury, as one foreshadowing history.

The person who expressed this opinion was an academic who is also a clergyman. Without taking any of his social status into consideration many had expressed racial hostility towards him. To such an extent that the matter had psychologically created a state of hatred of racism in the minds of the Tamil Hindus.

This news is also likely to have a major impact on people's beliefs and choices during the election period. This is because various Tamil politicians have since reacted to this by proposing racism in such a way as to suggest that the characteristics of the dominant race tend to destroy the history of the minority race. Some took it as a joke, though.

In that sense, the Tamil side is firmly refuting this news as untrue and historically wrong. Based on this, the Saiva Maha Sabai and the Board of Trustees of the Koneswaram Temple issued statements quoting various historical sources. Some of the politicians even called for a public debate on the matter.

In this case, first of all, the journalist should ascertain whether the argument originally put forward as fact or as an opinion? When someone makes a claim that creates confusion, that person should be asked 'Is this your personal opinion? Journalist must question the authenticity and ask for the source of proof and attach such information to the report. The journalist with the knowledge on the subject should ask many more questions and establish whether it's an

opinion or a factual information and inform the public about it.

'Expressing such ideas in public and publicizing them in the media only serves to reinforce inter-ethnic tensions,' said Dr. S. Raguram, Head - Department of Media Studies, University of Jaffna. He further says:

"Such news is false historical information. Yet depending on the person who says it and the place it is being told, it becomes news. The person who said this is not an ordinary person. He is a key figure in the task force created by the President to protect archaeological sites. Not only that, he is also an expert on archae-

the news was as follows: 'Those who do not know the history should not open their mouths'. The first headline of this news item was '... Thero uttering nonsense'. Similarly, if you look at the headlines in the local and foreign Tamil media, they have mocked at the claim and created a mood that makes people hate the person who made that comment and the community he belonged to.

Most Tamils feel that this news has hurt the feelings of Hindus living in Sri Lanka. Incidents like this that distort history have been going on for a long time, not just yesterday. Incidentally retrieved opinions and

the past history when they want to write about the future," says P. Pusparatnam, Professor of History, University of Jaffna.

At the same time the importance of the message is diminished when it is headlined as 'he does not know the truth that is known to everyone'. It is unconceivable that the archaeologist did not know the historical truth.

If it is believed that this may be an activity with a planned political background the journalist should ask further questions. By the answers to those extra questions the journalist will be able to identify whether he is trying to hide the history or it is his own opinion.

Ordinary people reacting with hate speech insulting, ridiculing and showing hostilities to a race is one thing but the comments that led to this reaction are not trivial. All comments and opinions that lead to hate a race, a religion or a group can be considered as Hate speech. It's a psychological conceptualization.

If this hate speech is to be curtailed, journalists must repeatedly ask various questions in connection with it. Such as:

- What are you trying to convey?
- Can I take what you say as anti-..... community or this race?
- What are the reasons for you to say this?
- Do you have any proof for what you say?
- Your answers are more of opinions than facts. What do you say about that?

The foreign media had tried something in this regard.

Accordingly, 'the fact that Koneswaram Temple is one of the most famous historical sites mentioned in many places' what do you say to that? When asked, he replied very lightly, 'Later everyone adapted it to suit themselves'.

This is not a responsible answer but it does suggest that he is slipping away from authentic sources.

Through a series of questions like these one can also ascertain whether he has any other political motives.

“When we look at the history of Sri Lanka, we must first understand that Sinhala and Buddhism were not intertwined as they are now. History has it that there were also Tamil Buddhists.”

ology. So this becomes an interesting news for the public. When such historical misinformation is presented by a person of that caliber, racist skepticism develops among Tamils. The message goes without saying that people need to be careful about their actions in the future about that party. That is the only benefit people get by publishing this in the media. The refutation to this type of news should be written in Sinhala newspapers with historical facts. We need to create opportunities for the Sinhalese to get the real facts. Repeated refutation written only in Tamil only sets the stage for reinforcement of racist prejudices in the minds of the Tamil people", he said.

None of the Sinhala newspapers gave prominence to this news at all. A few articles were published in English. There may be political reasons for spreading such a divisive message during the election period. The Rev. Thero and the media played a major role in creating a situation in which people are trapped and reacted violently on social media.

In the days that followed, the news was published in a particular newspaper with the opinion of a historian and a professor next to it. The title of

historical articles are circulating on the websites. At the same time there are arguments in the media from time to time as to whether the Sinhalese or the Tamils or the Muslims are original citizens of Sri Lanka. Only opinions are being shared more than any factual data examining this historical antiquity. Those opinions are also expressed in a way to aggrandize the race they belong to and belittle others. We can consider this as the continuation of hate speeches. So once a message is revealed it does not end there. This is a good example of how messages that create emotional animosity are constantly appearing in people's minds in different ways.

"When we talk about the history it is important to delve deep into the subject. When we look at the history of Sri Lanka, we must first understand that Sinhala and Buddhism were not intertwined as they are now. History has it that there were also Tamil Buddhists. The reason for such historical errors is that we try to interpret that culture as 'Sinhala Buddhism' bound together with their race. But these myths need to be explored only with religious culture. Despite knowing the history, we could see the tendency of some to destroy

SPECIAL FEATURE



Onam Festival of Madurai

By: Kumar Punithavel

Onam is a very popular festival of Kerala state of India, celebrated in the month of Chingam as per the Malayalam calendar. In accordance with the modern Georgian calendar, Onam is celebrated in the month of August or September lasting ten days. This year it starts on 22nd of August and goes on to 2nd of September. The last day of the festival is in star Thirunam, and thus the name for the festival.

The festival includes various activities religious and sports performed by the Keralites. Various forms of dance, music, worshipping and sports are conducted with much zeal and joy. Boat races are one of the favourite part of this festival. People decorate their doors and place flower mats (Malar Kolam) on the entrance so as to welcome King Mahabali. Onam is

on them, took the form of Vamana, a dwarf Brahmin, and visited the king. Since it was considered auspicious to provide them with donations, King Bali asked what he would like as alms. Lord Vishnu in the form of Vamana requested for three steps of land, once the three steps were promised, he began to grow huge. He placed his first step on Earth, Second on Heaven, and since he didn't have any space to put his third step, King Bali offered his own head. Lord Vishnu in the form of Vamana kept his third step on Vamana's head and pushed the King down to the Netherworld. As the King was honest, benevolent, the impressed Lord Vishnu offered him for any boon that he wished. In turn King Bali requested to his people, once a year, which was granted. This visit was later given the name Onam.

Hence, the boon was granted, and



sel on the impermanence of life and the importance of justice to the king, not that he was a bad king.

Invariably these poems become the telescope through which one can get glimpse of the life about two thousand years ago in Tamil land. Madurai city has many temples, and inside these temples are musicians playing various styles of music, according to the poet. In Tamil we say one grain of rice will indicate how well the rice is cooked in a pot. Here let me also take a grain to see how good the full collection of poems is. Just nine lines Maduraik Kanchi comprising of 590 to 599 has a store of information to share with:

This is a description of Onam celebrated in Madurai City during the reign of 'Thalayalanganathu Cheru Vendra Nedunchezhiyan' (meaning Nedunchezhiyan who won the Thalayalanganam battle). Today Onam is considered as a Kerala harvest festival. But eons gone by it was a festival celebrated in whole of Tamil region during the Sangam era in the pre common era. Lets see how it was in Madurai:

During the holy Thirunam day in the streets of Madurai there will be procession and people would have gathered in large numbers to view it. The hamlets around Madurai are getting ready to celebrate the auspicious day of Onam, birthday of Maayon (Thirumal, equivalent of Vishnu). Maayon wears a golden garland and destroyed groups of strong Asuras. In the hamlet of warrior clans, warriors with wound marks on their foreheads and strong calloused arms, wearing flower garlands (that signify that they are ready been to battle), engage their elephant to fight each other. The whole town is there to see the spectacle. To protect the audience from elephants, a long fence of spiked caltrops is set up and covered with blue cloth. Due to the rush the fence falls down and the spikes prick the audience.

Everyone is pleasantly drunk of pure clarified toddy. Here is the poem from line 590 to 599 from Maduraik Kanchi.

கணம் கொள் அவுணர் கடந்த பொலம் தார்
மாயோன் மேய ஓண நல் நாள்
கோணம் தின்ற வடு வாழ் முகத்த
சாணம் தின்ற சமம் தாங்கு தட கை
மறம் கொள் சேரி மாறு பொரு செருவின்
மாறாது உற்ற வடு படு நெற்றி
சுரும்பு ஆர் கண்ணி பெரும் புகல் மறவர்
கடு களிற்று ஓட்டலின் காணுநர் இட்ட
நெடு கரை காழகம் நிலம் பரல் உறுப்ப
கடு கள் தேறல் மகிழ் சிறந்து திரிதர

On the auspicious day of Onam, birthday of golden garland wearing *Maayon, who destroyed groups of Asuras, in the hamlets of warriors scar scarred with sword marks on their faces and strong arms calloused by riding elephants, passionate warriors wearing garland of flowers

and wound scars in their foreheads got in fights with other clans, engage elephants to fight each other; blue cloth spread over a fence of caltrops

to protect the audience, falls down and pricks them; people roam around buzzed with pure clarified toddy.

The Sangam literature plays a very important role in not only bring the rich traditions but also puts the history in order. Today an average person in India will say Onam is a harvest festival belonging to Kerala, but before even a Malayalam language evolved when South Western coastal India was ruled Tamil Chera Kings while further South under the Pandian rule Onam was celebrated there too by the Tamils.



also the harvest festival of Kerala and holds great significance in the heart of Keralites.

Like in every Hindu festival there is a legend behind the Thirunam festival too. Once upon a time lived a great King Maha Bali, who was a mighty ruler. He controlled the three worlds, the Bhu Loka the earth, Deva Loka the world of celestials and Pathala Loka the Nether world. He was an extremely generous and kind Asura King, and everyone adored him. However, the celestials of the Deva world were not happy with him because he had defeated them to conquer the celestial world.

Devas went and appealed to Lord Vishnu to help them win the Deva Loka back. Lord Vishnu taking pity

on this day the people celebrate his return by celebrating Onam every year.

Recently, I was reading some of the Sangam Tamil poems and stumbled into a poem regarding Onam festival in Madurai and thought I share it with you. Maduraik Kanchi is an ancient poem in Sangam era. It is a didactic long poem of 782 lines, and its title connotes the 'poetic counsel addressed to the King of Madurai' Composed by a poet Mankudi Maruthanar the chief poet in Pandya king Neduncheliyan. Maduraik Kanchi is the sixth poem in the collection Pathuppattu meaning ten songs. It is dated in the tail end of Sangam era which dates third century of common era. The poem praises the king for his valour and conquest. Like many learned poets he gave his coun-



Be the one. Simply be.

As someone who travels the world inspiring others, who inspires Prem?



You are clearly very inspirational, Prem. You literally travel the world and inspire people. I'm interested to know, who inspires you?

Prem Rawat:

Well, I am inspired by everybody that I inspire. And when I see people being inspired by a message, my question always is, "Why? What did I say that is so unique, so incredible?"

And yet I see that all of a sudden, they thought where they were, versus where they now see that they are, that they are not without the tools in their life; they're not alone; they're not abandoned; they're not in these dire straits. They're actually doing pretty good.

And to acknowledge that in their lives—and a beautiful light comes shining through them. And that's what inspires me. That's really what inspires me.

I really want, you know, those listening to look at themselves with that ability. It's such a core central theme of my work. I help people find

their message and help them to build their platforms and to create awareness of those platforms, that they can impact more people and impact their careers and impact their lives.

I think a lot of people have self-limiting beliefs that they are worthy of being that person. They'll look at someone like you—or maybe even me, people who have platforms—and say to themselves, "I, I couldn't do that. I'm not worthy of doing that; I don't know how to do that." What advice do you have for those people?

Let me tell you a little story—and I gave this example. And somebody asked me a question a long time ago. They were actually wondering, you know—they were talking about, "Is this good; is this good; is this good?" And I said, "The value of all these things that you have described to me is zero—and you are a 'one.'"

So, when they heard that, they were really very angry with me. And in fact, they walked out. Because they were like, "And how could you say what I am talking about has

to be zero?"

And I said, "But"—I continued with my analogy, and my analogy was, "Everything you're talking about is zero—and you are a 'one.' Place zero in front of a one and what do you have? One!—and a zero. No value, nothing. Nothing changes.

"Put that zero after a one and it's a ten; it's a hundred; it's a thousand; it's a hundred thousand; it's a million; it's...." All these things, placed after you, after you are worth a lot. Placed before you? And they mean nothing, absolutely nothing. That's math; that's math. Yeah, I mean, anybody can do that math.

And to me, that's the way I see it. You know, it's just, "First, find yourself; then take all these things that you want to do and put them after you." And they will be ten, a hundred, thousand, ten thousand, a hundred thousand, a million, ten million, a billion, trillion, whatever.

But keep placing them before you? They mean nothing! Nothing. Absolutely nothing.

I love that. "Be your own 'one.'" Be the "one." Brilliant,

What do the words "simply be" mean to you?

To be that "one"—without the zeros in front, with all the zeros after. And now you've got everything. Simply be. Simply, simply, simply, simply, not thinking about this; not getting into—but just simply be.

Look at a child; look at a baby. That baby knows how to simply be. You are still that baby. Well, you were once a baby—and you're still that baby. That baby never died; that baby never went away.

Tap into that resource that you have to be that baby, and you will simply be. Because simply being is it—is it, is the it.

That was so beautifully stated. Thank you so much for explaining it that way. It touched my heart. And this is something I speak about all the time. And to hear you say it in that way was just really meaningful.

And thank you for the reminder—to simply be.

Prem Rawat:

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SPECIAL FEATURE



International Friendship day July 30th 2020

The Senior Tamils Centre of Ontario celebrated the international Friendship Day on Zoom.

The Theme was 'Friends through Music'

The agenda had speeches and songs in different languages.

The speeches brought out the following information.

In 1930, Friendship Day was started by Joyce Hall, the Founder of Hall Mark cards on the 2nd of August.

In 1958, was the 1st international Friend Ship Day.

In 2011, International Day of Friendship, July 30th, was proclaimed by the United Nations, to promote the idea that friendship between peoples, countries, cultures, and individuals can inspire peace efforts that can lead to World Peace. This effort was mostly to involve young people, our future leaders

The importance of friendship was discussed.

Points to ponder when having friends and how to sustain them were illustrated.

Highlights of songs.

Tamil song sung by a English girl



from Canada.

A Tamil girl and a Sinhala girl sang together, one song in Both the languages, for a national competition in

Colombo,

Songs in 23 languages and one song in 25 languages

Different members of a school singing

group sang in one Language

Tamil Traditional 'Parai' played in Japan by Japanese and Tamils

We failed the people who fled conflict on the MV Sun Sea

The images of young children being separated from their parents at the U.S.-Mexican border over the past several years was a shocking revelation of the cruelties faced by migrants, asylum seekers and those seeking a better life than the ones they were born into. The anguish they faced and their desperate cries for help made us weep for the world and the times we are living in.

But not too long ago, Canada was at the centre of this cruelty. Since we never saw these stark images on our TV screens or Twitter feeds we did not think this could exist in our country, or so we believed. We are, by all accounts, a reasonable people who respect the rights of refugees and certainly, children who come seeking asylum. Sadly, this narrative is incorrect.

On Aug. 13, 2010, I was at CFB Esquimalt to support those who came on the MV Sun Sea. The ship carried 492 Tamil refugees from Sri Lanka, including 49 children.

As the ship docked, the men and women were separated to different detention centres on the mainland. The women who were accompanied by their children on board were sent to the Burnaby Youth Detention Centre (and were separated from their spouses and fathers), six unaccompanied minors were taken by the B.C. Children's Aid Society, and the one boy who came just with his father was separated and sent to the Burnaby

Youth facility.

Families were separated for months. And the lone boy who came with his father was separated from the only parent he had in Canada. All these children were traumatized from a very young age due to the ravages of war in their homeland. One toddler had arrived with shrapnel found in his head, a stark reminder of his war-torn childhood. Others had, and continue to carry with them, the scars of trauma that we may never fully understand.

I have often reflected on the journey of those who came on the MV Sun Sea and the Ocean Lady a year before. The way we treated these men, women and children offends me to the core.

The narrative that these refugees were dangerous, unwanted and unwelcome strangers was set weeks before the arrival of the MV Sun Sea. The Immigration Minister at that time scaremongered Canadians by suggesting that terrorists were on board. He repeatedly claimed that these refugees were members of the LTTE group, and were criminals, human smugglers and "bogus." This narrative stuck as the asylum seekers were brought to shore, only to be subject to mandatory detention without release for months. Their humanity was stripped from them as they were given identification numbers B001-B492, and their names and individual stories became invisible.

In detention they faced intimidation and constant harassment at the hands of the Canadian Border Services

Agency and RCMP interrogations. We broke them, mentally and spiritually, even before we released them.

Our Canadian government contravened the refugee convention on numerous occasions in the processing of these refugees. They contacted Sri Lankan government authorities and compromised the identities of those who came here. We even deported a failed claimant to face death at the hands of Sri Lankan authorities.

The majority of those on the MV Sun Sea and Ocean Lady had to overcome hoops that most asylum seekers never faced. Many were part of the 6,000-plus legacy case files where cases heard by the Immigration and Refugee Board were indefinitely postponed, some for up to seven years.

Others continued to fight their legal battles to demonstrate their admissibility to Canada, and others faced, and beat, criminal charges, for their role in ensuring that those on the ship were fed or made safe. Still more are waiting for permanent residency and reunifying with family members they haven't seen in a decade, including minors they left as unborn babies, toddlers, and children who are now teens and young adults. COVID-19 is the latest hurdle delaying family reunification.

In these ten years, I have met the vast majority of those who came on these two ships. Today, while they mark a decade in Canada, they are struggling with prolonged separa-

tion from their children and spouses, depression, substance dependency, and the lasting trauma of war. Many fathers don't know their children, and many more have no relationship with them.

Being a refugee is neither a choice nor a crime; it is a necessity. When people take extraordinary risks to their lives to get to safety, let us give them a fair shot at success. In the case of the MV Ocean Lady and MV Sun Sea, our system failed. We failed those children, and ultimately, we failed in our own morals. Let us never make the same mistake again.

Gary Anandasangaree is the Member of Parliament for Scarborough-Rouge Park. He came to Canada as a refugee.



(The original was published on August 13th 2020 on Toronto Star)



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Awareness on Animal Rights

I am an Asian who grew up mainly on Western Literature. I always took for granted that people treated dogs with kindness and children loved dogs.

Is this only a Western concept? Where I live currently, it is the norm to be actively cruel to dogs.

Affection towards them is a strange concept and anyone who exhibits it is called 'crazy'.

I find it strange that a people who have had dogs in their lives for generations never figured out the potential for bonding with dogs and how beneficial that can be for humans.

They chain the dogs or cage it in a space it can hardly move in all day long, release it only at bedtime - and beat it if it fails to "catch the thief." Also beat it for barking at anyone else.

How is this supposed to work?

Any ideas on how to raise awareness on animal rights in such a society? Never mind just angry comments, I am looking for active solutions.

Actually the stray dogs are better vaccinated by the govt than home dogs which people don't bother to take for free injections - even when they come to the villages and ask people to bring their dogs.

Main reason - they are so unused to touching the dogs that they don't want to bring it to the doctors who came to the village.

Stray dog population - the government again actively sterilizes stray dogs so they don't give birth.

It's people who refuse to sterilise their dogs (because they think THAT's bad Karma) who keep dumping dogs on the road. Because puppies crying on the roads hungry and afraid is not bad karma?

Government has / had a sterilization program - I know because I helped them as a volunteer in Jaffna.

Problem - they didn't cover every area.

And due to internal politics between Health Ministry and veterinary department - it got temporarily called off.

I hope they start soon again.

Even so I know firsthand how difficult it is to convince people to bring their dogs for spaying. That's the only karma they are afraid of. I don't understand the logic of that either.

Are there any policy makers at govt level we can contact for this? It needs to be an organized, coherent strategy.

Given the trouble govt has with controlling the dog population and lack of people bringing them in for anti-rabies vaccines - awareness raising on spaying / vaccinations would be more cost effective for them.

I benefit so much from the dogs in my life. Love them to bits. And unlike humans, they reciprocate fully with unconditional love.

Even so, I truly wish they had never trusted us enough to evolve away from wolves.

They have consistently kept their side of the bargain in evolving to be our best friends.

We humans are the ones who keep breaking the treaty.

We don't deserve them.

Rules for sexual expression

So many people weighing in on the Will Smith - Jada Pinkett marriage.

If they don't have a problem with it, what's your problem?

I am asexual and am rather fascinated by the different aspects of human sexuality - so would appreciate answers to this question too: Do you think monogamy is the norm in human nature?

It's an honest question and I would appreciate honest answers. I am not trying to rile anyone here. Let's see how you weigh in.

As an asexual person, I am rather fascinated by the rules laid down by societies for sexual expression - which keeps changing pretty fast in the Western world (or so it seems to me) and not so fast in ours.

But I do not understand all the rules, why people break the rules and then why they all act hypocritical about breaking the rules. What gives?

What I see are societies that SAY monogamy is the norm - but a majority of the people sure don't practice it.

Agree that a few are monogamous but from what I see around me, I don't think they are the norm.

And so, the more conservative

the society, the more viciously hypocritical it is, instead of being virtuous as claimed.

'Girl with opinions'

Vagina. Breast. Nipple. Sex. Sexuality. Lesbian. Homosexual. Transgender. LGBT Rights.

Do any of these words offend you?

Then leave.

Don't bother to slut shame me for sharing my views on this.

I never share pornographic views.

Just issues like rape and sexual harassment that needs to be aired instead of suppressed.

Am amused by the men attempting to slut shame me in the hope I'll shut up.

You see, long ago the community warned me that I would never be accepted as a 'girl with opinions' and I should shut it if I wanted a 'good husband'.

I thought long and hard about it - for all of two minutes. Not raising awareness on sexual harassment of vulnerable groups is the way to gain guys like you offended by this, for a husband?

Well gee, I guess I'll just have to support myself then. Bye.

Bouquet of Hibiscus

I told my art teacher I'd present her with a bouquet of handmade flowers on her wedding.

Right now, she and my housemate have their work cut out shaping my mangled efforts into not looking too bad.

She's going to have her hands full on her wedding day as well

'Language they respect'

"Be arrogant with arrogant people; this is the only language they respect, as they confound kindness with weakness." - Paulo Coelho

Not a fan of Coelho but this rings true.

I've never understood this kind.

Why trample all over kind people's boundaries even as you benefit from their kindness?

You do know they will eventually throw you out of the boundary wall and put up a fort to never let you in again, right?

I have had people walk all over me even as they leached active benefit from me (partly my fault, I know. I am working on it).

But once I finally kick them out, they screw themselves silly trying to get back in. Which isn't possible. I never did understand their reasoning though.



SPECIAL FEATURE



TAMILS Vs PARLIAMENT SEATS

Tamil seats Representation in Sri Lanka parliamentary elections - 2020

Vanni District

Ilankai Tamil Arasu Kadchi



Charles Nirmalanathan



Selvan Adaikkalanathan



Vino Noharathalingam

Eelam People's Democratic Party



Kulasingam Thileepan

Trincomalee District

Ilankai Tamil Arasu Kadchi



R. Sampanthan

Batticaloa District

Thamil Makkal Viduthalai Pulikal



Sivanesathurai Chandrakanthan

Ilankai Tamil Arasu Kadchi



Kovinthan Karunakaram



R.S. Rahul Rajapuththiran

Sri Lanka Podujana Peramuna



S. Viyalendiran

* State Minister of Professional Development in Postal Services and Media

Colombo District

Samagi Jana Balawegaya



Mano Ganesan

Nuwara Eliya District

Sri Lanka Podujana Peramuna



Jeewan Thondaman

* State Minister of Estate Housing and Community Infrastructure

Samagi Jana Balawegaya



Marudapandy Rameshwaran

Samagi Jana Balawegaya



Palani Thigambaram



Velusamy Radhakrishnan



Mailvaganam Udayakumar

Kandy District

Samagi Jana Balawegaya



Velu Kumar

Jaffna District

Ilankai Tamil Arasu Kachchi (ITAK)



M.A. Sumanthiran

Samagi Jana Balawegaya



S. Sridharan



D. Siddarthan

Sri Lanka Freedom Party



Angajan Ramanathan

Eelam People's Democratic Party



Douglas Devananda

**Minister of Fisheries

Ahila Ilankai Tamil Congress (AITC)



Gajendra Kumar Ponnambalam

Tamil Makkal Thesiya Kuttani (TMTK)



C.V. Vigneswaran

Badulla District

Samagi Jana Balawegaya



Vadivel Suresh



Aravinda Kumar

National list MP's

(Bonus seat)

Ilankai Tamil Arasu Kadchi



Thavaraja Kalai Arasan
Ampara District

All Ceylon Tamil Congress



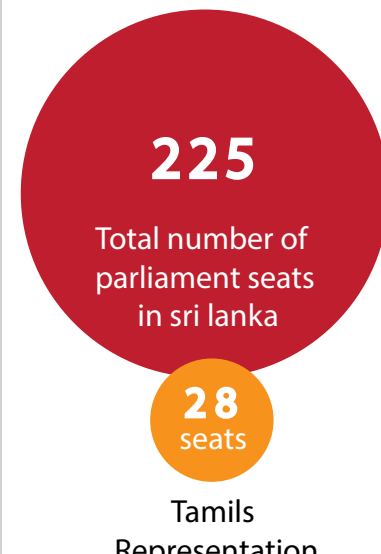
Selvarasa Gajenthiran
Jaffna District



Dr. Suren Raghavan

**Cabinet Ministers

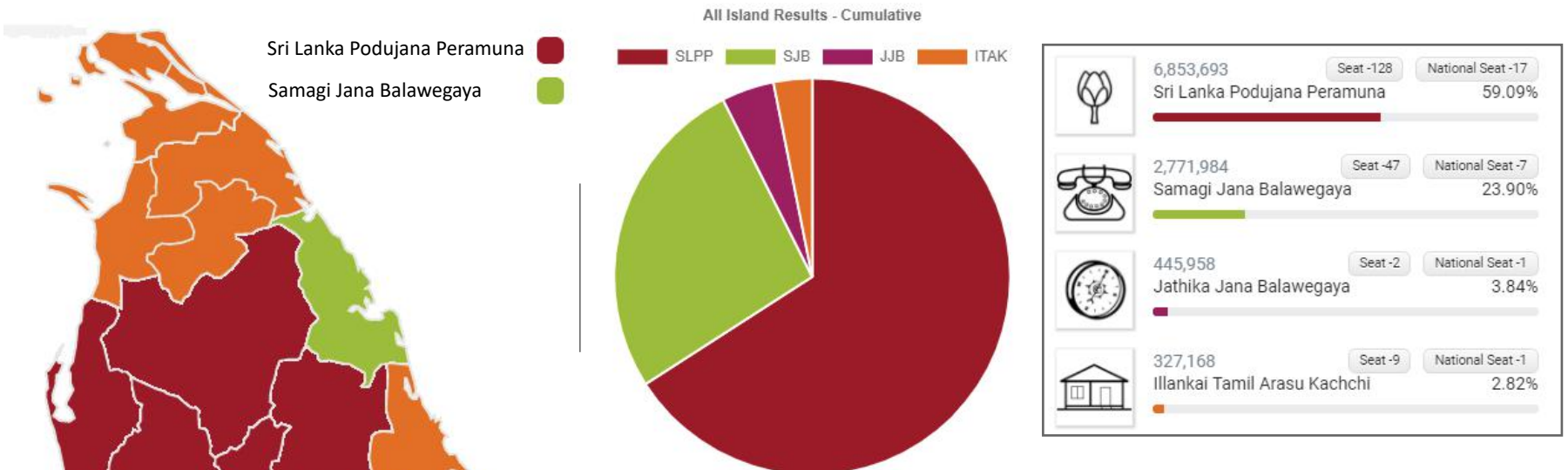
*State Ministers



Sri Lankan Parliamentary Election 2020

Sri Lankan President Gotabaya Rajapaksa's governing party won a majority of parliamentary seats

Results



Party	seats	National total List Seats
SLPP	128	145
SJB	47	54
JJB	02	03
ITAK	09	10
AITC	01	01
EPDP	02	01
TMVP	01	01
UNP	00	01

The Sri Lanka Podujana Peramuna (SLPP) led by Prime Minister Mahinda Rajapaksa registered a landslide victory in the parliamentary elections on Wednesday as it secured of 6,853,690 votes (59.09%).

The SLPP has secured 128 out of the total 225 seats in Sri Lankan Parliament. The Samagi Jana Balawegaya (SJB) led by former Opposition Leader Sajith Premadasa has obtained the second highest number of votes in the poll with 2,771,980 votes (23.90%) and won 47 parliamentary seats.

Colombo District

Valid Votes : 1,182,776 Final

- Sri Lanka Podujana Peramuna: 674,603 (57.04%) - Seat - 12
- Samagi Jana Balawegaya: 387,145 (32.73%) - Seat - 6
- Jathika Jana Balawegaya: 67,600 (5.72%) - Seat - 1
- United National Party: 30,875 (2.61%)
- Jathika Sangwardhena Peramuna: 2,343 (0.20%)

Jaffna District

Valid Votes : 359,130 Final

- Illankai Tamil Arasu Kachchi: 112,967 (31.46%) - Seat - 3
- Ahila Ilankai Thamil Congress: 55,303 (15.40%) - Seat - 1
- Sri Lanka Freedom Party: 49,373 (13.75%) - Seat - 1
- Eelam People's Democratic Party: 45,797 (12.75%) - Seat - 1
- Thamil Makkal Thesiya Kuttani: 35,927 (10.00%) - Seat - 1

Vanni District

Valid Votes : 207,837 Final

- Illankai Tamil Arasu Kachchi: 69,916 (33.64%) - Seat - 3
- Sri Lanka Podujana Peramuna: 42,524 (20.46%) - Seat - 1
- Samagi Jana Balawegaya: 37,883 (18.23%) - Seat - 1
- Eelam People's Democratic Party: 11,310 (5.44%) - Seat - 1
- Social Democratic Party of Tamils: 10,064 (4.84%)

Trincomalee District

Valid Votes : 212,992 Final

- Samagi Jana Balawegaya: 86,394 (40.56%) - Seat - 2
- Sri Lanka Podujana Peramuna: 68,681 (32.25%) - Seat - 1
- Illankai Tamil Arasu Kachchi: 39,570 (18.58%) - Seat - 1
- Eelam People's Democratic Party: 3,775 (1.77%) - Seat - 1
- Ahila Ilankai Thamil Congress: 2,745 (1.29%)

Batticaloa District

Valid Votes : 298,012 Final

- Illankai Tamil Arasu Kachchi: 79,460 (26.66%) - Seat - 2
- Thamil Makkal Viduthalai Pulikal: 67,692 (22.71%) - Seat - 1
- Sri Lanka Muslim Congress: 34,428 (11.55%) - Seat - 1
- Sri Lanka Podujana Peramuna: 33,424 (11.22%) - Seat - 1
- United Peace Alliance: 31,054 (10.42%)

Puttalam District

Valid Votes : 385,221 Final

- Sri Lanka Podujana Peramuna: 220,566 (57.26%) - Seat - 5
- Samagi Jana Balawegaya: 80,183 (20.81%) - Seat - 2
- Muslim National Alliance: 55,981 (14.53%) - Seat - 1
- Jathika Jana Balawegaya: 9,944 (2.58%)
- United National Party: 7,985 (2.07%)

Kurunegala District

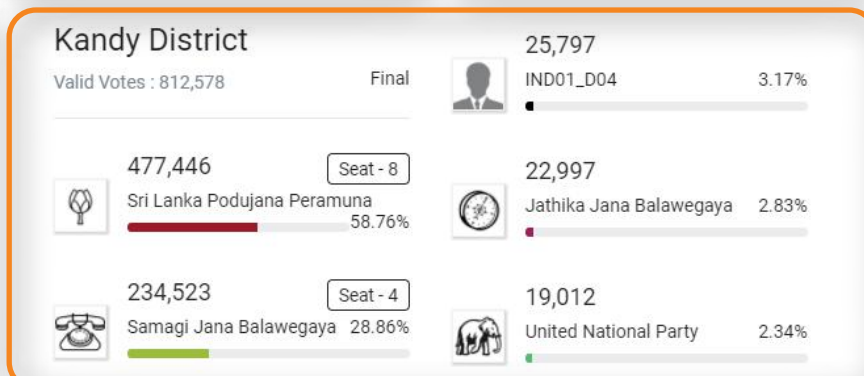
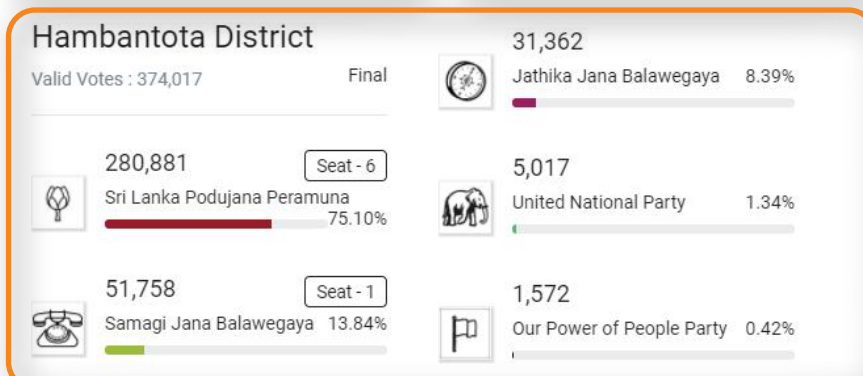
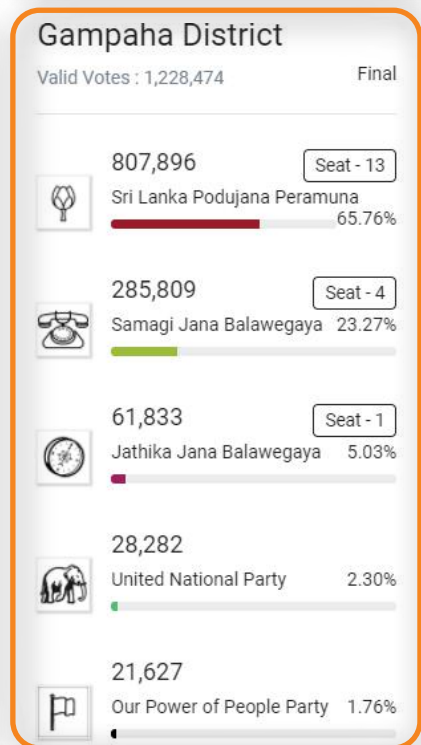
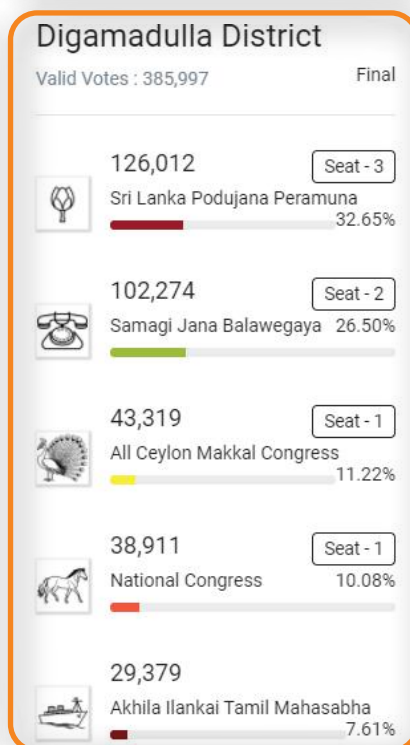
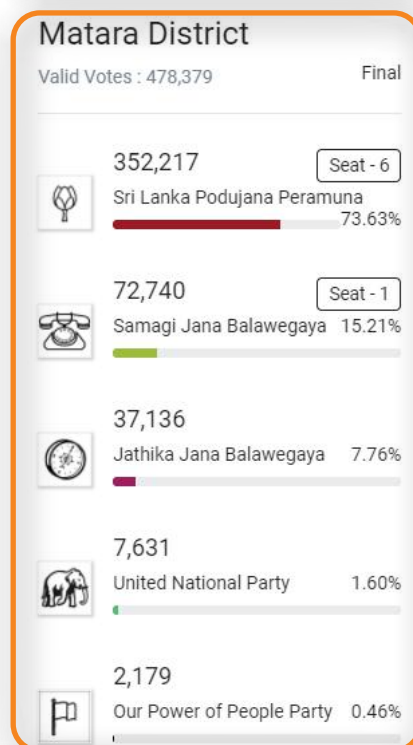
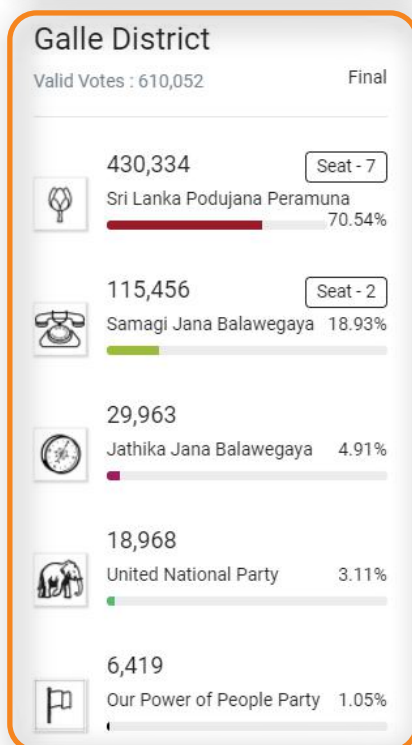
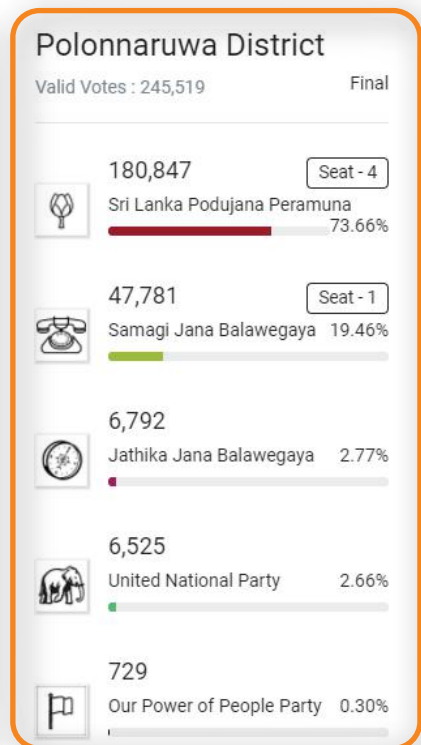
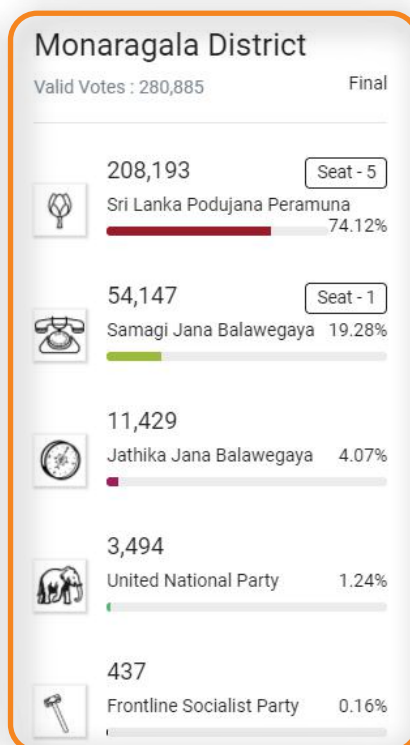
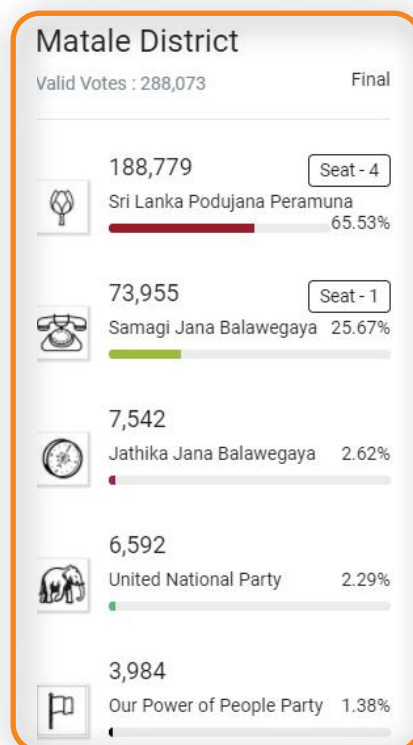
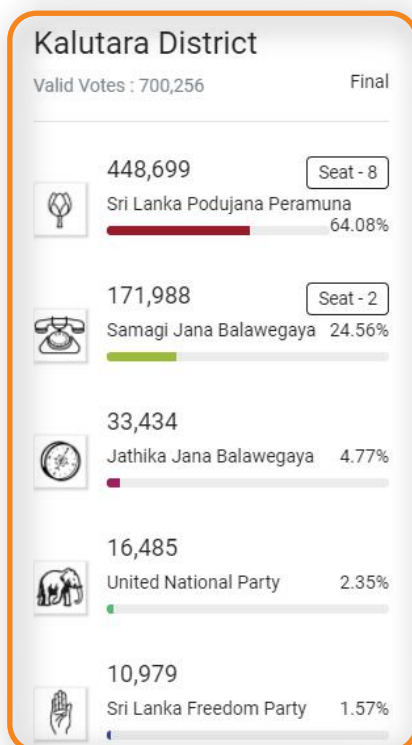
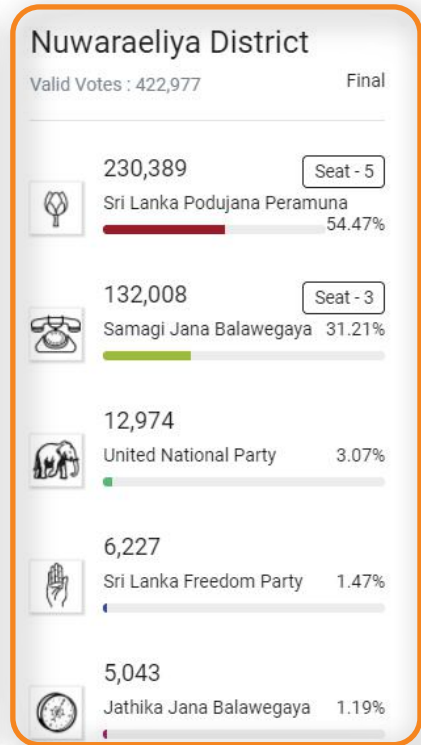
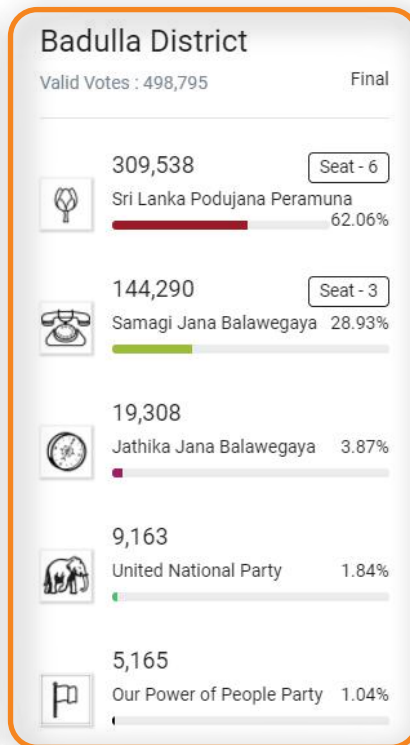
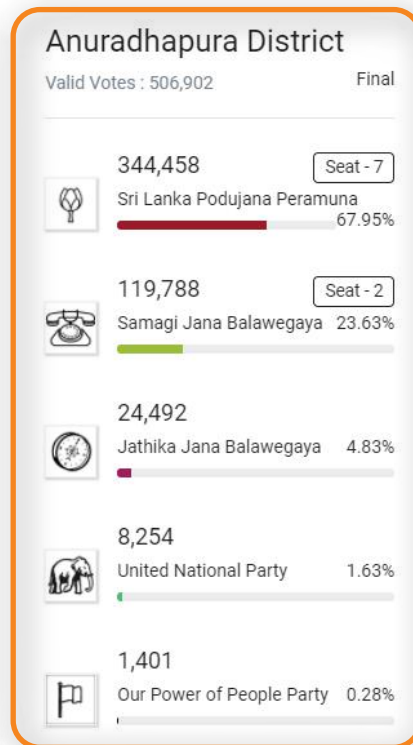
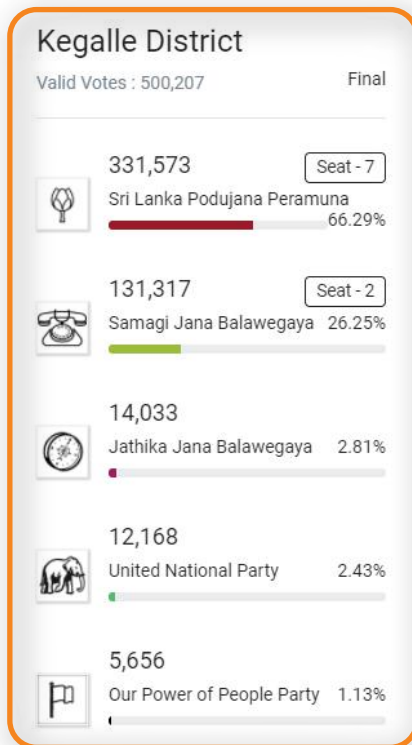
Valid Votes : 971,243 Final

- Sri Lanka Podujana Peramuna: 649,965 (66.92%) - Seat - 11
- Samagi Jana Balawegaya: 244,860 (25.21%) - Seat - 4
- Jathika Jana Balawegaya: 36,290 (3.74%)
- United National Party: 26,770 (2.76%)
- Jathika Sangwardhena Peramuna: 1,865 (0.19%)

Ratnapura District

Valid Votes : 648,614 Final

- Sri Lanka Podujana Peramuna: 446,668 (68.87%) - Seat - 8
- Samagi Jana Balawegaya: 155,759 (24.01%) - Seat - 3
- Jathika Jana Balawegaya: 17,611 (2.72%)
- United National Party: 12,349 (1.90%)
- Our Power of People Party: 3,944 (0.61%)





SPECIAL FEATURE

India Celebrates 74th Independence Day

By Siva Sivapragasam

Prime Minister Narendra Modi has emphasized in this year's Indian Independence Day speech that India must become self-reliant and use its vast natural resources to produce for the domestic as well as the global market.

"I am confident that India will realize this dream. I am confident of the abilities, confidence, and potential of my fellow Indians. Once we decide to do something, we do not rest till we achieve that goal," the Prime Minister said.

The Independence Day celebrations were subdued in the country due to the COVID-19 situation. Chief Scientist of the World Health Organization, Soumya Swaminathan was conferred with the Tamil Nadu Chief Minister's special award, in recognition of her advisory role in combating the COVID-19 pandemic in the state.

Mr. Modi thanked the efforts of all healthcare workers, doctors and

"Long years ago, we made a tryst with destiny. At the stroke of the midnight hour, when the world sleeps, India will awake to life and freedom."

- India's first Prime Minister Pandit Jawarhalal Nehru in his historic "Tryst with Destiny" speech

nurses, who had worked tirelessly to serve the nation amid the pandemic. He stated that many have even lost their lives and that the nation salutes them.

Indian history consists of famous events of retaliation and uprisings which eventually drove the Britishers out and forced former viceroy, Lord Mountbatten, to free India on August 15, 1947 after giving the mandate to transfer the power to Indians. The day also marked the partition of British-ruled India into two countries, India and Pakistan.



Image credit: DD National

Prime Minister Narendra Modi delivering his 2020 Independence Day Speech



India's First Prime Minister Pandit Jawarhalal Nehru makes his historic "Tryst with Destiny" Independence speech in Parliament



Biden wishes Indian Americans on Independence Day, says strong US-India ties will make world a safer place



Joe Biden also praised Kamala Harris by saying she is smart, tested, and prepared



Kamala Harris is the first person of Indian descent on a major ticket in a US presidential election

US Democratic presidential nominee Joe Biden extended wishes to NRIs on the occasion of India's Independence Day in Washington DC. He said, "To all Indian Americans and all Americans of Indian ancestry all across the US, happy Indian Independence Day. We share a special bond that I have seen deepened over many years as a US Senator and Vice President," said Biden. "I have said that if US and India became closer partners, then the world will be a safer place. If elected president, I will continue to believe it and continue what I have long called for including standing with India and confronting threats it faces in its own region and along its borders," Joe Biden added.

SPECIAL FEATURE

AMMACHI UNAVAKAMS IN THE NORTH

By: C. Kamalaharan

Ammachi Unavakams are government-run chain of restaurants coming under the central government agricultural ministry in the four districts Jaffna

Mannar Kilinochi and Mullaitivu. Among the Ammachi Unavakams in the Jaffna district the Kaithady Unavakam comes under the tourist board. There are also Ammachi Unavakams at Keerimalai managed by the Pradesa Saba and at Karainagar managed by the Agrarian Department. The first Ammachi Unavakam was inaugurated on 19. 09. 2017 at Thinnavelly along the Palaly road close to the agricultural training school. Later another Unavakam was set up behind the campus on the Northern side. Before the setting up of the Ammachi Unavakams in the North the Central Government's Department of Agriculture had set up the Hela Bojun Hala (traditional food court in Sinhala) run exclusively by women in Kandy. It provides livelihood for the vendors. Following the success of these food courts Ammachi Unavakams were set up in the North mainly to provide livelihood for people having no capital to start business female headed families war widows school leavers and wives of disabled men.

Having heard about these innovative Unavakams we decided to visit the Kaithady Unavakam during our trip to Jaffna in February this year. It was on a bright Sunday morning we arrived at the Unavakam to have breakfast. As we stepped in we were overwhelmed by the warm welcome accorded to us by the staff and the employees. While having breakfast what impressed us most was the cleanliness of the place which is kept spick and span right throughout the whole day. We were also very much taken by the utmost courtesy displayed by the employees towards the customers who arrive there to dine.

Ammachi Unavakams provide opportunities for its employees to familiarise with the correct way of running a business particularly how to balance the budget. They also learn how to prepare high quality food and maintain hygienic standards. Apart from these they are also trained to



Transaction

Kulaiyal saadam

Varieties of herbal tea

maintain discipline and to tackle minor problems crop up with customers.

Ammachi Unavakams serve traditional vegetarian food on the customary plantain leaves at low cost. The traditional foods served are idly string hoppers

puddu all varieties of thosai appam and traditional snacks; ulunthu vadai kadalai vadai mothakam etc. For lunch 'kulaiyal satham' (a mixture of rice and curry) is served. The Unavakams are also famous for serving mushroom cutlets and mushroom soup. Mushroom is cultivated by the Unavakams and the reaped mushrooms are cooked and served. Besides mushroom soup vegetable soup is also served. In addition juices of papaw wood apple pineapple mango and watermelon are served. The most favourite item in demand is the 'nannari' tea (sarsa parilla tea) an ayurvedic drink that boosts energy.

Initially the management provides utensils and gas for the employees. Later they have to pay for gas and buy utensils. Vegetables and all ingredients needed in cooking have to be purchased by them. The employees decide what item each one of them has to prepare and the quantity needed. Later each employee prepares a certain item in a separate place assigned to them and displays that item for sale. Customers have to go to that place and purchase that item. From the proceeds of the sale

they pay rent to the management. There are two shifts – 7.00 am to 1.00 pm and 1.00 pm to 8.30 pm. Those who work in one shift pay Rs. 250/- and those who work in both shifts pay Rs. 500/- I was told that each employee takes home between Rs. 500/- and Rs. 1000/- But during unforeseen circumstances like inclement weather they have to bear the loss. At present there are twelve employees in Kaithady Unavakam. All of them look fresh and smart in their green coloured attire; a green apron over a green t- shirt and skirt.

I gathered information regarding the functioning of the Kaithady Unavakam from the employees who readily answered all queries. Furthermore I was able to contact the Divisional officer (DO) Mrs. Vasuky Arivalagan of Inuvil. She briefed me in detail the functioning of the Ammachi Unavakams and mentioned that all the Ammachi Unavakams come under the Arokiyam Womens' Society except the Kaithady Unavakam which comes under the Womens' Health Agriculture Society.

Ammachi Unavakam at Kaithady and at Kilinochi along A9 highway is



Dosai



Appam, Ulunthu vadai, Paruppu vadai

a great boon for fatigued travellers arriving from outstations and for those heading towards outstations. The selfless service by the employees the appetizing food thirst quenching fruit juices delicious soups will haunt them wherever they are. A visit to any of the Unavakams is worthwhile.



Front view with Unavagam board along A9 road



Interior of Unavagam with employees at work



SPECIAL FEATURE

Paths of Goodness - 4

Awwiyagar

By: J. A. Rajah



'Paadupaduth thedi panathai puthaithu vaithu,
Kedukeddamanidare kelungal- kuduviddu,
Aavithan ponapin yaaro anupavippar,
Paavikaal anthap panam.

- *Nazhlvazhli-22.*

Oh! Listen, you toil hard to earn your money,
Then you bury it so that no one can steal it,
Once your soul has left your body,
Who is left to enjoy that wealth?.

Man engages in seeking wealth. Sometimes they defraud others to avariciously accumulate such wealth. Once he dies who is going to use or enjoy his wealth. Therefore, one should make use of his wealth for philanthropic purposes or good deeds as long as he is alive. Mad resolve to preserve money only for selfish ends will not serve any useful purpose. It is a human weakness to preserve and accumulate but it is only a cultured mind that will yield to altruistic uses of wealth. Humanity is so blind that it will voluntarily forgo the prospect of heaven and receive the fortunes of hell in order to enjoy a little brief authority /affluence in the earth.

“Wealth heaped on wealth nor truth or safety buys. The dangers gather as treasures rise”.

Public sentiment acknowledges wealth as the only basis of position and respectability. However, caution should be exercised to avoid untold problems that may arise inadvertently



CULTIVATING SPIRITUAL UPLIFTMENT THROUGH HEAVENLY MELODIES

By: J. A. Rajah

Hymns provide the spiritual fervor essential for worship. They are a treasure house of wisdom and beauty. They express, praise, wonder and awe. They contemplate the majesty, the mercy and the mystery of God. Above all they express our response to God in a profound way. Hymns teach theology as most of them are based on biblical verses and ideas. They edify our faith and mission. They yield to our emotional response to our faith realized in our head, heart and mind. The hymns are indeed an articulation of the good news of Christ's gospel. They relate to the world our faith.

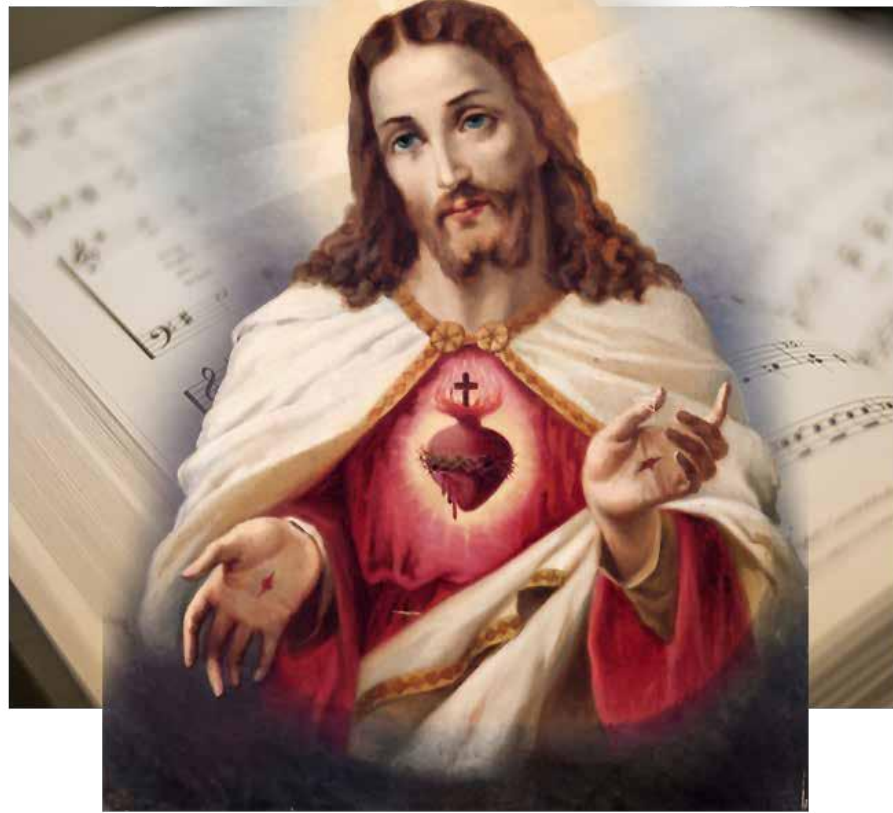
The hymn productions of Isaac Watts, Charles Wesley and Fanny Crosby are expressions of the love of God and his mighty deeds. Hymns are simple and easy to learn. They allow the individual singing to experience the simplicity of the message. Hymns connect us to the past. The psalms were conserved throughout the generations for the people of God. They have a way of moving us out of the now and into a long line of faithful servants.

Hymns rehearse the great truths of the Christian faith. e.g. "Love so amazing so divine demands, my soul, my life, my all". They express hope in God's word. They tell a story we can embrace and live by. Hymns are written for congregational worship. They enable the congregation to form a corporate voice. Though they are many, their voices blend together to express one voice of praise to God. Hymns reach the affections, stir the mind, and move the will. It is always good to embrace the hymns of the past, to sing the songs of the saints who have come before us. They are not written for individuals or small groups to perform. They are for a congregation to sing together. They are for hearty and robust large group participation.

The music is notated, the melody and rhythm are standardized for unified singing free from self-indulgence of the vocal performers. Group singers do not join with the general congregation and keep up to their pace. The hymns readily accept new contributions. They accept the best offerings of every generation in its ranks-as long as it is written for congregational singing. Hymns readily lend themselves for use of the congregation to gather together, proclaim the word of God and unite in worship in a Christian service. The following hymns are chosen as they are excellent samples of the everlasting and ever inspiring grace and love of God and His matchless majesty.

1. Oh! Master, let me walk with thee:-

Anyone who claims to be a follower of Jesus must walk with Him. (1 John:2:6). He should be content to be simple and satisfied with the lowly service. This heartwarming song endears one to the service of the saviour. His company will be dearer than gold. His fellowship will keep



faith strong and sweet. It will lead to peace that passeth all understanding. This is a hymn that reverberates in the minds of the devotees to grip their minds to keep to the ways of the Master. It is a simple prayerful hymn written by Washington Gladden. It is my contention that it is the best devotional hymn in the English language.

2. In Loving kindness Jesus came:-

The hymn is composed of very uplifting lines emphasizing the fact that the advent of Jesus is a revelation of God's love. The sacrifice on the cross redeemed us from sin. He lifted us from the shame of sin to plains of light. The refrain of the hymn is sweet and exceptionally inspiring. 'From sinking sand, he lifted me'. It was written by Charles Gabriel. He was a vigorous and successful evangelistic campaigner.

3. Oh! Jesus, I Have promised

This is a hymn of dedication. The phrases that compose this hymn-'I will follow thee', 'My master and my friend', 'I will serve thee to the end'- are expressions of diligence to the Christian commitment. Rev. W.S Senior wrote the Hymn for Ceylon-"Jehovah thou hast promised"- based on this format and tune. John Ernest Bode wrote this hymn. It was meant to give all important truths to children. He wrote it for the confirmation of his children. :-

4. Stand up, stand up for Jesus:-

Followers of Christ should be brave and be able to take up all challenges that confront them when they stand up for him. Christ will safeguard them from all danger and provide strength, courage, safety, victory and power for all who depend on Him and Him alone. It was written by George Duffield; based on *Ephesians* :6-14.

5. What a friend we have in Jesus.

Jesus is a friend from whom we can ask help through prayer and petitions. We can overcome

our trials and temptations with his ready help. He is our refuge and bearer of all our cares and sorrows. We find our solace in Him. It was written by Joseph Shrivener, based on *psalm: 95-5*.

6. How Great thou art!!.

The most popular hymn sung at most church functions like anniversaries and festivals. It tells about the awesome powers of God and His wonderful deeds. It is essentially a spectacular praise song. "Then sings my soul, my savior God to Thee, how great thou art, how great art" -a heart-filling invocation of the superlative degree!!!. It was written by Carl Boberg of Sweden, based on a poem by him.

7. Joy to the World.

A popular Christmas carol. The advent of Christ brought happiness to humanity. Sins and sorrows will vanish. The wonders of His love are seen by all those who seek Him. It was written by Isaac Watts; based on Psalm 98. It was the most published hymn in North America in the late 20th century.

8. The Church's Foundation.

Jesus is the firm foundation on which the Church is built. We are created anew by the water (baptism) and the word (the preaching of Jesus). Jesus bought us by His blood and sustains us by His grace. It is written by Samuel Stone. The hymn describes church's relationship to its founder Jesus Christ.

9. There is power in the blood.

The blood of Jesus ensures freedom from sin. In addition, Jesus provides strength and power to all those who follow Him. His sacrifice on the cross of Calvary brought victory and redemption for all His followers. It highlights that we are redeemed by the blood of Christ. It is based on Revelations: *Chap: 12.Verse 11*.

10. Oh!! for a thousand tongues to sing.

Songs represent praises to God. The power of His love is spread throughout the world through the praises and songs for all those who love and adore Him. The triumphs of His grace are evident in the victorious life He ensures for His believers. It is written by Charles Wesley; based on *Psalms: 35-28*.

These are some of the songs that provide the right atmosphere for worship. They invoke tremendous amount of interest, passion and desire to love God and His majesty. They cast away fears, evil thoughts and negative feelings and propel us to desire the closeness and devoutness in our faith and longings. We get immersed in the profound grace of God that is matchless and ever enchanting. The glory of God is manifest in these well-worded, spiritually loaded superlative hymns of the Christian faith.



EDUCATION & CAREER

Is Breakfast the Most Important Meal?

By: Mithusha Partheepan

Every meal we have each day is essential for the human body. It provides us with energy to get through the day. The nutrients gives fuel to help us grow and to keep our organs and whole body functioning. Even breathing and digesting food requires energy! Having food in our body also keeps us warm. It also

cravings. Those who eat breakfast every day also have a higher intake of calcium and fiber since an average breakfast can consist of fresh fruits, milk, high-fibre cereal, protein bars, and yogurt. For students, it is extremely important to consume breakfast. Not only does it improve your performance, memory and attention at school, it is also less of a hassle for the school nurse to hear

people who skip breakfast tend to overeat the rest of the day, which can lead to unwanted weight gain. This can lead to high cholesterol and blood pressure issues, causing heart disease. Overeating can also increase the number of low-nutrient meals. This can disturb insulin levels, causing diabetes.

When you eat breakfast, you are literally breaking a fast. The last meal you ate before bed to waking up the next morning is probably the longest period of time where your body has not received fuel. During this time, all of your food from the day before has already been digested. When skipping breakfast, it is not

just your body running empty, but it is your brain, too.

In conclusion, while I think every meal is essential, breakfast is definitely the most important meal of the day. Do not forget that our bodies rely on the energy breakfast provides to get us through the day. Moreover, there are many other benefits surrounding our health when we start our day with a nutritious breakfast.



keeps our immune system healthy and contribute to the repair of any minor or major injuries. I believe breakfast is the most important meal of the day. Many people skip

complaints of hungry stomachs. People who skip breakfast because they do not want to consume unnecessary calories have a higher tendency to binge-eat afterwards, making



breakfast, but there are many proven benefits to eating breakfast.

People who tend to skip breakfast have a higher body mass index (BMI) because they are more likely to get hungry and give in to their unhealthy cravings throughout the day. They are also less likely to meet the minimum recommendations for fruit and vegetable intake. One benefit of eating in the morning is a reduced likelihood of consuming less fat throughout the day. By eating breakfast, people tend to stay full for longer and are less likely to have

them gain weight. A proven study has shown that those who restrict their largest meal to breakfast are less likely to gain weight compared to those who don't eat breakfast at all. This is because breakfasts that contain higher protein, like omelettes or Greek yogurt, keep you fuller for longer, preventing you from overeating and making poor eating decisions during the rest of the day.

Those who eat breakfast also have another added benefit. Eating breakfast reduces the risk of heart disease and diabetes. As I concluded before,



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IS THE SUNLIGHT THE BEST SOURCE OF VITAMIN D?

LED LIGHTS ARE SAFER AND EFFECTIVE IN PRODUCING VITAMIN D3 THAN SUNLIGHT

By: O.U.E. Research Institute

Research from Scientific Reports shows that light from 293nm ultraviolet (UV) LED is more efficient than sunlight at producing vitamin D3 in the skin. A research team led by Dr. Michael Holick, Ph.D., M.D., and supported by Boston University School of Medicine, found that skin exposed to 293nm UV LED light for just 31.2 seconds produced more than twice as much vitamin D3 as samples exposed to 32 minutes of sunlight.

The sunshine vitamin D is important for health. Vitamin D3 is generated after exposure to ultraviolet B (UVB) radiation. It can be generated from the sun or an artificial UVB source. Light-emitting diodes (LEDs) have been developed to emit UVB radiation to facilitate Vitamin D production. The efficiency of UVB emitting LEDs harmonized to a particular wavelength for giving vitamin D3 in the skin. The 293nm LED was properly suited for assessing the effectiveness of providing vitamin D in the skin due to the shorter exposure time. It has notable health implications for medical device improvement in the future. It can be used for providing vitamin D supplementation to patients.

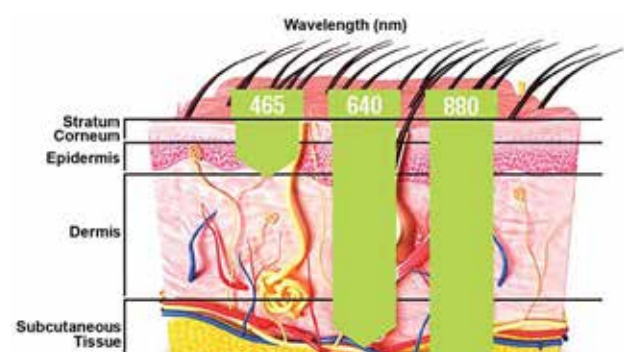
THE RESEARCH

The research team has tested ultraviolet LEDs from different sources and at different wavelengths. The wavelength of 293nm LED light showed the most notable potential for vitamin D3 production in the least amount of time, said Dr. Holick, a Professor of Medicine at Boston University School of Medicine.



This study leads to a new generation of technology that can be labeled as photo-pharmacology. The use of LEDs with targeted wavelengths can cause specific biologic effects in human skin to help treat and prevent chronic illnesses. Vitamin D deficiency is associated with osteoporosis, rickets, and other metabolic bone diseases. It is more common in southern and northern latitudes where sunlight is limited for an important part of the year. The research team further said that this device for gaining vitamin D is suited for patients with fat malabsorption diagnostics, including inflammatory bowel disease and gastric bypass surgery.

A NEW ORGAN



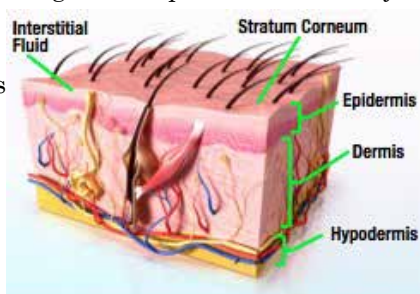
Scientists have identified a previously unknown human anatomical feature in the human body. The discovery shows that what was earlier thought to be dense connective tissue sitting below the skin's surface, and surrounding our organs, is a complex series of interconnected, fluid-filled cells.

After identifying this surprising space, it was quickly seen across the entire human body from the linings of organs to the band surrounding tissues. The interstitium was found to be a

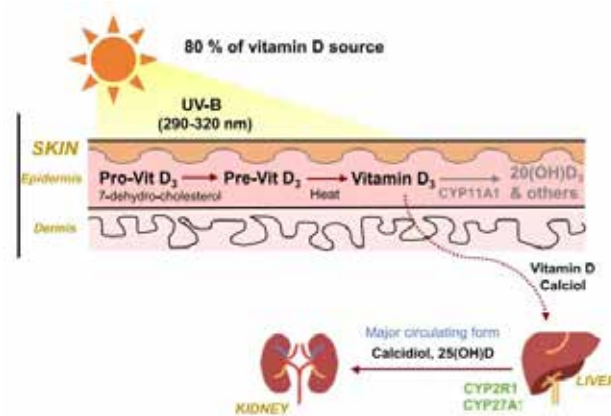


pre-lymph system flowing liquid into the body's active lymphatic systems. The interstitium is a fundamental force in driving cancer spreads and offering a biological explanation for the vitamin D absorption from the light and reported efficacy of techniques such as acupuncture.

The interstitium is classified as a new organ. It fits all the criteria for the definition of an organ. The definition of 'organ' is imprecise but usually implies that there are unity and uniqueness of structure or function. This space has both: unique properties and structures not seen elsewhere and functions that are very specific and reliant on the unique structures and cell types. It is located under the skin within the epidermis. It transfers the Vitamin D3 after exposure to UVB light through this interstitium fluid throughout the body, especially to the liver and to the kidney.



THE FUTURE



Dr. Holick reported, "this study will lead to a new generation of technology that can be labeled as photo-pharmacology in which the use of LEDs with targeted wavelengths can cause specific biologic effects in human skin to help treat and prevent chronic illnesses." UVB LED light opens doors to treating patients with Vitamin D deficiencies and consequent diseases associated with those deficiencies that include osteoporosis, rickets, and other metabolic bone diseases. The UV LED device Emitting a much narrow band of UVB light could decrease the possibility of skin damage that may occur when the skin is exposed to higher wavelengths of UV radiation. A vitamin D3 producing 293nm UV LED light could be used on skin areas that experience less exposure to sunlight such as arms, abdomen, back, and upper

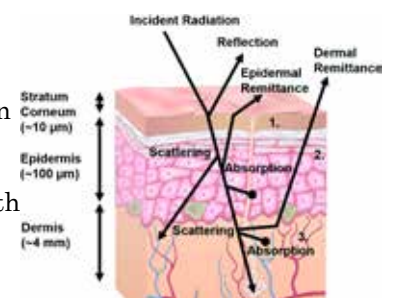
legs, thus reducing risk for acquiring non-melanoma skin cancer. The 293nm UVB LED light also emits a much narrower band of UVB light. It is thereby decreasing the likelihood of skin damage that can occur when the skin is exposed to higher wavelengths of UV radiation.

UVB LED LIGHT

The UVB LED light findings for people who are unable to take Vitamin D supplements or could not be under the sun due to health conditions. People with inflammatory bowel diseases, including gastric bypass and Crohn's disease patients, are left with limited resources aside from natural sunlight as their source of vitamin D. However, people can use UVB LED Device in such a state of health would be able to meet their Vitamin D requirements. For direct skin contact, future research in creating either a blanket, bracelet, or belt type device that could simply wear on their skin for five or ten minutes daily to achieve their Vitamin D goals.

Vitamin D deficiency is prevalent in northern and southern latitudes due to limited sunlight for a significant part of the year (75% of U.S. teens and adults are deficient), LED lights are more and more attractive for things other than the Christmas tree.

The potential of digital UVB technology for phototherapy is huge. The UVB LEDs demonstrate the potential for new applications that can improve and save several thousand lives. Two forms of vitamin D are important for the human being: vitamin D2 produced by plants, mushrooms and yeast, and vitamin D3 produced by the skin when exposed to sunlight or the appropriate wavelength of UVB light. The United States alone, seventy-five percent of teens and adults are vitamin D deficient. We may soon see innovative treatment options like simple integration with a wearable device that could aid millions of people. The LED emitting UVB radiation for vitamin D production was found at 293 nm. The 293 nm LED was found to be more efficient in converting 7-DHC to pre-vitamin D3 in human skin than the sun, thus improving its safety profile. This data provides helpful information for medical device development in the future that can be used for vitamin D supplementation in both healthy and diseased individuals. The discovery of the interstitium organ and the understanding of light exposure is going to play an important role in future medicine. We do not need sunlight anymore to produce Vitamin D. The 293nm UVB light itself is sufficient to provide the required amount of Vitamin D for each person.





How to pay your bills and invest, too!

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

There's no doubt about it, making ends meet is tough. And getting ahead? – well, for many Canadians, that's a desperate dream for tomorrow when every day brings the reality of mortgage payments, car loans, lease payments, large credit card balances, and other demands on your hardwon earnings.

Sure, you'd like to start an investment program or add to the small investments you've already made, but there just never seems to be anything left over once you've taken care of the essentials. And in a world that runs on credit, it's too easy to carry too much debt in too many places.

If you're staying awake at nights trying to map a way out of the dreaded debt spiral, to say nothing of stretching your income to cover an investment program that could help you realize your dreams for the future, debt consolidation may be just the ticket.

Debt consolidation can increase your ability to invest:

Debt consolidation simply means paying off a number of higher interest rate loans or other high-cost debt by taking out a single loan for a consolidated overall lower monthly payment. You can choose to consolidate such unsecured debts as medical bills, car

payments, education loans, credit card payments or lines of credit – and the benefit is a single, more affordable monthly payment, that is usually much lower than the many monthly payments you were making previously. It's an effective way to regain control of your finances, ease your cash management, generate savings and reduce stress – as well as establishing a repayment plan that will move you beyond simply servicing your balances to actually eliminating them.

If you own a home, you can consider consolidating your debt using a home equity loan. Your loan is

secured by your home and there's no doubt you'll be paying a much lower interest rate than you do on your credit cards which can range from 19 percent to over 28 percent for a retail card. By keeping your amortization period the same, but with a lower interest rate, you've created additional cash flow that can be used towards other financial goals.

An easy investment strategy that works Once you've got your debt under control, it's time to bring discipline and consistency to your investment life. An easy way to do that – and enjoy long-term investment growth –



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is through dollar cost averaging. This simply means making regularly scheduled investments for a set amount of dollars. It's a trouble-free investment plan that delivers some powerful benefits: Your investments are automatic – you choose an amount that is debited from your bank account and invested on your behalf on a regular basis, such as each month.

You are free from scrambling to buy lump sum investments at irregular intervals in an attempt to 'buy low and sell high', your automated investments take place on a regular basis. You are able to acquire a greater number of mutual fund units – when the price is lower and a lesser number when the price is higher. Over the longer term, your average cost per unit may be lower.

Dollar cost averaging is a great

way to ramp up your RRSP nest egg – and, along with debt consolidation, is one of the many personal financial solutions that can make your dreams for tomorrow realistically achievable through the actions you're taking today. We can help you gain control of your financial life and improve your prospects for the future.

Disclaimer:

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

Can someone still apply for Credit under Consumer Proposal?



Applying for credit under a consumer proposal is relatively straightforward. You can reestablish your credit during your proposal you don't have to wait till discharge. But yes, it is invariably by a secured credit card it's not so bad you can start off with a small limit initially just to build up some time with some new credit. This article explains how to apply for new credit under your consumer proposal.

When you file a consumer proposal, you might not have to hand over all your credit cards to the trustee.

Trustees have differing views on this.

Some are okay if you have a credit card with a zero balance on it, and if you are not using it at the time of filing, and while waiting for approval of your consumer proposal, they may allow you to keep it.

Now keep in mind even if this is your situation, there is nothing to stop your card issuer from canceling your card, even if it is in perfect standing.

There is a decent chance they will find out about your consumer proposal (via a soft inquiry on your personal credit history) and for many card

issuers, that'll do it. Your card will be toast.

Also, please understand if this card you are hanging on to was issued by a credit card issuer who is already being affected by your consumer proposal (for example you have two credit cards from this bank, or a personal line of credit as well as a credit card) the chances of them canceling this "clean" card is pretty much 100%.

When you file your consumer proposal, you'll wait forty-five (45) days after you file to find out if your creditors accept your proposal as

offered. Most of the time, properly constructed consumer proposals are accepted the first time. If not, the debtor works with the trustee and the creditors to come up with a revised offer that suits all parties.

Once the terms of your consumer proposal have been accepted and approved in court, in this view you are free to turn your attention to rebuilding your credit score with new credit cards too.

In case of you have credit or debt issues visit www.gtacredit.com or call 416-489-2000.

CMHC President and CEO Evan Siddall warns that up to one-fifth of all mortgages could fall into arrears if the economy does not rebound

Canada Mortgage and Housing Corporation (CMHC) has stated that "new tools" maybe necessary to help homeowners to get through their problems of mortgage payments brought about by the current Corona crisis.

He has also cautioned that up to one-fifth of all mortgages could fall into arrears if the economy does not rebound.

CMHC says it has already provided lenders with tools to help struggling households, including deferred mortgage payments for up to six months, extended repayment periods and the ability to add missed payments to a mortgage balance and spread them out over the repayment period.

The survey report also noted that the CMHC — which insures mortgages if borrowers default on the loans —

is "considering expanding" four tools to prevent COVID-19-related mortgage defaults and asks if that is the right move.

Those four tools mentioned for possible expansion were: extended amortization and amortization periods (the former, likely referred to extending payment deferrals), special payment arrangements and adding missed payments to a mortgage balance (something known as "capitalization").

But homeowners who decided to postpone repayment back in March may be done or nearly done their payment holiday, which the CMHC suggests may require further action on its part.

According to CMHC, "As the end of the initial six-month deferral period from the beginning of the pandemic



approaches, we recognize the need to continue to monitor this diligently and potentially develop new tools with our

partners to help Canadians during this unprecedented pandemic."



Sri Lanka - Paradise Lost Paradise Regained

Author: Rt. Hon. Lord Michael Naseby | Publishers: Unicorn Publishing Group

Reviewed by
Siva Sivapragasam

Paradise Lost Paradise Regained is a book containing the history of Sri Lanka as seen by Lord Michael Naseby and includes the political landscape of Sri Lanka over the past fifty-years, including an in-depth and personal perspective on the thirty-year civil war.

Lord Naseby has experienced over twenty visits to the island and has been an official observer at several presidential and general elections. He has also played a key role in the UK's aid response to the devastating Tsunami of 2004. Indeed, a year later, the President of Sri Lanka presented Naseby with the nation's highest honor for non-nationals: The Sri Lanka Rathna, awarded for "exceptional and outstanding service to the nation."

This book is a powerful memoir that chronicles fifty years of enduring friendship between a British politician and the people of Sri Lanka. The author's recollections offer commentary on the political landscape of a nation ravaged by civil war and explores its relationships with the western world.

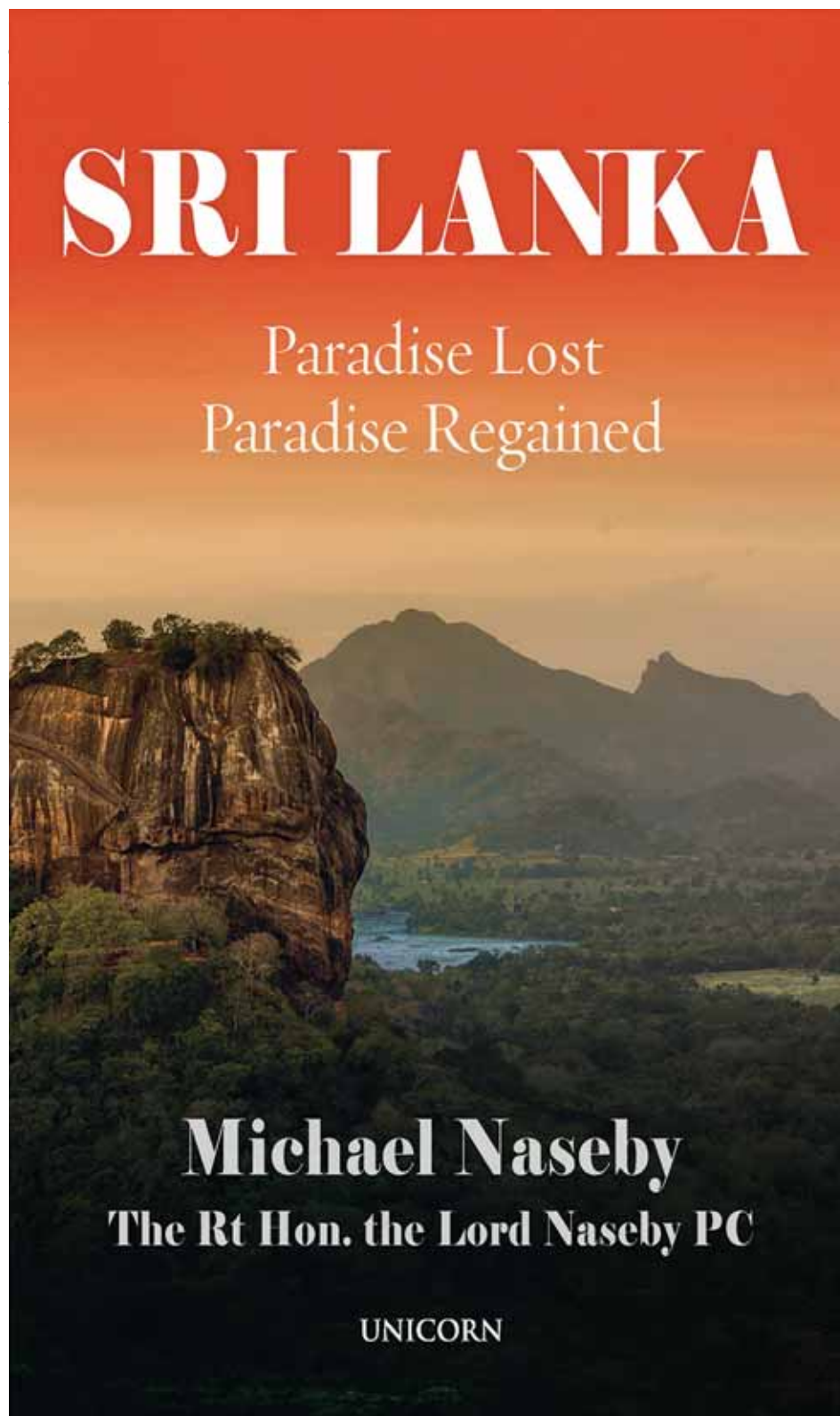
Michael Naseby, Rt. Hon. Lord

Naseby, PC, Baron of Sandy, is a former conservative member of parliament for Northampton South and founder of the All-Party Parliamentary Group on Sri Lanka. He is an active member of the House of Lords.

Paradise Lost Paradise Regained is the story of Lord Naseby's unique involvement with Sri Lanka, its people, and its politics over the past fifty years during which time he has visited the country at least twenty times. He has been an official observer at many Presidential and General Elections, witnessed the official opening of the Victoria Dam and was instrumental in the UK's aid response to the devastating Tsunami of 2004.

Lord Naseby provides a colorful description of the island of Sri Lanka, including its geography, its people, their cultures and customs and description of the political landscape faced by the country during the thirty year old civil war and its relationship with UK, US and other Western powers.

The book is a powerful memoir of a person's unique relationship with a country and its people, his recollections from a fifty - year friendship between a British politician and the people of Sri Lanka.



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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.

Korean spiced chicken wings



There are so many similarities between Korean and Tamil cultures including our language; so it's no surprise that Korean food, even without the influence of BTS is very popular amongst Tamils and other ethnic groups. Here's a simple recipe to jazz up your spiced wings. Make them as spicy as you want, but my advice would be to double up the recipe, because they're guaranteed to be a crowd pleaser.

Ingredients:

- ✓ 20 chicken niblets/flat wings
- ✓ 2 tbsps gochujang paste
(we used medium hot)
- ✓ 2 tsp honey
- ✓ 1 tsp sesame seeds
- ✓ ½ tbsp soy sauce
- ✓ ½ tbsp all-purpose
—seasoning

Method:

Marinate the chicken wings with the gochujang paste, soy sauce, all-purpose seasoning and honey and keep in the fridge for at least two hours, or over night for best results. Preheat the oven to 180°C and when ready, bake the wings for 25-30 minutes. Remember to flip the wings every 10 minutes and baste with residual

marinade. Around 5 minutes before you take the wings out, sprinkle with sesame seeds.

Try making this recipe this month and Hashtag #monsoon-journal on Instagram and send us your pics, comments and feedback. Spread the love (and



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COMMUNITY WATCH



Quotable Quotes during 2020 They said it ...



“It will probably get worse before it gets better. That is something I don’t like saying about things but that’s the way it is. It’s what we have.”

- **US President**

Donald Trump at White House Covid-19 briefings.



“Canada remains committed to facilitating an accountability process that has the trust and confidence of all victims, which is central to achieving lasting peace and reconciliation. We continue to offer support to all those working toward these goals.”

Justin Trudeau - (Prime Minister of Canada) on Anniversary of Sri Lanka’s 1983 July Riots



“I hope political economists will recalibrate their way of measuring national well-being. It is not just the GNP, it is the overall satisfaction with the shape of life. Many have enjoyed the slower pace during this period. Why were we rushing around like maniacs - **Author Margaret Atwood** on Covid - 19



“A whole generation of our fellow citizens do not really know about July 1983; the anger, the pain, the bitterness and suffering it created. It will soon come to pass about the war and its end as well, not to mention the JVP insurgency of the late 1980s. Many forget; too few remember.”

- **Dr. Packiasothy Saravanamuthu**, Director of Policy Studies in an article about the 1983 Racial Riots in Sri Lanka.



“Today I join Tamils in Ontario to solemnly remember the victims of the horrific events of #BlackJuly in 1983. These acts of violence and ensuing conflict in Sri Lanka caused immeasurable suffering to the Tamil community and I want all impacted to know our sympathies are with them”

- **Ontario Premier Doug Ford** on the Anniversary of Sri Lanka’s 1983 Racial Riots

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COMMUNITY WATCH

By D.B.S. Jeyaraj

The long awaited 2020 Parliamentary Elections has concluded with a 71% Voter turnout despite the difficulties imposed by the COVID -19 Pandemic threat. Appropriate health procedures were followed by the authorities with enthusiastic cooperation of the people. Voter feedback is generally positive about the efficient manner in which the polls were conducted. The Independent Election Commission along with Govt officials and security personnel deserve much praise for this. Furthermore elections were held without any major incidents of violence being reported.

The Sri Lanka Podujana Peramuna (SLPP) led by Prime Minister Mahinda Rajapaksa recorded a historic victory.

well known the North is predominantly Tamil while the East is still a Tamil majority province. The TNA is the accredited premier political configuration of the Northern and Eastern province Tamils. The TNA comprising the Ilankai Thamil Arasul Katchi (ITAK), Tamil Eelam Liberation Organization (TELO) and the Peoples Liberation Organization of Tamil Eelam (PLOTE) contests polls under the House symbol of its chief constituent the ITAK.

Rajavarthayam Sampanthan

The TNA led by its Parliamentary Group leader Rajavarthayam Sampanthan contested in all five electoral districts of the North and East namely Jaffna, Wannai, Batticaloa, Trincomalee and Amparai (Digamadulla) at the August 2015 Parliamentary elections

ise that the Tamil people should elect MP's from their party as a bloc so that they could negotiate from a position of strength in potential talks with a future Govt. Although a number of rival Tamil political parties were in the electoral fray, the TNA took up the position that voting for them was a waste. The TNA appeared to be confident that the Tamil people would reject others and vote for them to express Tamil unity and solidarity.

Triple Tenets of Tamil Nationalism

Despite the TNA's confidence a formidable range of parties and groups from a broad spectrum were opposing it in the electoral arena. On the one hand were parties and groups claiming to be more Tamil nationalistic than the

symbol. The ACTC, TMTK and No 8 independent group are led by ex-MP Gajendrakumar Ponnambalam, ex-chief minister CV Wigneswaran and ex-Provincial minister Ponnudurai Aingaranesan respectively.

On the other hand there were a number of parties and groups opposing the TNA for non-nationalistic reasons. This school of thought took up the basic position that development, employment and economic issues were more important to the Tamil people than mere "identity" politics. They said the TNA had neglected these issues and was simply harping on "political equality" related matters. An easy target for these sections was the miserable failure of the TNA dominated Northern provincial council under former chief minister

TNA Suffers Electoral Setback In North and East Polls

In terms of Parliamentary seats including allocations under the national list, the SLPP contesting under the lotus bud won with a landslide gaining 145 seats. The Samagi Jana Balavegaya (SJB) contesting on the telephone symbol came a distant second with 54 seats. The Tamil National Alliance (TNA) which fielded its candidates under the House symbol got 10 inclusive of one national list seat. The Janatha Vimukthi Peramuna (JVP) got 3 seats. In what was perhaps the biggest upset of all, the United National Party (UNP) failed to directly elect even one MP and ultimately obtained a single seat on the national list.

The remaining twelve seats were shared by several parties. They were the All Ceylon Tamil Congress (ACTC) - 02; Eelam Peoples Democratic Party (EPDP) - 02; Sri Lanka Freedom Party (SLFP) - 01; Our Power of People Party (OPPP) - 01; Sri Lanka Muslim Congress (SLMC) - 01; All Ceylon Makkal Congress (ACMC) - 01; National Congress (NC) - 01; Muslim National Alliance (MNA) - 01; Thamil Makkal Viduthalaip Puligal (TMVP) - 01 and the Thamil Makkal Thesiya Kootani (TMTK) - 01. It must be noted that the SLMC and ACMC contested alone in Batticaloa and Amparai districts respectively while being part of the SJB alliance in other districts. Likewise the SLFP which contested as part of the SLPP led alliance in most districts contested separately in Jaffna and got a seat. The SLMC and ACMC forged together the MNA and won a seat in Puttalam.

This columnist intends writing a series of articles on the 2020 Parliamentary elections and its consequences in the days to come. In this first article of the series - written at short notice to meet the deadline - I want to focus briefly on Tamil electoral trends in the Northern and Eastern provinces with particular emphasis on the TNA. As is

polling 515,963 votes. This was 4.62% of the total national vote. This enabled the TNA to obtain sixteen seats consisting of fourteen elected seats and two appointed on the national list. Of the 14 elected seats 05 were from Jaffna, 04 from Wannai, 03 from Batticaloa and one each from Trincomalee and Amparai. The two national list seats were allocated to candidates who lost from the Wannai and Trincomalee districts. It must be noted that the Eelam Peoples Revolutionary Liberation Front (EPRLF) was also a TNA constituent in 2015. The EPRLF pulled out of the TNA a few years ago.

Initially the ITAK had the lion share with ten of sixteen MP's. These comprised four from Jaffna, two from Batticaloa and one each from Wannai and Trincomalee. Both the National list MP's were also from ITAK. The other six seats were shared equally by the TELO, PLOTE and EPRLF. The TELO got two MP's from Wannai and Amparai. The PLOTE had one MP from Jaffna and another from Batticaloa. The EPRLF got both MP's elected from the Wannai district. Subsequently one MP from the EPRLF and another TELO Parliamentarian shifted to the ITAK. When the EPRLF withdrew from the alliance, the TNA tally dropped from 16 to 15. Later another MP elected from the PLOTE split from the TNA and joined the short lived "Govt" of Former president Maithripala Sirisena and Mahinda Rajapaksa in 2018. He was expelled.

Thus the TNA which had 16 MP's in 2015 had only 14 when Parliament was dissolved in March this year. When fresh elections were announced the TNA once again fielded candidates in all five electoral districts of the Northern and Eastern provinces. TNA leader R. Sampanthan stated that the TNA would obtain seats at the 2020 elections. The TNA electoral campaign basically revolved around the prem-



From top left clockwise:
Mavai Senathiraja, Gajendrakumar Ponnambalam,
Rajavarthayam Sampanthan, Sivanathurai Chandrakanthan,
Ankajan Ramanathan, Douglas Devananda and C.V. Wigneswaran

TNA. They accused the TNA of selling out and not being faithful to the triple tenets of Tamil nationalism namely "Thesiyam" (nationalism), "Thaayagam" (Homeland) and "Suyanir-nayam" (self-determination). The main parties and groups in this self-styled "ultra-nationalist" category were the Tamil National Peoples Front (TNPF) contesting under the cycle symbol as the All Ceylon Tamil Congress (ACTC), the No 8 Independent group of Jaffna contesting under the mango symbol and the Thamil Makkal Thesiya Kootani (TMTK) contesting under the Fish

CV Wigneswaran.

Among these parties and groups were the Eelam Peoples Democratic Party (EPDP), the Sri Lanka Freedom Party (SLFP), the Sri Lanka Podu Jana Peramuna (SLPP), the Thamil Makkal Viduthalaip Puligal (TMVP), the Ahila Ilankai Thamil Maha Sabha (AITM) and the Independent Group 5 of Jaffna contesting under the shield symbol. The chief personalities involved with these parties and groups are Douglas Devananda (EPDP), Ankajan Ramanathan (SLFP), Sathantharai Chandrakanthan (SLPP), Sivanathurai Chandra-

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kanthan alias "Pillaiyan"(TMVP), Vinayagamorthy Muraleetharan alias "Karuna"(AITM) and Murugesu Chandrakumar (Ind group 8).

In spite of so many adversaries the TNA was fortunate in one respect. While being united in their opposition to the TNA these parties could not establish unity among themselves. The EPDP, SLFP and the independent group could not forge a common front in Jaffna. The TMVP and SLPP could not close ranks in Batticaloa. There are some who feel that this was a stratagem of the SLPP's master strategist Basil Rajapaksa. This however is debatable. The crux of the matter is that the parties and groups aligned to the ruling regime did not present a joint front against the TNA. Interestingly the UNP or the SJB do not fit into any of these categories under current circumstances.

"Thamizh Makkal Thesiyak Koottani"

This was more or less the case with regard to the other "ultra-nationalist" category too. However there was a semblance of unity when former chief minister CV Wigneswaran cobbled together an alliance of four parties firmly opposed to the TNA. The four parties that came together in February were Wigneswaran's Thamizh Makkal Koottani, the "Eezha Makkal Puratchihara Viduthalai Munnani" led by former Parliamentarian Kandiah Premachandran alias Suresh, "Eezhavar Suyatchik Kazhaghham" led by former Northern provincial minister Ms. Ananthi Sasitharan and the "Thamizh Thesiyak Katchi" led by former MP's MK Sivajilingam and N. Srikantha. The new alliance was named "Thamizh Makkal Thesiyak Koottani" or Tamil peoples National Alliance.

When the TMTK was formed Ananthi Sasitharan stated frankly that the alliance was for the elections and not based on policy. Many of those desiring an alternative to the TNA felt the new alliance would bring about change. Sections of the Tamil media gave much support to Wigneswaran and his party. But Gajendrakumar Ponnambalam would not align himself with the TMTK despite a lot of pressure being exerted by Tamil ultra-national elements in Sri Lanka and in the Diaspora. Gajendrakumar regarded himself and his TNPF as nationalist "puritans". Similarly one-time Wigneswaran acolyte Aingaanesan too opted to form his own group rather than join the TMTK alliance. Thus the rivals of the TNA on either side of the political divide could not join forces against their common "enemy".

It is against this backdrop that the TNA performance in the current poll has to be evaluated. The TNA has done well compared to its political rivals but there is no denying that the premier political configuration of the Sri Lankan Tamils has suffered a major setback. Many of the TNA's rivals like the EPDP, SLFP, ACTC and TMVP have done well when compared to their previous "show" in 2015. Only Wigneswaran's alliance that was blown up by the Tamil media has failed to live up to expectations. This however



TNA/ITAK symbol

cannot obscure the fact that the TNA has taken a jolt in this poll.

The TNA votes have decreased more than one-thirds from its 2015 tally. From 515,963 (4.62%) in 2015 the TNA has dropped to 327,168 (2.82%) votes. The MP tally has declined from 16 in 2015 to 10. Of these nine are elected and one will be from the national list. The TNA has obtained six seats in the North and three in the East. A brief overview of TNA candidates contesting as the Ilankai Tamil Arasuk Katchi(ITAK) and the winners thereof are as follows –

Trincomalee

In Trincomalee the ITAK/TNA list was led by veteran politician Rajavarothayam Sampanthan followed by Kathiravelu Sanmugam Kuhadasan, Sulochana Jeyabalan, Paramalingam Nithyanantham, Rasarathnam Sachchithanantham, Kanthasamy Jeewaroban and Selvaraja Premarathan. Of these only Sampanthan(ITAK) has been elected MP. As is well known the octogenarian Sampanthan has represented Trincomalee in the last Parliament as well as in many more since 1977. He is also the TNA parliamentary group leader. Trincomalee elects four MP's. While the TNA has got one seat the SJB and SLPP have got two and one each respectively.

Batticaloa

In Batticaloa the TNA list was headed by lawyer Krishnapillai Thurairajasingam who has been a parliamentarian and provincial minister. He is also the ITAK General secretary. The others on the TNA list were Manikkam Uthayakumar, Seeniththamby Yogeswaran, Gnanamuththu Srinesan, Kovinthan Karunakaram, Murugesapillai Gnanapragasam, Navareththinarasa Kamalathasan and Rasamanikkam Saanakkia Rahul Rajapuththiran. Of these only Rasamanikkam Saanakkia Rahul Rajapuththiran(ITAK) and Kovinthan Karunakaran alias "Jana" (TELO) have been elected MP's. Among those who failed to win are two incumbent MP's Yogeswaran and Srinesan and also former MP Thurairajasingham. Of those elected Karunakaram alias Jana has been a former MP and Provincial councillor. Rasamanikkam Saanakkian is a first time MP, He is the grandson of reputed ITAK leader and former Paddiruppu MP SM Rasamanickam.

Batticaloa district elects five MP's. Apart from the TNA duo the other three MP's elected are from the Sri

Lanka Muslim Congress(SLMC), Sri Lanka Podujana Peramuna (SLPP) and Tamil Makkal Viduthalaippuligal (TMVP). The chief candidate on the SLMC list is incumbent MP Seiyad Ali Zahir Moulana. The SLPP list is headed by Sathasivam Viyalendran who was elected to the last Parliament from the TNA. He later defected and became a deputy – minister in the Mahinda Rajapaksa "cabinet" of October 2018. The TMVP list is headed by Sivanesathurai Chandrakanthan alias Pillaiyan the former Eastern province chief minister. Chandrakanthan contested "in absentia" as he is currently in jail over suspected involvement in the assassination of former TNA Batticaloa MP Joseph Pararajasingham.

Ampara/Amparai

In Ampara/Amparai or Digamadulla district the TNA list was headed by Kaveendran Kodeeswaran who was elected MP in 2015. Kodeeswaran who was from the TELO later joined the ITAK. The others on the TNA list are Thavaraja Kalai Arasan, Seenithambi Sundaralingam, Selvarasa Ganesanandam, Dayaparasingham Paranidaran, Ramakrishanan Sayanolipawan, Sinnaiya Jeyarani, Thamodaram Pratheevan, Murugu Pillai Ravikaran and Arasarednam Thamilnesan. No candidate from the TNA was elected from Amparai district. In fact the Ahila Ilankai Tamil Mahasabha list headed by Muraleetharan alias "Karuna" with 29,179 votes got more than the ITAK but none were elected. The district elects seven MP's. Those elected were from the SLPP (3), the SJB (2), the ACMC (1) and the National Congress (1). There is no Tamil representation from the district this time.

Wanni

In the Northern Wanni district the TNA list was headed by A. Adaikkalanathan alias Selvam who is the leader of the TELO. Sekvam Adaikkalanathan is an incumbent MP who served as deputy chairman of committees in the last Parliament. The others in the TNA/ITAK Wanni list were Pathmanathan Sathiyalingam, Kanthar Thamotharampillai Linganathan, Iruthayanthan Charles Nirmalanathan, Shanthi Srikantharasha, Kandaiah Sivalingam, Sivappiragasam Sivamohan, Arumugam Senthilnathan Mayuran and Subramaniam "Vino" Noharathalingam.

The Wanni electoral district comprises the administrative districts of Mannar, Mullaitheevu and Vavuniya. Three

TNA candidates were elected from the Wanni. They are "Selvam" Adaikkalanathan (TELO) Charles Nirmalanathan (ITAK) and "Vino" Notharaligam (TELO). Of these Adaikkalanathan has been elected to Parliament several times. Nirmalanathan was an MP in the last Parliament. Noharathalingam has been an MP in previous parliaments but lost the poll in 2015. The Wanni elects six MP's. The other three elected are from the SJB (1), SLPP(1) and EPDP(1).

Jaffna

The Northern Jaffna electoral district consists of the administrative districts of Kilinochchi and Jaffna. The TNA/ITAK list was headed by Somasundaram "Mavai" Senathiraja the president of the Ilankai Tamil Arasuk Katchi(ITAK). Senathirajah known generally as Mavai has been an MP many times in the past including the last Parliament. The others in the TNA candidate list were Dharmalingam Siddharthhan, Mathiaparanan Abiraham Sumanthiran, Sivagnanam Shriratharan, Easwarapatham Saravanapavan, Kurusuwamy Surendran, Sasikala Raviraj, Vethanayaham Thabenthiran, Emmanuel Arnold and Balachchndran Kajatheepan.

Three TNA candidates were elected MP's from Jaffna. They are Sivagnanam Shriratharan (ITAK), Mathiaparanan Abraham Sumanthiran (ITAK) and Dharmalingam Siddharthhan (PLOTE). All three were MP's in the last Parliament also. Among those who lost from the TNA were Senathirajah the ITAK leader and the newspaper proprietor Easwarapatham Saravanapavan. Both were incumbent MP's. The Jaffna electoral district elects seven MP's. Apart from the TNA trio, the other four MP's elected are Angajan Ramathan (SLFP), Douglas Devananda (EPDP), Gajendrakumar Ponnambalam (ACTC) and CV Wigneswaran (TMTK).

Brief Overview

This brief overview of the TNA's performance in this election shows clearly that the premier Tamil political configuration has not done well in this poll. The overall TNA tally with one national list seat will be ten whereas in 2016 it was sixteen. Of these the number of elected MP's have dropped from fourteen to nine and national list MP's from two to one. A district wise breakdown of TNA elected MP's shows that the party has gone down to three from five in Jaffna; three to two in Wanni; three to two in Batticaloa; retained one in Trincomalee and lost the single seat in Amparai. Of the nine TNA elected MP's five are from the ITAK, three from the TELO and one from the PLOTE.

Moreover the election results indicate that while the TNA has lost out in terms of votes and seats, other Tamil parties, both pro and anti-Govt have gained. What do these developments portend for the future? Why then has the TNA suffered an electoral setback in this election? These questions will be answered in detail in another article next week.

Via <http://dbsjeyaraj.com/>



VARNA OR JATHI OR CASTE SYSTEM IN HINDUISM

Compiled by Kidambi Raj



THE CASTE SYSTEM

The caste system is often perceived to be an integral part of Hindu religion. This *erroneous perception* arises when people mix the ancient social tradition (caste system) with Hindu religious philosophy. No Hindu scriptures define Caste system. India's caste system is a "*race classification scheme*" designed and implemented by Mr. Herbert Hope Risley, a British colonial administrator in 1901 during the first census in India. When the Vedas refer to the four-fold division of society, they use the Sanskrit word *Varna* meaning Classification and not the word *Jathi* meaning *caste*

VARNA

The word *varna* was mistakenly translated as *Caste* by the *Portuguese* during their period of colonial establishment in India. This mix-up is quite significant because the Varna System of the Vedas was designed to achieve division of labour and help society operate efficiently. Vedas speak of nobility of entire humanity (*krinvanto vishvam aryam*), and does not sanction any caste system or birth-based caste system. The Mantra 10-13-1, in *Rig Veda*, addresses the entire humanity as divine children (*shrunvantu vishve amrutsya putraha*). Innumerable mantras in Vedas emphasis oneness, universal brotherhood, harmony, happiness, affection, unity and commonality of entire humanity.

Mantra 5-60-5 in *Rig Veda* declares. "*All men are brothers; no one is big, no one is small. All are equal.*" Mantra 16.15 in *Yajur Veda* reiterates that "*All men are brothers; no one is superior or inferior.*"

Hindu scriptures speak only about "*Varna*" which means to "*select*" (one's profession, etc.) and which is not caste or birth-based.

GUNAS:

When talking about Varna, one has to know about Gunas. "*Guna*" literally means property, quality, merit, virtue etc. In philosophy it denotes a property, mode or propensity of things and beings. The gunas are primarily responsible for our predominant traits, actions and modes of behaviour. According to Bhagavad

they live. The primary purpose of the gunas in the living beings is to create bondage, through desires for sense objects, which lead to various attachments with them and which in turn keep them bound to the world and under the perpetual control of primal creative or natural force (Prakriti).

As per Sloka 13 of chapter IV of Bhagavad Gita, depending upon a person's guna (aptitude) and karma

Gita when Sattva is predominant, from all the gates of the human body radiate the illumination of knowledge (14.11). When Rajas is predominant, greed, worldliness, striving for worldly ends and a penchant for selfish activities arise (14.12). With the increase of Tamas, one can see the flourishing of darkness, inactivity, recklessness and delusion (14.13).

Upon death, a *sattvic* person attains higher worlds. When he returns, he takes birth among pious people or in a pious family (14.14). After death, *rajastic* person remains in the middle worlds. When he is reborn, he takes birth in the family of those who are attached to actions. As for the *tamasic* person, he sinks to lowest regions on dying and when reborn takes birth among the ignorant and the deluded (14.15).

The gunas also influence faith, resolve, professional choices and nature of relationships. The division of human beings into the four categories is also due to the influence of gunas only. They govern every aspect of human life and the world in general. In the eighteenth chapter we come across a detailed description of how men with these three qualities act and behave differently and engage themselves in different religious and spiritual activities.

In fact, in various slokas, God is described as Tri Guna. Lord Brahma is described as Rajasic principle, Lord Vishnu as Saatvic and Lord Siva as Tamasic.

The Vedic system was never designed as a hereditary caste structure. In the Vedic age, people from the same family belonged to different Varnas (behaved as people of different Varnas).

The concept of caste system should be understood with cool and balanced mind without emotions. Lord Krishna talked about caste system in Gita stating that the caste is based on qualities and actions (*Gunakarma vibhagashah*). More than 100



Gita, the Gunas are three in number, Sattva, Rajas and Tamas. They exist in all, including humans, in various degrees of concentration and combination. They also exist in all objects and natural products. Hence, even the food which we eat is important if we want to cultivate good behaviour. Depending upon their relative strengths and ratios, the gunas determine the nature of things, beings, their actions, behaviour, attitude and attachments and their involvement with the objective world in which

(actions), there are four varnas. As per this sloka, a person's varna is determined by his guna and karma, and not by his birth. Chapter XIV of the Bhagavad Gita specifies three gunas namely, *Satva* (purity), *Rajas* (passion and attachment) and *Tamas* (ignorance). These three gunas are present in every human in different proportions, and determine the varna of the person.

How to know which quality is predominant in a person at a particular time? According to Bhagavad

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elements are discovered in science and these elements were classified in periods and groups in the periodic table. There is nothing like higher or lower group in this classification. Based on the properties, the elements are classified. Similarly, people preaching spiritual knowledge were called Brahmins, people having courage and physical strength for protection and administration were called Kshatriyas, people responsible for the business etc. were called Vaishyas and people occupying the positions of public service were called Sudras. There are no higher and lower levels based on the birth.

VARNASHRAM

The ancient society of India was divided into four groups according to their capabilities, aptitudes, education, personal effort (*Saadhanaa*), and the function they performed in the society. These were the four Varnas and they were like the four pillars in the four corners of a building supporting a roof overhead. All four groups were equally important and none was respected more than the other. People were able to move freely amongst the groups. Everyone was expected to live according to the *dharm* of their category. This system was called **Varnaashram**. Varna in Sanskrit means to describe. It may be colour, form or quality; the attributes that describe something. When used for humans it may mean the person's physical and mental ability and the function performed in the society. Since there were four categories, this system of classification is also called **Chatur** (four) Varna.

In Chapter XVIII, verse 41, in Bhagavad Gita, Lord Krishna says:

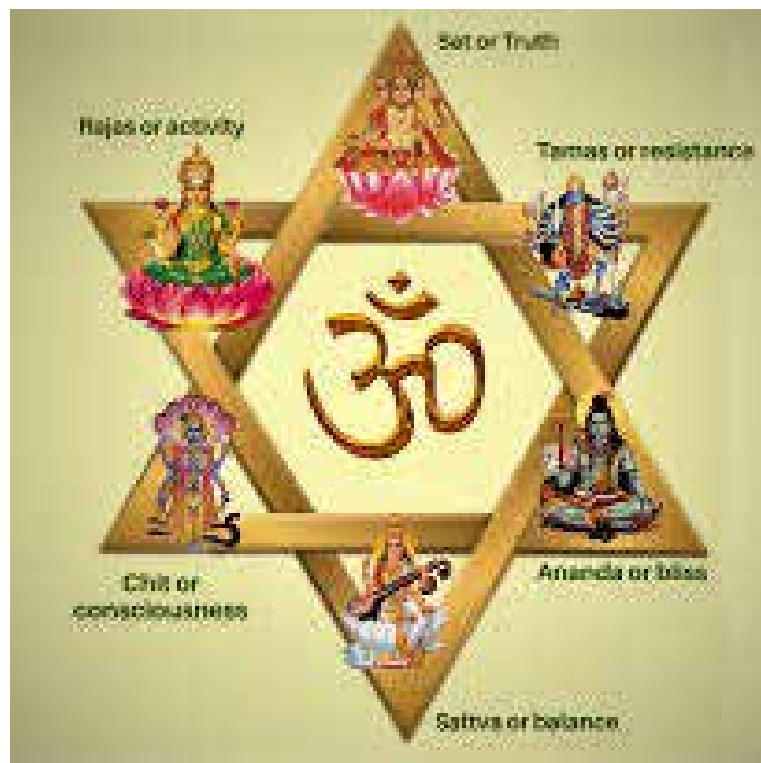
“O Parantaapa (Arjuna), the responsibilities (duties) of braahmanaa, kshatriyas, Vaishyaas and shudraas are distributed according to qualities they are born with”

In Chapter XVIII, verses 42 to 44, in Bhagavad Gita, Lord Krishna gives the duties that fit the people under the four Varnas. The meaning of the sloka defining what the four varnas are as follows:

1. **Braahmans: Those with calmness, self-control, disciplined effort, purity of mind and body, forgiveness, righteousness, knowledge (about Brahman), and faith in God are fit for the duties of a Braahman (Brahmin) – Verse 42.** Braahmans were the intellectuals who became teachers and preachers. Braahmanaas are of *Satva Guna*, Spiritual and introspective. They learnt the scriptures and other arts and sciences, spent their lives running residential schools and performing religious ceremonies (yagna). Preservation of Vedic traditions and knowledge was their duty. Braahmanaas

were very spiritual and lived simple life following the highest moral and ethical principles to set good example for the rest of the society.

2. **Kshatriyaas: Are brave, (have) powerful personality, (can) make firm decisions, (have) ability to fight in war, (do) not withdraw from battle field, generous and of royal behaviour – Verse 43** Kshatriyaas are of selfless *Rajas Guna*, action oriented and motivated by service to the world. Kshatriyaas were physically strong, well trained in the art of warfare, and use of weapons. One of them would become the king.



In the days of King Bharat, the ruler was selected on the basis of his knowledge and capabilities. The king's primary responsibility was to protect the population, provide the necessities of life like food and water, schools, roads etc. Other Kshatriyaas would be in the army.

- 3 & 4. **Vaishyaas & Sudras: Agriculture, taking care of cows, and trade are the responsibilities of Vaishyaas. Service is the duty of Sudraas.** The third category was Vaishyaas, are of selfish *Raja Guna*, action and profit motivated. The financial welfare of the society depended on them. The fourth division was called Sudraas, who are of *Tamas Guna*, unmotivated and pleasure seeking. They did all the hard jobs requiring unskilled labour and some very unpleasant ones. They disposed off dead animals and removed garbage.

There are lots and lots of examples in our epics for treating people based on their Gunas. Here are some examples:

Raavana was a Brahmin but was

condemned as demon because of his sinful actions.

Raamaa was Kshatriya but was worshipped as Brahmin for His good actions.

Krishna is a Yadhav.

Valli was the daughter of a Hunter In Mahaabhaarataa, Vidura, the son of a low caste woman, gave religious instructions to King Dhritaraashtraa.

Vyaasaa, the son of a fisher-woman became a great Sage and the author of the major Hindu Scriptures.

Also, in Raamaayanaa, Vasishtaa, the son of a prostitute, became a great Rishi (Sage).

In Mahaabhaarataa, Yudhishttraa defines a Braahman as one who is truthful, forgiving and kind. He clearly points out that a Braahman

not know, my son. I was a servant in my young age, moving from house to house, when I conceived you. I do not know of what family you are. I am Jabala and you are Satyakaama. Say that you are Satyakaama Jabala'. Satyakaama then went to Sage Gautama (not Buddha) and told him, **“Sir, I wish to receive religious instruction from you. Would you accept me as your student?”** **“Oh, what family are you? Asked the sage”. “I do not know, Sir. In her young age my mother went from house to house as a servant and she conceived me. She does not know of what family I am. My mother is Jabala and I am Satyakaama. Therefore, I am Satyakaama Jabala.”** **“No one other than a true Braahman would speak like this. I will initiate you,”** replied the Sage. Thus, it is an honest character and not birth, that determines Satyakaamaa's eligibility for religious instruction. This shows that the practice of the Varna System was based on conduct and character and not birth.

Again, and again, in the Ithihasas, the Puranas and several Holy men have reminded us all about the evils of determining Jathi by birth and differentiating on the basis of Jathi.

JATHI

As time went by, the four Vana's morphing into various Jathis based on the work/career choices the people made and became based on birth. Vedic Hindu religion does not discriminate based on birth and does not recognize Jathi based on birth.

It is said that, Sankara fell at the feet of an untouchable who preached spiritual knowledge to him.

Swami Vivekananda, Swami Chinmayananda, Shiridi Sai Baba, Ramalinga Adigalar and so many others have conveyed the same message.

In fact, out the 63 Saivite Naayanmars, overwhelming majority **were not Brahmins** and they all belonged to various castes. The same was the case with the 12 Vaishnavite Azhwars. Not all but only three were Brahmins.

But all the Naayanmaars and Azhwars were all (treated) **considered and respected with worship as Brahmins**, not because of their Jathi of birth, but because their Gunas. They all (were learned) had learned the scriptures and were teaching them in an easier way, which were the prime requisites of a Brahmin.

The great Vaishnavite Saint Ramanuja had a Guru who was not a Brahmin.

In Karnataka state in India, Linghayat movement started nearly 1,000 years ago by a brahmin. His movement was against caste-based society. Several North Indian Saints were also from various castes and they were all revered by the Hindus.

is not a Braahman just because he is born in a Brahman family, nor is a Sudra, a Sudraa because his parents are Sudraas.

Valmiki was a hunter.

Sage Brigu tells, Bharadwaj that there is no difference among people.

In Varna Parva of Mahabharata, during the course of Yudhishttra's discussion with Markandeya, Markandeya narrates how a butcher named Dharmavyadha explains the most fundamental truths of life to a highly regarded Brahmin Thapasvi, Kausika.

The gene theory of science may say that a sinner is born to another sinner. But, whenever there is exceptional case, it is highly respected neglecting the gene theory. Prhalaadhaa is born in the dynasty of demons. Believing blindly the gene theory, we are not treating Prhalaadhaa as demon. God never condemned anyone based on the caste system and bad is never respected for the same reason. Lord Krishna said that the caste is based on qualities and actions only (**Gunakarma vibhagashah**).

In one of the most interesting stories in the *Chandogya Upanishad*, Satyakaama asks his mother, **“I wish to receive religious instruction, tell me of what family am I?”** **The mother replies, “I do**



COMMUNITY WATCH

Partnering to build a more connected, sustainable Brampton

City secures over \$45.3 million investment from Federal Government and over \$37.8 million from Provincial Government in public transit infrastructure funding

BRAMPTON, ON (July 28, 2020) – Today, Mayor Patrick Brown and City Council welcomed a significant investment from the Government of Canada and Government of Ontario that will directly support public transit infrastructure in Brampton.

The Honourable Catherine McKenna, Minister of Infrastructure and Communities, announced The Government of Canada's investment of over \$45.3 million in four projects through the Public Transit Infrastructure Stream (PTIS).

Following Minister McKenna's announcement, the Honourable Prabmeet Singh Sarkaria, Associate Minister of Small Business and Red Tape Reduction, and Member of Provincial Parliament for Brampton South, on behalf of the Honourable Laurie Scott, Ontario's Minister of Infrastructure, announced the Government of Ontario is contributing more than \$37.8 million to the public transit infrastructure projects.

The City of Brampton is contributing over \$30.2 million; all jointly through the Investing in Canada infrastructure plan.

The four projects include:

2020-2021 Replacement Buses: Purchase of 32 conventional buses to maintain existing service levels and replace the retiring fleet.

Federal funding: \$9,132,000

Provincial funding: \$7,609,239

Municipal funding: \$6,088,761

2020-2024 Bus Refurbishments: Refurbishment of 300 conventional buses, including the repair and replacement of major components such as engines, suspensions and brakes.

Federal funding: \$22,243,218

Provincial funding: \$18,534,161

Municipal funding: \$14,830,666

Replacement of on-board cameras and digital video recorders: Adding newer technologies on the entire bus fleet.

Federal funding: \$2,000,000

Provincial funding: \$1,666,500

Municipal funding: \$1,333,500

Downtown Transit Mobility Hub: A new transit hub that will increase the number of bus bays, allowing for more service, new bus canopies, waiting area, concessions and include the requirements to upgrade the hub to hold electric buses.

Federal funding: \$12,000,000

Provincial funding: \$9,999,000

Municipal funding: \$8,001,000

"The investments announced today will help increase the capacity and quality of our rapidly-growing transit system, providing a safer and healthier transportation solution for all. With the help of our Federal and Provincial partners, we are able to invest in our communities by supporting and growing our infrastructure. Reliable transit helps increase accessibility to services and jobs, reduces greenhouse gas emissions and improves the overall health of our community. I look forward to our continued partnerships to support our community here in Brampton."

- Patrick Brown, Mayor, City of Brampton

"Today's announcement marks an important milestone for our city. These four projects are critical to our community and those who depend on Transit. Investment in infrastructure



improves the quality of life provided to communities."

- Rowena Santos, Regional Councillor, Wards 1 & 5; Chair, Community Services, City of Brampton

"This investment today, will go directly towards our community and its future growth, it will impact the lives of so many residents. Supporting a healthier and more sustainable community, when we invest in our communities everyone wins."

- Charmaine Williams, City Councillor, Wards 7 & 8; Vice-Chair, Community Services, City of Brampton

"Brampton is home to one of the fastest-growing transit systems in Canada. With the support from our Federal and Provincial partners, we are able to offer an accessible and sustainable form of transportation to our residents for years to come. Infrastruc-

ture advancement and development is an important investment in the future of our community. We are committed to building on these partnerships to address the needs of our city."

- David Barrick, Chief Administrative Officer, City of Brampton

About Brampton
As one of the fastest-growing cities in Canada, Brampton is home to 650,000 people and 70,000 businesses. People are at the heart of everything we do. We are energized by our diverse communities, we attract investment, and we are embarking on a journey to lead technological and environmental innovation. We partner for progress to build a healthy city that is safe, sustainable and successful. Connect with us on Twitter, Facebook, and Instagram.

Learn more at www.brampton.ca

Statement from Mayor Barrow Applauding Ontario's Announcement of Emergency Funding for Municipalities

Wednesday, August 12, 2020

We are thankful for the emergency funding the Ontario government announced today as part of federal-provincial Safe Restart Agreement. Richmond Hill will receive \$4 million in Phase 1 municipal operating funding to help address financial pressures related to COVID-19, maintain critical services and protect our community. The Province has indicated additional funding will be available later this year. The municipal operating funding is crucial to ensure the City continues to provide the services that make Richmond Hill a great place to live. In response to the COVID-19 global

pandemic, the City took measures to ensure the safety and well-being of the Richmond Hill community. Over the past five months we closed facilities, cancelled programs and events and closed park amenities to help keep our residents safe. These closures and our gradual reopening have had a significant impact on the City's finances.

The funding announced today will greatly contribute to our efforts to mitigate the increased costs and ensure the pandemic doesn't result in significant tax increases for residents and businesses in the future.

COVID-19 has also had a negative financial impact on residents and busi-

nesses. That's why we've offered tax relief and we're supporting the local economy with our Recover Richmond Hill Action Plan to ensure businesses thrive and jobs remain in our City.

This community has done a great job fighting COVID-19 and we must continue to do so, together. It is critical we continue to wear our masks, maintain physical distancing, wash our hands and do everything we can to stay safe and healthy while we adapt to a changed world.

By working together, we are getting through this.

Dave Barrow
Mayor



Canadian Tamil teen sets a New Guinness world record

By: Raymond Rajabalan



Sangavi Rathan, a Peel District School Board (PDSB) student has set a new Guinness world record “Most Rubik’s cubes solved with one hand while Hula Hooping” on Aug 1, 2020 at 9.45 am at the Courtyard by Marriott Toronto, Mississauga.

11 year old Sangavi solved 30 Rubik’s cubes with one hand while hooks hooping in 54 minutes. Previous record was 25 Rubik’s cubes.

Sangavi was a student at the Meadowvale Village Public School and will go to grade 6 at the David Leeder Middle School in September.

Sangavi a resident of Mississauga was born with a Brachial Plexus injury on her right hand and has undergone 2 surgeries first when she was 3 months old and then when she was 5 years old.

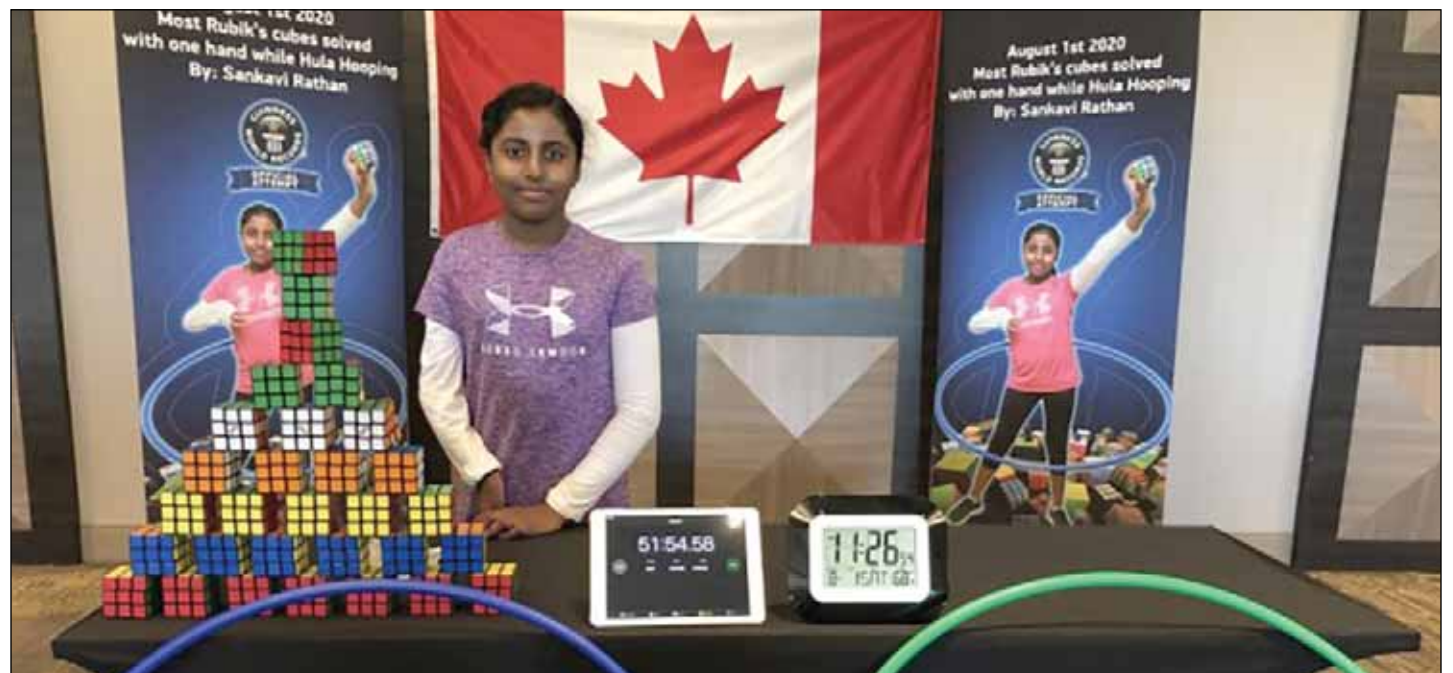
Due to the injury, only her left hand is functional.

Her mom Vasanthi says “When we emailed Guinness World Records about Sangavi’s interest a representative from the office said one person who attempted the record did it 25 times but we expressed the hope that Sankavi can do more! Now her motivation and dedication has helped her to do it. She is planning to do more records in the future and teaching people how to solve different types of cubes.”

“Sangavi started to read when she was only one year old, and as she was so enthusiastic about learning, her parents put her into different classes at a very young age. She is at present learning skating, swimming (trainer level), keyboard and classical Indian music. From kindergarten to now, she has been a straight A student. She has achieved many trophies and awards from school and these classes. She is always willing to learn more. Unlike her peers, she is doing all these activities with only one hand. She wouldn’t take no for answer. She wants to try until she succeeds.”

Sangavi is the younger daughter of Balasingham Rathan and Vasanthi Varatharajan of Analitivu., North Sri Lanka . Her grandfather Varatharajan is a member of the Board of Directors, Senior Tamils Society of Peel.

Courtesy: TamilWin





COMMUNITY WATCH

READERS COLUMN JULY 2020 ISSUE

Page 1 article on \$500,000.00 donation to Scarborough Hospital Foundation

Thanks Siva – this is fantastic! Thank you so much for sharing and for highlighting this amazing gift on the front page – we will surely work to get this out to our community. Please let me know if you have any additional questions or concerns!

Phil Sach

Director, Marketing & Communications
Scarborough Hospitals Foundation

Article on Black Racism

Thank you. The article has come out nicely.

Pushpa Kanagaratnam

Ph.D., C.Psych

Dear Siva & Logan,
Congratulations! Please keep up the good work.

Best regards,

Dr. Shan Shanmugavadivel

The Steady Growth of “MONSOON JOURNAL”, with the due place for the Transparency in Journalism, is commendable, with pride! Congratulations! & Best Wishes for a Bright Future & further Growth of the popular “MONSOON JOURNAL”!

GOD Bless.

Cheers! With Warm Regards,

T. Sivayogapathy

Dear Logan & Siva,
Thank you and to the entire team of Monsoon Journal. I know personally that bringing a new paper is a great challenge and you have entered your 15th year. This paper not only brings a very balanced and unbiased news to the South Asian community but also connects the community with mainstream mosaic. Once again congratulations and best wishes.

Regards,

Kula Sellathurai

Remembering Professor Thurairajah

Thank you for sharing the well written article. Really happy to read the article. I will share the article with my mom and siblings. Thanks again.

Ahila

(Ahila is Prof. Thurairajah's daughter in California)

Congratulations and best wishes for your continued services to the Tamil community throughout the world by bringing out “Monsoon Journal”

without any interruption for 15 years.

T. Sritharan – Boston, US

Commendable work. Keep it up

Tag Thiagarajah

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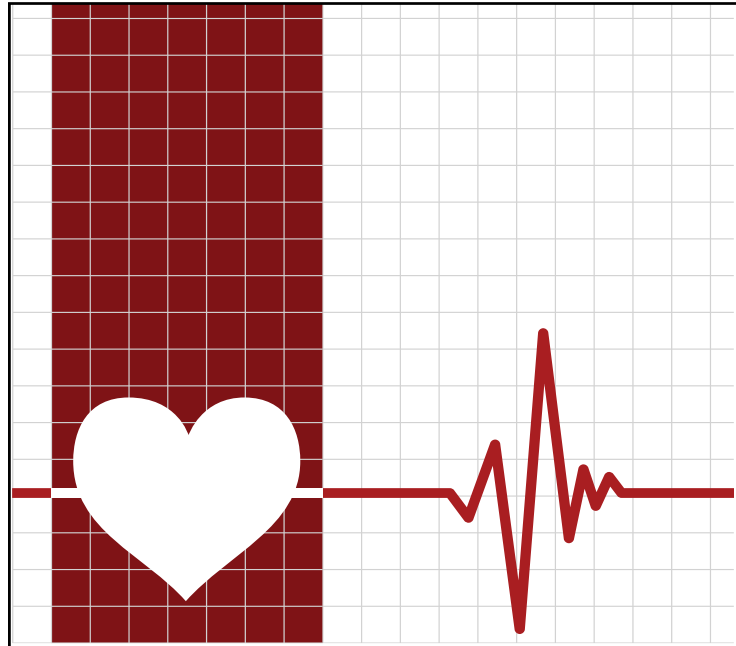


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