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# CANADIAN TAMIL COMMUNITY DONATES \$275,000 IN ONE DAY FOR SHN HOSPITALS

**“I want to thank the Tamil Community for their incredible support”**

- Ontario Premier Doug Ford

## Funds raised through Tamil Radiothon on East FM 102.7

By Siva Sivapragasam

A memorable chapter in the history of the Tamil community in Canada was created recently when the community raised \$ 275,000 in one day for the Scarborough Health Network hospitals through a Radiothon programme aired through the East FM 102.7.

Funds raised will help to provide the highest priorities and urgent equipment needs at the Scarborough Hospitals and help improve health care in one of Canada’s most vibrant and diverse communities.

Hospitals run by the Scarborough Health Network are heavily patron-



Tamil Radiothon Team displays the final \$275,000 donated amount

ized by the Canadian Tamil community for their health requirements and services.

Thanks to the incredible generosity of the Tamil community donors, volunteers, and sponsors, including presenting sponsor CTCC, a final fundraising total of over \$275,000 was reached by the event’s end – surpassing the original target of \$100,000.

Commenting on the fund - raising efforts of the Canadian Tamil community for the hospitals, Ontario Premier Doug Ford stated, “I want to thank the Tamil community for their incredible support”.

Contd. on page 14...

## MP Gary Anandasangaree reflects on reconciliation with Indigenous peoples at the Richmond Hill Hindu Temple

Acknowledging the Indigenous peoples, Parliamentarian, Gary Anandasangaree, solemnly remarked on our dutiful and necessary contributions towards long term reconciliation with the peoples of First Nations, Inuit and Métis.

Please see page 3...

Gary Anandasangaree,  
Member of Parliament for  
Scarborough Rouge Park



## Appreciation

### Community Activist and Education Services Entrepreneur Dr. Tham Vasanthakumar passes away

It is with deep sadness and heavy hearts that we from SACEM announce the untimely demise of Dr.ThambirajahVasanthakumar on Sunday June 13, 2021. He was an integral part of SACEM as its leader, guide, mentor, and idealist. He hails from Udupidy in Northern Sri Lanka and made his home in Greater Toronto.

Please see page 38...



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# MP Gary Anandasangaree reflects on reconciliation with Indigenous peoples at the Richmond Hill Hindu Temple

Acknowledging the Indigenous peoples, Parliamentarian, Gary Anandasangaree, solemnly remarked on our dutiful and necessary contributions towards long term reconciliation with the peoples of First Nations, Inuit and Métis.

Gary Anandasangaree spoke amongst the devotees during the ceremonial flag hoisting event for the annual Murugan festival held this year on July 1 at the Richmond Hill Hindu Temple in Ontario.

Gary Anandasangaree, MP for Scarborough-Rouge Park attended the festival along with his family and said he normally does not make speeches during temple visits in-line with keeping the primary purpose of only praying here.

Today, however, was an important day and exception when the first day of the Murugan festival coincided with the 154th Canada Day.

Mr. Anandasangaree noted that Canada Day celebrations of past years



**Temple priests hoisting the flag**  
are not with us this year and today the observance is rather painful.

He thanked the Indigenous peoples on whose lands the Richmond Hill Hindu Temple is also built on, including the Mississaugas of the Credit First Nation.

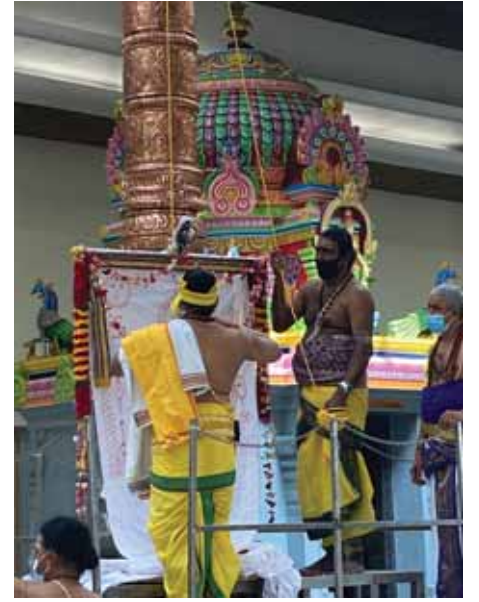
He also thanked the devotees and



**Gary Anandasangaree, Member of Parliament for Scarborough Rouge Park**

temple management for providing this instance in reflecting, reckoning and reiterating on behalf of all of the diaspora's acknowledgement of the Indigenous people at this important place, the Richmond Hill Temple.

Annual Lord Murugan Festival, at the Richmond Hill Hindu Temple com-



**Temple priests hoisting the flag**

mencing with flag hoisting ceremony on July 1st continues through Friday, July 16th.

Devotees are participating at all Richmond Hill Temple events in accordance per enforced health, safety and social distancing guidelines.

## Canada Day message from Canadian High Commissioner David McKinnon Colombo, Sri Lanka

July 1: Canada Day is a good time to reflect on the past year, on our history, and on the road ahead. The heart-wrenching discovery of hundreds of unmarked graves around the former Kamloops and Marieval residential schools, and the worrying increase in racist incidents, including the senseless murder of a Muslim family in London (Ontario) only a few weeks ago, have challenged many Canadians to consider what Canada is and should be. These incidents, and the lived reality of many of our compatriots, highlight the work that remains to be done to achieve our goal of an inclusive Canada in which all of its citizens have the opportunity to play an equal part. Indigenous peoples across Canada have faced longstanding discrimination and disadvantage, a part of our history filled with grief and pain that needs to be understood and learned

from. Canada is committed to supporting survivors and their families, including through memorialization, and remains steadfast in its commitment to walking the path of reconciliation together with Indigenous peoples across Canada. Racism and hatred do not belong in any of our communities, and we, collectively, have the power to create a more welcoming and inclusive Canada for the benefit of all.

Canada Day is a celebration of Canada's greatest strength: its people. The vibrant and diverse Canada we know today began with the long history of its indigenous people. Canadians now proudly trace their roots to all over the world. Their diverse stories and experience contribute so much to our country. We continue to welcome migrants – permanent residents, students, refugees – from all over the world, including Sri Lanka and Maldives. I

am proud of the fact that Canada boasts one of the largest Sri Lankan origin diasporas in the world, drawn particularly from the Tamil community, but also with large and dynamic Sinhalese and Sri Lankan Muslim representation as well. These people-to-people links are at the heart of our longstanding ties, which include strong economic, official, and educational links as well.

As I travel around both Sri Lanka and Maldives, I am grateful for the warm welcome and the willingness of so many to share their stories with me. Understanding is so much about listening and being open to ideas that



**Canadian High Commissioner David McKinnon in Sabaragamuwa province, Sri Lanka, Feb 2021**

might challenge our own. Only then can we find our common humanity and look for durable solutions to our challenges. (Via: canadainternational.gc.ca/sri\_lanka/)

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Monsoon Journal extends  
greetings to  
Readers, Advertisers,  
Distribution outlets,  
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**July 1: Canada Day**  
**July 4: US Independence Day**



## International Day of Cooperatives 2021: *Let's rebuild together through cooperatives to ensure an equitable and resilient post COVID-19 global society*

By **Harrish Thirukumar**

"Let's rebuild together." This is the 2021 theme for International Day of Cooperatives that is annually observed on July 3. This first Saturday in July and beyond will be an opportunity for cooperatives to demonstrate how they are meeting the COVID-19 pandemic crisis with solidarity and resilience. It will also offer communities a people-centred and environmentally just recovery. The campaign is known as #CoopsDay. A cooperative is defined as a business setup that is owned and operated by all those who work for it. In the fields of health, agriculture, production, retail, finance, housing, employment, education, social services and many other spheres where cooperatives are found, the more than one billion cooperative members worldwide continue to prove that no one needs to face a crisis like the pandemic on their own.

#CoopDay will be the occasion to spread the word about how a human-centred business model, sustained by the cooperative values of self-help and solidarity and the ethical values of social responsibility and concern for community, can reduce inequality, create shared prosperity and respond to the immediate impacts of COVID-19.

Co-operatives have been acknowledged as associations and enterprises through which citizens can effectively improve their lives while contributing to the economic, social, cultural, and political advancement of their community and nation. The co-operative movement has been also recognized as a distinct and major stakeholder in both national and international affairs. Co-operatives' open membership model affords access to wealth creation and poverty elimination. This results from the co-operative principle of members' economic participation: 'Members contribute equitably to, and

democratically control, the capital of their co-operative.' Because co-operatives are people-centred, not capital-centred, they do not perpetuate, nor accelerate capital concentration and they distribute wealth in a fairer way.

This day of observance has been marked by cooperatives worldwide since 1923. It was officially proclaimed by the United Nations General Assembly on the centenary of the International Cooperative Alliance (ICA) in 1995.

Generally, the aim of #CoopsDay is to increase awareness of cooperatives and promote the movement's ideas of international solidarity, economic efficiency, and equality. The ICA has contributed greatly to bringing awareness around cooperatives across the globe. It represents and serves cooperatives worldwide.

Founded in 1895, it is one of the oldest non-governmental organizations. It is also one of the largest ones measured by the number of people represented: 1 billion cooperative members on the planet. Its mission is to advocate the interests and success of cooperatives, providing a global voice and forum for knowledge, expertise and co-ordinated action.

Through #CoopsDay, local, national and global policymakers, civil society organisations and the public in general can learn about the contribution of cooperatives to a just future for all.

As Ontarians and Canadians, we can celebrate #CoopsDay by getting involved in a 2021 #CoopsDay campaign or share your story on how your involved with a cooperative on [media@ica.coop](mailto:media@ica.coop). More information on ways to get involved in this cause now and beyond can be found at this link: <https://www.ica.coop/en/events/international-day-co-operatives>.

Let's rebuild together through cooperatives to ensure an equitable and resilient post COVID-19 global society.

## Canada Historic Milestones

July 23, 2002

Pope John Paul II opens the week-long World Youth Day celebrations in Toronto, Ontario. The event is one of the largest religious gatherings in Canadian history.

People from all around the world participate in the World Youth Day festivities. Approximately 800,000 will attend the closing mass on July 28.



## In recognizing the humanity of our fellow beings, we pay ourselves the highest tribute

- Justice Thurgood Marshall (July 2, 1908 - January 24, 1993) First African American Supreme Court justice.



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CANADA NEWS



# Premier Ford Reflects on Canada Day

July 01, 2021

## Office of the Premier

TORONTO — Today, Premier Doug Ford issued the following statement to mark Canada Day:

“Every year, Canada Day offers a chance to reflect on our country, its past and the many opportunities that lie ahead.

There is no question that Indigenous peoples have suffered injustices throughout Canada’s history. Recent discoveries of unmarked graves at residential school sites in British Columbia and Saskatchewan are the most recent testaments to a tragedy and represent a devastating loss of Indigenous life and culture.

So today, as we each mark Canada Day, I ask that we all take time to remember these children, mourn their loss and acknowledge the impacts of the terrible legacy of residential schools that continue today. I stand shoulder-to-shoulder with First Nations, Métis and Inuit communities to work toward a better future.

After all Ontarians have sacrificed so much during the COVID-19 pandemic, this Canada Day is also an opportunity to give thanks to our countless health care heroes and celebrate brighter days ahead. It is because of the tremendous efforts of Team Ontario, including every Ontarian who’s rolled up their sleeve to receive their vaccine, that we’re able start returning to the many things we’ve missed so dearly. To each and every one of you, I want to say a tremendous thank you. Together, we will emerge from this crisis stronger and more united as a province and country than ever.



From my family to you and yours, happy Canada Day.”

Via news.ontario.ca

# Ontario Breaks Ground on First of Four Priority Subway Projects

June 23, 2021

## Office of the Premier

Scarborough Subway Extension will bring fast and convenient service from Kennedy Station to Sheppard Avenue and McCowan Road TORONTO — The Ontario government has officially broken ground on the future three-stop Scarborough Subway Extension, marking the start of construction on the largest subway expansion in Canadian history. The new subway extension will deliver better, faster and more reliable transit that the people of Scarborough need and deserve.

“For far too many decades, the people of Scarborough have waited for better transit. Today, our government is getting shovels in the ground and delivering on our election promise to bring fast, convenient subway service into Scarborough,” said Premier Ford. “This long overdue project will create thousands of jobs, significantly increase ridership capacity and cut down daily travel times for more than a hundred thousand Scarborough commuters.”

In May, the province announced that Strabag was the winning team to design and deliver the tunneling work for the Scarborough Subway Extension. With preparatory work now complete, the experienced Strabag team will build the launch shaft, where the tunnel boring machine will be lowered into the ground to start tunnelling the extension next year.

“Since our government took office, we have prioritized building much-needed transit for the people of Ontario. Our multibillion-dollar priority subway projects for the Greater Toronto Area will not only deliver improved transit but spur economic activity and help support our recovery efforts as the province looks towards a more prosperous and brighter future,” said Caroline Mulroney, Minister of Transportation. “Both the federal and municipal governments have endorsed Premier Ford’s historic subway plan,



and Ontario is now pushing full steam ahead.”

The project is estimated to support as many as 3,000 jobs annually during construction and unlock better access to employment spaces, schools and other key destinations throughout the city for Scarborough residents.

To expedite work on the Scarborough Subway Extension, tunnelling for the 7.8-kilometre extension from Kennedy Station to McCowan Road and Sheppard Avenue will take place first. Advanced tunnelling will be followed by contracts for the balance of the work.

“Our government tabled a very clear plan to deliver better, faster transit for neighbourhoods that have long been neglected. Scarborough was at the top of our list,” said Stan Cho, Associate Minister of Transportation. “This ground-breaking is about our government’s unwavering commitment to get critical transit built faster to make life easier and more affordable for Ontarians.”

In April 2019, the province announced its historic new transit vision for the Greater Toronto Area, with a preliminary estimated cost of \$28.5 billion. In addition to the Scarborough Subway Extension, this plan includes the all-new Ontario Line, the Eglinton Crosstown West Extension and the Yonge North Subway Extension.

Last month, the federal government endorsed Premier Ford’s historic transit plan and agreed to pay their 40 per cent share, up to \$10.7 billion, of Ontario’s four nationally significant subway projects.

Via news.ontario.ca

# Record-Breaking ‘pressure-cooker’ heatwave hits Canada, US northwest

29 June 2021: A “pressure-cooker” heatwave that’s broken temperature records twice in 48 hours in the US northwest and western Canada is being mirrored across large parts of the northern hemisphere, the World Meteorological Organization (WMO) said.

“An exceptional and dangerous heatwave is breaking in northwestern United States of America and western Canada; this is obviously a part of the world which is more accustomed to cool weather,” said Clare Nullis, spokesperson for the World Meteorological Organization (WMO).

“Temperatures are likely to reach as high as 45C by day for perhaps five or more days; so that’s a very

long spell, with extremely warm nights in between.”

According to the UN agency, in 2018, vulnerable over-65s faced a record 220 million more “heatwave exposures” than between the 1986 and 2005 average.

Such extreme temperatures pose a major threat to people’s health, agriculture and the environment “because the region is not used to such heat and many people do not have air conditioning”, WMO said in a statement, before welcoming the fact that the authorities had issued a series of early weather warnings to limit the risk to those most vulnerable.

- UN.org

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**CANADA NEWS**

# Ontario Moving to Step Two of Roadmap to Reopen on June 30

## Continuing Improvements in Key Indicators Allowing Province to Ease Additional Public Health Measures

June 24, 2021

### Office of the Premier

TORONTO — With key public health and health care indicators continuing to improve, the province-wide vaccination rate now surpassing the targets outlined in the province's Roadmap to Reopen, and on the recommendation of the the Chief Medical Officer of Health, the Ontario government is moving the province into Step Two of its Roadmap to Reopen at 12:01 a.m. on Wednesday, June 30, 2021.

"Because of the tireless work of our health care heroes, and the record setting success of our vaccine rollout, we are able to move into Step Two ahead of schedule on June 30 with the support of our public health experts" said Premier Doug Ford. "We are proceeding safely with the re-opening of our province and will continue to work around the clock until the job is done."

In order to enter Step Two of the Roadmap, Ontario needed to have vaccinated 70 per cent of adults with one dose and 20 per cent with two doses for at least two weeks, ensuring a strong level of protection against COVID-19. Thanks to the dedicated efforts of Ontario's health care partners, as of June 23, 2021, over 76 per cent of the population in Ontario ages 18 and over have received one dose of a COVID-19 vaccine and over 29 per cent have received their second dose. More than 13.3 million doses of the COVID-19 vaccine have been administered provincewide.

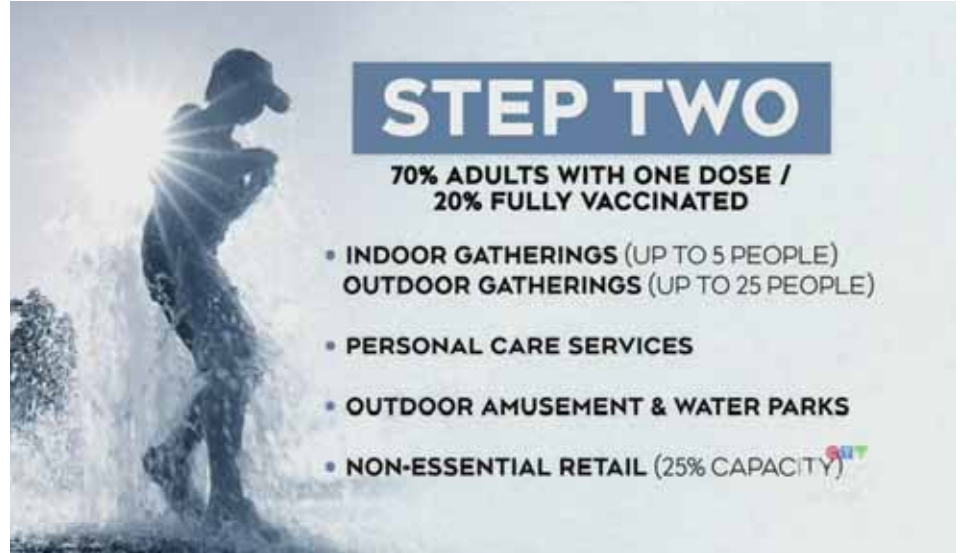
Before entering Step Two, the province also needed to see continued improvement in key public health and health care indicators, including hospitalizations, ICU occupancy and the weekly cases incidence rates. After

entering Step One, during the period of June 11 to 17, 2021, the provincial case rate decreased by 24.6 per cent. As of June 22, the number of patients with COVID-19 in ICUs is 305, including 10 patients from Manitoba, as compared to 450 two weeks ago. The province expects these positive trends to continue over the coming days before entering Step Two.

"Due to a continued improvement in key indicators, Ontario is ready to enter Step Two of our Roadmap, allowing us to safely and gradually ease public health measures while continuing to stop the spread of COVID-19," said Christine Elliott, Deputy Premier and Minister of Health. "Thank you to the Ontarians who rolled up their sleeves to help us reach this exciting milestone. Every dose administered brings us one step closer to the things we've missed, so please sign up to receive the vaccine when it's your turn."

Step Two of the Roadmap focuses on the resumption of more outdoor activities and limited indoor services with small numbers of people where face coverings are worn, with other restrictions in place. This includes, but is not limited to:

- Outdoor social gatherings and organized public events with up to 25 people;
- Indoor social gatherings and organized public events with up to 5 people;
- Essential and other select retail permitted at 50 per cent capacity;
- Non-essential retail permitted at 25 per cent capacity;
- Personal care services where face coverings can be worn at all times, and at 25 per cent capacity and other restrictions;
- Outdoor dining with up to 6 people per table, with exceptions for larger



households and other restrictions;

- Indoor religious services, rites, or ceremonies, including wedding services and funeral services permitted at up to 25 per cent capacity of the particular room;
- Outdoor fitness classes limited to the number of people who can maintain 3 metres of physical distance;
- Outdoor sports without contact or modified to avoid contact, with no specified limit on number of people or teams participating, with restrictions;
- Overnight camps for children operating in a manner consistent with the safety guidelines produced by the Office of the Chief Medical Officer of Health;
- Outdoor sport facilities with spectators permitted at 25 per cent capacity;
- Outdoor concert venues, theatres and cinemas, with spectators permitted at 25 per cent capacity;
- Outdoor horse racing and motor speedways, with spectators permitted at 25 per cent capacity;
- Outdoor fairs, rural exhibitions, festivals, permitted at 25 per cent capacity and with other restrictions.

Please view the regulation for the full list of public health and workplace safety measures that need to be followed.

While the province has surpassed Step Three vaccination targets, Ontario may remain in Step Two for a period of approximately 21 days to allow the most recent vaccinations to reach their full effectiveness and to evaluate any impacts of moving to Step Two on key public health and health care indicators. When it is determined to be safe, the province will promptly move to Step Three of the Roadmap to Reopen.

"Due to the continued commitment of Ontarians adhering to public health measures and going out to get vaccinated, we have seen our key health indicators continue to improve across the province," said Dr. David Williams, Chief Medical Officer of Health. "While we can now begin preparing to ease public health measures under the Roadmap, the fight against COVID-19 is not over and we must continue adhering to the public health advice and measures currently in place to maintain this great progress."

Via [news.ontario.ca](https://news.ontario.ca)

## Statement by the Prime Minister on Canada Day

July 1, 2021

Ottawa, Ontario

The Prime Minister, Justin Trudeau, today issued the following statement on Canada Day:

"Today, we celebrate our country and everyone who calls it home. We also reflect on everything we have accomplished, and look forward to what more we have to do.

"The pandemic has changed our daily lives, taught us hard lessons, and kept us apart. But through this challenge and crisis, Canadians were there for each other. We all – young and old – made personal sacrifices to help keep our communities safe and healthy. We put signs in our windows and banged pots and pans for our front-line health care workers. We ordered takeout and shopped at our local small businesses. And once vaccines became available, we got our shots as soon as possible, so our com-

munities could return to normal.

"Hope, hard work, kindness, resilience, and respect. These are the values that Canadians have shown in the face of the pandemic, and today we should celebrate those values and what we've overcome. But while we acknowledge our successes, we must also recognize that, for some, Canada Day is not yet a day of celebration.

"The horrific findings of the remains of hundreds of children at the sites of former residential schools in British Columbia and Saskatchewan have rightfully pressed us to reflect on our country's historical failures, and the injustices that still exist for Indigenous peoples and many others in Canada. We as Canadians must be honest with ourselves about our past. And we must recognize that here in Canada there are still people who don't feel safe walking the streets of their communities, who still don't

have the same opportunities as others, and who still face discrimination or systemic racism in their daily lives.

"While we can't change the past, we must be resolute in confronting these truths in order to chart a new and better path forward. Together, we have a long way to go to make things right with Indigenous peoples. But if we all pledge to do the work – and if we lead with those core values of hard work, kindness, resilience, and respect – we can achieve reconciliation and build a better Canada for everyone.

"What makes Canada special is not the belief that this is the best country in the world, but the knowledge that we could be. And whether it's finishing the fight against COVID-19, tackling the climate crisis, or walking the path of reconciliation, I know there is no challenge too great, if we

face it together. Because the progress we've made as a country didn't happen by accident, and it won't continue without effort.

"This Canada Day, let's recommit to learning from and listening to each other so we can break down the barriers that divide us, rectify the injustices of our past, and build a more fair and equitable society for everyone. Together, we will roll up our sleeves and do the hard work that is necessary to build a better Canada.

"From my family to yours, happy Canada Day."

Via [pm.gc.ca](https://pm.gc.ca)





# Prime Minister's remarks updating Canadians on border measures, COVID-19 vaccines, and firearms

June 22, 2021

Ottawa, Ontario

Good morning, everyone. Welcome back to Rideau Cottage. You don't need to be alarmed, we're here because I need to be in lockdown, not because you necessarily need to be.

Today I want to talk to you about our plan to safely adjust our border measures, and what we're continuing to do to support and protect people across the country.

Let's start with the border.

Yesterday, we shared the first phase of our plan to safely ease our border measures for Canadians who are fully vaccinated.

To be considered fully vaccinated for travel, you must have received a full series of a vaccine, or a combination of two vaccines, at least 14 days before entering the country. And the vaccines you got must be approved in Canada.

As of July 5, Canadian travellers who have submitted proof of full vaccination will no longer have to quarantine at a hotel or at home.

They also won't have to take a Day 8 test, but they will still need to complete mandatory testing both pre-arrival and once in the country.

Let me be clear.

This is the first step of what will be a gradual, careful plan to safely reopen to travel.

The pandemic is not over. There's still variants circulating around the world so there's a number of important measures that need to stay in place for now.

For travellers who are partially vaccinated, the measures that are currently in place do not change.

And the travel restrictions for people from other countries are still in place.

I know many people are eager to travel, but reopening has to be done right and it has to be done carefully.

More and more Canadians are fully vaccinated and things will, slowly, become more normal.

One of the reasons we can start easing our border measures is because



more and more Canadians are vaccinated every day.

Over 75 per cent of eligible Canadians have now received at least one shot and over 21 per cent are fully vaccinated. We will have received a total of more than 50 million doses by the end of June and a total of over 68 million doses by the end of July.

On the topic of vaccines, I would like to acknowledge another piece of good news that was announced by Minister Champagne this morning.

The construction of the new Biologics Manufacturing Centre in Montréal is now complete, ahead of schedule.

This is an important step in rebuilding our vaccine production capacity here in Canada.

Whether it's to produce vaccines for COVID 19 – as needed – in the coming years, or to respond to another virus, we are making sure that we are better prepared for the future.

While we are working hard to protect Canadians now and in the future, we are also continuing our efforts to rebuild a Canada that is fairer for everyone, including persons with disabilities.

We know that people living with a disability are more likely to live below the poverty line, and the pandemic has made the situation even harder. Many people have lost their jobs.

So, if you are a person with a disability and you are having financial difficulties, know that we are continuing to take action to better support you.

This morning, Minister Qualtrough took an important step forward in creating a new Canada Disability Benefit.

This Benefit would supplement, not replace, existing supports.

The goal is to lift hundreds of thousands of people living with a disability out of poverty.

Yesterday marked the second anniversary of our government's ground-breaking Accessible Canada Act.

And today we're moving forward to deliver on the first-ever Disability Inclusion Action Plan.

This plan will reduce poverty, help more people with disabilities get quality jobs, and make sure everyone can access federal programs and services.

Of course, provinces and territories play a lead role in providing supports and services to Canadians with disabilities.

Which is why we're going to be continuing to work with them as partners.

I want to thank Carla for all of her outstanding work on this important file.

Together, we will continue to make sure that no one gets left behind as we rebuild from this pandemic.

Building a better Canada also means building a safer Canada – safe from COVID-19, but also safe from gun violence.

Today, Minister Blair will announce additional common sense measures that will help fight gun violence in Canada.

As of July 7, when someone applies for a firearms licence, the background check will cover their whole life instead of just the past five years.

We also strengthened oversight of how firearms are transported.

Other regulations tabled in Parliament yesterday make it a legal requirement for retailers to properly verify a buyer's licence before making a sale, and to retain inventory and sales records for all firearms, including non-restricted ones.

This is the best practice for most

reputable retailers, and it will help investigators trace firearms used in crimes.

These new measures are just one part of our plan to protect communities and Canadians.

Last year, we banned assault weapons.

We're also fighting the illegal gun market by giving more tools to police and border officers.

And we continue to fund gang-prevention programs, with a focus on community-led initiatives.

In the last few days alone, we've seen heartbreaking gun violence in some of our cities.

No child should be caught in crossfire.

No community should be torn apart by tragedy. It has to stop.

In 2019, for example, firearms were used in 40 per cent of murders in Canada.

We know that the presence of firearms in the home can increase the risk of femicide and suicide.

The new measures proposed this week, which include expanding background checks to cover a person's whole life rather than the past five years, will help save lives.

And for our government, your safety is the most important thing.

Before wrapping up, I would like to talk about the session of Parliament that ends this week.

We have important bills to pass.

Yesterday, the House passed the bill to support our artists and require web giants to pay their fair share.

But there is still more to do to protect the environment and be carbon neutral by 2050, to defend LGBTQ2 communities by banning conversion therapy, and to support families and SMEs.

These are priorities for Canadians.

These are progressive Bills that will make a real difference in the lives of Canadians.

Thank you.

**Via pm.gc.ca**

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## WORLD NEWS

# India Looks to Enhance Military Capabilities in Space

By Anjana Pasricha

June 27, 2021 04:53 PM

NEW DELHI - Driven by national security concerns and the emergence of China as a significant threat, India is looking to expand its military capabilities in space, according to analysts.

“Geopolitics is the primary driver for India to focus on the military aspects of its space program,” said Rajeswari Pillai Rajagopalan, director of the Center for Security, Strategy and Technology at the Observer Research Institute in New Delhi.

in the event there is weaponization of space in future.”

In 2019, India established the Space Defense Agency to develop the country's space strategy. According to domestic media reports, India is developing sensors and satellites along with ground stations to aid defense forces with space assets.

“This is being done because 24 by seven if you have to monitor an area to analyze developments more closely, you need many more satellites,” according to Lele.

The current key focus, analysts said,



FILE - A model of an anti-satellite weapon from Defense Research and Developing Organization rolls out during Republic Day parade in New Delhi, India, Jan. 26, 2020.

“It has to respond to the growing capabilities in space of China, with which time and again border disputes have flared. India has recognized that if it does not step up, it will lose out on using space assets for military purposes,” he told VOA.

An Indian anti-satellite weapon test conducted two years ago to demonstrate that it could shoot down satellites in space was the country's first significant step to give a military profile to its space program. With that test, India became the fourth country, after China, Russia, and the United States, to demonstrate anti-satellite capability.

India's anti-satellite test came 12 years after China conducted one in 2007. While for years India's space program focused on civilian space applications and space exploration, China's demonstration of its capacity to bring down satellites became a “wake-up” call for the country about the kind of space security threats that it will need to address, say analysts.

“It was essentially a deterrence mechanism, a message to the adversary that we have developed counter space capabilities,” said Ajay Lele, senior fellow at the Manohar Parrikar Institute of Defense Studies and Analyses in New Delhi. “India is in a peculiar situation. Two adversaries on its border are nuclear weapon states. And as one of them, China, has developed significant counter space capabilities, so India too wants to be prepared

is on enhancing surveillance capabilities of sensitive areas from space assets from a military perspective.

India's concerns center both on its Himalayan borders with China, where disputed borders between the two have sparked military tensions, and on the Indian Ocean region, where China has been increasing its influence.

Last year, New Delhi and Beijing were involved in a months-long military standoff sparked by Indian accusations that Chinese troops had encroached into its territory in a remote mountain area of Ladakh in the western Himalayas during the winter, when the ice-covered area is largely inaccessible. New Delhi analysts had questioned why India could not detect the alleged Chinese incursions earlier through satellite imagery.

It is only in recent years that India got communication and reconnaissance satellites dedicated to the armed forces – the first one went to the navy which has to guard a long coastline.

“Demand is only growing,” Pillai said, “But India's space agency's ability to keep up with this demand is an issue.”

There are demands to enhance space assets for the military, particularly as China develops more sophisticated counter space technologies such as cyber warfare.

“India has a very basic satellite program. Also, in terms of numbers, it has very few satellites compared to countries like China and the United

# Sri Lankan author Kanya D'Almeida has won the 2021 Commonwealth Short Story Prize



Kanya D'Almeida

The Commonwealth Foundation announced D'Almeida's win in an online award ceremony on 30 June which featured readings from Zambian author Mubanga Kalimamukwento, Sri Lankan actress Ranmali Mirchandani, British actress Lyndsey Marshal, Jamaican author Kei Miller and Australian actress Francesca Savige.

D'Almeida, from Colombo, Sri Lanka, was named the winner by British-Jamaican actress Dona Croll who presented the online ceremony. D'Almeida is the first Sri Lankan to win the overall prize and the second to win for the Asia region.

The 2021 prize was judged by an international panel of writers, each representing one of the five regions of the Commonwealth, and chaired by South African writer Zoë Wicomb. The other panellists are Nigerian writer A. Igoni Barrett; Bangladeshi writer, translator and editor Khademul Islam; British poet and fiction writer Keith Jarrett; Jamaican environmental activist, award-winning writer and 2012 Caribbean regional winner Diana McCauley; and award-winning author and 2016 Pacific regional winner Tina Makereti from New Zealand.

(Via: CommonwealthWriters.org)



FILE - This photograph provided by the Indian Army, shows Chinese troops dismantling their bunkers in the Pangong Tso region, in Ladakh along the India-China border, Feb. 15, 2021.

States,” according to Manoj Joshi, a distinguished fellow at the Observer Research Foundation.

“So in an environment where satellites can be disabled or neutralized, the military would want to have the ability to rapidly replace them,” he said.

However, India's defense-related space capabilities are still nascent because of budget limitations.

“India is constrained for resources.

Its defense budget has been declining compared to gross domestic product in recent years,” Joshi said.

“So India is a tiny player compared to countries like China, the United States and Russia,” he said.

The hit to the economy from the COVID-19 pandemic is expected to make it harder to allocate more resources.

Via voanews.com

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# Modi: 'Threat of COVID-19 Remains'

By VOA News

June 27, 2021 05:39 AM

"The threat of COVID-19 remains," Indian Prime Minister Narendra Modi said in his monthly broadcast Sunday, "and we have to focus on vaccination, as well as follow COVID-19 protocols."

Modi encouraged Indians to get vaccinated and give up any vaccine hesitancy. He urged them to trust science and scientists in the battle against the coronavirus that has overwhelmed India.

On Sunday, India's health ministry reported more than 50,000 new COVID-19 cases and more than 1,200 deaths.

According to the Johns Hopkins Coronavirus Resource Center, India is second only to the U.S. in the number of coronavirus cases, but health officials have warned that India's case numbers are likely significantly undercounted.

Johns Hopkins said Sunday that the U.S. has 33.6 million infections, while India has 30.2 million. Brazil follows with 18.3 million cases. The global count for cases is 180.8 million.

The delta variant of the coronavirus is sending Australia, New Zealand and Bangladesh into some form of lock-

down, along with parts of Portugal. Even Israel, where more than half of the population is vaccinated, is reimposing a mask mandate in enclosed public places.

The variant, which was first discovered in India, has been identified in at least 85 countries and "is the most transmissible of the variants identified so far ... and is spreading rapidly among unvaccinated populations," World Health Organization Director-General Tedros Adhanom Ghebreyesus said Friday.

Sydney, Australia's biggest city, on Saturday began a two-week lockdown because of the growing number of cases of COVID-19, the disease caused by the coronavirus.

The delta variant is to blame for the first lockdown in Sydney since December. Stay-at-home orders will also apply to other areas in New South Wales, Australia's most populous state.

New Zealand, because of the Australian outbreaks, is suspending quarantine-free travel between the two neighbors for three days. On Monday, Bangladesh will enter a national lockdown for a week, with people allowed to leave their homes only for medical



A health worker administers a dose of the Covishield vaccine for COVID-19 at Railway hospital in Prayagraj, India, June 26, 2021

reasons.

The delta variant is also behind a surge in cases in Russia. On Saturday, St. Petersburg, which will host the quarter-final of the Euro 2020 matches Friday, announced 107 COVID-19 deaths, a daily record for the city since the pandemic began.

The variant is also prompting alarm across Africa, where cases rose 25% in a week.

"We are in the exponential phase of the pandemic with the numbers just growing very, very, extremely fast," vi-

rologist Tulio de Oliveira said, according to Reuters.

Meanwhile, health officials say the delta variant of the coronavirus has its own variant, called delta plus. It has emerged in almost a dozen countries, including India, the United States, and the U.K. Authorities fear delta plus may be more contagious than the delta variant. Scientists are just beginning to study the new strain.

Reuters and Agence France-Presse contributed to this report.

Via voanews.com

## Sri Lanka reverts to foreign currency swap with RBI



Colombo, Jun 11 Sri Lanka on Friday said that its Central Bank will return to a USD 400 million foreign currency swap with the Reserve Bank of India as part of measures to boost the country's foreign reserves hit by the COVID-19 pandemic.

Central Bank Governor W D Lakshman said the country can draw down on the USD 400 million foreign exchange swap with the RBI in August 2021.

Sri Lanka originally signed the swap deal available to SAARC countries in 2020 and repaid it in February 2021 after rolling it over once.

On February 1, the Sri Lankan Central Bank settled the USD 400 million currency swap facility from the RBI.

Central Bank Governor Lakshman said the same swap could be obtained after August.

The Sri Lanka-RBI swap deal came under the facilities available to SAARC countries in 2020. A few

weeks back, Sri Lanka entered a 200 million dollar swap with the Bangladesh central bank.

Sri Lanka has to pay a billion US dollar sovereign bond in July 2021. Sri Lanka had 4.4 billion US dollars of reserves in April 2021.

COVID-19 struck Sri Lanka in March 2020, putting its foreign reserves under strain since, as tourism, worker remittances and exports were badly hit.

The SAARC currency swap framework came into operation on November 15, 2012, to provide a backstop line of funding for short term foreign exchange liquidity requirements or short-term balance of payments stress till longer term arrangements are made.

The facility is available to all SAARC member countries, subject to their signing the bilateral swap agreements.

- PTI

## New Order issued under Foreign Exchange Act to Preserve the Foreign Exchange Position of Sri Lanka



July 4:

With a view to assist and maintain the financial system stability by minimizing the pressure on the exchange rate and preserving the foreign currency reserve position of the country, the Hon. Minister of Finance with the recommendation of the Monetary Board of the Central Bank of Sri Lanka and the approval of the Cabinet of

Ministers has issued an Order under Section 22 of the Foreign Exchange Act, No.12 of 2017, published in the Extraordinary Gazette Notifications No. 2234/49 dated 2 July, 2021.

Accordingly following suspensions/restrictions on outward remittances will be effective for six (06) months commencing from 2 July 2021.

- news.lk

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## WORLD NEWS

# Modi Holds Out Prospect of Elections in Kashmir

By Anjana Pasricha

June 25, 2021 08:39 AM

NEW DELHI - Indian Prime Minister Narendra Modi Thursday offered the possibility of elections in Indian Kashmir, nearly two years after scrapping the region's semi-autonomous status.

The actual prospect of elections came after a meeting between Modi and pro-India Kashmiri political leaders. Modi said his government was committed to local elections there.

The meeting was the first outreach by New Delhi to Indian Kashmir since the restive Himalayan region was split into two federal territories. The controversial move had been deeply unpopular and deepened alienation in India's only majority Muslim region, which has been under federal rule for about three years.

Modi said in a tweet after the meeting that, "Our priority is to strengthen grassroots democracy in J&K," referring to Jammu and Kashmir, one of the two regions.

"Delimitation," he said, referring to redrawing parliamentary and assembly constituencies so the number of voters in each constituency are roughly the same, must "happen at a quick pace so that polls can happen and J&K gets an elected Government that gives strength to J&K's development trajectory."

Delimitation would be a first step toward eventually holding local polls.

Calling the meeting "an important step in the ongoing efforts towards a developed and progressive J&K," Modi tweeted that he had told the leaders of Jammu and Kashmir "that it is the people, specially the youth who have to provide political leadership to J&K, and ensure their aspirations are duly fulfilled."

Among the 14 Kashmiri politicians present at Thursday's meeting were leaders from local parties who have ruled the territory for decades. Many of them had spent months in detention after the abrupt move to scrap the territory's special status.

Their demands included reversing changes that were made to the territory's status, conducting elections to restore democracy and releasing all political detainees, according to Congress Party leader, Ghulam Nabi Azad



An Indian paramilitary soldier patrols past a hoarding of Indian Prime Minister Narendra Modi in Srinagar, Indian controlled Kashmir, June 24, 2021



This photograph provided by the Prime Minister's Office shows Indian Prime Minister Narendra Modi, right, greeting members of various political parties before the start of their meeting in New Delhi, June 24, 2021

who was present at the meeting.

Thousands of teachers, activists and students were among those arrested in August 2019 and a communication blackout and internet shutdown was imposed for months. The crackdown was meant to tighten New Delhi's grip and prevent a backlash against the move in a region where anti-India slogans were frequently heard at street protests.

"We told the prime minister that we don't stand with what was done on 5 August 2019," Omar Abdullah, a former chief minister of the state who attended the meeting, told local television channels NDTV. "But we will fight this in courts."

The government said scrapping Kashmir's autonomy was necessary to spur development in the region and end a three-decade armed rebellion by Muslim separatist groups that has killed thousands.

But there has been mounting criticism that New Delhi's dramatic move has not brought any real political change in the region.

On the other hand, there is growing resentment at new laws often drafted by government officials who now administer the region, which is under direct federal rule.

In Kashmir, political analysts welcomed the outreach by New Delhi to local politicians but cautioned that "we will have to wait and watch" and pointed out that the "trust deficit" between ordinary Kashmiris had deep-

ened since the revocation of its special status.

"The start of a process of dialogue is a good first step because it marks a change from the negative and intolerant rhetoric that was heard from New Delhi since Kashmir's status was changed," according to Noor Ahmad Baba, former political science professor at Kashmir University in Srinagar. "It is always helpful to change the atmosphere but the process must move forward and not stop there."

However, he said there is a lot of skepticism among ordinary people who fear that the identity of Kashmiris is under threat from a slew of new laws that remove decadeslong protections for the local population on land ownership and jobs.

Indian Kashmir has been wracked with a violent conflict led by Islamic separatist groups since 1989. India controls roughly two-thirds of Kashmir and Pakistan the rest. Both claim the entire region.

Via voanews.com



FILE - Kashmiris shout freedom slogans during a protest against New Delhi's tightened grip on the disputed region, on the outskirts of Srinagar, Indian-controlled Kashmir, Aug. 23, 2019.

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*Phyllis Diller*



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# SPECIAL FEATURE

## CANADIAN TAMIL COMMUNITY DONATES \$ 275,000 IN ONE DAY FOR SHN HOSPITALS

Contd. from page 1...

The large donation contributed by the Tamil community is a token of appreciation for the SHN for providing excellent health services to members of the community through the hospitals run by SHN.

Centres were set-up in different parts of Scarborough and Markham to facilitate donors to drop off their donations. Large crowds gathered at these centres throughout the day to hand over their contributions to help the SHN Hospitals to improve their health services to the public.

Several volunteers were seen helping the organizers to accept the donations the whole day. East FM 102.7 Radio service conducted an entertaining programme through their commentators to promote the funding.

Several business houses sponsored the Radiothon program conducted throughout the day. The Canadian Tamils' Chamber of Commerce (CTCC) was the presenting Sponsor for the Radiothon programme. Sritharan Thurairajah & Logan Velumailum were the Co-Chairs for the SHNF Tamil Radiothon.

Krishni Narine, Community Development Manager, SHN Foundation thanked the donors, sponsors, speakers, and listeners who made the

inaugural event a huge success and that the SHN Foundation was overwhelmed by the outpouring of support for the Radiothon Programme.

Nada Rajkumar, Chairman of EAST FM 102.7 stated that East FM 102.7 was extremely humbled to have collaborated with SHN Foundation to run the first-ever Tamil Radiothon to raise funds for the Scarborough hospitals and thanked the Tamil community for raising \$275,000 although the original target was \$ 100,000.

The all-day event invited listeners to hear unique stories from SHN patients, physicians, staff, community members and volunteers who inspired the community to help shape the future of health care in Scarborough by showing their support through donations.

"We are overwhelmed and humbled by the outpouring of support from our donors and community. The generosity of our Tamil community for this inaugural event is truly inspiring and these donations enable Scarborough Health Network to provide the highest level of care for our patients and their families, right here in Scarborough", stated Elizabeth Buller, President & CEO, SHN.

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



CTCC Drop off site for Tamil Radiothon (In photo: SanthaPanchalingam, CTCC President, Ken Kirupa, Past President, SinnaduraiJeyakumar, Past President)



Nada Rajkumar, Chairman of EAST FM 102.7 speaks at the event



Nada Rajkumar & Nirosk Kumar from East FM 102.7 at cheque presentation to SHN Foundation



Presenting and Call Centre Sponsor CTCC raised over \$30,000 for the Tamil Radiothon. (In photo: CTCC Board Members)

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# Generous donors helping to boost spirits of staff at Scarborough Health Network and Feed Our Frontlines

Generous donors provided delicious dim sum lunches and cheesecakes to the courageous frontline workers



Scarborough Health Network (SHN) frontline staff received three delicious food donations from generous donors over the past two weeks as a token of appreciation. David Maung, a longtime supporter of SHN and President of Floors@Work, purchased 225 dim sum lunch boxes from Casa deLuz and helped deliver them personally to the frontline health care workers.

“Helping our neighbours is just one way we can give back during such a difficult time,” said David Maung, President of Floors@Work and longtime SHN Foundation donor. “By doing something as simple as providing a hot meal, we can show our brave health care workers how much we appreciate their sacrifices.”

After SHN staff received their dim sum lunches, they were treated to delicious cheesecakes courtesy of Love Me Sweet. To help deliver the 270 cheesecakes to the staff were members of the Toronto Police Service, also showing their appreciation for health care heroes.

“We are so grateful to our community supporters for thinking of our health care workers during these difficult times,” said Linda Tse, Associate

Director of Development at SHN Foundation. “As we continue to fight the COVID-19 pandemic, these tokens of appreciation mean so much to our Scarborough community.”

The dim sum lunches were such a hit with staff, that Sandy Zhang, President of Prime + Care Health Centre hand delivered 300 more dim sum meals from Perfect Chinese Restaurant to staff at all three hospitals.

“During the last year, we know how hard the frontline workers at SHN have been working to keep Scarborough safe,” said Sandy Zhang, President of Prime + Care Health Centre. “We’re honoured to show our gratitude through delicious meals to encourage the staff to keep pushing through.”

Over the last year, SHN has received over 33,200 meals for our frontline staff fighting the pandemic. The continued generosity means Scarborough’s hospitals can continue caring for the community with compassion.

**Words of Thanks from SHN Staff:**  
“The community support to SHN



means so much to me because it shows how much we are loved, and appreciated for the hard work we do as healthcare workers.” – Larissa, Clerical Staff

“There were days when we were so busy, and had no time to even warm up our lunch, and having a hot lunch

delivered to us makes life a bit easier.” – Patricia, Registered Nurse

“The donations have made a huge difference in our life during this challenging time. We can not thank the donors enough for all their support.” – Daina, Secretary





# First-ever Tamil Radiothon raises more than \$275,000 for Scarborough's hospitals

The inaugural event surpassed its fundraising goal to support the highest priority needs at Scarborough Health Network

More than \$275,000 was raised for Scarborough's community hospitals on Wednesday, June 9 as Scarborough Health Network (SHN) Foundation hit the airwaves for the inaugural Tamil Radiothon event. Proudly presented by the Canadian Tamils' Chamber of Commerce (CTCC), the event went live-to-air on EAST FM 102.7. The all-day event invited listeners to hear unique stories from SHN patients, physicians, staff, community members and volunteers who inspired the community to help shape the future of health care in Scarborough by showing their support through donations.

#### Featured speakers included:

- **MP Gary Anandasangaree**, MP for Scarborough-Rouge Park;
- **MPP Vijay Thanigasalam**, MPP for Scarborough Rouge-Park;
- **Yalini Rajakulasingam**, Trustee, Ward 21 from the Toronto District School Board for Scarborough North;
- **Dr. Senthuran Gunaratnam**, Psychiatrist at SHN; and,
- **Dr. Coomasamy Kirupanathan**, OB/GYN at SHN.

Funds raised through this event will support SHN's highest priority needs, including the purchase of urgently needed medical equipment across our three hospitals – Birchmount, Centenary and General – which helps keep SHN's teams and patients safe and healthy. With an initial goal of \$100,000, several community leaders came forward before the event to lend their support, and donations came pouring in throughout the day with online, telephone and in-person donations at pop-up donation centres in Scarborough. Thanks to the incredible generosity of our community, donors, volunteers and sponsors, including presenting sponsor the CTCC, a final fundraising total of over \$275,000 was reached by the event's end – surpassing the original target.

More than 75% of Toronto's Tamil population resides in Scarborough. Members of the SHN team are part of the Tamil community and work specifically to support their unique health care challenges. This includes a dedicated Tamil-speaking mental health therapist who exclusively addresses and supports mental health within the Tamil community and a full-time Tamil interpreter available to help patients and families.



Funds from the Radiothon will support the highest priority needs at SHN and help improve health care in one of Canada's most vibrant and diverse communities. This includes North America's largest nephrology program and regional community-based cardiovascular rehabilitation service and the second-largest community hospital-based mental health and addiction program.

#### QUOTES

##### Elizabeth Buller, President & CEO, SHN

"We are overwhelmed and humbled by the outpouring of support from our donors and community. The generosity of our Tamil community for this inaugural event is truly inspiring and these donations enable Scarborough Health Network to provide the highest level of care for our patients and their families, right here in Scarborough."

##### Nada Rajkumar, Chairman, EAST FM 102.7

"East FM 102.7 is extremely humbled to be able to collaborate with SHN Foundation to run the first-ever Tamil Radiothon to raise funds for our Scarborough hospitals. While we had our initial target set at \$100,000, we received an overwhelming amount of support from the Tamil community across the GTA, which allowed us to raise more than \$275,000 in the span of the 12 hour-Radiothon. East FM 102.7 (CJRK- FM) is proud to be the most popular multicultural radio station in the Eastern Greater Toronto region, especially among the Tamil community. We would like to thank all of our listeners, contributors, sponsors, and volunteers."

##### Alicia Vandermeer, President & CEO, SHN Foundation

"Our Scarborough hospitals face a huge gap between the exceptional quality of care we provide and the outdated facilities in which our teams provide that care. We are extremely grateful to our Tamil community and partners who helped make the first-ever Tamil Radiothon a tremendous success. These funds will not only support our frontline workers as they continue to fight COVID-19, but will help give our talented health care teams the tools and equipment they need to continue caring for Scarborough into the future."

##### Sritharan Thurairajah & Logan Velumailum, Co-Chairs, SHNF Tamil Radiothon

"We are honoured to support the inaugural Tamil Radiothon as co-chairs. We have always believed in the true potential from the Tamil community and this event has displayed the community spirit. We are already looking forward to next year's plans and supporting healthcare in Scarborough."

##### Krishni Narine, Community Development Manager, SHN Foundation

"We were thrilled to organize an event for the Tamil community to create awareness and educate the listeners on programs and stories from the incredible work from SHN. We are extremely grateful to the donors, sponsors, speakers and listeners who made the inaugural event a huge success and are overwhelmed by the outpouring of support."

## Local Scarborough McDonald's restaurants stepping up to Feed the Frontlines with \$35,000 pledge to Scarborough Health Network

Starting on June 1st, a portion of proceeds from every coffee sold in Scarborough McDonald's will go directly toward purchasing meals for our frontline health care workers.

23 local McDonald's restaurants in Scarborough are stepping up to Feed the Frontlines during the intense third wave of COVID-19. Beginning on June 1, 2021 and for a limited time only, a portion of the proceeds from every coffee purchased will go toward providing hot meals to Scarborough Health Network (SHN) frontline health care workers at the Birchmount, Centenary and General hospitals.

The Scarborough community has rallied behind SHN's frontline workers since the beginning of the pandemic, and now local Scarborough McDonald's restaurants have also stepped up.

#### Quotes:

"It's an honour to be able to show our appreciation for the SHN frontline healthcare workers after everything they have done for the community during the COVID-19 pandemic," says Dale Bartlett, McDonald's Canada owner-operator in Scarborough. "I am proud

to have my restaurants be among 23 McDonald's locations taking part in this important initiative."

"Since the start of the COVID-19 pandemic, Scarborough Health Network has been on the frontlines handling some of the highest number of cases in Ontario," says Elizabeth Buller, President and CEO of SHN. "Our courageous staff and physicians have been working tirelessly to protect our community, and we are tremendously grateful for our local

Scarborough McDonald's commitment to supporting our community. All funds raised through this initiative will provide meals for our most embattled frontline workers, and help them stay strong as we battle the third wave of the pandemic."

"During the pandemic, SHN has seen an outpouring

of support from our Scarborough community and beyond," says Ryan Baillie, Vice President, Community Development at SHN Foundation. "We are so thankful to our local McDonald's restaurants for spearheading the Feed the Frontlines campaign and supporting our health care workers. Our local McDonald's have been longstanding partners of SHN Foundation, and this latest initiative shows their commitment to supporting our community hospitals."

#### Facts:

- The Feed the Frontlines Campaign will begin on June 1, 2021 in 23 Scarborough McDonald's restaurants
- 23 local McDonald's restaurants have generously committed \$35,000 to the Feed the Frontlines Campaign to support Scarborough's courageous frontline health care workers
- For a limited time only, a portion of the proceeds from every coffee purchased will support the campaign, beginning June 1, 2021.
- 100% of the proceeds will go directly to providing







# HEALTH & WELLNESS



## Winners Announcement **Announcing the Scarborough Hero Award Winners!** Impacting thousands in our community, winners exemplify service and support.

In a global emergency, not all heroes wear capes. Some wear scrubs and layers of personal protective equipment (PPE). Some give hours each week to get meals to families in need. Some bring computers to kids who need them for online learning. Some keep the public greenspaces we cherish safe and clean. Still, others donate their time and money to source face masks and PPE for people who otherwise would be unprotected.

These are the acts of everyday heroes who have gone above and beyond to serve and support the Scarborough community during the COVID-19 pandemic. And these are the winners of the Scarborough Hero Awards:

- **Seema David** – Community Action and Service Hero Award
- **Theresa Pastore** – Education Hero Award
- **Lucas Denov** – Environmental Hero Award
- **KGO Grassroots Leaders** – Good Neighbour Hero Award
- **TAIBU Community Health Centre** – Outstanding Organization Hero Award
- **Emily Power** – Outstanding Youth Leader Hero Award
- **Dr. Hilda Lim** (with loving dedication to Emily Lim) – Health Hero Award
- **Dr. Reena Lovinsky** – Health Hero Award
- **Dr. Abdel Belhaj** – Health Hero Award
- **Dru Ann Skeates** – Health Hero Award
- **Katrina Studeny** – Health Hero Award
- **Dr. Lisa Salamon** – Health Hero Award

“It is an absolute pleasure to recognize and honour each of these individuals and organizations. The commitment they have shown to their neighbours and community is extraordinary and, because of their efforts, thousands of people in Scarborough have been helped and supported throughout the pandemic,” said Dr. Craig Stephenson, President & CEO of Centennial

College, on behalf of the leaders of the Scarborough Anchor Institutions.

More than 250 nominations were submitted by colleagues, family members and friends. Leaders of the Anchor Institutions compiled a shortlist, and winners were selected by a jury of Scarborough City Councillors and community organizations.

“The Scarborough Hero Award recipients prove that we are stronger together. I am honoured to live amongst these outstanding individuals who commit acts of kindness on a daily basis. These heroes set an example for us all and inspire us to support our Scarborough community,” said Andrea Hazell, President of the Scarborough Business Association and a Scarborough Hero Awards jury member.

Fellow jury members Gerard Baribeau, Past President of Scarborough Rotary Club and Denise Bacon, Board Member of the Scarborough Community Renewal Organization (SCRO) agree, “Community is at the heart of a great city. Throughout the past 15 months, the Scarborough Hero Award winners have exemplified what it means to take care of each other, look out for neighbours, and help those who need it most”.

The Scarborough Hero Award recipients will each receive gift cards provided by the Scarborough Town Centre. In addition, they will be granted a special honour from the Toronto Zoo. Each of the winners will have a Blanding’s turtle, a threatened Canadian species, named in their honour to recognize the award they received. Each year, Toronto Zoo and Parks Canada collaborate in a Blanding’s Head Start Conservation Program, where Blanding’s turtles are raised at the Zoo for two years, before being released into the wild in Rouge National Urban Park.

When public health and safety guidelines allow, the Scarborough Hero Award winners will be celebrated at an event at the Toronto Zoo. A community



art installation created by students from Centennial College’s School of Communications, Media, Arts and Design will be unveiled at the event. The installation will serve as a tribute to the heroes and honour the vibrancy and resilience of the Scarborough community. The installation will be open to the public, and hosted by each of the Anchor Institutions over the following months.

“Congratulations to all of the recipients of the Scarborough Hero Awards,” Mayor John Tory said. “All of these winners have been on the frontlines during the pandemic, serving and protecting our residents and

city and are much-deserving of this honour. Throughout the pandemic, residents have come together to support one another - these awards are an opportunity to recognize and celebrate the contributions made by those making a difference in their local community. I want to thank everyone who applied and nominated someone to show support to everyone working hard throughout this pandemic - we are grateful for your commitment and sacrifice to our city.”

*For more information about the awards and the contributions each Scarborough Hero Award winner has made to their community, please visit [www.ScarbTOhero.com](http://www.ScarbTOhero.com).*

## SHN welcomes new chair of the board

We are pleased to introduce Matt Ainley as the new chair of Scarborough Health Network (SHN) Board of Directors. The announcement came following the hospital’s 2021 Annual General Meeting (AGM) held virtually on Thursday evening, June 3.

“We’re excited to welcome Matt as the new chair of the Board of Directors,” says Maureen Adamson, who has completed her four-year term as chair and will be leaving the SHN Board of Directors to pursue new opportunities. “Matt brings to this leadership role, not only familiarity with SHN due to his time on the board, but also has recognized experience in leadership roles,” Adamson adds.

Ainley says, “The board thanks Maureen for her outstanding leadership and contributions to shaping care in Scarborough — guiding SHN as we initially came together as one connected network and more recently as we faced the challenge of a global pandemic.”

Ainley adds, “Maureen has worked hard as board chair to create a culture of accountability, quality and dedication to patient care, and in the effective use of taxpayers’ dollars throughout our network. I’m looking forward to working with the board, the senior leadership team, our physicians, professional leaders and all staff to build on this legacy.”

### About Board Chair Matt Ainley

Matt Ainley has over 40 years of experience in the Canadian construction industry, retiring in 2017 having held senior leadership positions with Bird, Carillion and Vanbots Construction. He began his career as a superintendent and has held positions as a project manager, chief estimator, Executive Vice President and President and Chief Operating Officer. Matt is currently Chair of the General Contractors Alliance of Canada and is a past Chair of the Ontario General Contractors Association (OGCA) in 2006/07. He was the recipient of the 2011 Chairman’s Award of Recognition from the OGCA, which honours individuals

who have made an outstanding contribution to the general contracting industry in Ontario and the 2018 Giffin Award from the Toronto Construction Association, which recognizes leadership and major contributions to the construction industry.

Matt graduated from Centennial College as an Architectural Building Technologist. He completed the Executive Master of Business Administration Program at Queen’s University and the Directors Education Program.

### SHN’s 2021-22 Board of Directors

The AGM, which was open to the public, also saw the addition of three new members to the hospital’s Board of Directors, plus the re-appointment of Gabriel Granatstein, Michele Goddard, Ome Jamal, Lianne Jeffs, Jay Kaufman, Gale Rubenstein, Krishan Suntharalingam, Karen Webb — who has assumed the Vice-Chair role, and Ruth Woods.

SHN recognizes and thanks its outgoing board members Maureen Adamson, Yazdi Bharucha, Graeme McKay and Richard Wong for the dedicated service to the hospital and community.

### New board members

SHN is pleased to introduce the following new Board Members:

#### Al Keil

As Senior Partner and Executive with Lifeworks (formerly Morneau Shepell), Al has extensive experience and expertise advising Board committees in healthcare and financial institutions on risk management, governance, strategy, financial and policy matters regarding pension, investments, and employee benefits.

Al has been a resident of Scarborough for more than 45 years, and also volunteers with the Association of Canadian Pension Management and the Knights of Columbus.



#### Joseph Lo

As Partner, Value Creation – Private Equity with PwC, Joseph is a seasoned board director and business executive. He works with investors and portfolio companies through all stages of the deal lifecycle, applying an operator’s lens to creating long term value. He has led transformative growth, turnaround and value creation initiatives in public and private company contexts as a CEO, an executive and a consultant.

Active in the community, he serves on the boards of the Harvard Business School Club of Toronto and Canadian Club Toronto, and is a member of Young Presidents Organization. Previously he served on the corporate boards of Bell Technical Solutions and Movati Athletic.

#### Abhimanyu Verma

As Partner, KPMG Canada Financial Institutions Audit Practice, Abhi applies his financial, business and governance acumen to his passion for the community. From his role as a coach and mentor for new immigrants through Toronto Region Immigrant Employment council (TRIEC), to his board member positions on Community Microskills and the Toronto Rehab Foundation, Abhi brings learnings from years of experience in corporate board rooms and working on boards of not-for-profit entities, to his role as a director at Scarborough Health Network.

Al, Joseph and Abhimanyu will be joining their re-appointed colleagues, each bringing their own unique professional experience and a desire to make a meaningful contribution to the community. To view the bios of all 2021-2022 Board of Directors, please visit: [www.shn.ca/board-of-directors](http://www.shn.ca/board-of-directors).





## SPECIAL FEATURE

# Inuit leader Mary Simon named as new Governor General of Canada

OTTAWA – Her Excellency Mary Simon is the new Governor General of Canada.

Prime Minister Justin Trudeau made the announcement on July 6th at the Canadian Museum of History.

“Ms. Simon’s career has always been one of breaking down barriers,” Trudeau said during the press conference.

“It is only by reaching out to those around us,

It is only by building bridges between people in the North and South, just like in the East and West, that we can truly move forward.”

Mary Simon was the first Inuk to hold a position of ambassador for Canada, first as ambassador of Circumpolar Affairs and then ambassador to Denmark.

“I can confidently say that my appointment is a history and inspirational moment for Canada and an important step forward on the long path towards reconciliation,” Simon said.

From Nunavik, in northern Quebec, Simon has been an advocate for Inuit rights and culture, and is an Officer of the Order of Canada.



## ENVIRONMENT DAY

June 5

World Environment day 2021 - The Canadian High Commission in Sri Lanka tweeted with pictures saying the day marks a good reminder that we all have a role in protecting our planet. The Tweet said High Commissioner David McKinnon and his “Canada House” team compost garden waste, use zero pesticides/chemicals, use solar lights and practice principles to Reduce, Reuse and Recycle. - via @CanHCSriLanka



## SPECIAL FEATURE

## CHIVAKA CHINTHAMANY

By: Kumar Punithavel

The epic Chivaka Chinthamany was authored by Thiruthakka Thevar. The author is said to be from Chola kingdom, and lived in Madurai where the famous Tamil literary assembly was in. How he went about authoring the epic itself is an interesting episode. While he was chatting with Sanga laurates, they had observed that Jains are great in composing ascetic literature only, and are incapable of composing carnal and fun poetry or prose. It is said Thiruthakka Thevar took up the challenge and composed Chivaka Chinthamany. The epic itself is systematized into 13 cantos (இலம்பகம்), and has 3,145 quatrains, of which 2700 is said to be composed by Thiruthakka Thevar, and the balance by his Guru.

The epic is the forerunner to epics written in virutham paa meter. They do not possess a particular tala (beat) in a single verse but multi beats. There is a folk lore that great Tamil poet Kampar had mentioned "I sniffed a ladle of Chinthamani (சிந்தாமணியில் ஒரு அகப்பை முகர்ந்து கொண்டேன்). Whereas great Canadian Tamil laureate Rev. U. G. Pope has referred to bard Thiruthakka Thevar as the king of Tamil bards, and observed the epic Chinthamany should be kept in par with the Greek classics.

The story begins with how our hero Chivakan's father King Cachanthan and queen Visayamadevi lived a lustful life. The king so busy spending his time in lustful pleasures, could not manage his kingdom, and he handed it over to his minister Kattiyankaran to administer.

While having great time together, one day Vaisayai had a dream, and she mentioned it to her husband Cachanthan and asked him for the explanation of it. She had dreamt a magnificently grown Asoka tree, suddenly withered off, while on its root grew a new shoot which grew lushly. When asked the implication of the dream, he bluffed that it is the law of the world, that as old withers off, the new grows. However, he was greatly disturbed, for he knew by intuition that harm is on its way and he would perish soon, while the child would thrive. By this time Vaisayai had conceived, and was gaining weight losing her youthful beauty.

Cachanthan decided to save his pregnant wife at all cost. He quickly got peacock shaped flying machine made by a great craftsman, and also trained his wife to fly the machine. It is interesting to observe that a Tamil poet have mentioned about a flying machine so long ago before the advent of planes, in his epic. Making his premonition come true, Kattiyankaran surrounded the palace with an army, but King managed to send away the pregnant queen in the flying machine. King Cachanthan, died in the battle that ensued, while the queen escaped and landed in a cemetery all by herself.

In the dusk she delivered a beautiful baby boy. Though she was happy when she heard the voice of the baby, was also scared about the future of the baby. Sambakavally the guardian angel of the cemetery came to the rescue of queen in the form of a hunched old woman and helped her. While queen Visayamadevi was wondering what to do, there came to the cemetery Kanthukadan a wealthy businessman to cremate his stillborn baby. Sambakavally advised Visayamadevi that it was her husband who was killed in the uprising by the minister has born as her baby. She also counselled Visayamadevi to give her child for adoption to the grieving father who of course was very happy to accept the child. The queen with a grieving heart handed her charming baby who had a ring with royal emblem on its finger for adoption.

When Kanthukadan returned home and gave the baby to his grieving wife and lied to her that the baby arose to life before cremation. Wife Suganthai was overjoyed and brought up the baby adoringly, naming him Chivagan. The baby grew up to a handsome young adolescent,

competent in knowledge, valour and in fine arts. Kanthukadan who was aware that the baby had a royal ring, brought him up befitting to be a royal prince. At the appropriate age he got him educated by a Guru, together with other things the norms of a royalty.

From the neighbouring village some hunter clan turned bandits invaded the pastoral clan and stole the herd of cows. The chief of their clan Nanthakoban promised to get back the herd. When he approached the King Kattiyankaran, he refused to get involved saying, he would not risk the life of his men. He argued flock of cows don't worth risking human life and said he did not want to go and fight the bandits.

The chief of the pastoral clan had a beautiful daughter Kovinthal. She was so pretty had many suitors, trying to marry her. But the father informed he will give his daughter to a brave youth only. At this juncture he asked the street announcer (Parai) to inform that he will not only give his only daughter to the brave man who gets the herd back, but also give two thousand cows and seven golden images too as dowry.

But when the news reached the suitors, they murmured not only Kovinthal, but even if an angel is given in marriage, it does not worth the risk of fighting with the rough bandit clan and losing their lives.

The news reached Chivagan, who felt sorry for the herdsmen. He took up to him to go and fight the bandits and got the herd back to their rightful owners. After brave fight, he not only got the herd back, but out of compassion spared their lives, for he had no issue with them.

When the news came to the pastoral clan chief, he was doubly joyed. First, he had got his herd back, but also found a suitable partner to his beautiful daughter Kovinthal. The chief Nanthakoban approached Chivagan and offered his daughter with a fat dowry. Chivagan declined the offer, saying he had no interest in his daughter. To convince Chivagan, the chief went on praising the beauty of his daughter, and a quatrain goes as follows:

**She's soft and smooth like butter to feel, her words sweet like milk,**

**She's got figure like melted butter soft smooth and nice to embrace**

**She's one with beautiful with breast, glorious eyes like jungle flower,**

**She's to be loved and adorned.**

வெண்ணெய்போல் றூறியியள், மேம்பால் போல் திஞ்சொல்லள்

உண்ண உருக்கிய ஆனெய்போல் மேனியள்

வண்ண வனமுலை மாதர் மடநேர்க்கி

கண்ணும் கருவளம்பூ திரண்டே கண்டாய்.

One could observe being from the pastoral clan he tends to use butter and milk as comparison. However, our hero refused the offer, but suggested to get her married to his friend Pathumugan, who had already met the girl, and the couple liked each other. He got them married.

In the township where Chivagan lived with his parents who had a large business, there lived Seethathan, another great business man who had trades around the world. During those times Tamils did trades with many countries. He had no child, and on his return after a business trip, he came back with an adopted daughter, Kantharuvathathai.



She was extremely pretty, and also a very talented musician in Yazl the string instrument favoured by Tamils. There were many young men from neighbouring countries competed to marry her. But she wanted to marry some one greater than her in music. At last, the two business leaders got together and had a competition to select a suitable person to take her hand. Chivagan takes up the challenge and goes on to marry her.

In the epic, Chivagan wins the hands of eight damsels by his exploits and invincible personal charms. Because he got married eight times and on top of it, he also got his friend married to one woman he won due to his exploit, the epic has been referred to as nuptial epic (மணநூல்). Probably to avoid the slur that a Jain ascetic has written a very carnal epic, the bard had ended the epic making Chivagan renounce the worldly pleasures.

After regaining his father's kingdom and rules justly and wisely enjoying pleasures of carnal life to the fullest for 30 years, only to renounce the world altogether in true Jain tradition, and goes to do penance according to the teachings of the preceptors of the Jain religion.

Characteristic of Jains tradition, let me add a simple verse from the epic as sample for you to know about the attitude of Jains about renouncing. While Hindu ascetics tend not to crop the hair and also traveled long ways to bath in holy rivers like Ganges, the Janis tend to shave or pluck their hair and of course both wore saffron clothes as a mark of renunciation. In this quatrain the bard teases that if having matted locks of hair and dipping in holy river could bring beatitude, then even a wild jungle bear would achieve the sainthood.

**Beatitude to achieve by having matted locks and, Bathe pure in holy water is the required norm, Bear in the jungle too should achieve salvation, Purify the inner soul and not the exterior.**

நீட்டிய சடையமாகி நீர்மூழ்கி நிலத்தில் சேர்ந்து வாட்டிய உடம்பின் யாங்கள் வரகதி விளைத்தும் என்னிற் காட்டிடை கரடி போகிக் கயம் மூழ்கிக் காட்டின் நின்று வீட்டினை விளைக்க வேண்டும் வெளிற்றூரை விடுமின் என்றான்

The ancient Tamil literature is a treasure trove of many epics and short poems to read and enjoy during the pandemic.



# Are you paying attention

## PremRawat:

All stories begin with “Once upon a time.” The story that I really want to tell you also begins like this, but there is a small difference—and the difference is, “Once upon this time there lives you.”

## Onscreen:

Once upon this time there lives You.  
ONE 2 ONE  
WITH PREM RAWAT  
NO. 19

## PremRawat:

Hello, everyone; PremRawat here. And I'd like to talk to you about a very simple thing. You know, in this life, things are happening. And indeed, sometimes it is every second, something is happening; something is happening; something is happening, and there we are, trying to make sense out of it: “What does that mean; what does that mean; what does that mean?”

Last night I was thinking that there is this long tube—and it's a clear tube; it's like a glass tube—it's long. And in this tube, there are these marbles, randomly,

that come. You don't know when it's going to happen; it's, they just come. And you're at the edge of this tube and you have a glass. And hopefully, it's an empty glass. This is how you begin.

And these marbles come—and they are two colors. There is a clear marble—and then there is a blue marble. And that blue marble comes and your job is not to take on the

blue marble. The clear marbles are beautiful marbles, beautiful moments. “Blue” represents all that pain and suffering and whatever you go through!

And so, you don't know—you hear the noise; okay, here comes the marble and you get your glass all ready. And at the very end, as soon as you see that marble, as soon as you see that it's not a good marble, you would remove the glass, so it won't fall in the glass. And if it is a beautiful marble, you allow it to go in the glass and capture it.

Now what if that was a game? And how good would you be at playing that game? Would you have the sharpness that would be required to, as soon as you see that that is not a clear marble or is not a white marble, you remove your glass—and if it is a white marble, you make sure that you capture, capture that beautiful marble?

Well, you know, so what's the point of this story, or point of this analogy or this example? Well, that's what's happening. All these moments are coming down

this tube, in this tube of time. And they're at random. And some are good—and some are bad. Some will bring you pain; some will bring you joy.

It's not like, you know—and people will like to get into “What dictates that?” Nothing! It's at random. But the question is, “Do you have the sharpness—do you have what it takes to avoid taking on the blue marbles, and filling your glass with the white marbles or the clear marbles?”

Because if you can store the

good—and this is a capacity and a capability that every human being has. And, you know, sometimes it's bad and bad and bad and bad and bad. And immediately when that starts to happen, there is the question, “Oh. Why was it like that?”

There are a lot of people who do not consider themselves to be as lucky as some other people. But that doesn't mean that the good marbles don't roll down the tube for them. Still, the good comes for them. The question is, are they able to collect it? Are they able to capture it?

I mean, some people, you know, they get into this whole “karma” thing, “Oh, this is bad and that's bad” and, you know, then there's the “karma” thing; then there's the auspicious time: “This needs to happen at this time; this needs to happen at this time for it to be auspicious. Then when everything is auspicious, it's good.”

You know, because we don't like difficulty. We like things to be a certain way—and things aren't that way.

Say, if somebody, one morning, gets up—has their coffee, has their juice, picks up their surfboard and goes out to the beach—and they want to surf. But the waves are just flat. No waves—it's just like a big pond. But they're going to be disappointed. Because they want that wave to be there that they can ride.

And I see that. So, we want things to be a certain way. And things want to be their way, whatever that way is. And, you know, we want explanations for everything!

And, you know, a lot of times, I see this happens, and they're digging up

a site—and it's, you know, some important site where they have discovered things. And a part of that site, they leave it alone. Because they know that in the future, the technology will improve—and they may be able to get more out of that site than what people can, today.

So they excavate, of course. Technology is much better today than it was fifty years ago, a hundred years ago. And much more can be extracted—but at the same time, keeping an eye towards the future, knowing that it'll get better, too. And I like that. You don't have the answer right now—but maybe there will be things that will be answered in the future.

Today, there are people who get cancer and it's like, “Oh, my.” And then I just, I heard this doctor—and he just said, “You know, we know more about cancer now than when you entered the building.” Because c  
waves are just flat. No waves—it's just like a big pond. But they're going to be disappointed. Because they want that wave to be there that they can ride.

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## SPECIAL FEATURE



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Today, there are people who get cancer and it's like, "Oh, my." And then I just, I heard this doctor—and he just said, "You know, we know more about cancer now than when you entered the building." Because constantly, new discoveries are being made.

So, we don't like difficulties. We want all our questions answered. We don't want to live in some, you know, uncertainty. But there are things in this life which don't need an answer.

You know, certainly, if you're walking on the street and you all of a sudden got a question in your head—that, you know, "What, well, what date is it that I'm going—what date and what hour is it going to be when I die?" And of course, there's going to be nobody to tell you that.

But if you happen to be at the, you know, a camp or a prison camp, prisoner of war—you don't, certainly don't want to ask the guard, "Well, what date is it that, you know, I'm going to die?" Because he might give you an answer. And if he gives you that answer and he holds it true, God, you know, you're in trouble.

You know it's going to happen—but you don't need to know when. You don't need to be ready for it; you don't need to be unready for it. You become ready for it by enjoying every moment that you have, by accepting every moment that you have.

So, people get into this whole thing of, you know, "Is this happening to me because of my karma in the last lifetime?"

And I've—you know, I've thought about it and thought about it and I know there are people—and look, hey, I was raised in a culture; I was raised in a religion that very much believed that: "Everything that happens to you that, you know, is good or bad is because of your karma."

So when something good happens to me, it's like, I, you know—if I'm eating ice cream—and I would like to know why I was given this ice cream. I mean, what did I do; did I do something good, because I'd like to do that again. And if something bad happens to me, I would certainly like to know what that is, so that I don't do it again.

So by giving, just, somebody, the fruit—and nothing else, no other information, how does that shape that person? And what is good?

There is that story—that one time this king was going with his entourage. And all of a sudden, the king drew out his sword, just to look at it—and he cut his thumb. And one of his companions, he turned to him and he said, "Look, I cut my thumb."

And his companion, minister said, "Sire, whatever happens, happens for a good reason." (And I—this is like, you know—so many people would be like, "That, right!")

And the king got upset! He said, "I've cut my thumb—and you're saying that that's for a good reason." He said, "Yes, sire, whatever happens, happens for a good reason." So the king said, "Okay. I'm going to throw you in this ditch—because you think whatever happens, happens for a good reason? I'm going to throw you in this ditch," so he throws him in this ditch.

They go further and further into the jungle. And sure enough, there is a tribe that has been following them for a while with their spears and everything else, and they get them. And they take the king as a prisoner. And the chief comes out and says, "Yep, we're going to chop off his head; we're going to sacrifice him to our gods."

And the king is like, "Whoa! Wow, whoa-whoa-whoa, this is terrible! I, you know, I mean, I really didn't want this to happen." And they are getting ready to chop off his head; they've got him bent over this block and they're just about getting ready—to where somebody looks at the king's thumb and it has got a bandage on it.

And he says, "Wait-wait-wait-wait, wait-wait-wait. We can't sacrifice this guy." "So, why not?" "Because he's got a cut on his thumb! And we can only give a sacrifice of something that is absolutely perfect." So they let the king go.

The king then thought as he was going away, running away, "Maybe that minister, what he said was, ah, you know—he was right. Because certainly, if I hadn't cut my thumb, I'd be executed right now; I'd be dead."

So he went and got the minister. And he explained the whole story to him—and he said, "I'm so glad you threw me in the ditch! Because I don't have a cut. And I certainly would be sacrificed instead of you."

So, you know, things happen—and it's up to our viewpoint of how we take them to be. What is it? It is life—and every moment is this pliable thing. What you shape it to be, how you shape it to be, that's what it will be.

You can make it profound. Or you can make it inconsequential. You can make it important. You can make it beautiful. Or you can make it horrible.

And unfortunately, most of these moments, we don't recognize their value—that they can be shaped into anything you want. And you can shape it as you desire; you want this moment to be a moment of anger? You can shape it into that. You want this moment to be a beautiful moment? You can shape it into that.

Whatever you want. But what is going to dictate what you want? And this is where you need to be conscious. You need to be aware; you need to know. And this is why you

hear that "You need to be conscious all the time, as much as you can—the preciousness of these moments is recognized and they are accepted, not just thrown away, not just discarded."

Because what is this life? It's a chunk of time—but not only is it a chunk of time, but it can be divided up. And it's these days—that accumulate into weeks, that accumulate into months, that accumulate into years! How old are you?

We don't—we certainly don't look at each other and say, "How wise are you?"

We don't have a scale for wisdom. "How happy are you?" We don't have a scale for happiness. We don't have a scale for joy. We have a scale for time.

And a lot of people walk around in their life, wondering, wondering, "What's this? How is this going to be; how is that going to be; how is that going to be accomplished; how is that...?" Because they've already got a plan; they've already got a map in their head of "Well, what it's all supposed to be." And what dictates that? "Being normal." Being "normal" dictates that.

People come up—and they say, "Okay, this is what happiness means. By the way, happiness means you have a good job." So now the pandemic has hit; people are losing their job—can't go to their job. So, what job?

Can you be happy—the question is, "Can you be happy in the midst of this pandemic?" Not according to that formula. "That your future somehow is secure." Well, you may have a lot of money in the bank. But that is not going to, anymore, secure your future.

You could—you could catch this coronavirus, and then if you do? You know, maybe you'll be okay; maybe you won't be okay. So, what? So, and that that—obviously, if you look at that formula, there's no way that you can be happy.

But being in the midst of this, I face the same things. At first, I, you know, I wasn't traveling. At first, I was just at home. And every day I was trying, you know, putting out these videos. And then? I took some time off. And that was really nice; it was really, really nice.

And then I started doing the Lockdown series again. Then I went to Europe; I did some events. That was really nice—to be able to see people, to talk to them about, about this life. And, you know, in some way, bring a little bit of happiness, a joy in their lives.

Because, very easy for people to be scared—I mean, who prepared you for this one? You know, who prepared anybody for this one? Nobody!

I mean, this one came like you wouldn't believe it. I mean, all of a sudden, all—and because, the way we have shaped the world to be... It is entirely possible—it is entirely possible that this coronavirus, if people weren't traveling as much as they were at that time, would have

stayed isolated.

But man, people were just going—all of a sudden, people are going to Milano; people are going to America; people are going all over the world, and—"Boom," there you have it. Who figured that that would be a severe consequence of deregulation?

And so, is the happiness impossible? Is peace impossible in the midst of this pandemic? And I have to say that it's very possible to be happy. It's very possible to be in joy. It is very possible to feel and shape those moments into something beautiful, into something good. And be cognizant of the gift that I am being given.

Even in the midst of all this craziness that you've really got to filter out what's real—and what's not real.

You know, I mean, even with this pandemic, even with this coronavirus thing, the amount of misinformation that is there is just unbelievable. People just, you

know—it's like somebody was saying nasty things—and then you give them a PA. And they're still saying the nasty things but they're just saying it so much louder.

And this is what technology has done; technology doesn't filter this out. People are saying what they're saying, and so now it is up to every single individual to filter out what is true and what is not true—the consequences of technology; it's up to you!

So, your responsibility has gone way up, way up. Because now, not only you need to shape every moment, to store what is good, to let go of what is bad—but initially, only let in what is good; only let in what is true. Because the bad is going to affect you negatively. And it's not true.

You know, when we get scared, we pay attention. (This is crazy. You'd think you should pay attention when you are not scared—but when people are scared, they pay attention.)

All of a sudden, you know, you—the airplane is on the ground and the flight attendant is trying to make an announcement about the oxygen masks, about the exits, about the life vests, about, you know, all the little things—and people are like, "Yehm-yem-yem-yem, dem-dem-dem-dem," you know, paying attention here, paying attention there, but nobody's paying attention to that.

And once they're in the air and a big "boomf" happens, everybody's like, "H'eah!" This has become our habit—and we need to change it. We need to pay attention—we need to pay attention every single day. Not when everything is going bad—but we need to be aware every single day, of that joy, of that beauty that is within us.

So, anyways, take care of yourselves; stay healthy. And hopefully, I'll talk to you soon



## SPECIAL FEATURE



# WORLD AT A STANDSTILL

**J A Rajah**

The pandemic has resulted in a locked down that has paralyzed human activities putting the clock back in the progress of the world and its peopling. People are suddenly encountered with many problems and deprivations which had made major upsets in life. Being confined to places of residents are a mental strain to the old as well as the young. People gain a lot of goodness by getting together. The Tamil proverb asserts- "Koodi Vazhlnthal kodi nanmai". However, problems crop up like these pandemics and people learn to adjust to the circumstances arriving at news ways of confronting them. However, the major setbacks are in the field of economy and educational needs of the younger generations.

### **A. The Negative Effects of Isolation :**

The adverse effects of isolation is mainly by older people and people with pre-existing illness. Living alone, loneliness and social distancing are well recognized risk factors for suicide in late life. People who lived in loneliness are now worsened by quarantine and self-isolation. They face several feelings of depression. The older people are prone to be further affected by psychotic illness. They have no way of sharing their worries and mental stress.

### **B. The Effect on the Economic Welfare of Countries :**

One of the major areas affected by Covid is the economy of most countries. Most productions have virtually come to a standstill as workers do not turn up to do their jobs. Factories have to be closed down. Raw materials become scarce due to lack of imports.

Many young people and children experienced loneliness during lockdown. There is lack of physical contact with friends, family and peers and the boredom and frustration associated with the absence of all activities they normally take part in. We require understanding of what the children have been experiencing during the lockdown. The New-Zealand government has published a national psychological and well-being recovery framework.

### **C. The Effects on Religious Activities :**

Participation in religious activities could have been a great asset for people suffering from loneliness and mental strain. The lock down has affected the regular functioning of Churches and Temples. People have no opportunities for joining the fellowship of their congregation at churches - especially taking part in singing and praising God together. Even Hindu temples are now deserted. A lonely neighbor who lives alone in my adjoining apartment goes to the temple and finds

the temple deserted. It has caused an immense pain of mind to her. Though zoom conferencing services are now conducted by some Churches, they can never be a substitute for normal services where people get together and enjoy participation and fellowship. It is a mere assembly of videos of events just to give a fake effect of a religious service. However, It gives the viewers a moral and mental boost.

### **D. Effects on Personal Grooming :**

The quality of life is vastly hampered by the closure of Barber saloons and beauty parlours. Many men and youngsters are affected by the lack of facilities to get their hair cut. It is a great nuisance for elders to carry a burden on their heads with a heavy growth of hair. Some of them develop lot of side-effects like head-aches, anger, mental strain and moodiness. Women on the other hand are worried that beauty parlours and hair-styling saloons are kept closed. For many of them a visit to the beauty parlour is a favorite past-time and the lock-down is a massive challenge to their normal life.

### **E. Absence of Fellowship :**

The absence of parties, get-togethers and festivities has greatly hampered the mental health of the people. Most working people wait till the week-ends to enjoy themselves. The lockdown had stopped all partying and the chance of people to enjoy each other's company. Many party-halls remain empty and the catering institutions are also left without the opportunities of profitable engagements. Recently the annual Caribbean and Tamil street festivals were cancelled and several people were left without a chance to make an extra-dole, leave alone the sheer enjoyment of participation and sight-seeing.

### **F: Effect on Sports Activities :**

International sports competitions too are vastly affected by lock-down. Spectators or fans are not allowed into the stadiums. They are only viewed on-line and it adversely affects the income from these competitions. International soccer and cricket competitions are normally seen by heavily packed spectators in stadiums. Locked down has eliminated them. The IPL tournament in India was recently disrupted and the venues have to be changed from India to the Gulf States. Whether competitions are held or not the players must keep on practicing to maintain their skills and that is a great challenge to sports.

### **G. Effects on Eating Places :**

The lockdown has seriously affected the restaurant industry. Toronto restaurants are closed down permanently. Several people employed in the industry are out of work. People who rely on restaurants for their meals and snacks are also

affected as they are deprived of the facility due to Covid regulations. In the alternative several altruistic organizations are helping foodbanks to deliver free meals to those who are handicapped and living in senior homes. In Toronto, there was 104% increase in meals supplied at breakfast and lunch in early April to August 2020. The Saibaba society of Scarborough has come forward to donate free vegetarian meals to senior homes on every fourth Saturday in a month. The Toronto Housing Corporation is providing free lunch meals for senior residents every Wednesdays.

### **H. The Effects on Travel Industry :**

The travelling industry is another major industry devastated by the lockdown. Free travel between countries are prohibited. Countries that depend on imported goods are badly affected. The prices of goods have gone up. In Sri Lanka a pound of bread costs Rs. 300/-. Flights from India and Sri Lanka are not allowed to US, UK and Canada. Internal travel from one part of the country to another is blocked in countries like Sri Lanka and India. Air Canada and several major airlines cancelled a number of flights owing to the lockdown and restrictions on travel. The few travelers who ventured on global trotting had to incur several hardships including prolonged periods of quarantine at exits and entrances.

### **I. The Positive Effects of Lockdown :**

There are also positive results from the lock down. Students have got used to study from home on-line which they call virtual learning. They have also learned new skills in crafts to spend their time profitably. In addition they have got used to innovative physical exercising skills. Besides this, parents have found time to be with their kids. Family relationships have become closely knit due to the lockdown situation. Otherwise each member of the family goes their own way and have not much time available to attend to their family activities. Religious organizations have utilized the facility of video-conferencing to conduct their worship sessions. Eating houses are offering to take home delivery orders. Mayor Tory has allowed few fans to be at stadiums to watch Hockey matches. Adreanne Persuad of the restaurant workers association has raised \$150,000/- to help unemployed workers and also to revamp the restaurant industry.

It is reported that the cases of Covid-19 infections are gradually decreasing in Ontario due to the prompt precautionary measures taken by the government and the cooperation of the people. The locked down situation will be relaxed soon and the world may hope to get back to normalcy soon. However, the Delta Variant with its capacity to infect more rapidly offers a new challenge.

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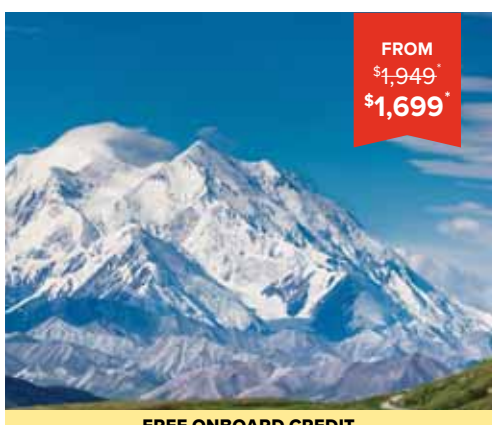
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# RESUMING SERVICE IN HOMETOWN AFTER A DECADE

C. Kamalaharan



Nadeswara College - The school where I served the most number of years

Having served in distant areas for many years our applications for transfer to our hometown was accepted and sent to the Jaffna Education Department. The department as usual becomes a hive of activity in January when principals and headmasters actively engage in filling the vacancies in their schools from the list of teachers arriving on transfer from the outstations. Union College was willing to take both of us, my wife a mathematics teacher and I a science teacher. With the firm conviction that both husband and wife should not serve in the same school I opted to go to Nadeswara College while my wife went to Union College.

For us it was a triumphant return to Jaffna after serving for many years in the outstations experiencing severe setbacks

and hardship. During our service throughout the length and breadth of the country we had to attune ourselves to the different dialects and differences in the usage of the vocabulary. Whatever may be the people in all the places where we served held us in high esteem. With a deep sense of gratitude they always recall the selfless service rendered to their community by teachers from Jaffna.

Both Union College and Nadeswara College being in close proximity to our home it was a sigh of relief for both of us. Teaching our children in our own dialect using familiar vocabulary was really gratifying. Besides teaching I took a keen interest in all the extra-curricular activities at Nadeswara College. The principal during that period the late Mr. P. Somasundaram

was an able administrator who had celebrated his silver jubilee as teacher, vice-principal and principal at Nadeswara College. He was so popular among students, teachers, old students and parents that he was able to run the school successfully. I too was fortunate to serve under him and among a fine set of friendly amicable and capable teachers. The students too were studious, loyal to the teachers and active participants in all the activities of the school. What a pleasant and peaceful atmosphere it was! Unfortunately the situation turned topsy-turvy when Mr. Somasundaram left Nadeswara College and took up appointment as principal at Mahajana College. Following his exit the peaceful atmosphere and steady progress of the school had slowed down. Many teachers including

myself who did yeoman service to the school were thoroughly disgusted by the activities of some individuals who intruded into the administration and caused chaos. And so I decided to move out of the school honourably after serving there for 14 years, the maximum number of years of service during my 33 years of teaching career.

As though timing with my decision I received a call from the principal of Jaffna Hindu College the late Mr. S. Ponnambalam asking me whether I would like to move to his school to fill the vacancy created by the retirement of an English teacher. Waiting for such an opportunity I immediately gave my consent. He himself got my transfer and I moved out of Nadeswara College with a heavy heart to assume duty at Jaffna Hindu College.



## SPECIAL FEATURE

# Avoidance of Faults



By: J.A. Rajah

Freedom from arrogance, anger, and meanness spells dignity in greatness. Parsimony born out of greed, selfish pride and excess pleasure seeking - are all three exceedingly undesirable faults.

*'Thiinathunaiyam kuttam varinum pannaithunaiyaakak,  
Korlvat pazhli naanuvar'.*

People, who fear disgrace, should avoid even tiny millet-sized faults-treating as of major dimension like a palm-tree. As faults are one's worst enemy leading to ultimate ruin, it is wise to guard against all faults. The life of a man who does not guard against untoward developments, will be like a haystack before an advancing fire. Wise men foresee events that may come about in due course, and, if they can do nothing to shape them, they must at least prepare themselves to meet all eventualities, with minimum damage to themselves and their environment. A wise man should be able to correct himself before he goes on to spot other's faults. 'People who live in glass houses should not throw stones.'. The miser, who does not put

his money to legitimate and purposeful use; will find his wealth decline and vanish.

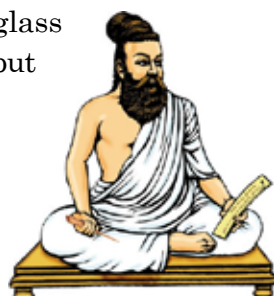
*'Ceyat pala seyaththu thivariyan selvam,  
Uyat palathu anric kedum'.*

Avarice, which is the denial of all charitable inclinations in man, is not just a vice; it is the worst. Never indulge in self-praise; nor should you go in for activities that produce no good results.

*'Viyavatka engnanrum thannai nayavatka,  
Nanri payava vinay'.*

A wise man is resourceful enough to enjoy his delights in secret, his enemies' machinations will be of no avail.

(Kural: 441-450)



Valluvar's Views



# Father's Day

## 'Priorities for the Parents'



- pymnts.com

By: J.A. Rajah

### A. Every Child is a Unique Person:

Pastor Sam Mills speaking at the Fathers' Day Virtual service of the Tamil Christian Church of Canada enumerated priorities for parents when they bring up their children. The service was followed by Church members through the Zoom. There were nearly one hundred viewers and several others from all parts of the world. Pastor Sam Mills said that children are different from the parents and every effort should be taken by parents remembering that every child is unique in its own way. They must be brought up with the idea that they should live their own lives. The parents should tactfully make their children that

they are responsible for the consequences of their actions. You should give them the guidelines according to their age and development. The parent should connect to the child and not bent merely on correcting it. The child should learn to be independent as the days go by.

### B. The Children should be processed - Not Coached.:

If the children's inherent personalities have to reach their potential, you should not coach them but process them as they grow older. If you correctly understand them, you help them to develop easily. You assist them with their behaviour, their relationship with others, their functionality and their spirituality. You should focus on these four

areas of development. These are the finer aspects of raising your children. In this world so far, all progressive action has been accelerated by technology, better education and scientific advancement. The recent onslaught of the pandemic has slowed down the progress of life. Travelling is curtailed. Earlier there were facilities that helped the intensified development of children. The smart phone and other current mechanisms revolutionized the art of learning and brought in easy access to knowledge and techniques. The Pandemic has put an obstacle to it and currently many are getting bored due to the obstacles placed by the pandemic. The current boredom can be diluted by concentrating on spiritual and mental

strength. The youths should be made to take risks guided by their faith and trust in God. We should be able to guide and help our children to pray and increase their faith in divine guidance. Their lives should be reflections of God's love.

### C. Why Father's Day:

Sonora Smart of US proposed the Fathers' Day to celebrate the services of her dad in raising up her and her five siblings single-handedly. She wanted to honour her father's love and dedication to the family. It is celebrated on the third Sunday of June in most parts of the world. It was celebrated for the first time on the 19th of June 1910 in the US. President Richard Nixon declared it a national holiday in 1972.



## Harms of Child Labor



-theneweconomy.com

**By: Mithusha Partheepan**

*Essay submitted on Saturday, March 6, 2021*

Child labor is an international problem that every country has partaken in or is currently dealing with. It started in the late 1700s in Britain during the Industrial Revolution where children as young as 4 years old were employed in factories and mines. In today's society, we realized our wrongs of using young children for labor, especially because the children would only earn about a dollar a day to support their desperate families. The federal government established labor laws that are a part of our human rights. In Canada, child labor practices began to slowly change in the late 19th and early 20th century when children were being sent to school. As the years passed, the attendance of children in school increased while the "employment" of children working for under minimum wage decreased. Before this, children were considered economic assets to families and the country's government. Their employment was an important contribution for the development of the societies of New France and early Canada.

Child labor caused much psychological and physical harm. Most of these children were under the age of 10 and did not have the right capability to endure such critical conditions compared to a fully grown person. These young children who have suffered through and are still suffering through child labor are told they have a

huge responsibility; to produce products and bring home money to their families so they can afford basic essentials. Not complying with these commands can result in abuse. They may feel shame and guilt for not being able to provide for their family. They may also feel depressed and hopeless because of such a forced lifestyle as opposed to a happy childhood. Child labor not only harms children from the extreme abuse they endure, but also from the toxins that are released in factories and mines. Factories in the past did not have any form of ventilation to clear the air of chemicals released. As a result, increased rates of lung cancer occurred due to breathing in carcinogens and lack of fresh air. Working in mines posed an increased risk of cancer occurrence. The children who worked in mines in the past would additionally struggle with being able to collect valuable materials underground due to the lack of physical strength. Collapsing rocks was also another hazard of labor in the mines – there would have been little to no chance that the children would come out alive if such an incident were to happen.

Social reformers of this era were concerned with the negative impacts of child labor and were determined to stop it. In the late 1870s and 1880s, there was legislation being regulated against this, but child labor only became prohibited in the early

20th century. Laws protecting against child labor are heavily enforced within industrialized nations however, developing countries such as China, Ethiopia, and South Africa still engage in it as it benefits the country's economy. Most items being exported to Canada and the USA are from China. This is due to the fact that production in China is much cheaper due to low wages paid to child laborers. Many children in developing countries are also being abducted to be forced into labor in small factories and shops. These factories and shops are owned by large companies who use money to hide their illegal activities by bribing government officials.

Child labor is an important topic that does not receive as much attention as it needs. Labor traumatizes children and harms them in various ways. It is a problem that mainly affects developing countries, but as consumers of products manufactured by child labor, we must be more aware of what companies we are purchasing from and their engagement in such activities. To reduce



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# MAJOR UNANSWERED QUESTIONS IN PHYSICS

Physicists Have Solved Some of The Mysteries, but not All

By *OUE Research Institute*

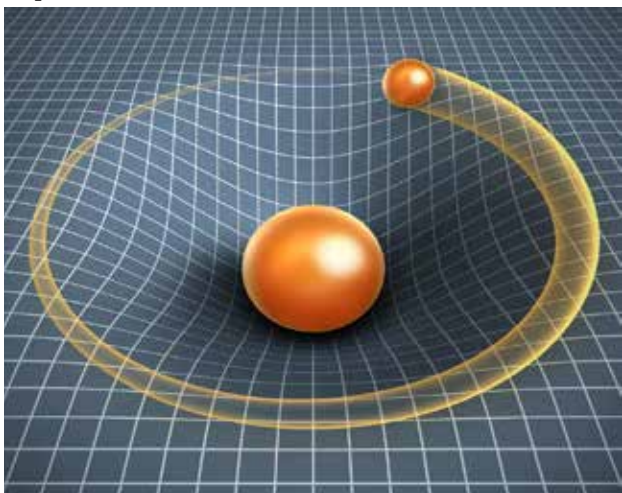


If Isaac Newton suddenly popped out of a time machine, he would be delighted to see how far physics had come. A few centuries ago, deeply mysterious things are now taught in freshman physics classes (the composition of stars is one good example). Newton would be stunned to see enormous experiments like the Large Hadron Collider (LHC) in Switzerland — and possibly confused to learn that his theory of gravity had been superseded by one dreamed up by some fellow named Einstein. Quantum mechanics would probably strike him as strange, though today's scientists feel the same way.

Newton would surely praise what modern physics has achieved — from discovering the nature of light in the 19th Century to determining the structure of the atom in the 20th Century and the discovery of gravitational waves. Physicists today are the first to admit they don't have all the answers. "There are basic facts about the universe that we are ignorant of," says Dr. Daniel Whiteson, a University of California physicist and the co-author of the new book "We Have No Idea: A Guide to the Unknown Universe." What follows is a brief tour of the biggest unsolved problems in physics.

## GRAVITY

Most physical theories say it should be carried by a hypothetical massless particle called a graviton. No force is more familiar than gravity. It is what keeps our feet on the ground. Einstein's theory of general relativity gives a scientific formulation for gravity, defining it as a "warping" of space. Gravity is a trillion times weaker than the other three known forces. Electromagnetism and the two kinds of nuclear forces that operate over tiny distances. One possibility — speculative at this point — is that in addition to the three dimensions of space that we notice every day, there are hidden extra dimensions, perhaps "curled up" in a way that makes them impossible to detect. If these different dimensions



exist — and if gravity can "leak" into them — it could explain why gravity seems weak to us. "It could be that gravity is as strong as these other forces but that it gets rapidly reduced by spilling out into these other invisible dimensions," says Whiteson. Some physicists hoped that experiments at the LHC would hint at these extra dimensions — but so far, no luck.

## SOLID & LIQUID

Solids and liquids are well understood. But some materials act like both a solid and a liquid, creating their function hard to predict. Sand is one example. A grain of sand is as solid as a rock, but a million grains can flow through a funnel almost like water. And highway traffic can behave similarly, flowing freely until it becomes blocked at some bottleneck.

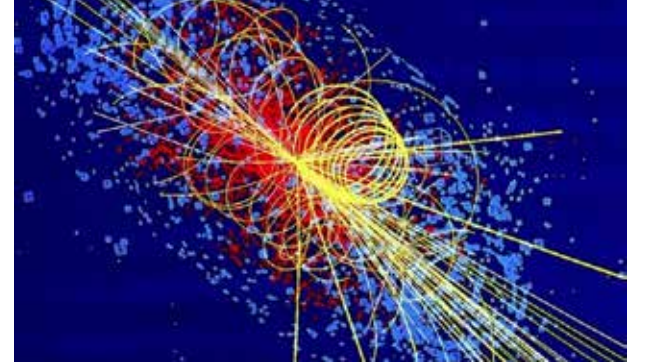
So a better understanding of this "gray zone" might have critical practical applications. "People have been asking, under what conditions does the entire system jam up or clog?" says Dr. Kerstin Nordstrom, a physicist at Mount Holyoke College.



"What are the crucial parameters to avoid clogging?" Weirdly, an obstruction in traffic flow can, under certain conditions, actually reduce traffic jams. "It's very counterintuitive," she says.

## UNIFIED THEORY OF PHYSICS

We now have two overarching theories to explain every physical phenomenon: Einstein's theory of gravity (general relativity) and quantum mechanics. The former is good at explaining the motion of everything from golf balls to galaxies. Quantum mechanics is equally impressive in its domain — the realm of atoms and subatomic particles. The trouble is, the two theories describe our world in very different terms. In quantum mechanics, events unfold against a fixed backdrop of spacetime — while in general relativity, spacetime itself is flexible. What would a quantum theory of curved spacetime look like? We don't know, says Carroll. "We don't even know what it is we are trying to quantize." that hasn't stopped people from trying. For decades now, string theory - which pictures



matter as made up of small vibrating strings or loops of energy - has been promoted as the best bet for producing a unified theory of physics. But some physicists prefer loop quantum gravity, in which space itself is imagined to be made of tiny loops. Each approach has enjoyed some success - techniques developed by string theorists particularly prove helpful in tackling specific complex physics problems. But neither string theory or loop quantum gravity has been tested experimentally. For now, the long-sought "theory of everything" continues to elude/flee us.

## LIFE FROM NONLIVING MATTER

For its first half-billion years, Earth was lifeless. Then life took hold, and it has increased ever since. But how did life arise? Before biological evolution began, scientists believe chemical evolution, with simple inorganic molecules reacting to form complex organic molecules, most likely in the oceans. But what kick-started this process in the first place?

MIT physicist Dr. Jeremy England recently



put forward a theory that attempts to explain the origin of life in terms of fundamental principles of physics. In this view, life is the inevitable result of rising entropy. If the theory is correct, the arrival of life "should be as unsurprising as rocks rolling downhill," England told *Quanta* magazine.

The idea is highly speculative. Recent computer simulations, however, may be lending support to it. The simulations show that ordinary chemical reactions (of the sort that would have been common on the newly formed Earth) can lead to creating highly structured compounds - seemingly a crucial stepping-stone on the path to living organisms. Once life took root on our planet, some four billion years ago, it spread everywhere. But how life evolved from non-living matter remains a mystery.

What makes life so hard for physicists to study? Anything alive is "far from equilibrium," as a physicist would put it. In a system in equilibrium, one component is pretty much like every other, with no energy flow in or out. Life is just the opposite. A plant, for example, absorbs sunlight and uses its energy to make complex sugar molecules while radiating heat back into the environment.

Understanding these complex systems "is the great unsolved problem in physics," says Stephen Morris, a University of Toronto physicist. "How do we deal with these far-from-equilibrium systems which self-organize into amazing, complex things. There are still many questions beyond the Standard Model of physics. Under this article looked at gravity, solid, liquid, unified theory of physics, and life from nonlinear matter.



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*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.*





# What Happens to My professional Designation If I File Bankruptcy or Consumer Proposal?

Nothing would happen to any person if they filed bankruptcy. The law prohibits both the government and private companies from terminating their employment. Just because the person filed bankruptcy, but it can affect when a person applies for a new job or search for a new job. In that case the situation is not that good in many private companies. But filing bankruptcy doesn't mean that the person is not qualified for the job or anything. If the person is qualified then the company should hire that person.

But in some cases, the company doesn't hire a new employee if the employee has filed a bankruptcy or consumer proposal. And it is just the mindset of some people. But no law states that if a person has filed bankruptcy is not eligible for a job. They have all the right to apply for the job and get that job if that person is eligible for the

job. And most of the company doesn't mind hiring a person who has filed bankruptcy or not. They just want the skills for that job, and if the candidate has those skills then the candidate will get the job.

#### **Any effect on credit score after filling consumer proposal**

Yes, after filling bankruptcy or consumer proposal, it affects the credit score of any person. The credit score can go to negative. Because filing the bankruptcy or consumer proposal means the person is telling the bank that the person has no money. And that is why that person is filling the consumer proposal. It means that the consumer is not able to pay the debt amount or anything. So, the credit score can automatically go to negative.

#### **Think about the long-term perspective**

The credit score is temporary, and one can get a good credit score after a certain time of period. But if someone is in a situation where they can't pay the debt amount. So, they better file the consumer proposal. It is a good step that a person is taking. By doing so, one can get debt relief. And after paying all the debts one can increase their credit score.

#### **Maintain your credit score**

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## COMMUNITY WATCH

### Appointments

#### ***Dr. Selvanayagam Selvendra from Melbourne felicitated on Queen's Birthday***

Dr. Selvendra came to Melbourne in 1974 after his medical education in England, Scotland, and Ireland. He practised as a General Medical Practitioner and Surgeon, serving at Sunshine and at the Royal Melbourne Hospital, in a career that spanned 59 years. While in Sri Lanka, Dr. Selvendra served at the Co-operative Hospital in Tellipalai.

Dr. Selvendra was a founding member of the Hindu Society of Victoria in Australia. Dr. Selvendra also remains deeply involved with the Melbourne Murugan Temple and Cultural Centre in Sunshine, a project initiated and developed by his wife Mani.



#### ***Justice Sasi Mahendran appointed member of Sri Lanka's Appeal Court***

High Court Judge Sasi Mahendran has been appointed as a member of Sri Lanka's Appeal Court. He is from Trincomalee.



#### ***Menaka Mookandi appointed Deputy Director in the Tamil Media Division of Sri Lanka's Presidential Media Unit.***

Journalist Menaka Mookandi has been appointed as a Deputy Director in the Tamil Media Division of Sri Lanka's Presidential Media Unit. She served previously as a journalist in Sri Lanka's Tamil newspaper "Virakesari" and later as the News Editor of "Tamil Mirror" newspaper published by Wijaya Publications Ltd. She is an old girl of Tamil Maha Vidyalayam, Nugegoda.



#### ***Raakesh Natraj appointed Assistant Commissioner, Indian Consulate, Jaffna***

Mr. Raakesh Natraj is an officer of the Indian Foreign Service and has served in Buenos Aires, Argentina prior to being appointed as the Assistant High Commissioner of India to Sri Lanka in Kandy.

He earlier worked as a journalist with two of the most well-known English dailies in India - The Hindu, Chennai and The Indian Express, New Delhi. After close to six years as a journalist, he joined the Indian Foreign Service in 2015.



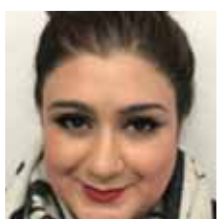
## Quotable Quotes - 2021

By: Siva Sivapragasam

“They said it”



“He is bright. He is tough and I have found that he is a, as they say, a worthy adversary”  
– U.S President Joe Biden describes Russian President Putin before the summit



“We see Islamophobia happening at all levels: in government institutions, workplaces, subway stations, grocery stores and even on sidewalks. We look to our government for protection and security but are constantly faced with their refusal to take real action on Islamophobia.”  
– Ruby Latif, a Toronto-based community mobilizer.



“I want to thank the Tamil Community for their incredible support”  
– Ontario Premier Doug Ford on Canadian Tamil community raising \$275,000 for the Scarborough Hospital Network.



“We are overwhelmed and humbled by the outpouring of support from our donors and community. The generosity of our Tamil community for this inaugural event is truly inspiring and these donations enable Scarborough Health Network to provide the highest level of care for our patients and their families, right here in Scarborough”  
– Elizabeth Buller, President & CEO, SHN



“With the Delta (COVID 19) variant circulating in our community, getting Toronto fully vaccinated is a keen strategy to protect individual and community health.”  
– Public Health Chief Dr. Eileen de Villa



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This project has been reviewed and approved by the community research ethics board.

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([perspectivesinhealthresearch@gmail.com](mailto:perspectivesinhealthresearch@gmail.com))

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## MONSOON KITCHEN

### GENIE SISTERS SAMAYAL SANTHAI



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

**Eat more, learn more!**

Sisters Niranjini Mandalia and Rajini Nathan are both food enthusiasts from England. Niranjini, who lives in London, has a degree in Human Biology and is a trained chef. She makes it her business to know everything about what she eats, from nutritional value to source producers. Follow her food obsession on Instagram @ninjaeatsfood. Rajini, lives in Toronto and has a background in psychology. Her speciality is in Tamil food from around the world, catch up on her meal ideas on Instagram @tamil\_food.

# Paneer Bhurji

Bhurji is the Hindi word for scrambled and this dish can be made vegan, by replacing the paneer with soft grated tofu. It's an excellent source of protein and makes a delicious breakfast or afternoon snack. Whilst it's hot outside, its good to eat smaller, lighter portions of typically heavy food and this recipe is perfect for that.

### Ingredients:

- ✓ 300g paneer, grated
  - ✓ 1 medium onion, diced
  - ✓ 1 tomato, diced
  - ✓ 1-2 green chillies, chopped
  - ✓ ½ tsp cumin powder
  - ✓ ½ tsp coriander powder
  - ✓ ¼ tsp turmeric powder
  - ✓ 1 tsp lemon juice
  - ✓ 1 tbsp sesame or mustard oil
  - ✓ 1 tbsp coriander leaves, chopped
  - ✓ Salt
- Optional extras:**
- ¼ cup boiled peas
  - ¼ cup carrot, grated



### Method:

To a pan on medium heat, add oil and sauté the onions until they turn translucent. Add chillies and tomatoes and toss until the tomatoes are warmed through. Next in line is cumin, coriander and turmeric powder with a little salt and mix together for a further minute. Toss in the grated paneer and warm through for 2 minutes on a low flame. Finish with the lemon juice and garnish with chopped coriander leaves.

To add extra nutrition, add carrots and/or peas with the onions and cook for 2 minutes on a medium heat. Best served with buttered toast or pav buns.

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



At the Monsoon Kitchen,  
Samayal Santhai

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## APPRECIATION

# Community Activist and Education Services Entrepreneur Dr. Tham Vasanthakumar passes away



It is with deep sadness and heavy hearts that we from SACEM announce the untimely demise of Dr. Thambirajah Vasanthakumar on Sunday June 13, 2021. He was an integral part of SACEM as its leader, guide, mentor, and idealist. He hails from Udupidy in Northern Sri Lanka and made his home in Greater Toronto.

Dr. Vasanthakumar was a versatile and vibrant person full of life. He made his mark as a worthy champion of the Tamil Community in Canada. He has touched many lives as a social enthusiast and mentor through not only his social involvement but also through his business undertakings in the educational service industry.

SACEM saw tremendous growth under his leadership and guidance. Apart from SACEM, he was instrumental in the success of many organizations: Canadian Tamils' Chamber of Commerce, Tamil Isai Kala Mantram, Vanavil are a few of them.

He was an engineer by profession and a great orator, debater and an entrepreneur. Dr. Vasanthan formed CompuTek, an academic institution achieving great success and enabling successful careers for many in the community. He was a well-known media personnel; he produced, moderated, and participated in radio and TV programs, including the popular Athatkumappaal. He was a well-known philanthropic social worker and was influential in the growth of our community.

We extend our sincerest condolences to Jeya acca, Vaithegi, Saeran and the extended grieving family.

(Courtesy: SACEM)



## TRIBUTE



### Dr. Immac Juventinus Thampoe (Casey)

**Executive Director & Assistant General Counsel, Intellectual Property Portfolio Development, Regeneron Pharmaceuticals Inc.**

Dr. Immac J. Thampoe (Casey) a 62 year old medico - legal professional who had a great career in NY , USA passed away on June 18th during a boating trip with his close family members sending shock waves, causing great pain among his family members, relatives and professional colleagues.

Dr. Thampoe hailing from Sri Lanka was born in a deeply religious Catholic family in the town of Kayts, Northern Province. He is the eldest son of Mr.Bonjean Thampoe and Anna Lourdes of Kayts East., presently residing in USA.

Dr. Thampoe had his early education at St.Benedict's College .a prestigious Catholic educational institution in Colombo, where his brilliance was noted by his teachers. Having received a double promotion he once again proved his academic excellence when he got distinction grade in all eight subjects at the Junior School Certificate Examination.

Dr. Thampoe arrived in United States in 1975 at the age of 15 on a Jesuit Scholarship award to finish high school at Fordham Preparatory School. He continued his education at Fordham University on a Presidential Scholarship and received a BS in Biology. He pursued his graduate work also at Fordham receiving a MS and PhD in Biology. Casey as he was popularly known among his colleagues was a post-doctoral Research Fellow and Research Schering- also a member of Biotechnology Innovation Organization and its Intellectual Property Counsel Committee.

Immac J. Thampoe was an Executive Director and Assistant General Counsel – Intellectual Property Portfolio Development at Regeneron Pharmaceuticals, Inc., based in Tarrytown, NY, which he joined in 2016. He had 28 years of patent law experience in the Biopharmaceutical sector.

Late Dr. Thampoe was considered a thought leader in his field .and a highly sought after speaker who has chaired and spoken at numerous biotechnology patent law conferences in New York, Boston, San Francisco, London and Munich.

From 1986 to 1990, Casey was a post-doctoral Research Fellow and Research Associate in tumor immunology at the Memorial Sloan-Kettering Cancer Center in New York. His prior roles include working in the New York Intellectual Property law firm of Fish & Neave (now part of Ropes & Gray) and at the in-house patent group of Schering-Plough Corporation. Upon the merger of Schering-Plough with Merck & Company in 2009, he was appointed the Managing IP Counsel for Biologics and subsequently for Biologics & Vaccines at the combined company. Mr. Thampoe is a past President of the New Jersey Intellectual Property Law Association, and as the chair of the group's Patent Litigation Committee since 2000, has organized its annual Patent Litigation Seminar which features the top patent law practitioners from around the world. He is also a member of Biotechnology Innovation Organization and its Intellectual Property Counsel Committee.

This great scholar also proved his talent in a variety of sports. Dr. Thampoe played Varsity Squash for Fordham from 1976-1980 and was the manager of the Fordham Squash and Tennis teams during that time. Since 2011, he has been a player captain of USTA Adult League teams and has led 14 different teams to the USTA National Championships. He has received many accolades from the USTA including the 2017 Middle States New Jersey Captain of the Year award.

Dr. Thampoe is survived by his wife Virginia son Michael, daughter Emily and several of his close family members.

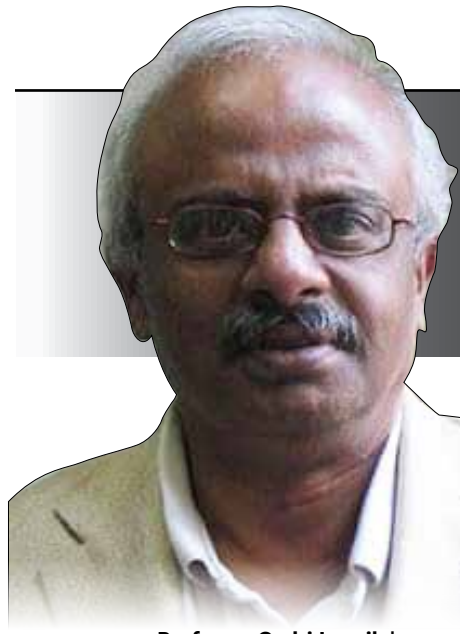
May his soul rest in peace

**Compiled by:**

**S. Raymond Rajabalan**

**Canada**





**Professor Qadri Ismail**, born on November 7th 1961, passed away during the last week of May 2021.

## In Memoriam:

# Professor Qadri Ismail - Brilliant thinker, inspiring teacher, loyal friend

■ Department of English, University of Minnesota



Qadri Ismail was generous with his time both inside and outside the class," wrote English doctoral student Moinak Choudhury on Twitter. "He

was unafraid to use his voice to support graduate students, realize EDI causes, and speak to us as peers. More personally, he helped me find my feet as a new, uncertain international student. He'll be missed by so many students who found their voices under his mentorship."

Ismail also skillfully opened up dense theoretical texts for undergraduates, for years inspiring English majors to strongly recommend his "Introduction to Literary Theory" and "Textual Analysis" courses. "To date, I don't think any professor I've had has challenged me or my ways of thinking quite as much," noted 2021

Edward Said and studied under Rob Nixon (now at Princeton University) and Gayatri Chakravorty Spivak.

His first book *Abiding by Sri Lanka* (2005) criticized anthropological misunderstandings of the history and politics of Sri Lanka. Deepening his engagement across disciplines, Culture and Eurocentricism interrogated the Eurocentric concept of literature, revealing how this 19th-century creation is intertwined with anthropology's invention of "culture," as well as the philosophy and political science of Europe's colonial period. Perhaps unexpected in such an academic work, Ismail's writing was funny, and punny. "I suppose you could say that my personality plays into the book," Ismail said then. "After a point, you're not going to bash it out."

"Qadri was a brilliant and uncompromising thinker, an amazing and dedicated teacher, and a generous and loyal friend," said Vinay Gidwani,

and, even more so, for those who loved him, is so great, so incomprehensible, that in abiding by him, I cannot quite make peace."

Condolences to Professor Ismail's family, friends, former students, and colleagues in the Department of English, the University of Minnesota, and across the world.

(A formal tribute to Professor Ismail's life will take place at the University in the fall of 2021.)

### More remembrances:

"He was an exacting friend and scholar, a riveting lecturer whose every twist and turn of phrase and thought one was compelled to follow, a generous and warm host. Abrasive and lovable, brilliant and honest, with a kind of integrity rarely encountered in an institution defined by compromise. I always thought I'd see him again." — Professor Emerita Maria Damon

"Qadri's love for teaching, his willingness to truly devote time towards helping students understand difficult ideas, and, above all, his fierce conviction that our discipline can play a central role in dismantling structures of oppression and tyranny, have all had a profound impact on my graduate education. Like so many others, my time at UMN was greatly enriched by my interactions with Qadri, both within and beyond the classroom. I am deeply saddened to hear this news." — Abhay Doshi (PhD 2021)

"It only took one meeting with Qadri for me to feel the sense of belonging that I had been searching for in the department. Qadri's insistence on patience with theory reassured me when I doubted myself, while his lines of questioning unsettled and challenged the way I think. I will miss his constant guidance in my intellectual journey, his quick sense of humor, how his stories unexpectedly formed profound lessons, his irreverence for decorum, and his clarity and courage." — Nyla Numan, PhD student, Professor Ismail advisee

"On the first day of class, Qadri told us that he was going to teach us how to read. However, he taught us much more than that. He taught us that texts need to be approached with care in a world that emphasizes reading countless books at a quick pace; it is not how much we read, but how deeply we read. The foundation of Qadri's teaching style was his genuine belief in the ability of students to push themselves further than we thought we could go so that we can contribute to the world in ways meaningful to us and each other. He fostered discussions that had a goal of exploration rather than a goal of being correct. Personally, he encouraged me to have more confidence not solely in my abilities as a student, but in myself as a person who has something to say. Beyond that, he loved having fun. Learning, growing, and living are meant to be exciting and entertaining even when difficult. Qadri was an exceptional professor and an incredible friend." — Indigo Harris, Sociology BA and English and GWSS minors, 2020

— (via: [cla.umn.edu](http://cla.umn.edu))



English graduate Dylan Miettinen, a recipient of this year's President's Student Leadership and Service Award (PSLSA) and Editor in Chief of *The Minnesota Daily*. "His teachings, though sometimes unorthodox, are revolutionary and transformative."

Another of this year's PSLSA winners, 2021 graduate Halima Samatar, also recently recommended that English majors seek out Professor Ismail for "Textual Analysis": "He did a great job of raising questions about what we often accept at face value: aspects of identity, culture, and storytelling. The texts for the class were eye-opening."

In turn, Ismail credited his students with helping him to further his own scholarship and writing. In a 2015 interview about his second book *Culture and Eurocentricism* (Rowman & Littlefield), he said: "If you teach [a text], you have a much more intimate knowledge of it than you otherwise would. And it always happens that a student will see things that you might have missed." Recently Professor Ismail created a new class, "The Immigrant and the Refugee," again a topic related to a research project related to the Declaration of Independence ("perhaps our most influential immigrant text"). "As an immigrant myself," he said last summer, "I've long been interested in the United States' self-representation as a nation of immigrants."

Ismail was born and raised in Sri Lanka, receiving his BA, with First Class Honors in English, from the University of Peradeniya. He took his MA and PhD at Columbia University, where he was a research assistant for

June 4, 2021: With deep sorrow, we note the death of our esteemed colleague Professor Qadri Ismail, who died in May at home of natural causes. He was 59. A noted scholar of cultural studies, postcolonial literature, literary theory, and gender and sexuality, Ismail joined English at Minnesota as Assistant Professor in 1997 and served the department in numerous capacities, including Chair of the department's first Equity, Diversity, and Inclusion (EDI) Committee and Director of Graduate Studies. A journalist and political commentator as well as academic, Ismail was a longtime columnist for the *Sri Lanka Sunday Leader* and citizen journalism website *Groundviews*.

"For years, there was a comic posted on Qadri's office door," recalled Associate Professor Jani Scandura. "Beneath it he had taped the words: 'The Commitment to Theory.' It was a cheeky reference to Homi K. Bhabha's famous essay by that name, which had debunked the alleged incompatibility between theory and political activism. Qadri was sympathetic to Bhabha's view, extending his response with characteristic nuance in his first book, *Abiding by Sri Lanka* [2005], where he put forth what he called a 'postempiricist' and decolonial approach to peace in a country scared by decades of war. His question there and elsewhere was broader: How can an intellectual act—and write—without capitulating to the very epistemological conditions that produced the crisis itself? For Qadri, reading literature closely and slowly—reading as only a theoretically-engaged literary scholar can—offered a just solution."

"As a young, diasporic Lankan Tamil writer of fiction and nonfiction about Sri Lanka's minority communities," said Assistant Professor V. V. Ganeshanathan, "I followed Qadri's work long before I met him. What fortune for me to have landed in the same department as Qadri, to be able to wander into his office for political shoptalk and conversation and have him wander into mine, to hear his remarkable stories and insights, and to appreciate his marvelous cooking. In life, as on the page, Qadri was inimitable—brilliant, direct, adventurous, funny, questioning. I am so grateful for the way in which his friendship here felt like home. He will be deeply missed."

Professor Ismail loved a thorny scholarly debate; and he regularly mentored assistant professors, lecturers, and graduate students interested in critical and literary theory, racial and Indigenous studies, and post/colonialism. "Professor





BY THULASI MUTTULINGAM

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## Fountain pen

I've started following Tamil classes which require a lot of writing by hand.

Must be at least 20 years since I regularly held a pen - as in enduring hours of writing exercises at school.

I did use a pen to take journalistic notes but they didn't cause cramps then - now they do, badly.

I feared I was developing Carpel

Tunnel before I realized I was tracing unfamiliar Tamil letters with a death grip. Doing that consistently for two hours a day is wrecking my hand.

I've been reviewing & practicing hand exercises and writing grips - they do help but the pain is still there.

One of the suggestions for writer's

cramp is to switch to a fountain pen.

All I remember of fountain pens is that when my father tried introducing one to me as a child, I blotched it all over the paper. Never got the hang of it even though he tried periodically before giving up.

Wondering if I should invest in a fountain pen now.

Anyone use fountain pens here?

What's your advice? What brand? Does it help with writing pressure on the hand?

Also, anyone else dealing with writer's cramp, let me know any tips you developed to overcome it?

Giving up the strenuous writing is not an option so I need some other workable strategies. - May 15, 2021.

## War on women

Online, you'll find trans rights activists sending active death and rape threats to women. Police ignore them as do the social media platforms despite repeated complaints by women.

Meanwhile women talking about their sex based rights without ever resorting to abusive or hateful language often get police calls or have their accounts banned by social media for 'hate speech.'

This particular lady, a vocal gender critical feminist in Scotland

vigorously arguing the need to retain women's safe spaces, identity and language was harassed by the police for a tweet she made - without ever telling her what the tweet was or why it was considered transphobic - they made clear their problem with her was transphobic tweets but wouldn't specify which. Today after months of ordeal, she has been charged with "Malicious communication with hate crime aggravator."

Don't know if she has been arrested or not. She was active on twitter upto five hours ago before attending her summons. Radio silence now.

Women who attended have tweeted to let us know she has been charged and set a court date; they still appear clueless as to what particular tweet of hers caused the charge. The police had refused to divulge it all these days even to Marion despite repeated requests. Is this even legal?

She is the mother of four children under 8 including severely autistic twins. When the police first summoned her on April 28 just before a bank holiday, she panicked she'd be arrested without care for her children. The police's only response was that they'd make a social worker available in that case.

Eventually her solicitor managed to get the summons postponed to after the bank holiday - and the police kept postponing it periodically after that till today. All these months she has been under severe stress not even knowing what her crime is. This is the fate of women's rights in a country like Britain that has a strong feminist force out against gender ideology criminalizing women's rights. She was one of its most active members which is why she was probably targeted.

If you go to her twitter account @millar\_marian though, you'd be hard pressed to find any tweets that are hateful. Many of us have combed through her account looking for it.

When I went combing through it, I found tweets of hers in January, detailing doxxing and physical threats made by TRAs. She tweeted out to Nicola Sturgeon, the first minister of Scotland and the Scottish police for help - but that doesn't seem to have had any kind of response. Only some apparently transphobic tweets and we still don't know which ones, by a mother defending women's rights is worthy of nasty action like this.

Take that transphobia label with a large chunk of salt; I've followed GC feminists on twitter including her for months now and the only transphobia they display is saying women are a biological sex with sex specific rights due to them. That's vicious transphobia apparently.

This war on women for defending their hard won women's rights and spaces is unbelievable.

The world has truly gone to hell in a basket. - June 3, 2021.

## De-stigmatization of Trans people

Trans women are not women. No, I am not being a bigot. I'm just stating reality.

Trans people have a condition called gender dysphoria which makes them want to live as the opposite sex.

I am all for de-stigmatization of their lives and life choices.

But that is not what the current trans movement rapidly gaining worldwide traction is doing. There are many trans people who reject it because it doesn't address any of their specific rights to healthcare, right to non-discrimination in the workplace etc.

What the movement is doing is erasing biological sex as a concept (because that's transphobic apparently) and bringing in gender identity alone as markers for who gets to identify as men and women.

So what's the problem with this? Women as a sex class are oppressed worldwide. Whether we identify as women or not, there are sex specific issues which patriarchal societies weaponize to oppress us still.

That's why we still have women's lib movements around the world - to campaign for various rights still withheld from us; campaigning against FGM, campaigning for reproductive healthcare, campaigning for equal pay, quotas in political representation etc etc.

All the women engaged in such activities are transphobes by definition now. Because if trans women are women, then not all women have vaginas or cervixes.

You can see online, active campaigns by Trans Rights Activists to deplatform women's rights activists who conflate issues such as FGM, menstruation and pregnancy with girls and women.

It's insane but not only are they getting away with it, they are being actively supported by governments, policy makers, NGOs, mainstream media and even social media

platforms like facebook, twitter and reddit. The women insisting on using sex specific language to campaign for their sex specific rights are getting hate speech, death threats, warnings by their employers to change their language and in some cases getting fired, as well as being banned by social media networks for spreading 'hate speech' - the hate speech being using language like "Women and girls should not have their vaginas cut in the name of culture."

Because its transphobic to say women have vaginas.

No, I am not making this up. I saw this happen several times online; a few weeks ago I saw them mass campaign against an African feminist, a survivor of FGM herself, campaigning against FGM.

Mass hysteria unleashed against her in righteous indignation and there are some well-meaning people sitting outside the ring, encouraging the TRAs in the name of kindness and inclusivity, admonishing the women's rights activists to use more 'inclusive language'.

The more progressive language they call for (and being actively utilized everywhere now) is: 'people and children with vaginas should not be cut.'

This is inclusive, progressive language?

WHY pray tell are those 'people and children' getting their vaginas cut? On top of their biological reality, there are vicious societal realities affecting only women and girls - may we not name it?

How did we get to this point of madness?

Why even?

What purpose does it serve other than taking away women's rights to organize as a sex class and campaign for their rights?

What purpose does it serve trans women? - June 2, 2021

## Absurdly high standards

As a young reader (I started reading at 5 and was reading several Enid Blyton children's series by 7) I was used to being way ahead of my peers in reading / writing English.

At the age of nine, I was just beginning to write essays. Basic sentences actually. It would be a few more years before I was writing 500 word essays.

I am not a qualified children's English teacher - but for various unavoidable reasons got roped into teaching a nine year old girl in the USA right now. English is her first language, she can't speak Tamil.

Despite this, she's apparently way behind her peers in spelling and writing so I was roped in to coach her.

Kid is already writing 500 - 750 word well constructed essays. She makes minor mistakes in spelling big words like burglar and twilight - but at that age, I didn't even know those words. She's also a voracious reader.

I told her mom she is above average in my book, and I don't understand what all the fuss about her being 'weak in English' is about. According to her mother, the kid's teachers have complained that she is way behind the rest of her peers in school; she sent me screenshots of school tests her daughter had done. She had scored around 65% in most of them.

I am no expert on what a kid should be learning but those tests seem to be way too high for a nine year old. I would give them to 12 or 13 year olds learning English as a first language.

What am I missing here?

Any parental / English teachers' inputs would be appreciated.

I specifically want to know what level of writing / grammar / spelling nine year olds are expected to exhibit in the US / UK.

Ah OK, I keep reading about how US education for kids is substandard - so it was quite a jolt to see this.

Seems needlessly painful though, kids would master it soon enough in a couple of years, I don't know why those absurdly high standards are pushed on them at an inappropriately young age.

Poor kid is a good reader and writer yet thinks she is substandard. - May 10, 2021



## SPECIAL FEATURE

# INTERESTING ASPECTS OF BRIHADHEESWARAR TEMPLE IN TANJORE, TAMIL NADU, INDIA

Compiled by : KIDAMBI RAJ

### INTRODUCTION



- Konark Temple

**Brihadeeswarar Temple** also known as, **Peruvudaiyar Kovil, Periya Kovil, Rajarajeswara Temple** is a Hindu Temple dedicated to Lord Siva. This temple is constructed in Thanjavur in the basin of **Kaveri** (Cauvery) River in Tamil Nadu India. It is one of the larger temples in India and is a true example of Dravidian architecture and built during the chola period.

Though the history of Thanjavur dates back to the Sangam age, it was between the 10<sup>th</sup> and 14<sup>th</sup> centuries that Thanjavur reached its zenith, becoming the centre of Tamil learning and culture. Modern Thanjavur is a fertile plain which is often referred to as the **rice bowl** of Tamil Nadu. The Cholas were great temple builders and Thanjavur bears witness to this, being dotted with no fewer than 74 temples, the most famous of which is the Brihadeeswarar temple.

The Brihadeeswarar temple built by Raja Raja Chola is Thanjavur's greatest landmark and dominates the landscape for miles around. Also known as the **big temple** and acclaimed as **the grandest temple in South India**, it is an outstanding example of superb chola architecture and craftsmanship. The imposing vimanam (the tower over the inner sanctum) is the most striking feature of this temple. It rises perpendicularly to a height of 15m from a square base of 29m and tapers off to a total height of 65.4m. Topping the tower is a monolithic cupola. The structure is made from a granite block weighing about 80 tonnes. It is said that this massive stone was moved into position on a 6km long inclined plain. A gigantic Nandi (bull), the mythical mount of Lord Siva guards the portals of the shrine. It is the second largest monolithic sculpture of its kind in the country. In the inner courtyard of the temple are some superb frescoes reminiscent of the cave paintings of Ajanta.

**Arulmozhiarman**, a Tamil emperor who was as popular as **Rajaraja Chola I** laid the foundations for the Brihadeeswarar temple during 1002 CE. This was the first among other great building projects by the Tamil Chola Kings. This temple was completed in 1010 AD. This temple is part of the **UNESCO World Heritage Site** known as the Great Living Chola Temples, the others being the

temples in **Gangaikonda Cholapuram** and in **Airavatesvara Temple**. It is also called as the **Dakshina Meru** (Meru of the South). **Mount Meru**, also called Sumeru (Excellent Meru) is considered to be the center of all physical, metaphysical and spiritual beings on earth. **Meru** is the most important **mountain** in Hindu traditions and has clearly mythical aspects that make no comparison with reality.

### ABOUT THE TEMPLE



- Birds Eye View of the Temple

This temple stands amidst fortified walls that were likely added in the 16<sup>th</sup> century. The **Vimanam** (temple Tower) is **216 ft. (66 m)** high and is the tallest in the world. The **Kumbam** (the apex or the bulbous structure on the top) of the temple is carved out of a single rock and weighs around **80 tons**. There is a big statue of **Nandi** (sacred bull), carved out of a single rock measuring about **16 ft. (4.9 m) long and 13 ft. (4 m) high** at the entrance. The entire thing is made out of granite and the nearest source of which is from **Tiruchi**, about **60km.** to the west of Thanjavur. This temple is one of the most visited tourist attractions in Tamil Nadu. A symmetrical and axial geometry rules the layout of this temple. The temples from the same period and the two following centuries are expressions of Tamils Chola power, artistic expertise, and wealth. Emergence of these types of features, such as multifaceted columns along with projecting signals of square capitals signifies arrival of Chola style, which was new at that time.

It is one architectural exemplar, which showcases true form of Dravidian kind of architecture in temples and is a representative of ideology of Chola Empire and South India's Tamil civilization. Brihadeeswarar Temple testament to Chola's brilliant architecture, painting, bronze casting and sculpture.

It is said that after seeing **Pallava Rajasimha**

**Temples** in Kancheepuram, Empire Rajaraja Chola had the dream of establishing such a huge temple for Lord Siva. Brihadeeswarar Temple is the first among all buildings which make use of granite fully and it finished within five years from 1004 AD to 1009 AD. The greatest Chola **Emperor Rajaraja I** (985 AD – 1012 AD) the son of **Sundara Chola (Parantaka II)** and **Vanavan Mahadevi** built this magnificent temple at Thanjavur, the capital of the **Chola Dynasty**. The inscriptional

evidence, it is known that Rajaraja I started building this temple on his 19<sup>th</sup> year and completed it on the 275<sup>th</sup> day of his 25<sup>th</sup> year. It took just six years to complete this work and on 1010 AD.

The inscriptions and paintings on the walls of the Brihadeeswarar temple record the rise and fall of the city's fortunes. Lord Siva's representation is as a **Gigantic Stone Lingam**. This is covered by a **Vimanam** that extends to **216 feet**. It is built with stones that are bonded and notched without any mortar. The top most stone, an engineering marvel, weighs about **80 tons**.



- Five Rupee Stamp to Commemorate 1000 yrs. of Brihadeeswarar Temple

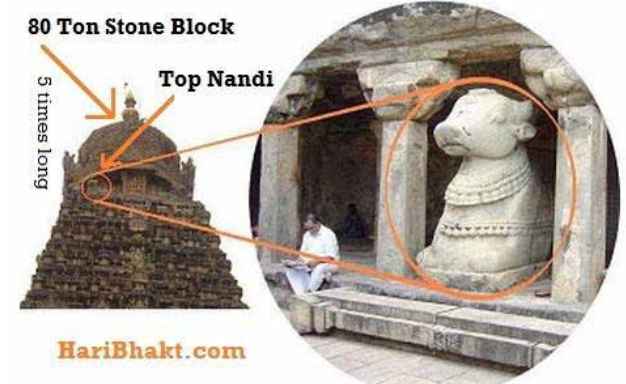
# SPECIAL FEATURE



- Nandhi

The precincts of this temple are surrounded with cloisters covering an area of 120m by 240m and are also surrounded on the outside with heavy brick walls for an area of **350 square meters** including a large tank (reservoir).

There is a **Nandi Shrine**, two continuous extensive **Mandapams** (worship rooms), an **Antarala** (ante-chamber), and a **Vimanam** with a high tower all in line on the east-west axis. On the same axis stand Gopuram (temple gateway) of the early phase at the eastern centre of the cloister and the brick wall. They are the sole entrance spots to the temple precincts. Though they are embellished with sculptures, they took much lower than Gopurams of huge temples in South India, as the height of the Vimanam is great in contrast. The second Gopuram on the line of the cloisters is **24 m** in both width and height, lower than the first Gopuram, but its sculptures are larger, with a pair of



**Thanjavur: At top, 80 ton cap stone is 4 times long and 10 times heavier than Nandi below.**

- Vimana on temple

**Dwarapalakas** (Gate keepers) on both sides of the door way.

In the cloisters surrounding the precincts is line of Lingas, symbol of Lord Siva, and wall paintings from the Nayaka period on the rear walls delight the eye of the pilgrims. The Brihadeeswarar temple made of granite and brick is the greatest work of the Dravidian style in its grand scale and high degree of perfection, alongside of the great temple in Gangaikondacholapuram. The development of stone temples in the South Indian style, having



- Five Rupee Stamp to Commemorate 1000 yrs. of Brihadeeswarar Temple

started at the small temples at Mahabalipuram, reached their summit here. It became the model of the temples to be built in South India and Southeast Asia in the Chola Dynasty period. This Thanjavur Periya Kovil is the greatest creation of the Cholas and it is visible from any area in Thanjavur, perhaps the only temple with such a characteristics.

This temple became popular all over the country on its **1,000<sup>th</sup> birthday** in September 2010.. In its commemoration, a **one Rupee postage stamp** featuring the 216 feet tall Rajagopuram (Vimanam) was released by the Indian Postal services. A **5 Rupees coin** was released by the Reserve Bank of India. A



- Rs. Five Coin

**1,000 Rupees commemorative coin** with the same picture as was on the 5 Rupees coin of the Thanjavur periya Kovil was released by the Republic of India Coinage, but was not for public circulation. In April 1954, the Reserve Bank of India had released a 1,000 Rupees currency note with the panoramic view of the temple. But later during the Indra Gandhi rule, all 1,000 Rupee notes were demonetized to curtail black money.

**Thiruvarur**, the most important **Sapta Vitanka Sthalam**, which had the patronage of the Cholas right from the days of **Manuneezhai Cholan** and **Musukuntha Cholan** was also nearby. So were numerous temples referred to as **Paadal Petra Sthalangals**, the temples where the Saivite Saints, **Appar**, **Sundarar**, **Sambhandar** and **Manickavasagar**, also popularly called the **Nalvar**, had sung **Thevaram Hymns** (religious hymns praising the deeds of Lord Siva). Then, what made Raja Cholan build a massive temple in his capital city? Few centuries before, the **Pallavas** had given a new dimension to art and architecture. Under their patronage rose

the **Majestic Rathas**, **Shore Temple** and **Yali Caves** at **Mamallapuram**. **Rajsimha Pallavan** built two splendid temples in **Kancheepuram** **Parameswara Vinnagaram** and **Kailasanathar Kovil**. The latter dedicated to Lord Siva, held Rajaraja Cholan's dreams and aspirations were always huge. The visionary he was in all matters, there is no wonder that he envisaged a huge temple to celebrate the power of divinity. By building all these, did he want to stamp his authority and tell the world, Look what I have accomplished? May be the reason was simple. He wanted to show the whole world the towering presence of God that is everlasting against human life that is highly evanescent.

## Some Interesting things near this temple

### The Palace

Near the temple is the palace built partly by the Nayaks sometime around 1550 and partly by the Mahrattas. These buildings have huge corridors and spacious halls. The armoury and observation towers are visible from all parts of the city.

### Art Gallery

The palace houses an interesting art gallery which contains several granite and bronze statues from the 9<sup>th</sup> and 12<sup>th</sup> centuries.

### Library

The Saraswathi Mahal Library in the Palace dates back to about 1700 and has over 30,000 palm leaf and paper manuscripts in Indian and European languages.

### Hall of Music

The Sangeetha Mahal in the Palace is an acoustically perfect music hall that is remarkable for its engineering skills.



- RBI Launched 1000 Rupee Coin in India Recently

### Schwartz Church

Towards the east of the palace is a church that was built in 1779 by **Raja Serfoji** as a token of affection and esteem for the Rev. Schwartz of the Danish mission.

### The Tank

The Sivaganga tank nearby was built in 1777 and is well known for its sweet water.



- RBI Launched 1000 Rupee Currency in India



## DURHAM TAMIL ASSOCIATION

# Durham Tamils Association Serving Our Community



## DTA SERVING DURHAM TAMILS DURING THESE UNPRECEDENTED AND CHALLENGING TIMES

Durham Tamils Association is always looking for ways to help our members, youth, and

our seniors. During this pandemic period and this winter, we are continuing to provide free virtual activities almost every day. Thank you to our fantastic volunteers who do not expect anything and are serving the community voluntarily. DTA is truly grateful for your continued support. Also, DTA's Tamil school continues to provide virtual Tamil classes for our students.

### Medical Seminar

Dr. PiravenaSelvakumar presents the importance of eye care for all ages. She discussed various eye conditions and how they can impact your overall health. Thank you Dr. PiravenaSelvakumar, O.D., B.Sc. From Optometrist at Kodak Lens Harwood Eyecare.

### Durham Tamil Association's Father's Day Celebration



Durham Tamil Association celebrated a relaxing and warm Father's Day virtual celebration. Happy Fathers Day to all our wonderful fathers, grandfathers, and uncles. Everyone fully enjoyed it and thank you to all the participants.

Durham Tamil Association Presents: Durham Tamils Got Talent! Monthly Show

(Free event/ No membership required)

OPEN CALL FOR ALL OF ONTARIO, OUT OF PROVINCE AND INTERNATIONAL TAMILS - ALL AGES!

Are you interested in participating? If so, send your recordings ASAP as spots are filling fast.

The next show date is approaching soon. Save the date - Sunday, July 11th. The starting time for the show will be 5:30 pm

Acting, Singing, Dancing, Public Speaking, Instrumentalists, Arts & Crafts, Cooking, Poetry, and Special talent will be accepted. Complete the talent show application from durhamtamils.org and send your recordings to dtalentshow@gmail.com. All performances will be assessed and selected based on the assessment.

If you have any questions, please call 905-428-7007

### DTA's Seniors

DTA is keeping our seniors fully occupied with multiple free virtual classes and programs. DTA runs Seniors Chair Yoga Class, Mind Exercises, Mat Yoga Class, Cooking Classes, Health Seminars, Chess Club, Virtual Game Nights, Travel Around the World from Armchair, Crafting Classes (including free craft items), and much more for our seniors. DTA is here to support you in any way.

**Durham Tamil Association Presents**  
Every Month

Next Show date JULY 11th 5:30pm - 7pm

**OPEN CALL FOR ALL ONTARIO TAMILS**  
**ALL AGES!**  
Acting, Singing, Dancing, Public Speaking, Instrumentalists, Arts & Crafts, Cooking, Poetry, Special talent...

Out of province & International participants are welcome

**VIRTUAL**  
**Durham Tamils Got Talent!**  
Meeting ID: 890 3171 3780 Passcode: 572839

Share your awesome talents  
Complete Talent show form @durhamtamils.org  
and send your recordings to  
dtalentshow@gmail.com

Tel: 905-428-7007  
All Performances will be assessed and selected

**டறம் தமிழ் ஒன்றியம் வழங்கும்**

கலந்துரையாடல் - புதன்கிழமைகளில் மாலை 6:00 மணிக்கு மற்றுமொரு புதிய கதையாடல் நிகழ்ச்சி

அனுபவமிக்க தமிழாசிரியரும் மரபுசார் கலைத்தேடல் கொண்டவரும் வானொலி அறிவிப்பாளருமான திரு.பேராதரன் பாலசிங்கம் அவர்கள் நிகழ்ச்சியைத் தொகுத்து வழங்கவுள்ளார்.

கலந்து பயன்பெறுங்கள் !

திரு.பேராதரன் பாலசிங்கம்,

**Wednesdays**  
**6:00pm - 7:30pm**

**புதிய கதையாடல் நிகழ்ச்சி**

**Website:** durhamtamils.org  
**Meeting ID:** 841 6661 5028  
**Passcode:** 825667

If you want to participate in our programs, please check our monthly calendars. Please register for virtual Seniors programs at durhamtamils.org

### Tamil School

Durham Tamil Association's Virtual Tamil School has been running very successfully. As per many requests, we started some additional new Tamil classes.

-Ages 4 & up

-Tamil Credit Course

-Teens & Adults

Please register online at durhamtamils.org

Fill out the form and provide your information under "Virtual class registration".

### Thank you to DTA's Annual Sponsors

DTA thanks our annual sponsors Nava Wilson Law, Computek, TSN Express, Chapel Ridge Funeral Home, ShowthaThushijanthan-RE/MAX, Ajax Crematorium, and Visitation Ctr, and all our sponsors for your continued support throughout the year.

For more information on all DTA's Community Support Programs and Sponsor contacts, please visit www.durhamtamils.org Tel 905.428.7007

DTA News Channel on Youtube: <https://www.youtube.com/watch?v=LIQinT8OO0o>

## COMMUNITY WATCH



## Durham Tamils Association Serving Our Community



DTA SERVING DURHAM TAMILS DURING THESE UNPRECEDENTED AND CHALLENGING TIMES

**DURHAM TAMIL ASSOCIATION**

DATE: JUNE 13th  
TIME: 5:30PM - 7:00PM

**The Importance  
Of Eye Care  
For All Ages**

**Dr. Piravena  
Selvakumar, O.D., B.Sc.**

Optometrist at Kodak Lens  
Harwood Eyecare

She will be discussing  
various eye conditions and  
how they can impact your  
overall health.

Visit our website  
durhamtamils.org

Meeting ID: 831 2207 3233  
Passcode: 706436

டறம் தமிழ் ஒன்றியம் வழங்கும்  
குழந்தைகள் / இளைஞர்களுக்கான  
திருக்குறள் கற்பித்தல்

Register online: durhamtamils.org (Members)

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ஒவ்வொரு திங்கள் மாலை  
இலவச  
வகுப்புகள்

எங்கள் அன்னைத்தமிழுக்கு மகுடம் போன்றது  
திருவள்ளுவர் தந்த திருக்குறள்! அந்தக் குறள்கள் எங்கள்  
குழந்தைகளைச் சென்றடையவேண்டும். எங்கள்  
எல்லோருக்கும் அறவழிப்பாதையினைத் திருக்குறள் காட்டி  
நிற்கும் என்ற நற்சிந்தையோடு கற்பிக்கிறார்கள்  
வள்ளுவன்வழி இணையப்பள்ளி ஆசிரியர்கள் ஜெயகுமார்  
சோமசுந்திரம் மற்றும் ஜோதி ஜெயக்குமார்.

**Jeyakumar Somasundram**  
**Jothy Jeyakumar**

வள்ளுவன்வழி இணையப்பள்ளி  
ஆசிரியர்கள்

**DURHAM TAMIL  
ASSOCIATION**

Free Virtual Mat Yoga For Adults  
**Mrs. Vana Dineshkumar**  
Experienced and well-known  
Yoga Teacher

Sundays 10:00- 11:30 AM

REGISTER @ DURHAMTAMILS.ORG

**DURHAM TAMIL ASSOCIATION  
PRESENTS**

**SENIORS  
TALENT  
SHOW**

முதியவர்கள் தங்கள்  
திறமைகளை  
காட்டுவதற்கான மேடை!

EVERY MONTH  
OPEN CALL FOR ALL SENIORS IN  
ONTARIO, OUT OF PROVINCE &  
INTERNATIONAL PARTICIPANTS  
ஒன்டாரியோ, பிறமாகாணங்கள்  
மற்றும் சர்வதேச பங்கேற்பாளர்கள்  
வரவேற்கப்படுகிறார்கள்!

1ST SHOW DATE : JUNE 25TH TIME 7:00 O -8:30PM

SINGING பாடல் DANCE நடனம்  
COOKING சமையல் POETRY கவிதை  
ARTS & CRAFTS வரைதல் கைவினை தயாரித்தல்  
INSTRUMENTALS இசைக்கருவி வாசித்தல்  
PUBLIC SPEAKING பொது பேச்சு  
ACTING /DRAMA நடிப்பு  
STORYWRITING கதை எழுதுதல்  
STICHING தையல்  
SPECIAL TALENTS சிறப்பு திறமைகள்

Send your recordings to  
dtatallentshow@gmail.com  
உங்கள் பதிவுகளை  
dtatallentshow@gmail.comக்கு  
அனுப்பவும்

Meeting ID:  
891 9783 7270  
Passcode: 701656

REGISTER ONLINE AT WWW.DURHAMTAMILS.ORG

## COMMUNITY WATCH



# City's Nurturing Neighbourhoods Program returns virtually for 2021



BRAMPTON, ON (July 2, 2021) – The City of Brampton's Nurturing Neighbourhoods Program will return on Wednesday, July 7, 2021. Again this year, to protect the health and safety of staff and residents, the program will be online.

Nurturing Neighbourhoods aims to improve civic engagement, empower residents to play an active role in enhancing their neighbourhood and connect them with resources. There will be three ways for residents to learn more about their neighbourhood and share what is important to them:

Virtual tours – 15 pre-recorded tours will be posted on the City's website on scheduled dates. Residents are en-

couraged to take these tours virtually, or use the provided tools to take these tours independently in person, while maintaining physical distance.

Neighbourhood survey – the City wants to understand the community's neighbourhoods and how residents interact within them. Residents are encouraged to take the online survey.

Online mapping tool – an online mapping tool will allow residents to identify places they love, concerns, and changes they would like to see throughout the city.

For more information on Nurturing Neighbourhoods and a complete list of virtual neighbourhood walks, visit [www.brampton.ca/neighbourhoods](http://www.brampton.ca/neighbourhoods).

# Cooking and garage fires are leading causes of residential fires in Brampton. Be home safe home.



Monday, Jun 28 2021, 12:00

BRAMPTON, ON (June 28, 2021) – We've all spent a lot more time at home as a result of the COVID-19 pandemic, and many residents have been having to juggle more at once than usual. Fires at home can start in an instant. Brampton Fire and Emergency Services wants to remind residents of the importance of doing what they can to minimize the potential of kitchen and garage fires, both leading causes of fire in Brampton.

"Unattended cooking is the number one cause of residential fires in Brampton," said Bill Boyes, Fire Chief, Brampton Fire and Emergency Services. "An untidy garage and barbecuing inside a garage is dangerous and can also cause fires. We are asking that residents do their part to

keep their families, homes and our community safe."

Brampton Fires and Emergency Services reminds residents of the following tips to be home safe home:

- Avoid distractions such as using mobile devices, completing household chores, drinking or using recreational drugs while cooking.
- A fire safe garage is a clean and tidy garage. Reduce fire risk by removing leaves and trash from carports and garages.
- Keep flammable and combustible materials away from hot vehicles or parts.
- Only use barbecues outside. Using barbecues indoors or in enclosed spaces like a garage is a fire hazard and risks exposing family and friends to carbon monoxide.

# Explore the new Etobicoke Creek Recreational Trail interregional connection!

Tuesday, Jul 06 2021

BRAMPTON, ON (July 6, 2021) – The much-anticipated interregional connection on the Etobicoke Creek Recreational Trail from Brampton, to Mississauga, to Caledon, is now complete. Users can now walk, hike, or cycle continuously between the three communities.

The new two-kilometre interregional connection fills a critical gap in the trail between Brampton and Mississauga, allowing safe passage under Highway 407 and Highway 410, from the Kennedy Road Trail entrance, to the city limit. It provides a continuous off-road active transportation route that connects Lake Ontario and the Waterfront Trail to the Greenbelt Trail in Caledon.

In Brampton, the trail passes through the downtown core, providing access to a wide range of cultural and seasonal activities. The full Etobicoke Creek Recreational Trail extends approximately 34.5 kilometres, along the Etobicoke Mimico Watershed and through natural and urban settings. More than 4,000 trees and 14,000 shrubs have been planted by the TRCA and City along the Kennedy Valley to enhance the environmental benefits of the trail.

This initiative was a collaborative effort between the City of Brampton, Toronto and Region Conservation Authority (TRCA), Region of Peel, Town



of Caledon, City of Mississauga, and the Ministry of Transportation.

The connection supports the City's Active Transportation Master Plan, which aims to implement a connected cycling and pedestrian network across the city, and connect to neighbouring municipalities, to enable safer, more convenient travel by non-motorized modes, and providing safe, attractive and connected cycling trails. To learn more about the City's Active Transportation Master Plan, visit [www.brampton.ca/atp](http://www.brampton.ca/atp).

Three kilometres of the Etobicoke Creek Recreational Trail are sponsored by Coke Canada Bottling, beginning at the Kennedy Road trail entrance and ending at the city limit. This is the City's first corporate sponsor for a recreational trail in Brampton and will contribute to ongoing trail maintenance. Learn more about sponsorship opportunities at [www.brampton.ca/sponsorship](http://www.brampton.ca/sponsorship).

## OBITUARY

### THIRUCHANDRAN, JEREMIAH

Son of late Dr. and Mrs. Gunaratnam Jeremiah, husband of Selvy, father of Madhuri, grandfather of Kiran and Jai, brother of Mrs. Sahathevarajan (Chutty), late Mrs. Somasundaram (Baby), late Mrs. Patkunarajan (Sellam) and late Mrs. Sarogini Ambalavanar, passed away on the first of July, 2021.

The funeral took place on the second of July 2021, with the mandatory limited number of mourners under the prevailing health regulations.

**- Selvy and Madhuri**





SCARBOROUGH HEALTH NETWORK FOUNDATION

# RADIOTHON

## ரேடியோதான்



### Thank you for helping us raise over \$275,000 during our first-ever Tamil Radiothon!

From the bottom of our hearts, and on behalf of everyone at SHN, we want to thank the Scarborough community and the following sponsors for making this incredible accomplishment possible:

In partnership with



In support of



Presenting Sponsor & Call Centre Sponsor



Power Hour Sponsors



Community Sponsors

