## 16TH YEAR IN CIRCULATION A parfait media publication



**AUGUST 2021 ONE DOLLAR** 







# Government funds \$26.2 million dollars for a new Tamil Community Centre

By Siva Sivapragasam

The Canadian Federal government and the Ontario Provincial Government have announced that a sum of \$26.2 million dollars will be invested in funding towards the construction of a Tamil Community Centre (TCC) in Toronto.

After getting approval from the federal government's Investing in Canada Infrastructure Program (ICIP), the Canadian government and the Ontario Provincial Government have agreed to pay \$26.2 million needed to launch the community centre. A sum of \$9.6 million is to be raised from the communi-Details on page 11 & 19...



#### 11th Century Scholar Nambiyandar Nambi celebrated at Sri Varasiththi Vinayagar Temple, Toronto

By K. Thirukumaran

Sri VarasiththiVinayagar in Toronto is ringing piety in this phase of slowly opening the pandemic lockdown with outdoor festivities in all the pious of divine purpose.

The small but sprinkling benevolence in abundance, this Ganesa temple in a North East corner of bustling Kennedy and Finch intersection is testimony to pockets of piety that exist in large urban areas - like in the city of Colombo.

Full coverage in Pages 24 & 25...



Sri Varasiththi Vinayagar Hindu Temple of Toronto

#### Tribute



#### Rajendran Rajamahendran

(19 May 1943 - 25 July 2021) Chairman, Capital Maharaja Group, Philanthropist, Social activist (Detailed coverage on pages 38 & 41)

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#### **Government extends Pandemic income** support benefits to workers and rent subsidies for businesses until October 23rd

The Federal Government has decided to extend the Covid 19 Pandemic benefits to workersand rent subsidies for businesses by an extra month until October 23rd.

The decision means that wage and rent subsidies for businesses, and income support for workers out of a job or who need to take time off to care for family or stay home sick, will last until Oct. 23.

The government estimates the revamped aid package will cost an additional \$3.3 billion, with two-thirds of that for the recovery benefits, and

one-third for the business supports.

The Government had planned to phase out the pandemic aid, foreseeing enough of a recovery by the fall that many of the measures would no longer be needed.

Finance Minister Chrystia Freeland has stated that there were still too many businesses and workers who are not fully back on their feet yet, noting that it took the country a little longer to stamp out the third wave of the pandemic than the government expected.

#### Canada, Ontario, City of Toronto, and Partners Invest Over \$35.9 million in the Tamil Community Centre in Scarborough

July 16, 2021

#### **Infrastructure**

SCARBOROUGH — The safety and well-being of Canadians are top priorities for the governments of Canada, Ontario, and the City of Toronto. Investments in Ontario's infrastructure during this extraordinary time provide an opportunity to create jobs, economic growth, and make our communities more sustainable and resilient.

Today, Honourable Chrystia Freeland, Deputy Prime Minister and Federal Minister of Finance on behalf of the Honourable Catherine McKenna, Federal Minister of Infrastructure and Communities; the Honourable Bill Blair, Federal Minister of Public Safety and Emergency Preparedness; the Honourable Mary Ng, Minister of Small Business, Export Promotion and International Trade; Gary Anandasangaree, Parliamentary Secretary to the Minister of Crown-Indigenous Relations and Member of Parliament for Scarborough-Rouge Park; the Honourable Kinga Surma, Ontario's Minister of Infrastructure; Vijay Thanigasalam, Parliamentary Assistant to Ontario's Minister of Trans-Parliament for Scarborough—Rouge Park; Logan Kanapathi, Member of Provincial Parliament for Markham-



Thornhill; His Worship John Tory, Mayor of the City of Toronto; Jennifer McKelvie, City Councillor for Scarborough-Rouge Park; and Siva Vimalachandran, Chair of the Board of Directors of the Tamil Community Centre, announced funding for the construction of the Tamil Community Centre.

The Government of Canada is investing over \$14.3 million in this project through the Community. Culture and Recreation Infrastructure Stream (CCRIS) of the Investing in Canada plan. The Government of Ontario is providing more than \$11.9 million, while the Tamil Community Centre is contributing over \$9.6 million. The City of Toronto has contributed land valued at \$25 million to the project in the form of a long-term land lease at a minimal cost of \$1 plus HST in annual

The project will see the construc-

#### Shajahi Rajasingham's video presentation about Veterans on Remembrance Day

Remembrance Day has been observed since the end of the First World War to remember armed forces members who have died in the line of duty. The Royal Canadian legion conducts numerous literacy and video competition under the umbrella of the provincial youth education. This is to engage and educate the youth and children to honor and remember Canada's fallen Veterans and help ensure Canadians never forgets their sacrifices.

Upon reading many books about Canada's history and the fallen soldiers, Shajahi's journey started with writing an emotional song about the veterans and their sacrifices. The song was written and performed to thank all of the brave and strong veterans and their families. She felt it was important to include pictures of all the veterans she could collect across Canada to show even greater appreciation towards their selfless contribution. When she contacted various Royal Canadian Legion branches across Canada, she was touched by the love and encouragement they showered her. It gave her sense of pride and privilege to learn about every one of them and their stories. Shajahi felt it was imperative for her to write, compose and sing this song and collect all memoirs. Because, as a young person in the community, it's important for young people like her to continue remembering those who fought for our

Shajahi Rajasingham, grade 9 IB student at St. John Paul II Catholic Secondary School in Scarborough



participated in the Royal Canadian Legion Ontario command 2020-2021 Remembrance Day video competition. Shajahi placedfirst in the 2020-2021, in all of Ontario for her impressive video. She received medal from the Royal Canadian Legion Ontario command, and cash price along with a certificate from local RCL branch. The video was viewed by 9 judges, and they were most impressed with the entry and her ability to clearly represent the theme of Remembrance Day in her work as a winning entry their control clear legion Ontario command. Her video is now posted Ontario Command website to promote the program in the community.

Shajahi's video presentation can be accessed through searching "Thank You Veterans by Shajahi"

It is important that all children take part in the Royal Canadian Legion Remembrance Day activities and embrace our history.

tion of a multi-purpose facility that will meet the needs of many local residents, including the diverse Tamil Community in the Greater Toronto Area. A gym and outdoor playing fields will improve access to recreational opportunities for the community, while a new library, museum, auditorium and multi-purpose spaces will help facilitate educational and cultural opportunities and events.

All orders of government continue to work together for the people of Ontario to make strategic infrastructure investments in communities across the province when needed most.

Gary Anandasangaree, Parliamentary Secretary to the Federal Minister

of Crown-Indigenous Relations and Member of Parliament for Scarborough-Rouge Park, made the following message on the funding announcement for the centre:

"The Tamil Community Centre will be a unifying space that will bring this vibrant community together under one roof. It will be a space to learn, to showcase, to gather and to reflect. This is a result of all governments working together—and led by the Tamil community. Generations of Tamil-Canadians have worked for this day, and generations of Canadians of all backgrounds will be well-served by the Tamil Community Centre."

Via news.ontario.ca



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# Monsoon Journal extends Readers, advertisers, distribution outlets, friends and well-wishers A Happy Summer! And Stay Safel

# International Day of the Victims of **Enforced Disappearances 2021:**

www.monsoonjournal.com

Let's Prioritize Recognizing and Preventing Enforced Disappearances as a Major Human Rights Issue across the Globe

By HarrishThirukumaran

Enforced disappearance has frequently been used as a strategy to spread terror within the society. The feeling of insecurity generated by this practice is not limited to the close relatives of the disappeared, but also affects their communities and society as a whole.

On August 30, 2021, the United Nations willrecognize thedeep concern about the increase in enforced or involuntary disappearances in various regions of the world. This includes arrest, detention and abduction. These along with the growing number of reports concerning harassment, ill-treatment and intimidation of witnesses of disappearances or relatives of persons who have disappeared are part of or amount to enforced disappearances. The UN General Assembly passedresolution 65/209 on December 21, 2010, to officially commemorate this day.

At the same time with this resolution, the Assembly welcomed the adoption of the International Convention for the Protection of All Persons from Enforced Disappearance, and decided to declare August 30 the International Day of the Victims of Enforced Disappearances, to be observed beginning in 2011.

United Nations Secretary General, Antonio Guterres has made a statement on the political and social significance of this day, "Impunity compounds the suffering and anguish. Under international human rights law, families and societies have a right to know the truth about what happened. I call on Member States to fulfil this responsibility."

There are many that are affected by enforced disappearances. For example, the victims are frequently tortured and in constant fear for their lives. They are well aware that their families do not know what has become of them and that the chances are slim that anyone will come to their aid. Having been

removed from the protective precinct of the law and "disappeared" from society, they are in fact deprived of all their rights and are at the mercy of their

Next, families and friends of the victims, experience slow mental anguish, not knowing whether the victim is still alive and, if so, where he or she is being held, under what conditions, and in what state of health. They alternate between hope and despair, wondering and waiting, sometimes for years, for news that may never come. Communities are directly affected by the disappearance of breadwinners, and the degradation of the families' economic situation and their social marginalization.

Enforced disappearance is not a crime of the past. It is practiced by governments in every region, and in many countries is increasing. That's why the UN Human Rights Office has launched an initiative to double the number of ratifications of the International Convention for the Protection of all Persons from Enforced Disappearance within five years.

The ideal way to commemorate this day of observance is submitting cases of disappearance to the Working Group on Enforced or Involuntary Disappearances. It accepts cases from any country in the world. It is not necessary to exhaust domestic remedies before submitting a case to the Group. The cases of disappearance can be submitted by relatives of disappeared, or by organizations acting on their behalf. More information can be found at the United Nations Office of the High Commissioner for Human Rights:https://www.ohchr.org/ EN/Issues/Disappearances/Pages/DisappearancesIndex.aspx.

So, as we continue to recover from the pandemic, let's prioritize recognizing and preventing enforced disappearances as a major human rights issue across the globe.

#### Canada **Historic Milestones**

August 18, 1869

The Canadian government issues the first patent for an invention in Canada to William Hamilton, a Toronto machinist and inventor. He designed a machine for measuring liquids.



#### Before anything else, preparation is the key to success

- Alexander Graham Bell - (March 3, 1847 - August 2, 1922) Inventor, Engineer



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#### CANADA NEWS



#### **Province Announces Ontario Place Redevelopment**

#### New partnerships will help make vision of a world-class, year-round destination a reality

July 30, 2021

#### Office of the Premier

TORONTO — The Ontario government has announced details of its plan to revitalize Ontario Place into a world-class destination. Three successful participants from the 2019 Call for Development process Therme Group, Live Nation and Écorécréo Group will help deliver an exciting, inclusive and family friendly experience that will play a key role in the province's post-pandemic recovery, both as a tourism destination and as a display of Ontario's strong cultural identity. The government also outlined the next phase of consultations with stakeholders and community members.

Details were provided today by Premier Doug Ford; Lisa MacLeod, Minister of Heritage, Sport, Tourism and Culture Industries; John Tory, Mayor of Toronto; Chief R. Stacey Laforme of the Mississaugas of the Credit First Nation; Robert Hanea, CEO of Therme Group; Wayne Zronik, President of **Business Operations at Live Nation** Canada; and Jean-Philippe Duchesneau, Co-Owner of Écorécréo Group.

"As we mark the 50th anniversary of Ontario Place this year, there is no better time to bring this iconic destination back to life," said Premier Ford. "By taking this first step with our world-class development partners, as well as the City of Toronto and Indigenous communities, we will deliver a renewed Ontario Place that provides year-round entertainment for all ages and interests. As we continue to engage and consult with the community, Ontario Place will realize its full potential as a long-term economic generator for the people of Ontario."

The transformation of Ontario Place will include three new major attractions:

• Therme Group is building Therme Canada | Ontario Place, a family-friendly, all-season destination offering something for all ages, including pools, waterslides, botanical spaces to relax, as well as sports performance and recovery services. Outside, people will enjoy more than eight acres of free, publicly accessible gathering spaces, parkland, gardens

and beaches.

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- Live Nation is redeveloping the existing amphitheatre into a modern, year-round indoor-outdoor live music and performance venue that will attract world-class artists and events. Protecting the iconic amphitheatre lawns, the new venue will have an expanded capacity of 20,000 in the summer and close to 9,000 in the winter, offering a unique indoor-outdoor experience with operable exterior walls to accommodate events, rain or shine.
- Écorécréo Group is building an affordable, all-season adventure park for all ages. This new, environmentally friendly attraction will include aerial obstacle courses, net-based aerial adventures, ziplines, climbing walls, escape rooms and many other activities. Écorécréo Group will also operate Segway, quad-cycle, canoe and kayak rentals at the site.

The province actively searched for the best partners from around the world to work with on the redevelopment of Ontario Place. Potential development partners on this unique opportunity were assessed against four primary areas of consideration: alignment with the government's vision of a world-class, year-round destination; concept viability; delivery certainty; and costs and benefits to the province, as well as public feedback and input provided through consultations conducted by previous governments. This fair, transparent and open process was designed and facilitated by Infrastructure Ontario and its advisors (KPMG and Colliers) to provide flexibility for interested parties to propose unique, yet financially viable and sustainable, development concepts.

"When Ontario Place opened in 1971 under the leadership of Premier Bill Davis, it was designed to reflect all that we, as Ontarians, embodied: our heritage, our diversity, our creativity and our future potential. Ontario Place holds a special place in our hearts and minds thanks to the countless family friendly events and activities that have been enjoyed there over the past 50 years," said Minister MacLeod. "Our government remains committed to redeveloping Ontario Place in a sustainable way – respect-



ing our historical and natural features while at the same time showcasing Ontario as the world in one province - a true reflection of our diversity and multiculturalism, while also showing respect for the rich traditions, cultures and heritage of First Nation, Inuit, and Métis peoples. A modern, new Ontario Place will attract local, provincial and international visitors, and create unforgettable memories for a new generation."

As the redevelopment moves forward, public input will be critical to support the planning and development of the site. Mark Saunders, Special Advisor for Ontario Place, will continue to engage with the City of Toronto, Indigenous communities, project stakeholders, businesses and community groups that have interest in the Ontario Place site to ensure all perspectives on these important proposals are recognized and considered.

Starting in August, the government will launch the next phase of engagement through Ontario.ca/OntarioPlace, providing an opportunity for all Ontarians to share how they would like to experience a redeveloped Ontario Place. Virtual public information sessions will also be held in the fall with planning and development consultations related to the site-wide environmental assessment, heritage, and site servicing to follow later in the year. The redevelopment website, Ontario.ca/OntarioPlace, will be kept up to date with the latest information about planned public and stakeholder

Across the site, public spaces will be enhanced and brought up to modern standards with new parks, promenades, trails and beaches. Key heritage and recreational features of the site will be retained and integrated into the redevelopment, including the Cinesphere, the pod complex, the marina, Trillium Park and the William G. Davis Trail. The province will also work with the Ontario Science Centre to explore opportunities to have science-related tourism and educational programming at the Cinesphere and pod complex.

A redeveloped Ontario Place will not include casinos or condos and the land will not be sold. Ontario Place will remain open to the public 365 days a year, with free public access and a waterfront experience that can be enjoyed by all.

"We are committed to working with the City of Toronto, Indigenous communities and organizations, and other key partners to make this vision a reality and to guide collaboration and future development of the Ontario Place and Exhibition Place sites," said Minister MacLeod. "Our government is committed to engaging and keeping the public and stakeholders informed. As we move forward, public input will be critical to support the planning and development of the site. More information about upcoming consultations related to redevelopment planning will be provided later this summer.

Via news.ontario.ca





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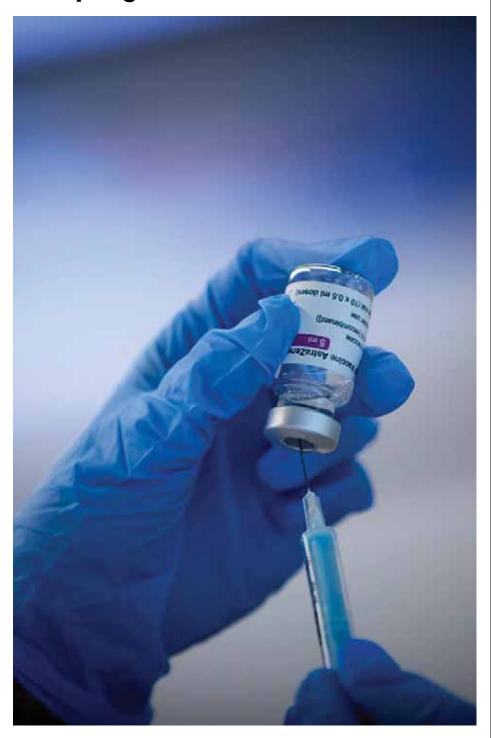
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#### CANADA NEWS

# Canada reaches major vaccine campaign milestone



July 27, 2021

Moncton, New Brunswick From the beginning of the COVID-19 pandemic, the Government of Canada made a commitment to protect the health and safety of all Canadians. That is why the government has worked hard to ensure that everyone across the country could access vaccines as soon as they were proven to be safe and effective. The government will continue to do everything that is necessary so that every eligible person in Canada who wants a vaccine can get one – because no one is safe until everyone is safe.

The Prime Minister, Justin Trudeau, today announced that with its most recent shipment, Canada has now received more than 66 million doses of COVID-19 vaccines - enough to fully vaccinate every eligible person in Canada - two months ahead of the original goal of September.

This milestone in the largest immunization campaign in Canada's history is the result of a proactive procurement approach, focused on building a diverse vaccine portfolio. As vaccines were authorized by Health Canada, the government remained engaged with vaccine suppliers to speed up delivery schedules and get as many

doses into the country as quickly as possible. Canada continues to be a world leader in vaccination rates, with over 80 per cent of eligible people in the country vaccinated with their first dose and approximately 64 per cent fully vaccinated.

Delivering safe and effective vaccines for Canadians has been - and continues to be - a true Team Canada effort, from the cross-country collaboration on the rollout to the dedication of front-line health care workers. Today's announcement would also not have been possible without the Public Health Agency of Canada in partnership with the Canadian Armed Forces in deploying vaccines across the country.

As we continue our fight against COVID-19, the Government of Canada will keep working with our partners to ensure fair, equitable, and timely access to COVID-19 vaccines, and a recovery that benefits everyone. We have the supply, so we now need all eligible Canadians to do their part and get both doses of the COVID-19 vaccines. Only together, can we build a safer and healthier Canada - and finish the fight against this virus.

Via pm.gc.ca

#### Statement by the Prime Minister to welcome Canada's 30th Governor General, Her Excellency the Right Honourable Mary Simon



July 26, 2021 Ottawa, Ontario

The Prime Minister, Justin Trudeau, today issued the following statement to welcome Canada's new Governor General, Her Excellency the Right Honourable Mary Simon:

"On behalf of the Government of Canada, it is my honour and privilege to welcome Canada's 30th Governor General, Her Excellency the Right Honourable Mary Simon.

"Born in Nunavik, in northern Quebec, Her Excellency has spent a lifetime working on behalf of those around her. A tireless advocate for Inuit rights and culture, young people, and the environment, she has received countless honours and was the first Inuk to hold a position as a Canadian ambassador.

"Throughout her distinguished career, Her Excellency has shown a deep commitment to advancing social, economic, and human rights issues. She has played a leading role in strengthening the ties between the people of the Arctic regions, both nationally and internationally. As Canada's Governor General and steward of our country's Constitution and institutions, I know that she will contribute her unique experience and perspective to representing Canadians in all their diversity, both here at home and abroad, with dignity and integrity, and in both of Canada's official languages. I am also confident that, as Canada's Commander-in-chief, she will work to support the brave members of the Canadian Armed Forces who make tremendous sacrifices for the safety and security of our country and our people.

"I am inspired by the historic nature of this moment, as our country continues to come to terms with the difficult realities of our collective past. I know that, as Canada's first Indigenous Governor General, Her Excellency will devote herself to helping us as we confront these difficult truths together, walk the shared path of reconciliation, and build bridges between all those who call our country home.

"On this day, we also pay trib to Her Majesty Queen Elizabeth II, Queen of Canada, who for 69 years has served the Commonwealth and its peoples with grace, dignity, and wisdom. This is the 13th appointment of a Governor General of Canada by Her Majesty since she acceded to the throne in 1952.

"I thank Her Excellency the Right Honourable Mary Simon for accepting to serve and offer her my most heartfelt congratulations. I invite all Canadians to find hope and inspiration in this important step forward for our country, and to join me in wishing her well as she brings her vision for a fairer, more equitable, and more just Canada to our country's highest and oldest office."

Via pm.gc.ca

#### CANADA NEWS



# Ontario Ramping Up Efforts to Reduce Surgical Wait Times

#### **Additional Funding Will Allow Province to Perform Thousands** More Surgeries, Procedures and Diagnostic Imaging Hours

July 28, 2021 Health

TORONTO — The Ontario government is investing up to \$324 million in new funding to enable Ontario's hospitals and community health sector to perform more surgeries, MRI and CT scans and procedures, including on evenings and weekends, as part of a wider, comprehensive surgical recovery plan to provide patients with the care they need. This plan will enable Ontario's health care system to perform up to 67,000 additional surgeries and procedures as well as up to 135,000 more diagnostic imaging hours to address wait times for surgeries and procedures, improve access to care and support the government's commitment to end hallway health

"Ontario's hospitals have been unwavering in their commitment to provide exceptional care to Ontarians. While the pandemic has been challenging for hospitals, we have made significant progress in addressing wait times for surgeries and other procedures and are in a much better situation than was expected mere months ago," said Christine Elliott, Deputy Premier and Minister of Health. "As Ontario continues on the path to reopening and recovery, our government is committed to improving access and reducing wait times for scheduled surgeries and procedures across the province."

The COVID-19 pandemic placed significant pressures on hospital and health care resources, requiring the government to take extraordinary measures to maximize capacity and ensure that Ontarians can continue to have access to safe, high-quality health care. Thanks to the ongoing efforts and dedication across the health care system as well as targeted government initiatives, 76 per cent of patients who were waitlisted for required surgery between March 1, 2020 and March 1, 2021 have received the care they need. Throughout the pan-



demic, urgent surgical patients were prioritized and 99.3 per cent of the most urgent patient surgeries were completed. As the province continues to safely and gradually lift public health measures, it is anticipated that referrals for surgeries, procedures and diagnostic imaging will increase similar to what has been seen in other provinces and jurisdictions.

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To continue the progress made to date and meet future demand, Ontario has developed a comprehensive surgical recovery plan to enable hospitals and community providers to operate at 110 to 115 per cent capacity, bolstering the health system's capacity to ensure patients' surgical and recovery care needs are met at all stages, from primary care referrals, hospital discharge to recovery at home. The plan encompasses the entire continuum of care, including:

- · Hospital care: A new investment of \$300 million from the 2021 Budget dedicated to help the hospital sector recover and perform thousands more surgeries and diagnostic imaging hours, and help reduce wait times.
- o \$216 million for hospitals to extend operating room hours into evenings and weekends and perform up to 67,000 additional surgeries on top of the typical volume of 650,000 scheduled surgeries that happen in main operating rooms each year. New surgeries funded may include up to

4,300 new orthopedics surgeries and up to 9,000 new paediatrics surgeries.

- o \$35 million for MRI and CT imaging, enabling over 75,000 additional hours of MRI scanning and over 60,000 additional hours of CT scanning, on top of the 577,000 hours and 550,000 hours that happen each year, respectively. This represents a 12 per cent overall increase in available
- o \$18 million investment in centralized surgical waitlist management to increase use of electronic referrals and support work to enable efficient tracking of surgical information, making better use of specialist and hospital resources and reducing patient wait times.
- o \$1 million for surgical smoothing coaching from an expert team of experienced surgeons and administrators to support knowledge sharing and best practices to optimize the use of operating rooms at key high-volume hospitals.
- o \$30 million for the new Surgical Innovation Fund to help hospitals in each region of the province to address barriers and increase their surgical output. Approval for funding will be released in September 2021 for immediate implementation this year.
- Increase health system capacity through community alternatives to hospital care: A new investment of up to \$24 million to increase volumes of

diagnostic services in independent health facilities and to support the licensing of new independent health facilities for existing services.

This funding builds on investments currently underway that support integrated care across the continuum, including \$1.2 million for cancer prevention and screening initiatives and \$143 million to support post-hospital care with ongoing programs such as rehab hospitals, use of virtual care, home care and transitional care.

The government and Ontario Health will work with hospitals to determine which hospitals can increase their surgical activity based on the local situation. Funding allocations for additional surgeries will be communicated to hospitals in early fall as they continue to ramp up to increase their surgical output.

Building on initiatives to increase health human resources capacity in hospitals during the pandemic, Ontario's surgical recovery plan also includes initiatives that support health human resources capacity for increased surgical volumes in hospitals, including expanding existing initiatives and developing additional programs.

"Ontario patients should feel safe and confident in accessing the health system and getting the care they need," said Matthew Anderson, President and CEO of Ontario Health. "With funding provided by the government, we will work with partners across the system to deliver expanded care and service to patients needing preventative, primary, surgical and specialist care."

The government will work with its health system partners to closely monitor both surgical output in hospitals and patient wait times and implement additional measures if needed to ensure patients and their families have access to the safe, high-quality care they need.

Via news.ontario.ca





#### WORLD NEWS

#### India Sounds Alarm Over 'Revenge Travel' as Tourists Crowd Holiday Spots

By Anjana Pasricha

July 15, 2021 06:59 AM

NEW DELHI - It's vacation time for young and old visitors crowding Shimla, one of North India's most popular hill stations. Some ride horses, others sit at scenic spots soaking in the sight of Himalayan slopes, others snack at cafes in the charming town.

But health officials warn that the massive holiday crowds visiting hill towns and beach resorts in recent weeks could jeopardize the gains made in the fight against the coronavirus. A second wave ripped through the country in April and May.

India is in the throes of what the health ministry called "revenge travel" — a buzzword coined for the urge to break free and vacation after a year of stress, anxiety and isolation as cities remained shut.

made desperate appeals for oxygen and critical medicines.

Most people had shut themselves indoors as fear gripped Indian cities. But that has changed dramatically as authorities eased restrictions and infections declined.

"I will say very emphatically that it is not OK to have huge crowds in hill stations, markets, without wearing masks," Prime Minister Narendra Modi said on Tuesday addressing a meeting of eight chief ministers. "The virus does not come and go on its own. We bring it when we disobey the rules."

Pointing to images and videos of holiday crowds that have gone viral on social media, top health officials stressed that India is still struggling with the pandemic.

"The war is not over yet," Vinod K. Paul, who heads the federal govern-



Devotees wait to offer prayer at Lord Jagannath temple ahead of annual Rath Yatra or chariot procession in Ahmedabad, India, July 10, 2021.

"I came to enjoy. I was confined at home for a long time due to COVID. So, I and my friends wanted an outing," said Yamini Sharma, who traveled to Shimla with her friends from Chandigarh in northern India.

The crowds of vacationers are causing alarm in a country where health experts said events such as massive political rallies and religious gatherings earlier this year had contributed to the spread of the highly transmissible delta variant. As daily new infections had hit a high of over 400,000 a day in May, the health system buckled, hospital beds ran out, and people

ment's group on COVID management, said at a news conference last week. "If we don't take precautions, we are giving the virus an opportunity to infect us. It is with great difficulty that cases have declined but this can be reversed because we have not won victory over the virus."

Concerns are high because just over 5% of the country has been fully inoculated — India's immunization program has moved slowly due to vaccine shortages.

Health experts and doctors have repeatedly warned that crowds could bring on an early third wave.



Sun sets at the candolim beach on the Arabian Sea coast in Goa, India, Dec.6, 2020.

# 18 Workers Killed in India as Truck Rams into Bus



Onlookers gather near the wreckage after a bus carrying migrant workers after the lifting of coronavirus restrictions hit a delivery van on a highway near Kanpur, Uttar Pradesh state, India, June 8, 2021.

#### By Agence France-Presse

July 28, 2021 03:03 AM

LUCKNOW, INDIA - Eighteen migrant laborers sleeping on a highway in northern India after their bus broke down died when a truck rammed into the vehicle, police said Wednesday.

At least 19 others were injured in the accident in Uttar Pradesh state, a senior police officer told reporters.

Most of the passengers were returning home to the eastern state of Bihar after working in the states of Punjab or Haryana.

The passengers got off the bus after its axle shaft broke and were sleeping next to it when a truck crashed into it from behind.

Rescue workers retrieved some of

India's top body representing doctors, the Indian Medical Association, has appealed to state governments and citizens not to lower their guard.

"Tourist bonanza, pilgrimage travel, religious fervor are all needed, but can wait for few more months," the IMA said in a statement. "Enabling people without vaccination to go scot-free in these mass gatherings are potential super spreaders for the COVID third wave."

Such warnings are getting a mixed response. The northern Uttarakhand state that is already crowded with tourists, suspended a pilgrimage that sees tens of thousands of devotees travel through several states. However, a neighboring state, Uttar Pradesh, which was among the worst affected during the second wave, said it would allow the event to take place.

A pandemic-weary public rushing for a break acknowledges the risk that COVID-19 still poses but for the time being appears to be shrugging aside such concerns.

"My exams were cancelled recently due to COVID and I felt the need to get out. It is very necessary for mental health," points out Chakshu Sharma, a college student who travelled to Shimla for a break with his brother.

"It could be problematic. But a person cannot stay shut in the house," the bodies from under the mangled double-decker bus.

"The district administration and the police have launched a probe and we are ensuring that the wounded receive the best medical treatment that's available," said police officer Satya Narayan Sabat.

India's vast network of roads is poorly maintained and notoriously dangerous.

About 150,000 people are killed each year in traffic accidents in India, according to the government.

Among the main factors contributing to the high number of fatalities are excessive speeding and people not using seatbelts or wearing crash helmets.

#### Via voanews.com

according to Yamini Sharma, another

Meanwhile "revenge travel" is music to the ears of businesses in states that rely heavily on tourism like Himachal Pradesh. Most of them were struggling to get back on their feet after a strict lockdown last year but a second shutdown this year has again set them

"10% of the gross domestic product here comes from tourism in our state," said Siddharth Bakaria, head of Sahyog Foundation, a volunteer group that is helping develop the tourism sector in Himachal Pradesh. "If we have total restrictions, then it is a huge loss to the hotel industry and people's livelihoods. Many people have lost jobs."

India is grappling with the lives versus livelihoods dilemma the pandemic poses to many countries — the need to open up a battered economy and restore jobs even as the threat of surging infections looms large.

Vijay Kumar, who sells popular Indian snacks in his restaurant in Shimla, said he had to cut back supplies amid shutdowns.

"My work was down to 20%," Kumar said. "But things are looking up again. Now, my business is back to about 60 to 70%."

Via voanews.com

#### WORLD NEWS

# Blinken Visit to New Delhi Expands Indo-US Partnership

**16**<sup>TH</sup> YEAR IN CIRCULATION

By Anjana Pasricha

July 28, 2021 12:00 PM NEW DELHI - The United States and India reaffirmed their commitment to deepening their security partnership during a visit by U.S. Secretary of State Antony Blinken to New Delhi.

Ties between the two countries have steadily improved amid mutual concerns about China's growing influence.

"There are few relationships in the world that are more vital than one between the U.S. and India," Blinken said at a joint news conference with Indian Foreign Minister Subrahmanyam Jaishankar.

The top diplomats of both countries also stressed the need for a political solution to the conflict in Afghanistan.

Blinken said that reports in the last week of "atrocities" committed by the Taliban "are deeply troubling" and do not speak well of the Taliban's intentions for the country.

He warned that "an Afghanistan that does not respect the rights of its people will become a pariah state."

Saying that the United States remains engaged in Afghanistan and is working to bring parties together to resolve the conflict, he stressed the need for all sides to take negotiations seriously.

"The Taliban says it seeks international recognition, that it wants international support for Afghanistan. Presumably it wants its leaders to be able to travel freely in the world, sanctions lifted," Blinken said. "Well, taking over the country by force and abusing the rights of its people is not the path to achieve those objectives. There is only one path, and that is at the negotiating table."

For Indian officials, the situation in Afghanistan remains a top concern. As American forces withdraw from the country, they fear it could be used by terrorist groups if the Taliban gain control. "The outcome in Afghanistan should not be decided on the battlefield," said India's foreign minister.

The two sides also discussed the Quad alliance, a security group that consists of India, the U.S., Japan and Australia, which has been denounced by Beijing as a military alliance meant to contain China.

Indian Foreign Minister Jaishankar, however, said that it "is not strange" for groups of countries to work together. "People need to get over the idea that somehow other countries doing things is directed against them."

Blinken also met Prime Minister Narendra Modi during his stop in New Delhi. "I welcome President Joe Biden's strong commitment to strengthen the India-U.S. strategic partnership, which is anchored in our shared democratic values and is a force for global good," Modi said after the meeting.

One of the significant meetings held by Blinken in New Delhi was with NgodupDongchung, a representative



U.S. Secretary of State Antony Blinken, left, speaks as Indian Foreign Minister Subrahmanyam Jaishankar listens during a joint news conference at Jawaharlal Nehru Bhawan (JNB) in New Delhi, India, July 28, 2021.



India's Minister of External Affairs Subrahmanyam Jaishankar and U.S. Secretary of State Antony Blinken deliver opening remarks as they sit down to meet at Hyderabad House in New Delhi, India, July 28, 2021.

of the Tibetan government in exile. The meeting will be seen as a signal of the Biden administration's support to

the Tibetan cause and could irk China, which frowns upon meetings with representatives of the Dalai Lama.

As critics accuse Modi's government of rights violations, the issue of human rights also figured during Blinken's

At a meeting with civil society members in a New Delhi hotel, Blinken spoke about the need to protect democracy and human rights. "We believe that all people deserve to have a voice in their government, to be treated with respect, no matter who they are. These are fundamental tenets of democracies

Underscoring the importance of democratic values at his news conference, he said that India's democracy, like that of the United States, was powered by its "free-thinking citizens."

But taking what some analysts called a soft approach to the issue, he also noted that every democracy was a "work in progress" and said

that "when we discuss these issues, I certainly do it from a starting point of humility."

Critics accuse Modi's Hindu nationalist government of suppressing dissent and pursuing divisive policies that discriminate against Muslims, the country's biggest minority. They say civil liberties in the country have shrunk, allegations the government denies.

Blinken also pledged \$25 million for India's vaccine drive and said that both countries will work together to end the COVID-19 pandemic.

The U.S. secretary of state's visit was the second by a senior official of the Biden administration to India - Defense Secretary Lloyd Austin visited in March.

Via voanews.com



U.S. Secretary of State Antony Blinken and U.S. Ambassador to India AtulKeshap deliver remarks to civil society organization representatives in a meeting room at the Leela Palace Hotel in New Delhi, India, July 28, 2021.



#### WORLD NEWS

# Two More Army Built Houses for the Homeless Warmed & Inaugurated in Kilinochchi

20 Sri Lanka Light Infantry troops serving the SFHQ-Kilinochchi, continuing the SFHQ-KLN's house-building c ommunity project as per directions of the Commander of the Army recently built one more new house for a needy family in Mukkompon area in Kilinochchi with sponsorship received from a Sri Lankan in Italy at the request of Major General Harendra Ranasinghe, Commander Security Forces - Kilinochchi.

The formal handover ceremony to the beneficiaries was presided by Major General Harendra Ranasinghe as the Chief Guest. MrPushpa Kumara of Padukka currently resident in Italy in response to the Kilinochchi Commander's request offered financial assistance for construction of the house for the needy family with children.

The community project, aimed at promoting gestures of reconciliation, goodwill and harmony was completed by 20 Sri Lanka Light Infantry troops under the supervision of the Commanding officer, Lieutenant Colonel Chaminda Kumara. In addition to their construction expertise, the same 20 SLLI troops were generous enough to buy a stock of essential provisions and household items for the family of MrUdayasooriyan at Mukkompon, Kilinochchi who are living in abject poverty with family members.

In keeping with Hindu traditions, the simple ceremony got underway, sticking to strict health regulations. The Divisional Secretary for Pooneryn, General Officer Commanding of the 66 Division, Major General Ajith Dissanayake, Commander 662 Brigade, Colonel Chaminda Liyanage, Other Ranks who accomplished the project were present at the ceremony.

Meanwhile, expanding the project further, the SFHQ-KLN, following sponsorship collected from philanthropists, known to the 20 (V) Vijayabahu Infantry Regiment (VIR), erected one more new house for a needy family in Skandapuram, Kilinochchi and vested it in one Mr Joseph Kamalas Fernando and his family.

Major General Harendra Ranasinghe as the Chief Guest attended the house-warming that got underway in accordance with Hindu traditions. The project was meant to uplift living



standards of poor people in the area with the motive of further promoting gestures of goodwill, reconciliation and harmony between the Security Forces and the civilians.

At the same occasion, a stock of household equipment, dry ration packs and fresh vegetables were also gifted to the beneficiaries by the same 20 (V) VIR troops with the support of private donors. Manpower assistance and technical expertise for the construction

work were also provided by 20(V) VIR troops under the guidance of the 66 Division Commander, Major General Ajith Dissanayake and the Commander 662 Brigade, Colonel Chaminda

Major General Harendra Ranasinghe after the brief ceremony spoke to Army troops who built the new house and commended them for their excellent contribution.

**SL Army** Via news.lk

# More Than 100 Die, Thousands **Evacuated During India's Monsoons**

By VOA News July 24, 2021 04:05 AM

More than 100 people have died and tens of thousands have been evacuated, Indian officials say, after India's Maharashtra state was bombarded by monsoon rains, causing flooding and landslides.

Prime Minister Narendra Modi said he is "anguished by the loss of lives."

Authorities say India's military has been dispatched to help rescue crews look for survivors.

Weather forecasters say the rains are expected to continue for a few more days.

Via voanews.com

This photograph provided by India's National Disaster Response Force (NDRF) shows NDRF personnel carrying food boxes for residents in Chiplun area in the western Indian state of Maharashtra, July 23, 2021



**16**<sup>TH</sup> YEAR IN CIRCULATION



#### Contd. from page 1...

The share of this investment will be approximately \$14.3 million from the federal government, \$11.9 million from the state government and \$ 9.6 million is expected to be raised from the community. The Toronto Bailiff has already leased \$25 million worth of land on a long-term lease on the basis to aid community projects, such as the TCC, at a modest rate of \$1 per year for rent, taxed accordingly.

The proposed Community Centre will include an auditorium for cultural performances/forums/seminars, an indoor gymnasium, mental health services, history and archival space/ museum, a library, language services, meeting rooms, recreational/educational space, women's services and disability programming. The new Tamil Community Centre will create jobs, give the community access to rec-

reational and cultural spaces, connect the community to quality programs and services, and provide access to educational opportunities for everyone in the community.

#### **QUOTES ON THE TAMIL COM-MUNITY CENTRE:**

**Deputy Prime Minister Chrystia** Freeland - "The new Tamil Community Centre will create jobs, give the community access to recreational and cultural spaces, connect the community to quality programs and services, and provide access to educational opportunities for everyone in the community."

Bill Blair, Minister of Public Safety and Emergency Preparedness, acknowledged "the contribution the Tamil Canadians make to the incredible fabric of this diverse

**Gary Anandasangaree, MP for** Scarborough Rouge-Park. - "My

sincere hope is that the Tamil Community Centre will bring together all of these elements to support the language. nurture the culture, support the needs of the community and provide a safe and inclusive space to remember and reflect", stated

Mayor John Tory - "It is a way the city could contribute...we all wanted to be a part of this."

MPP Vijay Thanigasalam - "The development of a Tamil Community Centre will provide services and jobs for the residents who call Scarborough home. I am proud to be part of a government that is funding the first ever Tamil Community Centre in Canada. This reaffirms our government's commitment to building Scarborough."

Siva Vimalachandran, Chairperson of the Tamil Community Centre project - "The Tamil Community Centre will improve the quality of life



Siva Vimalachandran, Chairperson of the Tamil Community Centre project

for all Scarborough residents through providing much needed recreational space and programming in priority areas like mental health services, senior services, and LGBTQ inclusion. All villages are our village".

(More details on page 19)

# Statement from Patrick Brown, Mayor of Brampton on the 38<sup>th</sup> anniversary of Black July

On July 27, 2021, Patrick Brown, Mayor of Brampton, issued the following statement over social media on the 38th anniversary of Black July:

"I join the Tamil community in marking the 38th anniversary of #BlackJuly. In July 1983, the Sri Lankan state engaged in deliberate anti-Tamil pogroms between July 23 & 29. Over 5000 Tamils were brutally murdered, Tamil homes & businesses destroyed & over 150,000 Tamils displaced."

Via https://twitter. com/patrickbrownont/ status/1420129350167506945



# The Gty celebrates Emancipation Day with food truck festival

Friday, Jul 23 2021 FOR IMMEDIATE RELEASE BRAMPTON, ON (July 23, 2021)

- On August 1, the City of Brampton invites you to celebrate Emancipation Day, recognized globally as the day to commemorate the abolition of slavery of people of African descent. The event will begin with an in-person flag raising at Ken Whillans Square at 10 am, followed by a food truck festival, including music and entertainment, from noon to 8 pm in Emancipation Park, 7599 Dixie Road. Advanced registration is required to participate.

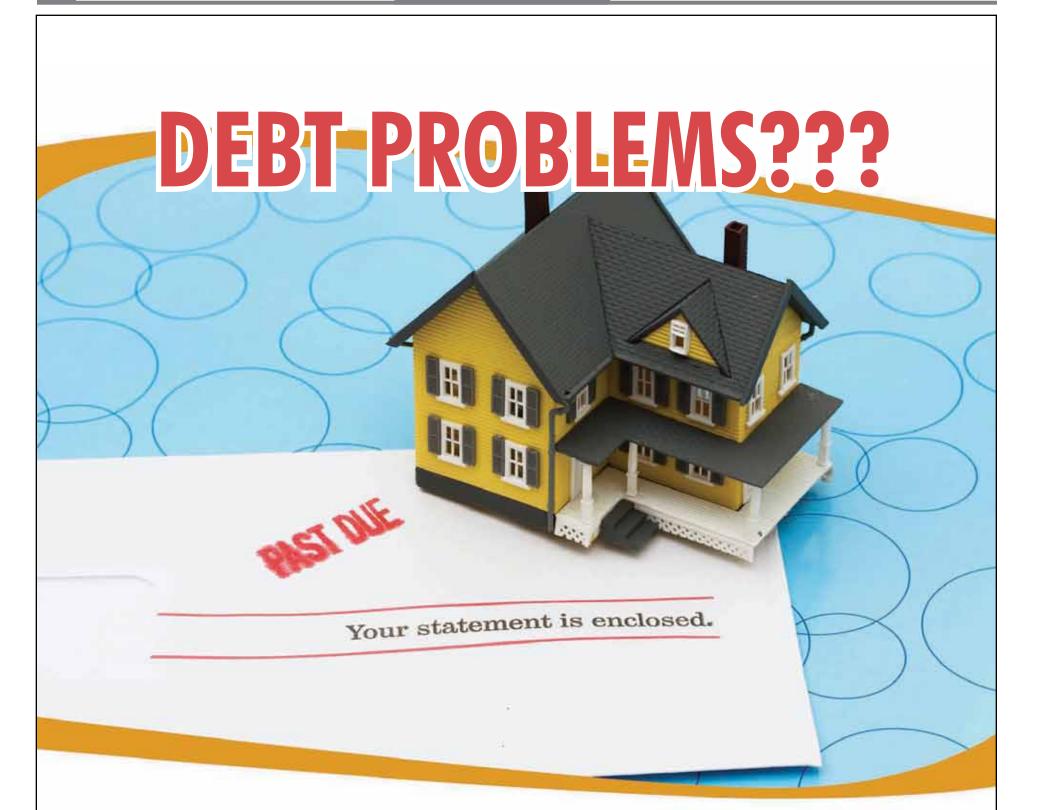
The City of Brampton's Economic **Empowerment and Anti-Black Racism** Unit will introduce the Passing the Torch Awards, a new recognition program that brings together Black youth and trailblazers, symbolizing the passing of knowledge and path to success.

Keynote speaker ZananaAkande, the first Black woman elected to Ontario's Legislative Assembly, will introduce the awards program at Emancipation Park during the opening ceremony beginning at 12 pm.

To register to attend the flag raising or book your table for the food truck festival, visit brampton.ca/events

The City first recognized Emancipation Day in 2020 with the renaming of Dixie 407 Sports Park to Emancipation Park, which features minor and major soccer pitches, and cricket grounds. This year we invite everyone to recognize Caribbean heritage and independence, the contribution of Brampton's Black community, and celebrate our diverse mosaic with a day of arts, culture, food and community.

Via brampton.ca



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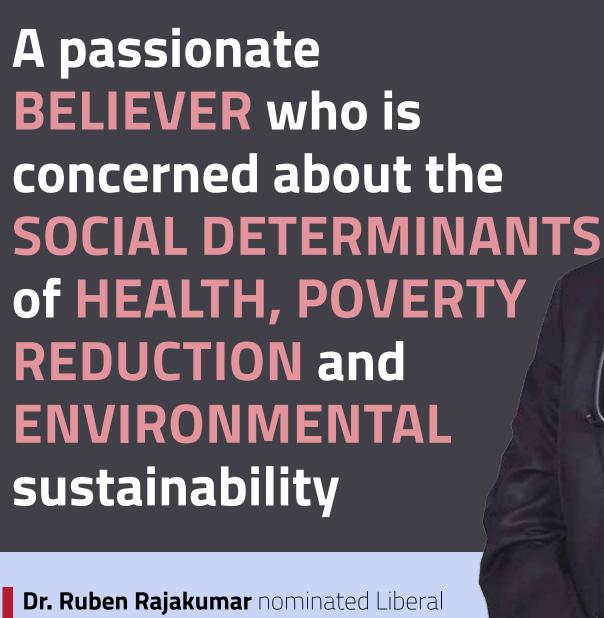
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MONSOON JOURNAL a parfait media publication

Party of Canada candidate for Saskatoon West at coming Federal Elections

#### By Siva Sivapragasam

**Y**ardiologist Dr. Ruben Rajakumar has been nominated by the Liberal Party of Canada as the candidate for the forthcoming Federal election for the Saskatoon West riding.

With a medical practice of fifty years, Dr. Rajakumar is currently promoting health care innovations to provincial, federal governments, academic institutions, and indigenous leaders to improve remote northern and rural health services in Saskatchewan and Ontario.

A graduate of the University of Peradeniya, Sri Lanka, he began his medical career in general practice and internal medicine in Sri Lanka. He did his post graduate training in Geriatrics, Clinical Hematology/ Oncology, and Primary Care in the United Kingdom.

In 1980 Dr. Rajakumar, together with his wife Gwen, a family physician, moved to Canada and practiced in Ile a la Crosse and Watrous, both of which are remote and rural locations in Saskatchewan.

After completing residency training in Internal Medicine and a sub-specialty fellowship in Cardiology at the University of Saskatchewan, his family relocated in 1991 to Saskatoon. He holds certification in Family Medicine, Internal Medicine, and Cardiology.

Cardiologist Dr. Rajakumar's interest in politics stems from his close connections with the community and his medical practice in the remote and rural areas of Saskatchewan. He attributes his involvement in politics and his

interest to become an MP as a passion to do public service which he obtained through his long years of medical practice in rural and remote areas.

Dr. Ruben Rajakumar

Doctor Rajakumar points out that society is facing issues today related to emerging infectious, non-communicable diseases (NCD's), water, food security/safety and protection of environment, that transcend national boundaries. He foresees an opportunity to create a unique delivery system with innovation and knowledge for policy change and on the ground optimization of delivery and outcome.

Dr. Rajakumar believes in employing leading-edge communication technology and the provincial infrastructure to develop a template for the 21st Century, state-of-the-art, health care delivery for rural and remote areas. The underlying concept for this program is: "Predict, Prevent, and Personalize." On global scale Dr. Rajakumar is passionately concerned about the social determinants of health, poverty reduction and environmental sustainability.

Dr. Rajakumar owns a farm in Saskatoon which he founded to enhance new ways to enhance food security and provide opportunities for innovation in sustainable energy.

"Long years of experience in medical practice and his interaction with the community specially with indigenous and non-indigenous people in underserviced remote and rural areas have made Dr.Rajakumar feel that he should strengthen and continue his passion for public service. He is also interested in improving healthcare for Seniors."

He feels confident that he will be able to achieve this ambition by becoming a Parliamentarian and that this position will offer him many opportunities to continue public service and make Saskatchewan a caring, creative, and innovative province full of energy

Dr. Rajakumar is married to Gwen who is a family physician, and they are blessed with three sons.



www.monsoonjournal.com

#### HEALTH & WELLNESS



# Celebrating half a million COVID-19 vaccine doses and counting!

#### Scarborough Vaccine Team delivers 500,000th dose



CARBOROUGH (July 26, 2021) – The Scarborough Vaccine Team reached an incredible milestone: delivering half a million doses of the COVID-19 vaccine!

In a community so hard-hit by the pandemic that 16 of 17 postal codes were designated as COVID-19 hot spots in April, Scarborough Health Network (SHN) and the Scarborough Ontario Health Team partners excitedly administered their 500,000th COVID-19 vaccine dose on Friday - the first time in Canada that a hospital-led vaccine team has reached the half-million dose mark.

On Monday morning, SHN's Dr. Mayo Ravichandiran vaccinated community member Karanjeet Singh, who was ceremonially recognized for the 500,000th vaccine dose. The 21-year-old, who has been living in Toronto for seven months, said he is getting his first dose of the vaccine.

"I am excited to be part of the celebration," said Karanjeet. "I think it's a good idea to get the vaccine. I work at a factory in

Scarborough and I am proud Toronto is reopening and getting to do work as normal."

This monumental achievement comes after more than eight months of a rigorous vaccination strategy involving neighbourhood pop-up clinics, a nimble mobile vaccine team, and a network of community clinics across Scarborough, including the busiest clinic in Toronto: the Scarborough Vaccine Clinic at Centennial College's Progress Campus, which vaccinates an average of more than 1,400 people every day.

"Congratulations to Scarborough Health Network and the Scarborough Ontario Health Team partners for this incredible milestone of administering half a million COVID-19 vaccinations," said Toronto Mayor John Tory. "I would like to extend my sincere gratitude to all the health care workers on the frontlines, from vaccine clinic teams and volunteers, to our determined Scarborough community who have made this possible. We couldn't have achieved this without you."

While the vaccine team is celebrating, it is not slowing down. In addition to Centennial College, community clinics are also available at Carefirst Seniors and Community Services Association, The Hub (Scarborough Centre for Healthy Communities), TAIBU Community Health Centre, and SHN's Centenary and Birchmount Hospitals — and popup vaccine clinics continue to be held throughout Scarborough.

"This is a proud day for Scarborough and the City of Toronto," remarked Elizabeth Buller, President and CEO, SHN. "Our Scarborough Vaccine Team have demonstrated unwavering dedication and resilience during the pandemic. Their efforts display the true heart of community and the power of collaboration to provide the highest level of care for our patients, their families and Scarborough against COVID-19."

SHN encourages anyone who has not received a first dose to walk in for vaccination, or book an appointment for their second dose. To book online or for more

details, including upcoming popup clinics, visit www. scarbvaccine.ca or call 416-495-2593.

#### About Scarborough Health Network

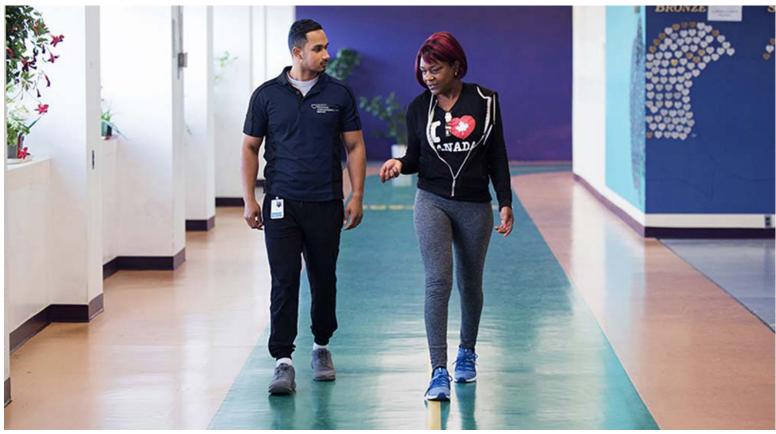
Across our three hospitals and eight satellite sites, Scarborough Health Network (SHN) is shaping the future of care. Our many programs and services are designed around the needs of one of Canada's most vibrant and diverse communities. We are home to Ontario's largest nephrology program, as well as the designated cardiac care centre for Scarborough and surrounding communities to the east. We are proud to be a communityaffiliated teaching site for the University of Toronto and partner with a number of other universities and colleges, helping to train the next generation of health care professionals. Learn more at shn.ca.

#### HEALTH & WELLNESS

MONSOON JOURNAL a parfait media publication



# Canadian College of Health Leaders recognizes SHN during National Awards Program



Patient receives treatment and advice through the Central East Regional Cardiovascular Rehabilitation program.

Scarborough Health Network (SHN) was recently recognized for Excellence in Diversity & Inclusion and Delivering Value-based Healthcare at the 2021 Canadian College of Health Leaders (CCHL) National Awards Program.

Located in one of Canada's most diverse communities, SHN has demonstrated its dedication to diversity and inclusion not only through its corporate values, but through its workplace/employee and patient-focused departments, which are responsible for leading, implementing, and supporting these essential initiatives.

"Scarborough is a very diverse community and we

see that diversity reflected in our great workforce," said Michele James, Vice President, People and Transformation at SHN.

"Winning this award reinforces that at Scarborough Health Network, we understand the importance of recognizing and valuing diversity; if we didn't recognize it, it would be challenging to find effective solutions to the inequities that affect individuals' health care experiences. We have to call out the inequities, and we have to identity solutions that will make a difference."

According to the CCHL, the Excellence in Diversity & Inclusion Award recognizes a forward-thinking health care organization that has demonstrated leadership

in creating and promoting diversity and inclusion to improve the environment for its employees, and to better service their patients and the community.

The Delivering Value-based Healthcare Award went to SHN's cardiovascular team for their work in the Central East Regional Cardiovascular Rehab (CERCR), which integrates cardiac rehabilitation programs to create a regional cardiovascular rehabilitation system. It developed an evidence-based service to improve access, quality of care, resource utilization, cost effectiveness and, importantly, viability and scalability of the regional coordinated cardiovascular rehabilitation system.

"We strongly believe that shifting the focus of health care delivery from individual care to population-based health impacts, and changing from institutional impacts to community settings, improves

our ability to deliver high quality care," said Dr. Joseph Ricci, CERCR Physician Lead. "We believe regionally coordinated systems can improve access to life saving services like this and can decrease the overall health burden."

Over the past two years, service has since enhanced to include SHN's Get Heart Healthy website, instructional videos for patients, and a unique mobile application.

CERCR has grown to provide service to over 3,500 patients annually in 16 community sites throughout the Central East region of Ontario.

#### VaxFacts Clinic opens in Scarborough

First-of-its-kind COVID-19 vaccine education clinic features one-on-one consultation with qualified, compassionate doctors.

Carborough residents who are unsure about getting the COVID-19 vaccine may now book a one-on-one phone conversation with a vaccine expert through Scarborough Health Network's (SHN) new VaxFacts Clinic. Qualified, compassionate SHN doctors are available to educate people on the benefits versus risks of receiving the COVID-19 vaccine, answer questions, and clarify the facts.

"Vaccine uncertainty is understandable and quite common. Our doctors are ready to listen, talk, and help you get the facts you need to make an informed decision, without judgment, in a safe space," said Dr. Latif Murji, Physician Lead, VaxFacts Clinic, and Coordinator, Global Health, Diversity, Health Equity at SHN

In fact, experts say that, historically, there are three main reasons people may hesitate to get vaccinated, which the VaxFacts doctors help to address:

- 1. Convenience: location, hours, accessibility, or taking time off work if side effects develop can be a deterrent
- 2. Complacency: some people feel they are at low risk of becoming seriously ill from COVID-19 due to age or health status
- 3. Lack of confidence: some individuals question the safety of the vaccine(s) or their ingredients (e.g., current vaccines do not contain animal products) and some lack trust in the health care system; this is more common among Indigenous and racialized communities

due to historical maltreatment and experimentation, as well as present day systemic racism in the health system.

Vaccine confidence is the biggest hurdle for Toronto residents, with the top three reasons for uncertainty due to worry about potential side-effects (57%) or potential long-term effects (54%), or because they don't trust how quickly the COVID-19 vaccine was developed or tested (52%), according to an April 2021 vaccine survey by Ipsos and Toronto Public Health.

Meanwhile, the majority of Toronto residents (91%) would like to know more information about the COVID-19 vaccine, such as how long protection would last (60%), consequences of delaying the second vaccine dose (52%), how effective the vaccine is against COVID-19 mutations and variants (49%), and information about potential side-effects (47%).

It's not too late! SHN encourages anyone in Scarborough who has questions or concerns about the COVID-19 vaccine to make an appointment online or call 416-438-2911 ext. 5738 to register by phone.

For more information, please visit www.shn.ca/vaxfacts.



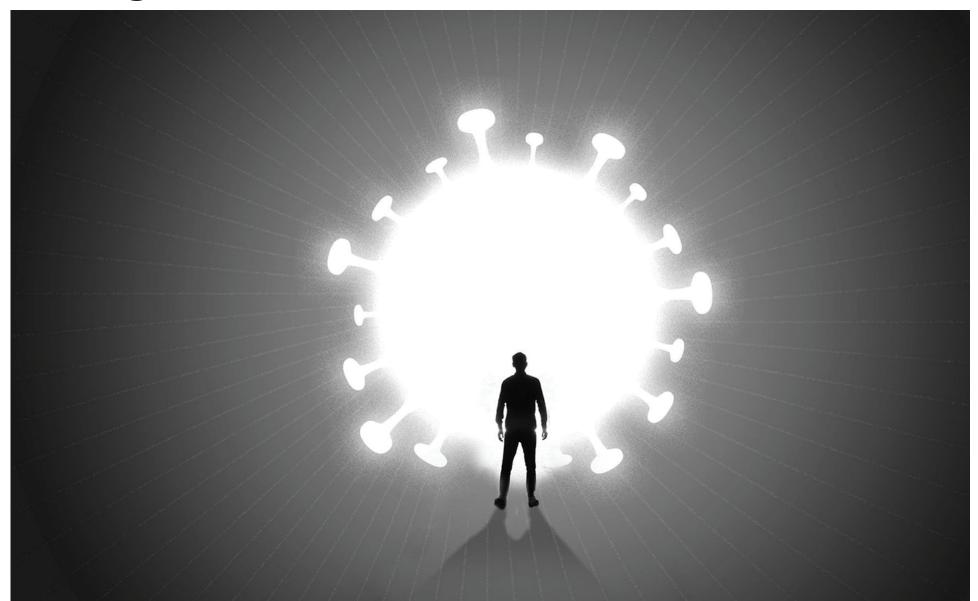
Client receives COVID-19 vaccine at Scarborough Vaccine Clinic. Plan yours at www.scarbvaccine.ca.

www.monsoonjournal.com

#### HEALTH & WELLNESS



# A Light at the End of the Tunnel



By Kanagasabai Theivendirarajah (Ph.D., London)

There is good news for the people of Ontario, as Covid-19

infections and related deaths have drastically dropped. Active Covid-19 patients in hospitals are decreasing and fewer are in the ICU and on ventilators. This has led to relaxations in lockdowns where all non-essential business have finally been able to open their doors. Various entertainment venues have opened and people have started going to beaches, sports arenas, amusements parks, and other outdoor recreational activities. All of these openings are helping to boost the province's economy. Credit must be given to the Ontario government, its officials, and healthcare workers for promoting the vaccination of our population and controlling the spread of COVID-19. In the province of Ontario, 80.7% of adults 18+ have received at least one dose and 67% of adults 18+ are fully vaccinated. This data will soon change and many more will be fully vaccinated.

Some people still have doubts about the vaccines and remain uninoculated. They rely on their natural immunity and keeping away from the COVID-19 contaminant. At present most of the infected Covid-19 patients are those who have not gotten a vaccine. Not everyone has enough natural immunity. Especially those with serious health concerns, who are



the most vulnerable and should take the vaccine to prevent serious illness. Even if you have sufficient natural immunity, taking the vaccine would add on to that immunity and make the individual fight off the disease without any serious adverse effects.

However, there is still work to be done. Putting the economy back into action and generating money for successful functioning of the government is one aspect. The other important role for the government is to put the education sector on the right path. From March 2020 until now,

all schools, colleges, and universities have either been completely shut down or relied on virtual learning. A large number of people have sounded their concerns that virtual learning is no match for in person learning. As well, many feel that they have lost a good part of the education during this period. Now that the majority of people have been vaccinated, it is very probable that the education sector will return back to in-person learning. Virtual learning, staying at home, and glued to technology have affected the physical and psychological welfare of

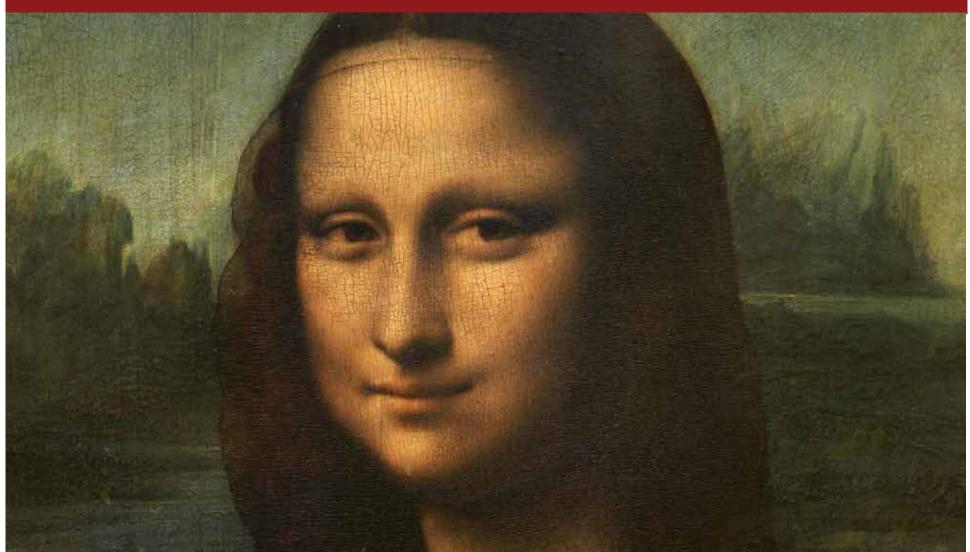
the young. It is clear that kids want to go to school, meet their peers, and enjoy a good learning atmosphere. If schoolchildren over 12, the academic and non-academic staff get fully vaccinated the government officials should not have any hesitations to open in September 2021.

Overall, it is important to stay vigilant against this virus however, we are heading in a very good direction. If we continue down the vaccination route we may very soon be back to normal life as we knew it one and a half years ago.



MONSOON JOURNAL a parfait media publication

#### Thiruvalluvar and enchanted smile of Mona Liza



#### **By: Kumar Punithan**

f all the great paintings by the Italian Oartist Leonardo de Vichy, which includes the popular paintings like 'last supper of Lord Jesus', 'Mona Liza' too is one. In the exabits, the painting that is of much discussion by the spectators is that of Mona Lisa. It is also one of the very recognizable of all his paintings. Since 1804, the iconic oil painting has been housed at the Louvre in Paris. Each year millions crowd where the painting is hung, waiting for their turn to snap a photograph of Leonardo's famous artwork. Me too took my turn to see the famed oil painting which is about five hundred years old, but still having the novelty and mesmerise the spectator.

Through her captivating gaze and mysterious smile, the Mona Lisa has been enchanting the public since it was painted in the early sixteenth century. I found that a bard who lived in Tamil nation, during the dawn of the new era gave a clear explanation for that captivating smile. The bard is none other than St. Thiruvalluvar. In the couplet # 1274 in his famed book of ethics Thirukkural where he had given a sound logical explanation.

Let me have a few words about the artist before discussing the painting itself. Leonardo was born to unmarried parents on 15th April 1452, at the Republic of Florance. Leonardo spent his first five years in the hamlet of Anchiano in the home of his mother, then from 1457 lived in the household of his father, grandparents and uncle Francesco, in the small town of Vinci.

At the age of about fourteen Leonardo was apprenticed by his father to famed artist at that time, Andrea del Verrocchio. Leonardo eventually progressed to become a paid employee of Verrocchio's studio. Leonardo helped Verrocchio paint, The Baptism of Christ, completed in around 1475. According to Vasari, Verrocchio, on seeing the beauty of the angel that his young pupil had painted, never painted again.

Coming to the painting in discussion, 'Mona Liza', she sits with her arms folded as she gazes at the viewer and appears to softly smile, an aesthetic attribute that has proven particularly eye-catching over five centuries. The half hearted or even ambiguous nature of this smile makes the iconic painting more enigmatic, prompting viewers to try to understand both the mood of the muse and the thought of the artist.

Her gaze is another bewitching part of the composition. Many believe the inanimate painting's eyes follow you across the room., making her an active participant when observed, rather than remaining an object to look upon. Interestingly the eye keeps following the spectator, had made to refer to the effect as 'Mona Lisa effect'! The spectators tend to move around the room gazing at the painting. People also claim that the woman is always looking about fifteen degrees to your right, as if looking at your ear, and not your eyes. So much for the painting of Mona Lisa.

Watching this mesmerising painting I was reminded of the great Tamil bard lived about two thousand years ago in south-India. Referring to him by Rev. U. G. Pope, the great Canadian Tamil scholar who lived two centuries ago on his translation of the book Thirukkural, in the introduction mentions about the bard Thiruvalluvar as; He is the venerated sage and lawgiver of the Tamil people. Thirukkural a book with 1330 couplets on 133 subjects. Unlike other teachers of ethics, Thiruvalluvar had thrown light in all aspects of life, and grouped them into three main groups. The first section of Thirukkural is Virtue which comprises of 38 chapters, with of 380 couplets. The second group is about wealth and comprises of 70 chapters having 700 couplets. Finally, the

third on love and comprised of 25 chapters and 250 couplets on love and relationships.

On the chapter titled, 'The reading of the signs' couplet # 1274 is found. It is in the third part of Thirukkural which is love. I would like to explain the meaning first by creating a situation that could have prompted our bard to write the couplet. A young lad must have approached our bard and mentioned about a young dame casually seeing him from distance had smiled at him. They had not exchanged words. The word 'Pethai' (பேதை) used in the couplet means a young lass which had been translated as damsel into English. The bard has described the smile as budding laugh (நகை) and not full laughter. If it is a laugh it has to be construed as ridiculing of the person laughed at. He goes on to mention there is a known secret in a budding flower. Meaning, we all know the that inside a flower bud, there is fragrance and though before blooming we cannot smell. Similarly, he counsels the boy to realise that the smile reveals the secret. that she likes him in her heart, and its time for you to make the next move. Likewise, Mona Lisa is expressing with her soft smile likes us spectators who has taken the trouble to come down to see that painting.

As fragrance in the opening bud, some secret lies

Concealed in budding laugh of this dear damsel's eyes.

#### முகைமொக்குள் உள்ளது நாற்றம்போல் பேதை நகைமொக்குள் உள்ளதொன் நுண்டு

Next time you go back to see the oil painting of Mona Lisa, and it will show you what Leonardo De Vinci saw in the smile of his lover's face. I am sure next time you go to France to see the painting by Leonardo, you will not only understand the painting better but also remember the bard Thiruvalluvar who lived two thousand years ago giving meaning to the painting.

# Federal government, province of Ontario and Toronto city contribute

# more than \$35M for a Tamil community centre in Scarborough

All three levels of government will be contributing a combined \$35.9 million tobuild a new community centre in Scarborough meant to meet the diverse needs of the neighbourhood.

The announcement was madeJuly 16thFriday morning by federal, provincial and local officials at Scarborough-Rouge Park.

The new Tamil Community Centre to be located at 311 Staines Road., Scarboroughwill be a multi-purpose facility and will include a gym, outdoor playing fields, a new library, museum and auditorium. It will also have multi-purpose spaces for educational and cultural events.

"This is going to be a fantastic facility," Deputy Prime Minister and Federal Finance Minister Chrystia Freeland told reporters.

"It will have a large gym, outdoor playing fields where people can play soccer, baseball, maybe even some cricket. It will be a hub for Tamil music and dance."

Gary Anandasangaree, MP for Scarborough—Rouge Park, speaking at the event and said that he looks forward to having a safe and inclusive space to facilitate community events..."

The federal government will invest \$13.3 million into the project, while the Ontario government is providing nearly \$12 million.

"I'm a big proponent of community centres and I said that to our caucus right across the province, nothing pulls a community together more than a community centre," Premier Doug Ford said. "It's used for so many different things but one is called a gathering place, a place that people can come and bring their family and bring their friends and just get together."

I'm a big proponent of community centres and I said that to our caucus right across the province, nothing pulls a community together more than a community centre," - Premier Doug Ford

The City of Toronto has contributed land for the new centre, valued at about \$25 million, in the form of a long-term land lease.

"It is a way the city could contribute...we all wanted to be a part of this."Mayor John Tory said.

The community centre will celebrate and acknowledge the Tamil community but will be accessible to everyone in the neighbourhood, Tory added.

Vijay Thanigasalam MPP forRouge River electorate speaking at this historic event said that The Tamil Comminity Cehtre was a dream for the local community and he was closely associated with this project from the very beginning. He expressed the hope that this centre will provide the space needed forthe recreational activitiesand other resources...

With its gym, library and other amenities, the \$40-million, 37,000-squarefoot building in Morningside Heights will address not just Tamil-Canadians' needs but those of other, similarly underserved, communities, TCC chairperson Siva Vimalachandran promised

as officials and other supporters stood on the site.

News Report compiled by:

S.Raymond Rajabalan





Finance Minister Chrystia Freeland



**Ontario Premier Doug Ford** 



MPP Vijay Thanigasalam



**Toronto Mayor John Tory** 



MP Gary Anandasangaree

#### **Words of Peace**



When I first came to the West, (forty-nine years ago), a lot of people were really captured by this idea of being perfect—they wanted to be perfect. And they wanted to achieve perfection.

And I would try to explain to them that, you know, "The perfection is inside of you—and you can experience it—but we live in rather an imperfect world." And of course, there, you can take that on many different levels.

One day, even this body is not going to be around. The population of earth isn't going to be around; human beings as we know them won't be around—the earth, as we know it, won't be around. The oceans, the rivers, the mountains, the sun, the moon—nothing. Everything will be destroyed. Everything will begin (as it began from dust), will go back to being dust.

Yeah, don't get overexcited; it's going to take billions and billions of years for that to happen—even though we're very much trying to accelerate that process somehow. But, again, it's going to take billions of years.

So, how, I mean, how can you get close to perfection? Well, there is a way. But you totally have to change your definition of what "perfect" is. And so, if you have a concept of perfection as the infinite—but that's not going to happen. But there is another way to look at it, and that is that you can be perfectly human—perfectly human. This is possible.

Because that is a journey going back, backwards. Because in your

"This moment called "now" is where my breath is happening, where I am, where what I need to be aware of—is. This is not only easy - it's incredibly enjoyable. Then, all the wisdom of the world—all the wisdom of the world becomes related to me." - Prem Rawat

ideas, you want to be "perfect this, perfect that.Really good at this, really good at that." But what is it like to be human? So then, yes, you have your flaws; you have things that always need improvement. And once you get to one threshold, then there is the next threshold. If you get to one platform, then there is the next platform.

But what does it mean to be human? So, in very simple terms, it means to experience something. That's the capability that we have; that is the possibility that we have—that we have been given a vessel that can experience, that can think, that can (most incredibly) understand.

Now, there is a problem with our understanding. And what is the problem with our understanding? The problem—the biggest problem with our understanding is that we have already got a format for everything! So, you know, if you are a Hindu, (and you're born into a Hindu family or household, and everybody tells you about God), then you've already got a format of what that is.

And it goes like that with everything. When somebody mentions the word "bread," well, an Indian

might think of a phulka—that's the little puffy bread. If you are from the Middle East, maybe somebody says "bread" and you might think of pita.

If you are from another part, you know, somewhere in there, the same area, you might think of rumali roti—which is a roti that's as thin as a handkerchief, (and that's literally, its name). You go to America and you talk about bread, and you might think of a, you know, white Wonder Bread. And you go to France and maybe somebody says "bread" and you think of a loaf—I mean, a baguette.

So, these little concepts, (harmless of course; no problem). But they have defined for you, your understanding. And it is only when you can step out of that format, can you begin to recognize what truly something is and appreciate something for what it is—not what it can do for you or how it relates to you.

And this is extremely important to have in this life. Otherwise, you're closed off. There is an example that is given in India quite often—and what they do is they sometimes have the oxen going around a well, driving this long

arm, (that is then driving the gear, and that is helping the water from the well come out and go into the fields).

And what they do is they tie their eyes. They put a blindfold on their eyes. And the oxen, they go round and round and round and round and round.

And the saying goes that when they are—"When they're walking, they're walking for quite a few hours at a time, and they must think that they have gone so far! But when the blindfold is taken out, they find themselves exactly in the same place"—because they've been going around and round and round and round in circles.

So, I try to look at it this way, that we have this idea of, "I see everything in relation to me. This is my this; this is my that. This person is this; this person is that." But do I see the person for who they are, regardless of what my relationship to them is? Can I do that? Can I let go of the format? Can I let go of what is there that has been preconceived?

It's like a cookie-cutter. Everything I look at all day long: "I like this; I like that. I have this; I have that. This person looks nice; this person doesn't look nice." Well, all of these things as it relates to me. And I'm not saying that there's anything wrong with that. But then there is the quality that one can have to see something for what it is. Not how it should be, but what it is.

So, you could always look at



the moon—"Oh, it should be like this; it should be like this." But to see the moon for what it is. To see that river for what it is. To see this whole nature for what it is—non-judgmental—for what it is. Whether it benefits you or not, that's not the issue. For what it is.

And when you can begin to also see the people in your life for who they are—not in relationship to you, but who they are, then you can—only then and then only can you begin to have true appreciation for them, who they truly are.

And this goes one step more. That when you turn and look at yourself—not the fulfiller of your own expectations—but to see yourself for who you are, this human being on the face of this earth who has the possibility of being fulfilled, who desires peace over turmoil, who wants to be happy, wants to be fulfilled, wants to know, wants to be in that clarity, only then can you begin to appreciate what you have.

Because so far—if you look at yourself just as the fulfiller of your own wishes, then if you happen to fulfill those wishes—and this is what happens every day to people. That if you fulfill the wishes, everything is good; you're on top of the world—then if you don't fulfill your wishes, then you are disappointed with your own self.

But to have the ability to see yourself for who you are. From the time that you were born, and the time that you will go, that time that defines your life (in terms of time, anyways; not accomplishments, but time), to see that as a gift can only happen if you can truly see it for what it is—what it is. What is that time?—the most precious of precious times that you have been given, that you have been granted?

Now, of course, that sounds like somebody, you know, approved it and so on and so forth; that's not what I meant-it's somehow made possible. And how precious that is.

Without attaching all the things to it, "Oh, I didn't accomplish this; I didn't accomplish this; I should have been this; I should have been that; I should have achieved this; I should have achieved that. You know, I only have this much money; I only have that much money. And then if the"—off it goes.

So you have become the fulfiller of your wishes, fulfiller of your ideas of who you should be. And you did not look at yourself or truly who you are, as you are. Then, how can there be any appreciation?

A person who only judges themselves, only looks at themselves through that template that they have created in which "Yeah, you accomplished this; you accomplished this; you accomplished this; you accomplished this"—ah, if you didn't? You're going to have disappointment.

But is that why you have been given this life? What do you suppose is the reason that this breath comes into you-and brings you the gift of life? That you exist? That you can see, that you can think, you can feel?

If you're just going to be a robot and do, all day long, what you do, why do you need to feel? Why do you need to feel good about something; why do you need to feel bad about something? Because if the objective is just to be that robot: "Do, do, do" all day long, without knowing why I am doing it, without thinking why I am doing itand deriving no joy from it but a tireless day...?

And you're just happy to come home. Yes. And then all of a sudden, this twist happens—where it's, all of a sudden, "Ah, lockdown! You've got to stay at home." And then nobody wants it; nobody wants to be home. "Want to go out"; they want to do this; they want to do that....

Because people are really not taking a look at their life as it is—what has been given, every day that is—something is given; something is made possible. Every day of your life means something. Every moment of your life means something. You're not here just aimlessly.

That those millions and millions and millions of species that cameand little experiments all the way across, and success-so you could be who you are, the two eyes, the nose, the ears, the teeth, the skin, the hair? I mean, who appreciates all that, all that grand orchestration to "what will work and what will not work" that this nature put forth to make sure you could be how you are?

But I know people say, you know, "Family is number one." And every—oh, and I'd, so many times I have seen, it's like, everybody's like.... And I know that as soon as they leave the venue and they're off to, onto their direction, it's like, "And no, I don't have time for my family."

Because again, you're not-you are looking at your family and you look at your family and it's, "And well, do they fulfill my expectations?" Not looking at each one of the members of the family for who they are. But how they relate to you.

And only then, when you can begin to have that vision, that view, to see all that is around you for what it is—for what it is—will you even begin to approach the "perfect human being" who can enjoy, who can appreciate like no one else.

Your appreciation is unique to you—the way you can appreciate, the way you.... And you know, it's not like.... So, so, there—well, how come, all of a sudden there is a

song and it's number one—but not everybody likes it. How can that

**16**<sup>TH</sup> YEAR IN CIRCULATION

And not everybody likes chocolate. How can that be, right? Not everybody likes vanilla—how can that be? Not everybody likes ice cream; how can that be? But it is.

And of course, that question very much says, "I, I see the whole world relative to me. I like it, so everybody else must like it." But that's not the way it is.

On the contrary—on the contrary, to just look, look around, be. And that's the only way you can have empathy towards others. Not "how they should be in relation to you"-but who they are, what they are—your friends, your family, the nature, all of it. And then you can be in that position to appreciate something-to appreciate that these things exist.

Do we appreciate, every day, the rising of that sun? What if, one day, that sun didn't rise? What would that day be like? It'd be chaos-chaos!

I mean, you know, of course, there are times when, six months, the sun doesn't shine up in the North, in the winter—and then, the winter in the South, it doesn't shine. But that was it; I mean itbut around the equator, it's pretty much every day it shines.

But what if one day it disappeared? It would be chaos; it would be fiasco, that everything would be so cold; everything would be so

And people say, "Oh, yeah, I"but then, that's a joke, right? "The moon will still be there." And well, no, no, no, the light from the moon that you see actually comes from the sun.

It's like that joke, you know; somebody said, "Well, which one is more important, the sun or the moon?" And the people decided that the moon was more important, "Because what is the point of the sun coming out during the day? There's so much light. But at least, the moon shines at night when the light is needed."

But that just shows that they don't know that the light that the moon reflects is the light of the sun. It would be a chaos; it would be a disaster.

And, you know, do we appreciate? Then we would! Then we would, when it's like, "Oh my God, what happened to the sun?" and I can just see social media would be going, "What happened to the sun?

But right now we're just too busy—"But that's wrong. And that's wrong." Everybody's nice and judgmental about everything. No empathy.... And not appreciating something for what it is.

This is a complex world that we live in. Everybody has their debates: "Wrong! Right! Right, wrong." And we, "No, no, you're wrong because it should be like this. That, no, you're wrong because it should be like this.'

Make a better world for yourself, of course! In which everybody is included, everybody is treated well. But that can only happen when you can have an appreciation for who they are—not in relation to you, but who they are; they're another human being.

This is nature. It needs to be looked after. Trees do a lot of things. In fact, I once watched this documentary and I was shocked, how intelligent the trees are. But one thing they don't do is walk, go for a walk. I can.

Should I see that tree as inferior to me because it cannot walk, because I can? Or can I see that tree for what it is? And it is a superb, superb example of something that went through the different experiments and emerged victorious; it's there.

That grass that you see that doesn't mean anything to you, went through so much experimenting—and emerged as victorious. That bird went through so much evolution to get to that stage—and emerged victorious. Every wave of the ocean, traveling, traveling, traveling, traveling, reaching the shore. You see it—it's done. It did what it was supposed to do.

How important is that perfection, that viewpoint, that way to be able to see something? Incredibly important. Incredibly important. It makes such a difference for all of us—for you, me, all of us on the face of this earth.

So, anyways, I hope that you stay safe, take care of yourself. Again, remember, "Don't give it; don't get it." Simple things: wash your hands; maintain your distance—your mask.

And you know, we have seen that those people that we always looked forward to, "will solve our problems," are incapable of solving our problems. Some countries have done really well; some countries can't get their act together.

Again, I look at those countries, and those little countries that have done really well, it's not like they're superpowers. They were never called "superpowers." But in relation to this coronavirus thing, they are superpowers because they've done really well. And what, in my opinion, is the "really well" is, least amount of deaths. And one death is too many.

They were really able to help each other. As human beings, they came together and helped each other so innocent people did not have to die. Keep that in mind. Keep that in mind.

Enjoy yourself; be healthy; be well.

PremRawat. www.timelesstoday.com





#### PRINCE PHILLIP, DUKE OF EDINBURGH

# 'PORTRAIT OF SERVANT LEADERSHIP'

#### By: J A Rajah

Prince Philip, the Duke of Edinburgh who passed away recently was a leader who focused on service and gave his best to his country and people. He married Queen Elizabeth 11 in 1947 and after 73 years of marriage died this year. His remarkable life is glorified by his acts of service and selfless support for his wife, the Queen.

#### A. Phillip's background:

Phillip was born on the island of Corfu in June 1921 and came to England in 1922 as a refugee. He was a prince of both Greek and Danish royal heritage. He attended Gordonstoun School in Scotland where he excelled as an outstanding student with a great sense of service. When the world war arrived in 1939, Phillip went for training at the Royal Naval College, Dartmouth. It was while training in Dartmouth that Phillip first met Princess Elizabeth fell in love and subsequently married her. Elizabeth was crowned as queen on the 2nd of June 1953 and Prince Phillip's role was to swear allegiance to his wife. She became the head of state for the United Kingdom, head of the Commonwealth and supreme heed of the Church of England. Philip gave up his job in the navy and made a choice to support his wife in a remarkable way as her consort, always a few steps behind her. Yet no one would ever doubt his leadership within the family.

#### B. Phillip's Character and Accomplishments:

His sense of humour would encourage the queen to smile and his relaxed demeanour helped her relationship with people. Phillip became a champion of many causes in British sport, science, industry, attending more than 300 solo engagements per year. He was also an accomplished artist, polo player and carriage driver and a manager of Royal Estates. In 1956, he founded the Duke of Edinburgh Award scheme for young people, encouraging self-sufficiency, teamwork, and leadership skills: it has since reached 5 million individuals in 140 countries. He was a serious and genuine conservationist in the 1950s when it was not a fashionable thing to be, forming the World Wild-life Fund in 1961 and serving as the charity's president.

#### C. Phillip's Contribution to British Monarchy:

Queen Elizabeth and the Duke of Edinburgh were the royal couple who have reigned over the British ad Commonwealth citizens for a long period. They have been a constant presence, steady and stalwart in face of international and national changes including the last 14 prime ministers and US presidents. "The Duke of Edinburgh was such an important, colourful part of British life, a man of such indomitable spirit, that many felt they really did know him and will find it had to imagine public life without him'. Prince Phillip gave British monarchy a new life in the sense that it can still serve the people in a great way in spite of the changes brought in the status of monarchy by the new forces of liberty, equality, fraternity and democracy.

Phillip's grandson, Prince William said, "I will miss my grandpa, but i know he would want us to get on with the job. My grandfather's century of life was defined by service-to his country, and Commonwealth, to his wife and Queen and to our family". He kept calm and led a life defined by service to others. The impact of Phillip's character gave strength and stability to monarchy and made it' benevolent' in today's fast changing world-an epitome of servant leadership.



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# 11th Century Scholar Nambiyandar Nambi

# celebrated at Sri Varasiththi Vinayagar Temple, Toronto



#### By K. Thirukumaran

Sri VarasiththiVinayagar in Toronto is ringing piety in this phase of slowly opening the pandemic lockdown with outdoor festivities in all the pious of divine purpose.

The small but sprinkling benevolence in abundance, this Ganesa temple in a North East corner of bustling Kennedy and Finch intersection is testimony to pockets of piety that exist in large urban areas - like in the city of Colombo.

The annual festivities known as 'Mahotsavam' held recently in blissful colours and sounds that would otherwise be missed by our eyes and ears that's been accustomed with zooming in of things amidst the pandemic.

On July 21st, Sri VarasiththiVinayagar celebrated NambiyandarNambi, a 11th century scholar, who in today's world, is an overachiever. As an activist on the quest for finding the

old palm leaf manuscripts of divine hymns rendered by 6-7th century Tamil Saivite saints, Nambi's curating saga was aided by the great benefactor King Raja RajaChozhan.

Youth and teachers from the Hindu religious school run by Sri Varasith-thiVinayagar performed the evening festival program featuring drama, hymns, songs and dance to usher the holy pleasure of divine delight.

NambiyandarNambi, is typically memorialized in Tamil month Vaikasion Punarpoosam star day marking his "Gurupoosai". This Lord Ganesha loving child, got divine blessings and went onto do gigantic things.

However, NambiyandarNambi's early childhood story highlights that he simply followed his father to the local temple, PollaPillaiyar in present day Cuddalore district of Tamil Nadu. There Dad was a priest and Nambi will engage in playful activities amidst the learning of scriptures.

Then there was this one-day, kid Nambi happened to go alone to the temple with garlands, sweet offerings of Mothagam (ball shaped dumplings filled with mung beans, coconut &jaggery) rice puffs and sesame balls for Lord Ganesa, as his father was out of town!

At the temple the gentle god Ganesa did not consume the offering making kid Nambi to begin banging his head on temple deities, horrified in thinking whether he had tasked improperly in serving the Lord.

But no, the first to bless Lord Ganesa, sweetly graced NambiyandarNambi in his customary way by consuming the delicacies, preventing little Nambi getting hurt. Also adding another real-life narration of times in those pristinely days of yore; and it is been retold another thousand years and onto eternity!

NambiyandarNambi's curiosity of divinity enhanced his perseverance

towards collecting the vast palm manuscripts of Tamil Saivite hymns. The manuscripts were susceptible to termites and on the verge of being eaten completely. Without NambiyandarNambi activism and engagement the hymns would have been lost forever. His activism made this treasure trove of divine Tamil literature, telling the unwavering love of virtue and service to the community in the name of Saivite faith and a supreme being, lasts forever.

This work would be needed in the future, therefore my mission is to preserve them now, was NambiyandarNambi's persistence on the calling of those times!

Then historically notedKing Raja RajaChozhan cooperated with NambiyandarNambi on securing the palm leaf manuscripts. The fruitful result of Nambi's activism in seeking wider support for his efforts, getting royal ascent.



This wouldn't have been an ordinary endeavor a thousand years ago. NambiyandarNambi, a hero amongst the 63 Nayanmar, the socio-spiritual volunteers of that age!

In gathering support, finding and efficaciously compiling the vast selection of hymns-holy old literature for future use, NambiyandarNambi remains a star amongst all activists!

It mesmerizes to know his soul existed duty bound with a higher purpose. We who uses the works, the hymns he came across, are connecting ourselves to his purpose of curating them and to the endless span of time it lets us fill in eternity.

Enchanting it is, seeing or knowing that Saivitedivinepast of legends a thousand years ago was highlighted in one of the evening programs of the Toronto Sri VarasiththiVinaayagar annual festival. It would have been an elephantine task to conduct the annual festival during the pandemic.

Sri VarasiththiVinaayagar priests however, in well-coordinated festively designed colorful attires of long heritage, their clarion voices delivering praise of Ganesa amidst the hoisted ceremonial flag at the centre and sparklingly decorated temple with ornaments along with sets of traditional thavil, nadhaswaram, celebrated the

annual gala for Ganesa according to a precise program schedule.

NambiyandarNambi's story was staged by teachers ofSri VarasiththiVinaayagarHindu Religious school, SrimathiThilagaSinnappu and SrimathiMathunanthiniDayananthaSarma.

AthananThivakaran, ArvalanThivakaran, MehaThivakaran, Aboorvan Mohan, Aratha Mohan and Vasavan-DayananthaSarma acted in the play. Dances to thevaram - hymns were fervently performed by KeerthanaRaghavan, KiruthigaRaghavan, ThulasiYogeswaran, ThurgaSivakumar and SuvethaKetharan.

Sri VarasiththiVinaayagarcon-

sciously encourages and facilitates Canadian born youth to take part more in the temple activities on an ongoing basis, SivaSriPanchadcharaVijayakumaraKurukkal, head priest of the temple said.

For the devotees thronging in accordance with health guidelines to theannual festival this year especially, Sri VarasiththiVinaayagar Toronto brought-forth the sense of the omniscient divinity. This breath of divine fresh air literallyfrom the outdoor festivals at Sri VarasiththiVinaayagar is the everlasting benevolence to all amidst this rolling stages of global lockdowns.



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# THE INDUSTRIOUS FARMER

**16**<sup>TH</sup> YEAR IN CIRCULATION



The well sweep

#### C. Kamalaharan

The people of Jaffna devoid L of river depend mainly on underground water for their agricultural, industrial and domestic needs. Earlier farmers watered their crops manually by drawing water from the deep wells. Drawing water from wells was a laborious task. They used well sweep which is a simple device to draw water from the well without pulleys or ropes. A device for lowering bucket into the well and raising it from the well. It consists of a long pole which in Jaffna is the stem of a Palmyra tree that is smoothened to shape. Through the centre of the long pole an axle is fixed. Each side of the axle is rested on bars that are fixed on two parallel rows of Portia trees (Poovarasu marangal) facing each other so that the long pole swings up and down. The bucket is fixed in front at the tapering end of the pole while the weight is fixed behind at the broadened end. Four people were needed to irrigate the crops; two to be on the well sweep pacing to and fro for the well sweep to swing up and down, one to draw water from the well and the other to divert the running water on to the plots. Since time immemorial the well sweep was the popular device to draw water from the well. With the advent of the water pumps watering of the

crops became much easier.

Instead of four people a single person starts the water pump and diverts the water on to the

Jaffna district is predominantly an agricultural area where tobacco, onions, chillies, potatoes, vegetables, bananas and grapes are cultivated for commercial purpose. Among them cultivation of tobacco is the major source of income for the farmers. Tobacco cultivation is well suited to the arid climate of the region with a low cost of production and a high sale value. Unfortunately proposals have been put forth to ban the cultivation of tobacco as a forerunner to curb the use of tobacco. Owing to the proposed ban farmers are in a dilemma whether they could find an alternative crop that could yield profit as much as tobacco. Tobacco buyers too will be reluctant to purchase tobacco. As a result tobacco will be permanently stocked in farmers' homes severely affecting them financially. Furthermore due to the proposed ban cigar workers too will be badly affected as cigar rolling is a livelihood for many in villages.

Potato is supposed to be the alternate source of cultivation when the cultivation of tobacco is banned. It is one of the most important food crops after rice. But in the existing climatic condition in Jaffna only one

cultivation is possible that too in November after the heavy rains in October. Cool temperature in December and January results in high yield. But will potato provide the same high sale value as tobacco!

Onion is the other crop besides tobacco that provides high income for the farmers. It is mainly used for internal consumption as a spicy crop. Onion is cultivated in Jaffna twice a year; from September to March and April to August. Earlier onion cultivated in

expenses. Moreover certain imported onions are sold for much cheaper prices affecting the local farmers. Later when the government increased the import tax on imported onions the price of local onions increased saving the farmers from financial loss.

In spite of the difficulties and setbacks the farmer faces while toiling in the parched soil in Jaffna he is extremely sincere and hard working. Compared with his counterparts in the other provinces he is unfortunate to be deprived of having water



Irrigating the crops

Jaffan was marketed to districts out of Jaffna. But now it has been stopped as farmers are not getting competitive price that covers transport and other

resource like river. Yet he continues to labour hard in the hot fields to eke out his livelihood from the soil. He is truly an industrious farmer.





- referee.com

By: J.A. Rajah

Tisdom is the ultimate and impregnable defence for protection against destruction; It is also a fortress of inner strength against enemy onslaughts. It is the hallmark of wisdom to concentrate on the wise and the good; instead of letting the mind wander everywhere. In a similar vein, Plato claimed that 'the ultimate end of all learning is perfect goodness.'

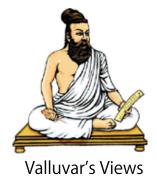
#### Epporul yarvaik kedpinum apporul. Meipporul kaanpatharivu'.

To discern the truth from whatever source it emanates is the true quality of wisdom'. The wise express even profound thoughts in simple terms, but would grasp the subtleties of all those others say. The wise man loves the world with a certain constancy, unlike the kind of bloom that opens and closes frequently. It is a part of wisdom to conform to the ways of the world. Aathisoody also stresses the need to conform to social norms with the words, "Naadoppa Chey". Men of wisdom know and are prepared for what is coming; The ignorant do not know what is ahead of them. The truly wise will fear what is to be feared; only the ignorant will be fool-hardy. Wise men who read the signs and foresee developments, will not be shocked by emerging distressful situations.

#### 'Arivudayar ellam udayar arivillar, Ennudayarenum illar'

The wise have all the blessings, even if not possessed with worldly goods, but the ignorant- rich have nothing. The Bible carries the same idea when it states in the Book - Proverbs:-"The wise shall inherit the earth, but shame shall be the promotion of fools."

(Kural: 421-430).





# 'Chinna Chinna Aasai'

**16**<sup>TH</sup> YEAR IN CIRCULATION



- puzzlefactory.pl

By: J.A. Rajah

#### A. Chinna, Chinna Aasai:

Small joys of life bring lasting peace of mind and does not involve any risk or monetary expenses. The idea is expressed in the song-'chinna, chinna aasai' in the Tamil film 'Roja'. It was composed by A. R. Rahman and sung by Minmini. The desires mentioned in the song are purely imaginative. Those are the imaginations which are childish and poetic. Though they are referred to as small desires-they are not really small. When small children are persuaded to eat, mothers used to tell them that they will bring them the moon. In a similar way the girl who sings the song refer to the following as small longings.

- 1. I like to touch the moon.
- 2. I like to go round the earth.
- 3. I like to change to a Jasmine flower.
- 4. I like to touch the sky.
- 5. I like to plant seedlings in the field
- 6. I like to catch fish
- 7. I like to grab the rainbow.
- 8. I like to walk in the slush
- 9. I want to cuddle the rain drops.
- 10. I want to catch the wind and garland it.

These actions are pleasing and exciting to the mind. Though they are practically difficult or even impossible it gives you immense pleasure when you dream about them and enjoy the visual feelings. Children are made to feel like it by parents when they are young - "nila, nila odi va, nillamal odi vaa, malai meethu eari va, mallikaipoo kondu vaa"- 'moon, moon, come, come-come without stopping. Come climbing on the mountain, bring jasmine flower with you'.

#### **B.** Beauty of God's Creations:

God filled the earth with life and beauty. If you look at the marine fish, you will see that God fills our world with the most vibrant beauty and colour - often in places where there is no one apart from God to appreciate it. Think of the precious gems and creations that lie deep down in the oceans-simply marvellous and spectacular. It is for the valiant among men to navigate, excavate and enjoy. "My God how wonderful thou art, thy majesty how sublime". How beautiful, how beautiful your handiworks appear. In the sermon of the mount, Jesus said of the lilies: 'They toil not, neither do they spin: and yet I say unto you, that even Solomon with all his glory was not arrayed like one of them'.

#### **C.** Sight-seeing: an Invigorating past-time:

Man's habit of dreaming and desire for simple joys-Chinna, Chinna Aasai - have now developed into a new industry called tourism. People who have the time and the money go to different spots of the world to see the wonderful creations of God couched in a variety of landscapes and settings. Now these simple joys cost money as one has to spend on travelling. Though Sri Lanka is just a small country, it has a variety of landscape - whether it is the rushing waters of Luxapana, the Yala Sanctuary, the Sigiriya Fortress, the hot wells of Kinnya, Trincomalee, the Peradeniya Botanical gardens or the Singa Rajah Rainforests. Such opportunities of seeing new places or sceneries gives tremendous energy for the mind and the spirit. "In every soaring mountain, by every palmy coast" - W. S. Senior; 'A thing of beauty is a joy forever'. 'It's loveliness increases; it will never pass into nothingness'-John Keats.

#### EDUCATION & CAREER

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# Children Helping at Home



Children should be required to help with household tasks. Learning how to maintain a proper household is an important skill for children to learn. They learn valuable abilities and life skills, develop respect for their environments, and maintain an orderly home. Children being required to help with household tasks also prepare them for their future when they are independent. The skills they develop will last a lifetime.

Helping with household chores comes with many benefits, not only because it reduces the workload on the parents, but teaches skills that are important to know. Respect, organization, and responsibility are just a few of the many important traits that are learned from doing chores. Children learn to set their priorities well, tnat it is important to maintain a proper home. They learn daily duties and develop regular habits, engraining that such tasks must be done often. Some daily tasks are dish washing, sweeping, and making the bed. Children learn time management by doing chores at a reasonable time so that it will not impede with other priorities.

Helping with chores also builds self-esteem by establishing independence. Finishing tasks gives a sense of achievement and will boost a child's self-esteem. Many children may find chores boring, but as they do chores regularly, they may find a sense

of enjoyment and will understand the importance of it. Doing chores not only benefits them in learning life skills, but also prepares them for when they move out on their own.

There are countless ways that doing chores as a child prepares them for the future. One of the most apparent benefits of doing chores is the experience in maintaining a household. When children become adults, it is a rite of passage to move out. By already knowing the basics of housekeeping, it will make the transition easier. Chores teach time management, which is an important skill to acquire as a child. As an adult, there are an increased number of tasks to do. and knowing how to time manage well will help infinitely. Good time management skills last a lifetime. Even when life gets busy, the habit of cleaning daily will still stick. Children doing household tasks will develop a diligent work

Parents should not use chores as a punishment. Chores should be something done as a family. Maintaining a house is not easy. It is important to keep a house in good condition because buying and having a home is a lifelong investment. Keeping a home clean and properly taken care of is crucial. Overall, something as simple as cleaning the room, doing the laundry, or washing the dishes will teach a wealth of useful skills.



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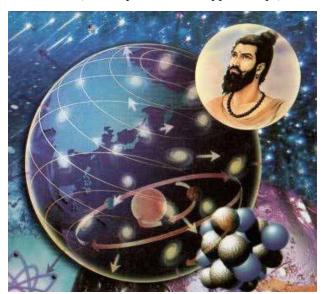
#### **DID NEWTON TAKE THEORIES FROM INDIA?**

#### Manchester University Confirmed that Newton Took Laws of Motion and Gravity

#### By OUE Research Institute

The name 'Sir Isaac Newton' is so famous that everybody in this world knows it. He is renowned for his 'laws of motion and also 'law of gravity.' These laws form the basis of classical Physics. But very few people may not know that the same idea was given by an Indian (Rishi Kanada) long before the era of Newton. The ancient Indian civilization has given birth to today's science and technology theories, but the origin of these theories remained folded and hidden for several reasons. What world is thinking today? Ancient Indians did it in the Vedic period? This article provides the details based on secondary data gathered from books, articles, websites, and web-based journals.

Every civilization, which has brought development economically and socially, has attributed its success to science and technology. India is proud to have one of the oldest civilizations in the world, with one-sixth of the world population and one-third of the scientific and technological workforce. The pre-history of India began with the vast Indus Valley civilization, which represented a cultural continuum. The excavations, which were done at Harappa and Mohenjo-Daro in the 1930s by John Marshall of England, show India's oldest civilization as more than 2000 B.C. It is interesting to note that she did not appear as an infant at this dawn of India's history but already grew up in many ways. The Indus Valley people created things of beauty and utilitarianism and more typical emblems of modern civilizations. The high point of this civilization was the mature urban Harappan phase (2500-2000 B.C.), characterized by well-planned cities, extensive external trade, manufacture of artistic seals, development of Harappan script, etc.

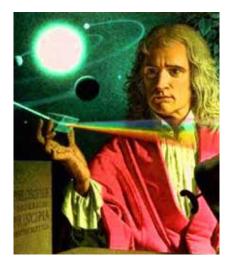


#### Laws of Motion

There are two great scientists behind the invention of the law of motion: (1) Rishi Kanada and (2) Sir Isaac Newton (1643-1727). We are familiar with Newton's Laws of Motion that Sir Isaac Newton, the physicist who formulated the laws of motion first. He published these laws in his book "Philosophica Naturalis Principia Mathematica" on July 5, 1687. But before Newton, the laws were discovered by Indian scientist and philosopher Rishi Kanada who had given Vaisesika Sutra in 600 BCE, describing the relation between force and motion. We first discuss Newton's three laws of motion.

#### First law

Newton's first law states that every object will remain at rest or in uniform motion in a straight line unless compelled to change its state by the



action of an external force. Newton's first law of motion refers to the law of inertia/ inactivity. Newton's first law of motion is often stated as: An object at rest stays at rest, and an object in motion stays in motion with the same speed

and the same direction unless acted upon by an unbalanced force. In an inertial frame of reference, an object either remains at rest or continues to move at a constant velocity unless acted upon by force.

#### Second law

#### Third law

There is always an equal but opposed reaction to every action or the mutual actions of two bodies, which are always equal and directed to contrary parts. When one body exerts a force on a second body, the second body simultaneously exerts a force equal in magnitude and opposite in direction on the first body. Newton's laws of motion are three physical laws that together laid the foundation for classical mechanics. They describe the relationship between a body and the forces acting upon it and its motion in response to those forces. More precisely, the first law defines the force qualitatively. The second law offers a quantitative measure of the force, and the third asserts that a single isolated force does not exist. These three laws have been expressed in several ways

#### Rishi Kanada's Sutra (Law)

In ancient India, Kanada's Sutra is also called Vaisesika Sutra, written in Sanskrit text authored by Rishi Kanada. Vaisesika Sutra discusses the role of gravity in the falling of objects. It gives through the analogy of the arrow. First, it provides a mechanism of arrow projection in Sutra 5.1.17. The first action of the arrow is from impulse; the following action is resultant energy produced by the first action, and similarly, the next. It explains why it falls in the following Sutra.

First Sutra

over three centuries.

Sanskrit: "Vegah Nimitta Visheshat Karmano Jayate."

Translation: Change of motion is due to impressed force.

(The law states that an object at rest tends to stay at rest and an object in motion tends to stay in motion with the same speed and the same direction unless acted upon by an unbalanced force.)

Second Sutra

Sanskrit: "Vegah Nimitta Pekshat Karmano Jayate Niyatdik Kriya Prabandha Hetu."

Translation: Change of motion is proportional to the impressed force and is in the direction of the force.

#### **Third Sutra**

Sanskrit: "Vegah Sanyog Vishesh Virodhi." Translation: Action and reaction are equal and opposite.

The rest of the world knew that India was a home of Knowledge and Wealth, on account of which many warriors attacked India so many times in search of wealth, and many wise men came to India in search of knowledge. It is proved that ancient books of India were the root of many inventions/discoveries in the world. Rishi Kanada is believed to have been born around 600 BC in Prabhas Kshetra near



Dwarka in Gujarat. The school founded by Kanada is the Vaisesika school of Hindu philosophy. This school attempts to explain the creation and existence of the universe by proposing an atomistic theory, applying logic and realism and is among the earliest known systematic realist ontology in human history. Sir Isaac Newton might search this knowledge from India and formulated it scientifically or invent independently. The fact remains mysterious. But all credits and respects go to Sir Isaac Newton and nothing to Rishi Kanada, though Rishi Kanada developed the entire laws before the 2000 years of Sir Isaac Newton. Sir Isaac Newton formulated the laws of motion more scientifically with the help of digits and letters qualitatively and quantitatively. At the same time, Rishi Kanada had stated the laws qualitatively.





#### **BUSINESS / FINANCE**

#### **Managing your Money**



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

Investing for the long term is one of the best strategies for offsetting short term market volatility, participating in stock market growth, and achieving positive results.

Financial markets can quickly move in and out of favour. For example, when stocks are rising, bonds may decline in value; equities and other investment styles may perform better in different market conditions. Staying invested ensures you are always capitalizing on the upside of the market and reducing the impact of short-term market volatility.

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

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

It's impossible to time the market - just ask any knowledgeable investment professional. Trying to hit a high return and avoid a low one by jumping in and out of the market is a sure way to curtail your returns - and give you an ulcer. Time in the market is a much surer path to investment success. That's because of this his-

torical truth: Markets always move up and down but the long haul trend is always up. So, stay true to a longterm investment strategy for higher long-term returns. For most investors, the best long-term strategy is to make your investments immediately, regardless of whether the current market is up or down. Even better, invest regularly instead of holding off and making a lump sum investment once a year – because, by investing regularly, you will accomplish your important investment goals:

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



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Dollar cost averaging can help manage the risks of investing. Dollar cost averaging is an investment technique that involves buying equal dollar amounts of a given investment on a regular basis. Rather than investing all your money at once, making a commitment to invest a smaller amount on a regular basis can lower your average cost per unit by purchasing more units at lower prices.

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Sleep easier by always looking at the big picture. Don't worry excessively

about the performance of one investment. View your investments from the perspective of your overall portfolio and your long-term goals. By investing regularly and using a balanced investment strategy, you will achieve your financial goals. Your professional advisor can help design the plan that's best for you.

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

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#### BUSINESS / FINANCE **\$**





# How to Go Grocery Shopping WhenYou are on a Budget?

I fear that as food prices remain to climb, people will resort to more affordable and less healthy and balanced options. I have discovered us coming under that trap, so I set out to get our grocery store costs down. Besides delighting in the occasional cauliflower, I've really been able to decrease our grocery store costs considerably, and I feel that the tips and tricks I didcarry out can be valuable to a few of you. Below are my recommendations for how to grocery store on a budget plan, as well as still stay up to date with a nutritious diet regimen:

#### Tips for Grocery Store Shopping on a **Budget**

#### Dish Plan + Produce a List

I always go back-and-forth on dish preparation, mainly because I can get lazy; however, there's no rejecting on how reliable it is for food purchasing. On Sundays, I typically take a seat with C, and we chat concerning what we want to consume that week. Likewise, Iview my content schedule to get anidea of things I test or capture in the kitchen that week. From there, I create a list of grocery stores I am going to require for these recipes and various other staples we maintain in the kitchen.

I utilize my grocery app to develop the checklist to make sure that I can quickly access it on my phone, in the shop, as well as inspect it off as soon as I have it. Without a checklist, it's game over at the grocery store, as well as without a meal plan, you have got no opportunity at making your list.

#### Be Flexible

When you reach the shop, you observe that broccoli costs \$5 more affordable compared to cauliflower. Therefore, change broccoli in the place of cauliflower! Understanding your components is good, but sales occur, as well as it's okay to switch one active ingredient for the other. Unless it's the program's celebrity, be flexible with your buying and differ the listing to give your purse a break.

#### Local Store

This is simpler claimed than carried out in specific locations; however, a great general rule is that it's likely less costly if it's local. With less traveling, as well as exchange rate problems, your butternut squash should be a bit cheaper compared to those \$8 raspberries. Likewise, it helps to support your local farmers, and who does not really feel great about that?

#### • Replacement with Frozen

But occasionally, your food craving those \$8 raspberriesadhered to the rescue! I really have nothing against icy veggies and fruits. As always, high quality precedes, yet there are some superb quality natural icy fruits, as well as veggies on the marketplace that are iced up at their most optimal times to secure in nutrients. In the winter season, I nearly exclusively get my berries iced up since there's no chance in heck I'm paying such an inflated amount for fresh berries that have been delivered from halfway across the world.

This does not offer you authorization to eat exclusively icy foods, yet when fresh is not an alternative, go frozen. Any questions visit gtacredit.com or call 416 650 1100



#### COMMUNITY WATCH

#### **Appointments**

# Surgeon Dr. Thavam Thambipillai admitted to the Presidency of International College of Surgeons, US Chapter

Dr. Thavam Thambipillai has been admitted to the Presidency of International College of Surgeons, US Chapter. He is the Professor of Surgery at the Sanford School of Medicine, University of South Dakota.

He is the Surgical Director of the Sanford Transplant Center and Program Director of the General Surgery Residency Program at the Sanford School of Medicine. He is the current President of international college of surgeons, USA chapter. He has an MBA in Health Care and is an active participant in humanitarian relief projects around the world. He is the Vice President of IMHO USA.



# Dr. Thampoe Mangaleswaran appointed Vice-Chancellor of the new University of Vavuniya

Dr. Thampoe Mangaleswaran has been appointed as the first Vice Chancellor of the newly founded Vavuniya University.

Dr. Mangleswaran is from the Department of Economics and Management of what was until now the Vavuniya Campus of the University of Jaffnaand has been serving as its Rector and Associate Professor. A Commonwealth Scholar, he holds a doctorate in Business Administration from Madras. His area of interest is Human Resource Management in which he has a good publication record in well-known journals.



# Civil servant Anusha Pelpita has been appointed new Chairman of the Development Lotteries Board (DLB) in Sri Lanka

Career civil servant Anusha Pelpita has been appointed as the new Chairman of the Development Lotteries Board (DLB) in Sri Lanka. Pelpita has been a member of the Sri Lanka Administrative Service (SLAS) for 34 years.



#### Manohari Abeysekera elected to represent South Asia in the CIMA-UK Global Council

Manohari Abeyesekera, currently a Director/Chairperson Audit Committee of Sri Lanka's premier savings bank, National Savings Bank (NSB), has been elected by the CIMA Members to represent South Asia in the Chartered Institute of Management Accountants (CIMA-UK) Global Council for a three-year term with effect from June 2021.

She currently serves as a Member of the CIMA Global Member Engagement Committee 2020/2021. A prize-winner at CIMA Finals, she won the CIMA Janashakthi Pinnacle Awards as CIMA Young Star (Silver) Award in 2004.

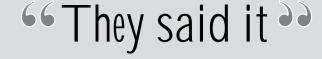
Previously, she was at Hayleys Group spanning an 18-year career as the Head – Strategic Business Development, Director Hayleys Group Services and Director Fentons Ltd. up to October 2020.

Manohari has received awards for Women Leadership in Sri Lanka, India and Bangladesh.



# **Quotable Quotes - 2021**

By: Siva Sivapragasam







"In my role as Governor General I will work every day to promote healing and wellness for all Canadians"

- Mary Simon, Canada's first Governor General from the Indigenous People







"We could not be any prouder to be a part of 'Team Toronto' to serve our great country and what we can to help our communities to recover from the incredible challenges presented by the pandemic."

- Brian Porter-President & CEO, Scotia Bank on Toronto Vaccine Day at Scotia Bank Arena where 26,771 Torontonians received their first or second shot of vaccine.





"This Canada Day cannot be, totally, as youknow, a time for celebration. It's no celebration or cancellation, but it's a call for the courage of urgent action. That's what it is."

Michaelle Jean, Canada's 27th. Governor General







"While the global economy is currently being transformed, when the fog clears, the housing market in the GTA will look very familiar"

- Benjamin Tal, Deputy Chief Economist, CIBC World Markets



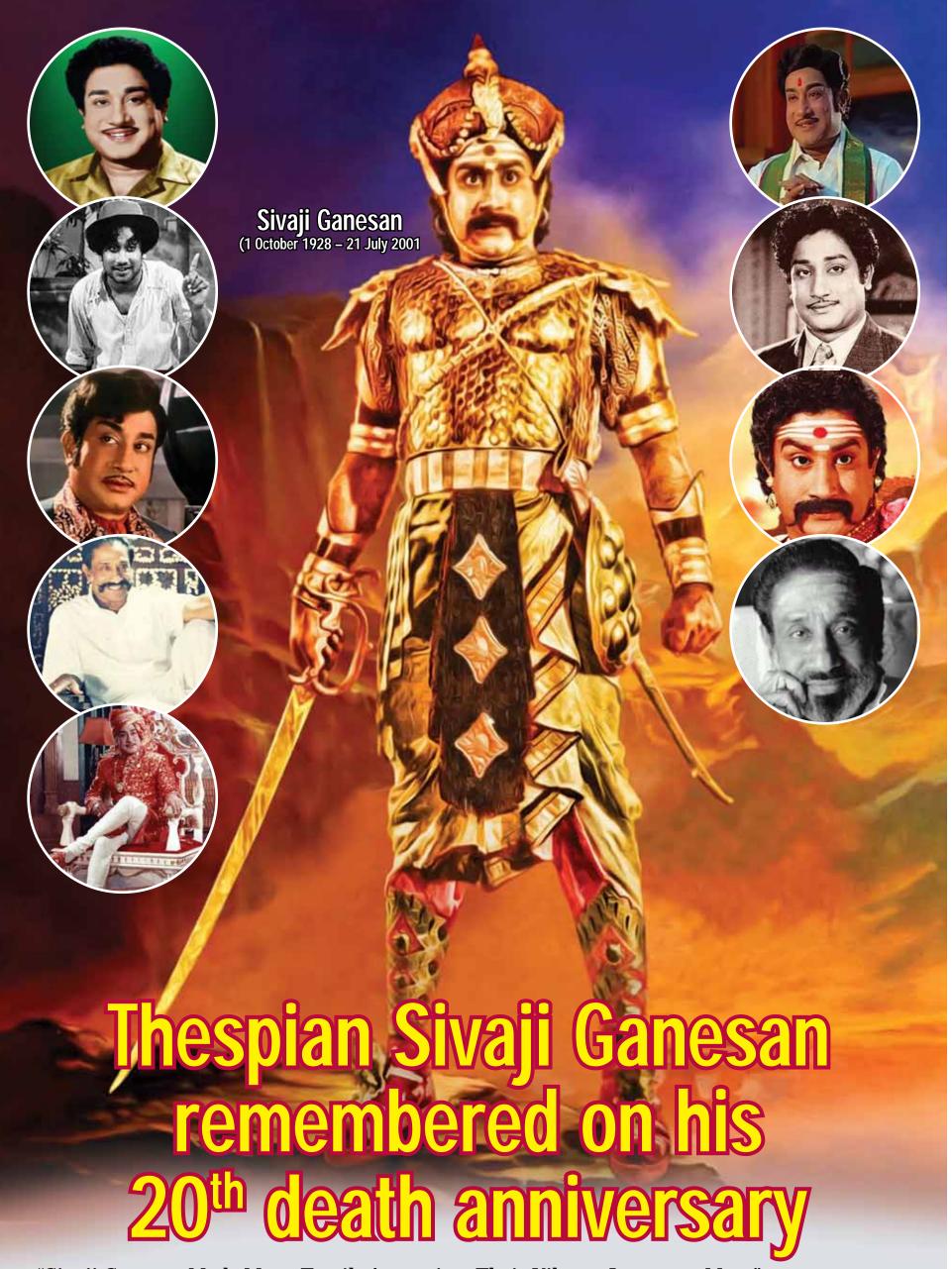


"When I travel around the country now, I feel as though people can breathe again. I think that is part of the reason Joe was elected"

- US President Joe Biden's wife Jill Biden



35



#### "Sivaji Ganesan Made Many Tamils Appreciate Their Vibrant Language More"

The legendary actor Sivaji Ganesan renowned in Tamil cinema for his wide variety of roles and dialogue delivery passed away two decades ago on July 21st 2001.

Memorializing the passing of 'NadigarThilagam' Sivaji Ganesan, journalist D.B.S.Jeyaraj wrote a tribute in Sri Lanka Daily Mirror recently. Excerpts from the homage to Sivaji Ganesan as follows:

"The artiste had an extraordinary flair for distinctive dialogue delivery. He pioneered an exquisite style, diction, tone and tenor. Unlike most of the actors seen in the Tamil films of today, Sivaji Ganesan spoke Tamil on screen the way the mellifluous, vibrant language should be spoken. It is no exaggeration to say that he was the role model for many of my generation in pronouncing Tamil dialogue in dramas.

Generations of Tamils learnt to appreciate the beauty and power of the Tamil language because Sivaji Ganesan breathed new life into it. He made many Tamils love their language more."



#### **MONSOON KITCHEN**

 $MONSOON\ JOURNAL\quad a\ parfait\ media\ publication$ 

# 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 c 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.

# **Methi Cashew Chicken**

#### by Azmiya Iqbal

Introducing our first featured writer,

#### Azmiya Iqbal!

Hi! I'm Azmiya, a Sri Lankan, born and raised in the beautiful island of Bahrain! I've recently moved to Bangalore, India. Growing up with many cultures around



me and experiencing different cuisines has surely fueled my passion for food and cooking. I also share some of

my recipes on my Instagram page@miasweetsneats.



#### **Methi Cashew Chicken Masala**

This dish is one of my go-to recipes to serve for lunch/dinner.

#### Method:

- 1. In a wok/kadai, heat ghee. Add sliced onions and fry on medium heat till golden brown (This will take about 7-8 minutes)
- 2. Using a mixie or coffee grinder blend the cashews and fresh coriander to make a fine paste
- 3. Add chicken pieces to the frying onions and fry for 2 mins
- 4. Add garlic, ginger, green chilies, salt, whole spices, kasuri methi, spice powders except garam masala and a splash of water so that it doesn't burn the spices. Stir to mix it in with the chicken and let it cook for 2-3 mins
- 5. Add chopped tomatoes and mix in. Cover and cook for 25 30 mins checking it in between. The chicken releases its own water; but add a little more water to deglaze the pan as it cooks further because the masala tends to catch at the bottom
- 7. Once chicken is cooked, add the

blended cashew paste, garam masala, sugar and let the masala cook for 5-6 mins more.

8. Switch off flame. Add cream and final sprinkle of Kasuri Methi on top. Serve hot with Naan or Tandoori Roti!

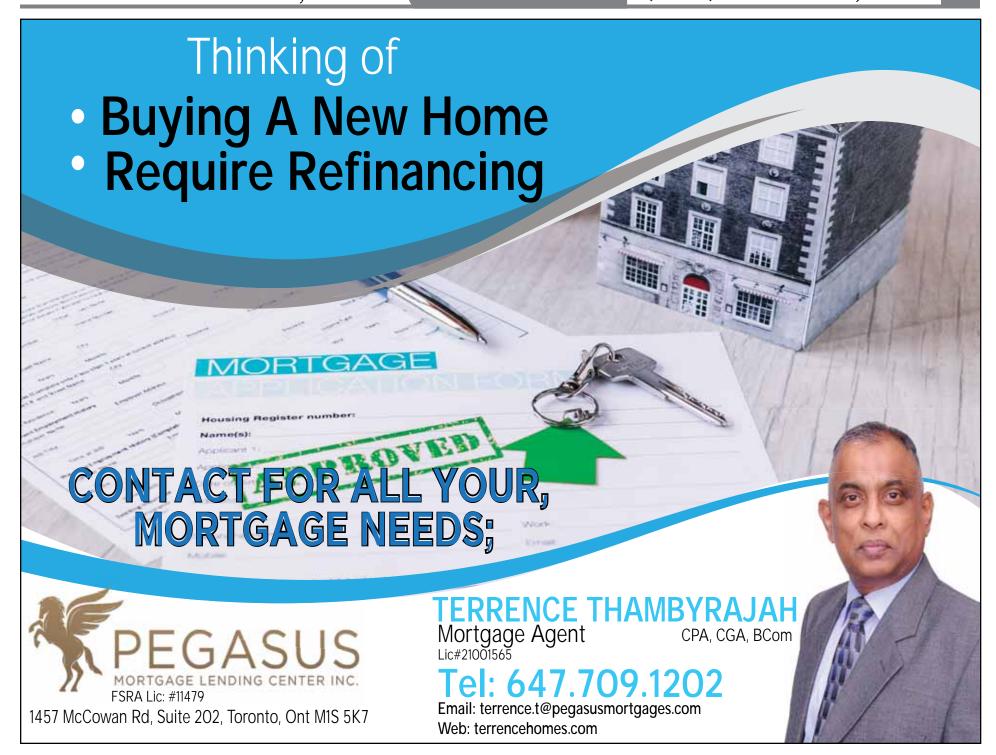
At the Monsoon Kitchen, Samayal Santhai

# WE'RE LOOKING FOR...

Writers who would like to see their recipes featured! Recipes from all over the world welcome

To apply kindly send in the title of your recipe and a photo of the dish to Tamilfoodclasses@gmail.com.\* \*\*

\*Prior experience **not required**, the Samayal Santhai team will mentor and guide you. 
\*\*This is not a paid position.



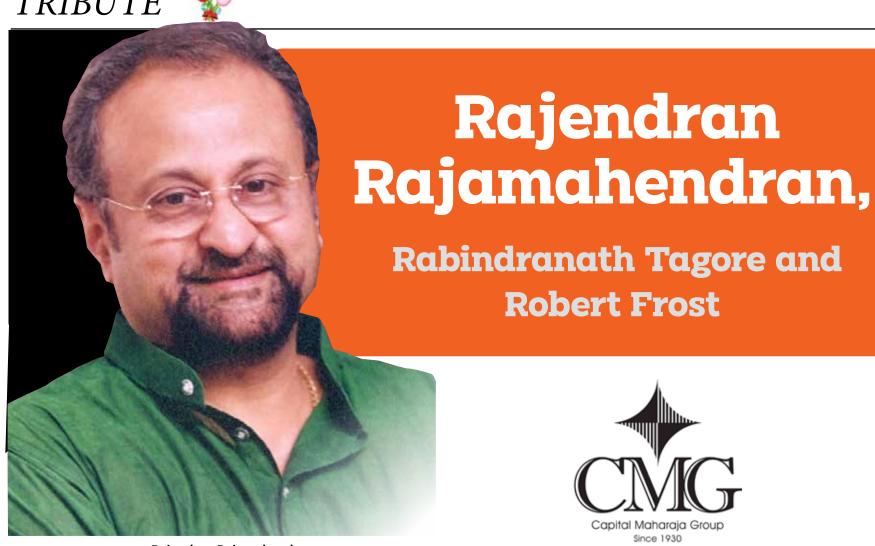


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 $MONSOON\ JOURNAL\quad \text{a parfait media publication}$ 

Rajendran Rajamahendran (19 May 1943 - 25 July 2021)



**Robert Frost** 

#### By K.Thirukumaran

🕽 ajendran Rajamahendran passed away in **K**Colombo, Sri Lanka on July 25. He was born on May 19, 1943.

Who is he? Some outside of Sri Lanka may ponder, especially in all the outpouring tributes he comes across as a remarkable icon, perhaps as a global one for that matter of these times.

Why?

Rajendran Rajamahendran not just lived the ideals of humanism, he proved that it can uplift humanity and serve for its betterment via entrepreneurship.

In making the case for humanism in 1917, Indian ~ Bengali polymath, Nobel laureate Sir Rabindranath Tagore wrote:

"Man's history is being shaped by the difficulty it encounters. These difficulties have been different in different peoples of the earth and in the manner of our overcoming them lies our distinction."

The "distinction" that Rajamahendran possessed was to put and practice humanism at the centre of his lofty entrepreneurial goals.

The fact that Rajamahendran practiced humanism as envisioned by Sir Rabindranath Tagore is clearly evident in his business operations. The trajectory Rajamahendran steered his company is noble, though the Capital Maharaja Group has been amidst an environment of every possible calamity on earth, notably since the year 1983.

On July 25th, 1983, thirty eight years ago on the day his passing this year, Rajamahendran was seen in the afternoon standing in front of his establishment at 54 Bankshall Street, seeing it in flames, scorched after being looted.

My enterprising friend Thuraisamy Muraleekaran, classmate from D.S.Senanayake College who operated the electrical hardware stores Doraisons a few doors apart on the same street was also caught in the ensuing Black July 1983 losses to their family establishment, that of the same disastrous fate like Rajamahendran's. Muralee had interacted with Rajamahendran on trading interests through those years and always found him affable and inspirational. Muralee

would see Rajamahendran on Fridays walking barefooted to the Sammangkodu Pillaiyar Temple in the vicinity of Bankshall Street. Muralee says Rajamahendran forever possessed the ardor to vision a homegrown conglomerate that is his grand legacy today. In recent years Muralee has been in the network witnessing how ordinary folks were transformed to successful industrial contractors to motivated corporate executives and staff living their professional aspirations through their affiliations with the Capital Maharaja Group and contributing to the larger economy.

The Capital Maharaja Organization has been praised for their contributions early on for cricket and other philanthropical activities; most notably since the aftermath of 2004 Boxing Day tsunami.

Yet in the big picture of things Rajamahendran's humanism infused vision providing lifelong careers to many sits at the pinnacle of his legacy. As Sir Rabindranath Tagore championed a humanism incorporating higher moral power, fellowship and unity, Rajamahendran's Capital Maharaja Organization exhibited exemplary traits.

Well renowned as a highly remunerating employer, the Maharajas widely hired anyone and everyone qualified for the position. Rajamahendran's startup flagship media outlets rendered services in three languages.

My friend Nadesalingam Bhavanishankar, classmate from D.S.Senanayake College 1981 batch functioned as a Manager for Capital Maharaja's Pepsi division for decades. Bhavanishankar displays the good citizenship, corporate values and enthusiasm about his career which can be spotted that they were mentored and reinstated at the Capital Maharaja Organization. He attributes his satisfyingly successful career to the good leader and human being, Rajamahendran. On hearing about Bhavanishankar taking a holiday in Hong Kong, through the Maharaja branch office in that country, Rajamahendran requested the personnel there to provide his staff member from Colombo with several perks during the trip. Taking excellent care of the people of Maharaja is a familial thing; even after recent retirement, Rajamahendran kept in touch via WhatsApp with me," Bhavanishankar rejoiced to me recently in cherishing the memories of his Chairman.

Robert Frost, American Poet wrote,

"Two roads diverged in a wood, and I -I took the one less traveled by, And that has made all the difference."

The entrepreneurial road that Rajendran Rajamahendran took is a less travelled one in the often turmoil stricken home turf. In the aftermath of Black July 1983 he did not leave the shores to another global capital. He went onto energize and elevate Capital Maharaja Organization as a formidable emprise that made a difference, not only to Capital Maharaja Organization; he proved humanism in business can go beyond his enterprise with its unifying principles envisioned by Sir Rabindranath Tagore to benefit the society

In these aspects, Rajendram Rajamahendran is a global icon of these times.



award at the Capital Maharaja Organization from Rajamahendran

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## COMMUNITY WATCH



## **TRIBUTE**



"I have fought the good fight, I have finished the race, and I have kept the faith. 2 Timothy 4: 7

T. S.Joseph, **Retired science Teacher** (1934-2021)

Late T.S. Joseph master a well-loved teacher born in Jaffna, Sri-Lanka, passed away peacefully at his residence in Ajax on July 20th2021 morning.

Mr. Joseph born on March13, 1934 was the youngest of three children to Elizabeth and Thio Santhio. He lost his mother at the age of seven and was brought up by his father, his older sister, Salettammah and his brother-in-law Dominic Mathews.

He started his primary school at St. James School and completed his JCSE at St. Patrick's College. He pursued his higher education at St. Joseph's College, Trichy, India and graduated with B.Sc degree in 1959. He completed his post graduate Diploma in Education from University of Peradeniya, Sri-Lanka in 1966.

He married Mary Bridget, Daughter of Louis, Victor and Theresamma in 1961. Together they had four children.

He always considered teaching as his calling and during his career was frequently requested to help with the growth of young people in their spirit, mind, and body. Throughout his career he has taught in several Catholic schools. Having returned to Sri-Lanka after completing his studies in India, he started his first teaching assignment at St. Joseph's College, Trincomalee, in 1960. The following year he was transferred to St. Anthony's College, Kayts, where he taught for the next 21 years.

He then began a teaching assignment in Lesotho, Southern Africa.

Once he returned to Srilanka after a few years he taught in the three seminaries - St. Martin Seminary, Jaffna, St. Joseph's Seminary, Columbuthurai, and St. Francis Xavier's Seminary, Coloumbuthurai until 1986. The fact that a layman was chosen to teach in seminaries speaks volumes about his impeccable character and great qualities.

From 1986 till 1991 he taught in several Catholic schools - St. Bede's High School, Lesotho; Motse Maria Secondary School, Rep. of South Africa and St. Conrad's College Rep. of South Africa.

Since they moved to Canada, Joseph and his wife Bridget lived with their daughter Linda. He was a strong devotee of Saint, Joseph and as he always wished. Mr. Josephpassed away peacefully at home, with his loved ones in close proximity, his wife Bridget, daughter Linda, his son-in-law Mark Sarang, and grandsons Brayden and Darian.

He is survived by his wife Bridget and his children and their families. Jude Anton Bebbington - (daughter-in-law Nalini, grandson Rohan); Joe Clinton (daughter-in-law Shilani and grandsons Gavin, Declan, Skylan and Caspian); Linda Lorraine (son-in-law Mark and grandsons Brayden and Darian).

On a verypersonal note, I havehad a unique relationship with late MrJoseph for avery long time. I was a student of him in the very first batch when hejoined the teaching staff of my Alma Mater St. Antony's college, Kayts. A few years later, soon after my graduation I was requested to assist in setting up the science laboratory in order to begin GCE Advanced Level Science course. Thus I had anunforgettable uniqueexperience of serving my old school for a brief period under the guidance of my beloved teacher.

I was able to continue the relationship with him by frequently contactinghim from the time he moved to Canada right up to a couple of months before his passing away.

With sincere gratitude and fond memories I pray for his soul to rest in peace.

**Tribute Compiled by:** S. Raymond Rajabalan



MONSOON JOURNAL a parfait media publication

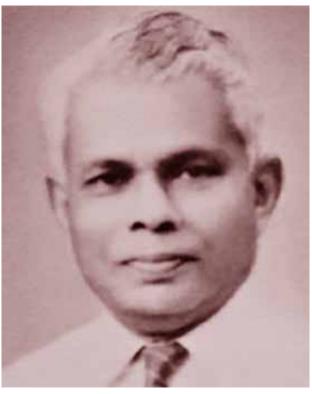
## A DOYEN of Ceylon Civil Service:

## Late James Henry Lanerolle

received the sad news of the passing away of Mr. James Lanerolle with a heavy heart, a doyen of the Ceylon Civil Service, later to become Sri Lanka's administrative service, on the 2nd of June at a ripe age of 94 years after a yeoman service to his country. I never heard of this gentleman's name in my life and never dreamt of working as an officer under his tutelage till he joined the former national carrier Air Ceylon as its General manager in 1977, which I joined in 1971 and was at the head office at Chatham street, in the accounts section for a period of six months till I was selected to work in the Flight Operations Department as a Flight Operations Officer in June 1972 at the Airport Katunayake. Before I recount my personal and privileged experience in working under James Lanerolle as my big boss or CEO, let me say a few words of this gracious, learned, humble and wonderful human being.

Actually living in Toronto I did not know that he passed away until a good friend of mine, a retired High Court Judge Mr. D. S.C. Lecamwasam informed me, who is a proud Richmondite. First of all I was sad and became sadder that I did not pay a visit to see him on my recent trips to Sri Lanka, since I was not aware that he was around. I really regret this great lapse on my part and I cry. Late James Lanerolle was born on the 13th of March 1927, had his early and entire education at Richmond College, Galle, a very prestigious institution in the good old days which was managed by Methodist missionaries. Mr. Lanerolle excelled very highly in his studies and won lots of accolades. Being an achiever from school days, he never limited his abilities only to his studies, did well in his debating team, was a scout, was a head prefect and participated in athletics also. He was a man of many "caps" in his school days itself. He entered the University of Ceylon in 1945, after successfully passing out in his H.S.C university Entrance exam at his beloved Richmond College. I was told that he graduated with an Honors degree in Bachelor of arts, soon he appeared for the most competitive exam CCS (Ceylon Civil Service exam) and passed out with great honors. Based on his merits he was appointed as a GA, Government agent, a most coveted position in the Civil Service. He served in this capacity in Colombo and other areas as well. Late Uduwella told me one time, that Mr. James was sent as our first counsel general to Washington D.C. USA. He served in New Delhi and in other parts of Asia making Sri Lanka proud wherever he served. On returning to Sri Lanka he served in various top notch positions in the government departments, serving as Permanent Secretary to the Ministry of shipping and port, where I was told he implemented a lot of programmes for the development of the Port as a whole. The Government used his enormous talent by seconding him to serve in the semi government sector by appointing him as Managing Director of the Ceylon Petroleum Corporation, which he served well according to my late father who was working under him as the Depot Superintendent in Jaffna.

After a stint at the Ceylon Petroleum Corporation, he was asked to be the General Manager of the former National Carrier Air Ceylon in 1977, and served in it till it was forced to go into liquidation in 1979 by the then Government, where I crossed his path, and I would say it was a fortunate and memorable incident in my life. Later he was appointed as



Late Mr. James Lanerolle

permanent secretary to the Ministry of power and energy and also as Chairman to the Ceylon Electricity Board and he served in this capacity till he retired from public service I believe. His unblemished record of service in the public sector from 1950's, being a workaholic and always believe in doing the right thing, be of any service to uplift the mood and morale of the working people in our paradise Island, he accepted a position when it came to him as a challenge of managing the Upali Group of Newspapers. He joined as its Managing Director in 1984 and worked closely with Dr. Seevali Ratwathe and Mrs Wijewardena. This was an entirely new venture for a top CCS servant, but he never failed the trust entrusted to him and performed extremely well. This is really evident from the write up by the Journalists who worked with him in this organisation. No doubt he lent a big helping hand in moulding their careers of young journalists and many others in that organisation through the"thick and thin" of their careers. He always left an indelible mark wherever he worked.

. Let me recount my personal experience with this amazing experience as a Flight Operations Officer. In 1977, later part of the year, I was on duty at the airport continuously for four days without going home, since the station had to be manned 24 hours. If the relieving officer doesn't show up I cannot leave the station. I was passing the information desk of Air Ceylon during this period one afternoon and the ground hostess who used to monitor that place was not there but there were few people who wanted some information on one of our flights that had a technical delay at Bombay airport, involving our Trident Aircraft HS 121. Since it was a technical delay, we keep updating the estimated arrival time of the delayed flight every two hours based on the telex messages we receive out of Bombay. Even though it was not my job to provide information to the general public, I volunteered my services to help the people, but there was one gentleman dressed in national attire who after listening for my update on the flight, queried me, as to why I was not in my uniform?, and to which I replied "that was not his business" and he asked for name, and I gave him as"Blue" since it is my nickname. Further no one addresses me by my given or surname. I did not know, he promptly called the Co- ordinating manager late M.L. Karunadahra, who never asked me anything, straight away reported to the General manager Mr. Lanerolle. Karunadahra snitched on me to the GM, thinking he scored a big hit. I still remember vividly, getting ready to go home after 4 days of continuous work, and having a call from the administrative officer of operations late H. U. Uduwella, "asking me to report to the GM at head office by 10.00 am" which I did. At his office was asked by his secretary Mrs. Wettasingha to wait for a few minutes and was called in later. I greeted the GM with a "nervous good morning Sir" who returned my greetings. The next thing that came from him sent me shock waves. Are you "Mr. Blue? I replied yes Sir, and he promptly said I am going to turn you in to Red today, and asked me to sit down" I remember that my hands and legs were shaking even though I was seated, and was thinking seriously "that this would be my last day of my career at Air Ceylon". The GM asked me"did you answer to a gentleman in this manner and I said yes Sir"

The next thing the GM said, made be Airborne without attaining the V2 speed (The rotating speed of the aircraft) Quote, "I want honest officers like you to work for me at the airport" I was offered a cup of tea since I was sweating profusely even though the office was air conditioned. He said to me"from today onwards any operational matters, flight delays including technical issues, he would call me first at the airport." He gave his home number and instructed me to call if an issue arose, 24 hours. I thanked him so much and went home and had a good sleep. From that day I became a close acquaintance of him as far as work matters concerned at the airport. I will never forget the grace he showed me on that day and it became one of the stories to tell both of my children about my life at Air Ceylon and my son still remembers Mr. Lanerolle's name even now. After the dust settled down I found out through Uduwella, that the gentleman was a private secretary to a Minister and that was the power they carry.

After 4 months of this incident one of our flights to London Heathrow was delayed because of a technical crew not reporting for duty. The First officer for the DC8 flight roster was Capt. Lloyd Perera, an ex Airforce officer who reported being sick. I had to go on a hunt for a First officer to operate the flight in the middle of the night. Finally late Capt Noel Anandappa, (a former Wing Commander of the air force) agreed to operate the flight even though he was in bed, it was very nice of him. Finally the flight took off after a 5 hours delay to London. When Lanerolle came to know what transpired he instructed my boss late Capt. G. E.L. Ferdinands to issue with a letter of appreciation for my untiring efforts to operate that flight., which I still have with me. That was the kind of gentleman he was.

When Air Ceylon was forced to go into liquidation in 1979, James Lanerolle was appointed as the Chairman of Ceylon Electricity Board and also the permanent secretary for the ministry of Power and Energy. In the middle of 1980 I went to see him to get a testimonial from him at the electricity board. He received me warmly and lamented saying this "why you did not ask one from me when I was at Air Ceylon, would have given in a beautiful letterhead. He later requested his secretary to get my full name

## **TRIBUTE**



## Capital Group Maharajah Organization Chairman RAJAMAHENDRAN passes away

**16**<sup>TH</sup> YEAR IN CIRCULATION



#### By Siva Sivapragasam

🕽 ri Lanka's well known business Conglomerate Capital Group Maharajah Organization's Chairman Rajamahendran passed away recently while he was receiving treatment at a private hospital.

Rajamahendran, an old boy of Royal College, was the son of Sinnathamby Rajendram of Manipay in Sri Lanka who founded the Maharajah Organization with his friend Mahadevan.

Rajamahendran along with his brother Rajendram Maharaja took over the business leadership and administration following the death of their father in 1966.

From its modest beginning as a distribution

company acquired by two best friends in 1930, CMG has expanded into multiple areas over the last ninety years, including manufacturing, media, services, hospitality, and technology. Today, the company is one of the largest privately owned conglomerates in the nation. The success story of the business empire is based on their audacity to dream, the tenacity to succeed and the courage to be different.

Rajamahendran was the Co-Founder of the Capital Maharaja Group (formerly The Maharaja Organisation Ltd.) in 1967, whilst the Group's origin can be traced back to 1930s. The Group, with its famous motto 'Courage to be different', has extensive interests in industrial products, tea, services, and media. Well known brands such as Eva, S-lon, Rebecca

Rajamahendran (1943-2021) - The Morning.Lk

Lee, Black Knight, SafeGuard, Sirasa, Shakthi, News 1st, Yes FM are household names in the Sri Lankan market.

The Late Rajamahendran's interest in Media made him pioneer the modernization of television and radio in Sri Lanka.

Rajamahendran always respected those who visited him. He will always walk the visitor down to his car, open the car door and make sure the visitor was buckled in safely, bid him farewell, and stayed till the visitor went through the gates.

"The late Rajamahendran discharged his duties towards the nation as a social worker and a dynamic businessman," Sri Lanka's Prime Minister Mahinda Rajapakse stated in his message of condolences.

#### Late James Henry Lanerolle...

and other details and asked me to come back in one week's time, and sure he did give me amazing testimonials. Wherever I applied for job opportunities that testimonials opened the doors for me in my career, also when I applied for migration to Canada from Abudhabi in 1996. the Canadian Consul General officer was so impressed with his testimonials, and also was a helping factor to the process. I would like to say this, fortunately or unfortunately late James Lanerolle was not born in England, wonder if it could have been, whether there would have been William Shakespeare. His language skill of the Queen's language was Shakesperaen and also second to none.

I still remember when late President J.R. Jayawardena wanted to liquidate Air Ceylon and form a new national airline, late James was handpicked by the president to start this new venture and I knew personally he chose Air Canada as the Carrier to help in this process. This was thwarted with the help of late Capt Ravi Jayawardena (son of the former president) and by a couple of ex Air Ceylon Captains, turned

(continue from page 40)

out to be a comedy of errors. If Mr. James had his way, the airline would have flown into the Guiness Book of records instead. Late James was absolutely not a bureaucrat as some of the pilots believed or made to believe but a real technocrat. I wish our country should have had more than 1000 people like him, this country would have been a real paradise in Asia and cannot comprehend where Singapore would have been. I am blessed to have known you sir.

Late James Lanerolle is survived by his only son Dr. Ruchika Lanerolle, a well recognised Nephrologist, a senior lecturer at the Colombo Medical College, his daughter in law, his adoring grandchildren and by all his beloved nieces and nephews. Absolutely no doubt that he will be missed by many who crossed his path.

Late James Lanerolle always sans publicity and any praise on him. He will be watching from Heaven and Saying "Mr. Blue I will turn you into Red" after hearing what I wrote about him.

I am sure Lanerolle always believed in these words which I read a few years back. and I am sure it really embodies him.

"The world is a difficult world indeed, And the people are hard to suit, And the man who plays on the Violin is a bore to the man with a Flute. And I myself have often thought, How much better it would be, If every one of the folks that I know would only agree with me, But since they will not, the very best way To make the world look bright, Is never to mind what others say, But Do What You Think Is Right."

On a personal note, Good Night Sir, "To A Real Decent Human Being and A Sweet Prince". May God Bless Your Beautiful Soul Always.

K. N. Sivagnanasundaram (Blue) Former Flight Operations Officer (Air Ceylon) kanesiva6@gmail:.com



## COMMUNITY WATCH

Compiled by Kidambi Raj

#### **Onam festival**

It is the most important festivals in Kerala state in South India. Like all Hindu festivals, this also has a historical and spiritual significance. This festival is celebrated immediately after the monsoons, in the Kerala on a month known as Chingam, in Malayalam and known in Tamil as the month of Avani (August-September). This year it falls on Sunday, August 30th

### Significance and Legend associated with this festival

The whole festival of Onam centres around the story of the fifth incarnation of Lord Vishnu known as Vamana. Unfortunately, this part of the Onam festival was forgotten during the days of the British rule. Now with the revival of Hinduism this story is slowly being brought into prominence.

The legendary King, Bali is closely



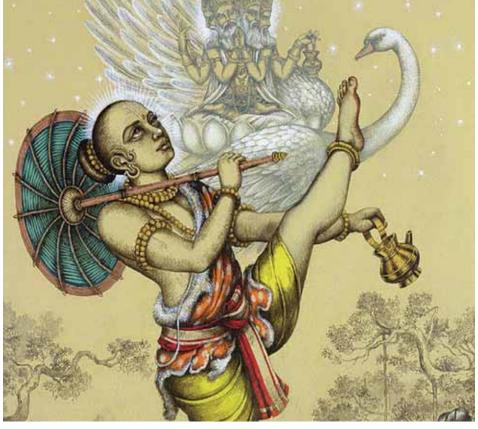
Onam Festival - Snake-Boat-Race

# ONAM FESTIVAL

## THE MEANING AND STORY BEHIND IT

connected with the Onam festival. If one goes back in history, would see that one of the worst of the Asuras, Hiranyakasipu was the great-grandfather of King Mahabali. Hiranyakasipu had sworn to erase the memory of Lord Vishnu from his kingdom and insisted to everyone that he was both the king and god. But his son Prahalada was a great devotee of Lord Vishnu and his father's several vicious attacks to kill him did not deter his devotion. That is when Lord Vishnu took His fourth incarnation of Narasimha to kill the demon Hiranyakasipu in order to protect His staunch devotee. Prahalada's son Virochana was also a devotee of Vishnu. King Bali was his son and he too had deep love and devotion to Vishnu. His guru was Sukracharya who gave him all the knowledge necessary to become the greatest ruler on earth. He inherited his father's kingdom which was in the Deccan plateau, now known as Andhra Pradesh and he had extended it to include the modern Maharashtra and even towards the north eastern states. The land prospered under his rule and everyone loved him. However too much affluence always corrupts people's minds and soon they started to fall from the ancient Vedic concepts of dharma and good behaviour. King Bali felt very sad at this insidious corruption that was creeping into his realm and with the advice of his guru Sukracharya, he decided to hold one hundred Aswamedha Yagas, in order to bring the citizens back to the Vedic way of life.

Meanwhile, Indra and the kings under his kingdom all went to Lord Vishnu and requested Him to immediately to do something in the kingdom



that had been flourishing with noble people at one time and which had now become totally corrupt. Lord Vishnu agreed and took birth in a Brahmin household on the full moon day of the month of Avani (August-September) under the Sravana Nakshatra, which in Malayalam is called Thiruvonam. Soon after His birth, took on the form of a seven-year old boy. The little boy was called Vamana due to his Dwarf like size. He was invested with the Sacred thread and was given all the accoutrements (traits) of a Brahmachari or a celibate student. He held a begging bowl in one hand and a leaf umbrella in the other hand and was asked to go and beg for his food as is customary for a Brahmachari who had just been invested with the sacred thread.

At that time, King Bali had just completed his 99th Aswamedha Yaga and was preparing to start the 100th yaga. Vamana set out purposefully towards the palace and it is said that at every step that he took the whole earth shook as if to proclaim His future grandeur. Such was the splendour emanating from Vamana, that when he reached King's court where the King and Sages and other great souls were assembled. King Bali, though was the emperor of all the worlds stood up to welcome him. He rose from his throne and went forward to receive him and gave him a seat of honour. The King felt his heart surge with love for this small boy and told him to ask anything he wanted and he

would surely give it to him. His guru Sukracharya had his suspicion about who the boy really was and called the king to a side and warned him not to agree to Vamana's request since he suspected that that he was none other than Vishnu sent by Indra to cheat him. When the King heard the name Vishnu, Bali's heart jumped with joy and for the first time in his life, he disobeyed his guru and told him that he was indeed honoured to have Vishnu come and beg from him and he would certainly give him whatever he wanted. So, he asked the boy what he wanted. Actually, Vishnu loved King Bali very much but he had decided to put him down so that the kingdom would revert to its former glory. So, with a side glance, Vamana said that he wanted only three steps of land. King Bali roared with laughter and

I thought you were an intelligent boy, but I see now that you are only a child. You have come to the palace of one who owns the whole earth and you are stupid enough to ask me for only three steps of land.

Vamana gave a mysterious smile and replied:

"Only the person who is satisfied with what he has can be said to be truly content. In fact, such a person is indeed a king. What is the use of having more than one really needs? What would I do with it? I want only three steps of land."

The king agreed and proceeded to solemnize the promise with some water which he took in the palm of his hand as was customary. He was all set to pour it into Vamana's little palm when he was stopped by his guru Sukracharya.

To the nether world where he was

## COMMUNITY WATCH

installed as the sole emperor, some trick. Do not give him anything!"

The King replied, "I deem it a great honour that Vishnu, the great God of all the worlds has come to beg from me. Moreover, I will never go back on the promise I made to anyone even if it means death for me!"

Vamana was very happy to hear those wonderful words coming from the mouth of this asura, who he felt was truly His devotee. Suddenly, the little body of the dwarf started to enlarge until it became a big gigantic figure whose head could not even be seen since it soared above the earth. With one step he measured the whole earth and with the other, all the interim space. Then in a thunderous voice He boomed:

"Where is the third step that you promised me, O Bali!"

Without turning a hair, the King whispered:

"O Lord if you will only return to your original size you can place your little foot on my head and thus enable me to keep my promise of giving you three steps of Land."

Vamana promptly returned to His original size and placed His sacred foot on the bowed head of the great King who was determined to keep his promise despite all odds. He pressed His little foot down on the crowned head of the King and sent him along with his retinue to the nether world where he was installed as the sole emperor. Vamana blessed him and said:

"From now on you will be known as Mahabali (the great Bali)! You are indeed a noble soul and will be known as one of my greatest devotees even though you have been born in the clan of the asuras (demons). I have great admiration for you and promise that I myself will become your gate keeper and see to it that no enemy shall ever conquer you".

Maha Bali then begged Him to be allowed to return to the land he loved at least once a year. Vamana agreed and it is said that Mahabali returns every year on Thiruvonam day to his land to bless his people. Of course, he is always accompanied by Vamana who comes before him to make everything ready for his arrival. Because of this both the asura King Mahabali and Lord Vishnu as Vamana are welcomed by the Keralitesduring Onam. This makes Onam a unique festival in which the victor and the vanquished are both worshipped at the same time.

#### Philosophical and Spiritual **Significance**

The above mythological story has deep philosophical significance. Mahabali, the demon-king, symbolizes a human being who normally has both the bright and dark side to his character. The three steps of the Dwarf represent the three states of human consciousness (awake, dream and deep sleep). When the ego is destroyed, symbolized by the Dwarf's third step which landed on the head of Mahabali, an individual gains divine consciousness, which leads to eternal joy, symbolized by the happiness and joy  $% \left\{ \left\{ \left\{ \left\{ \right\} \right\} \right\} \right\}$ that the people display in celebrating



**16**<sup>TH</sup> YEAR IN CIRCULATION

Trikkakara - Vamana Temple



Onam -Pookkalam

the festival of Onam.

Onam is celebrated in the spring season in Kerala, when the sky is blue, the fields are green, the rivers are full with calm and clear water, and the gardens are abundant with fruits and flowers. In this backdrop of natural joy, young children gather flowers during each morning of the festival and arrange them in circles. Also, during each day of the festival, a new larger concentric circle is added. The flower decorations are eventually replaced by a deity made of clay or mud, known as the Lord of Onam. The Deity has a square bottom, four faces, and a pointed top. The flower designs, which are expanded each day of the ten-day festival, symbolize the slow and steady blossoming of the flower of life in an individual. The square bottom of the deity symbolizes an individual, the four faces represent the four stages of life and the pointed top indicates pure divinity (union with God). Thus, the entire celebration of Onam symbolizes the slow ascent of an individual from individual consciousness to the divine consciousness, the storehouse of eternal joy.

On the social side, Onam provides an opportunity for family reunions, exchanging presents with friends and relatives, the filling of wardrobes with beautiful clothes, reviving social contacts through dinner parties and gifts, and eating delicacies prepared specially for the festival. In general, this festival inculcates a sense of oneness among people.

#### **Celebration of Onam**

As the centuries rolled by, people

forgot where they had come from and started to believe that Mahabali was indeed one of their kings and that Vamana, known as Trikkara in the town of Trippunithura in the Ernakulam District in Kerala. To corroborate their belief, they built a temple to Vamana, known as Trikkal or holy feet of Lord Vishnu as Vamana when His feet touched the earth. The idol of Vamana was installed in this temple centuries ago possibly by Parasurama himself. It was called Trikal-kara at one time, meaning the place of the holy feet but degenerated into Trikkakara.

On the eve of Onam, all Hindu houses in Kerala invite Lord Vishnu in His form as Vamana to come and bless their house. A pyramidal clay figure with four sides and a flat top is made and this is known as Trikkakarappan or the Lord of the temple of Trikkara who is Vamana. This unique four-sided figure is supposed to represent the four stages in the life of a human being. In modern days when people have no access to clay, we find that these structures are made of wood and sold in shops. The little idol of Trikkarappan is placed on a banana leaf on which mystic symbols have been drawn with rice flour. It is normal to make two smaller versions of Trikkarappan and keep them on either side of the main idol. These three idols are supposed to represent the three steps of the land taken by Vamana.

The festival begins ten days before Thiruvonam on the star called Hastham or Attham. From that day onwards, children collect wild flowers and make lovely floral arrangements



Trikkakkara Vamana Moorthy

outside the house. This is called pookkalam. Each day of the ten-day festival is represented by a special pookkalam. Originally the pookkalam consisted of ten concentric rounds. These ten circles were meant to represent the ten Avatarams of Lord Vishnu. On the first day called attham, the pookkalam would only have one round, the next day it would become two rounds and finally on Tiruvonam day it would have ten rounds. On the first day the round would be made of one single colour, on the second day two colours and so on till the final day when ten colours were used. Nowadays, this tradition is rarely followed, and more importance is given to the design and variety of flowers. People buy bunches of flowers in the market and make huge pookkalams of every size and shape and even use coloured powders as they do in the rangolis in North India.

One of the most famous events during this season is the Aramula Snake Boat Race. The boats are long and sleek and have the head of the snake carved at the front of the boat. There are about two hundred rowers and the incredible thing is the way they keep to the rhythm that is beaten on a drum by the man standing at the head of the boat. If even one person makes a mistake that boat will falter and they will lose the race. Hence, this is a true picture of how a country can prosper only if all citizens row to the rhythm played by the lead man on the boat. The race starts from the famous Krishna temple at Aramula.

This is the glorious tradition of the land of Kerala and every Onam is a fulfilment of the promise made by Vamana to help them provided the rulers kept their promise to their citizens like Mahabali. Unfortunately, the recent events in Kerala have shown that the present rulers are far from being the greatest. In fact, they are doing their best to disrupt the spirituality of this land and are bent on harming the Hindus exactly as Hiranyakasipu, the great-grandfather of Mahabali had done long ago. Let us hope that with the blessings of Vamana, the beautiful land of Kerala will revert to its past glory, and the people will get a set of rulers who will keep up the tradition of the Great Mahabali.



### **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.

**DTA Seniors Safe Social Gathering** 



முதியவர்கள் தங்கள் திறமைகளை காட்டுவதற்கான மேடை! **OPEN CALL FOR ALL SENIORS IN ONTARIO, OUT OF PROVINCE S** INTERNATIONAL PARTICIPANTS

ஒன்டாரியோ, பிறமாகாணங்கள் மற்றும் சர்வதேச பங்கேற்பாளர்க வரவேற்கப்படுகிறார்கள்!

#### REGISGTER ON LINE AT DURHAMTAMILS.ORG OR CALL 905 428 7007

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உங்கள் பதிவுகளை dtatalentshow@gmail.com அனுப்பவும்

Meeting ID: 891 9783 7270 Passcode: 701656

REGISTER ONLINE AT WWW.DURHAMTAMILS.ORG

(Limited People Only)

Summer gathering! Fun and fellowship for seniors! DTA is inviting all senior members to a Koozh gathering.

Date: August 8th, 2021

Time: 10am-3pm

Location: 2327 Strathmore Crescent, Pickering, ON L1X 2H2 - DTA president's house.

If attending, please note that masks are mandatory as well as following social distancing as per the Province of Ontario's laws. If you are not feeling well,

There will be an activity followed by a hot seafood Koozh& Vegetarian Koozh lunch for the senior members. If you are attending, please register online at durhamtamils.org

For more information, please call at 905-428-7007.

#### **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 INTERNA-TIONAL 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. Time 5:30 pm

Acting, Singing, Dancing, Public Speaking, Instrumentalists, Arts & Crafts, Cooking, Poetry, and Special talent. Complete Talent shows from @durhamtamils.org and sends your recordings to dtatalentshow@gmail.com. All Performances will be assessed and selected.

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





அன்பான பெற்றோர்களே! உலகில் உள்ள ஒவ்வொருவரும் தமது மரபுவழி மொழியைக் கற்பது அவர்களது பிறப்புரிமை, அது அவர்களைத் தன்னம்பிக்கை கொண்டவர்களாக உருவாக்கும். ஆங்கிலத்தை முதன் மொழியாகவும், பேச்சு மொழியாகவும் கொண்டு வாழும் எமது கனடா வாழ்ப் பிள்ளைகளுக்குத் தமிழ் மொழியை இரண்டாவது மொழிக்குரிய கற்பித்தல் முறையைப் பின்பற்றி தமிழ் மொழி வகுப்புகள் ஆரம்பமாக உள்ளன. இணைந்து கொண்டு பலன் பெறுங்கள்.

#### NEW TAMIL ONLINE VIRTUAL ZOOM QLASSES ARE STARTING Register Online website: durhamtámils.org

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

Email: info@durhamtamils.com

#### Dear Parents,

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

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

#### 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

### COMMUNITY WATCH



## **Durham Tamils Association Serving Our Community**



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



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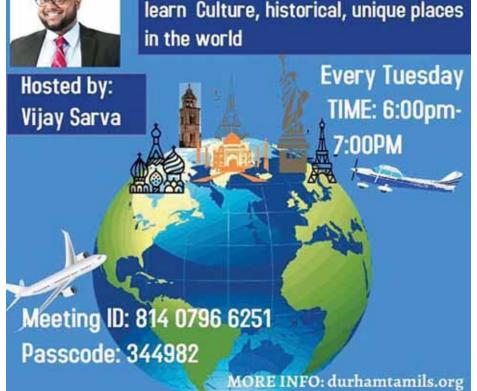






எம் தாய்மொழியைக் காப்போம்.!





## Kids' safeguards

Apparently calling out child abuse perpetrated by religious institutions is offensive to people's culture and tradition.

MONSOON JOURNAL a parfait media publication

Oh yeah?

Well claiming to be hurt over culture and tradition when child safeguarding concerns are raised is hurtful to abused children.

I'll take kids' safeguards over your crocodile tears any day of the week.

## Trans rights, Women's rights.

Male sexual predators who claim to be women are being put into women's jails where they are freely rapng the women.

And despite several instances of this happening worldwide, no-one is listening to the women.

This was in the UK.

Mainstream publications like the Guardian wont publish these stories.

The Daily Mail did - but changed the Male assaulter's pronouns from 'he' to 'she' against the journalist and the victim's wishes.

Because so called trans rights trump women's rights apparently.

To be pointed out- actual trans identified males wouldn't go flashing their penises at women. They have serious body dysphoria over their male genitalia which is what characterizes trans in the first place.

Now however anyone who says they are trans is trans.

From there anyone who says they are women are women and can automatically access female only safe spaces like prisons - historically kept segregated from males for this very reason of sexual assault risks.

Yet now all predatory males have to do to access vulnerable hapless women is say they are women too - and governments, media and even women led NGOs receiving suspect funding are falling over themselves to enable them in the name of trans rights over women's rights.

# Women's hard won rights

Why are some of us feminists trans exclusionary you ask?

We didnt exclude them.

Some of them decided to take over womanhood as an identity and then kicked us out.

Corporates and governments worldwide are subscribing to this noxious ideology now.

A woman is anyone who says they're a woman apparently.

And if they feel hurt that menstruation, pregnancy, female biological healthcare are being discussed as women's rights because they can't identify, woman and female will be redefined to include only them and exclude us.

And women's rights activists pushing women's biological healthcare rights are automatically bigots now and are getting cancelled.

Yeah well - sorry.

If defining ourselves and fighting to retain our hard won rights, continuing to fight for withheld women's rights is exclusionary to men who cant identify- then boo hoo hoo. Paint us a bigot all you like. Some of us are not scared of labels.

Women's hard won rights are not yours to take away on a whim.

## Jaffna 1980

A comprehensive write up about what Jaffna was like just before civil war started, by an American missionary. He lived in Jaffna from 1947-60 and returned in 1980 to write the book

Should make interesting reading.

"The Jaffna man and his wife are really frugal. A scotsman could learn much from them." -Dr. Holmes, Jaffna 1980. Ouch..



## Elderly and Vulnerable

When I went to get my first vaccine shot, I was happy to note that the healthcare workers were being very kind and professional.

The queuing people were given socially distanced chairs under shaded trees and were moved quickly in an orderly manner including prioritizing the disabled and elderly.

I know our healthcare workers are working hard right now and ought to be highly commended for it.

In the meantime article in The Sunday Times highlight critical issues of mismanagement. Hope it gets resolved soon. Our elderly and vulnerable populations deserve better.

### **Urad dal**

I used to complain. Now that I've developed gluten intolerance though, I've come to appreciate our version better.

Everything from dosa pancakes to dosa pizzas. Fermented urad dal for the

win.

#### Kids and I

Some kids I like. Sometimes they like me back too.





### **Passionate lecturer**

Ms. Sriranjani. Ananandakumarasamy, Lecturer of Literature and Linguistics University of Jaffna.

I saw her present a paper on linguistics years ago at a forum in Jaffna and still remember her with awe.

An extraordinarily talented and passionate lecturer.

What a massive loss. R.I.P.

a parfait media publication  $MONSOON\ JOURNAL$ 

"தாயகத்தின் இதயத் துடிப்பு"



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செய்தி வரலாற்றில் 90 வருட பழைமையும் பாரம்பரியத்தையும் கொண்டுள்ள வீரகேசரி செய்தித்தாளை வெளியிடும் எக்ஸ்பிரஸ் நியூஸ்பேப்பர்ஸ் நிறுவனத்தின் சகல பதிப்புக்களையும் மின்னிதழ்களாய் ஒரே தளத்தில் படித்திடுங்கள்.

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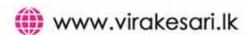
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# "A smile is a curve that sets everything straight."

Phyllis Diller



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