



FAST MONEY TRANSFER SERVICE

M. Kasippillai & Sons
Tel: 416.267.8221
Trusted over 28 Years

THE GUARDIAN HOME REALTY INC.
Where life begins...

416 989 6565 www.theguardianhomes.com
info@theguardianhomes.com
F119 - 80 Nashdene Road, Scarborough ON M1V 5E4

M T MAYURAN THARMABALAN
PROFESSIONAL CORPORATION
CHARTERED PROFESSIONAL ACCOUNTANT

- AUDIT
- REVIEW ENGAGEMENT
- NOTICE TO READER
- BUSINESS ADVISORY
- CONTROLLERSHIP SERVICES
- CORPORATE TAXES
- PERSONAL TAXES
- FINANCIAL PLANNING
- CRA AUDITS
- PAYROLL
- BOOKKEEPING

Mayuran Tharmabalan, CPA, CA, LPA
647-748-6344 647-989-6298
647-748-6444 www.tharmabalan.ca

A LICENSED PUBLIC ACCOUNTING FIRM Suite 304 - 5200 Finch Ave East, Scarborough, ON M1S 4Z5

Canada welcomes most number of immigrants in 2021 than ever before in its history

By Siva Sivapragasam

Canada is a country which feels proud that it was built on immigration from different countries all over the world. Thousands from countries came to Canada where the climate and culture were different from their country of origin but integrated well and made contributions to every aspect of economic activity to build Canada great and strong.

The year 2021 will be remembered in Canadian history as the year of historic high when the country welcomed 401,000 immigrants which is the highest number of newcomers in one year.

"Canada is built on immigration, and we will continue to welcome the immigrants that Canada needs to succeed. I can't wait to see the incred-

ible contributions that our 401,000 new neighbours make in communities across the country," stated Citizenship and Immigration Minister Sean Fraser.

The achievement is significant in the wake of the challenges caused by the pandemic. Immigrants own one in 3 businesses, and account for 1 in 4 health care workers. The story of immigration fills many chapters in the history of Canada.

With many countries closing their doors to refugees, Canada continued to offer the world's most vulnerable shelter in Canada, and as the Immigration Minister stated "Canada needs immigration to drive our economy, enrich our society and support our aging population".

"Canada is built on immigration, and we will continue to welcome the immigrants that Canada needs to succeed. I can't wait to see the incredible contributions that our 401,000 new neighbours make in communities across the country."
- The Hon. Sean Fraser, Minister of Immigration, Refugees and Citizenship.
"Let them look to the past but let them also look to the future; let them look to the land of their ancestors but let them look also to the land of their children."
- Former Canadian Prime Minister Sir Wilfred Laurier on the role of Immigrants



Sheila Sugumar, wife of leading businessman and philanthropist Ganesan Sugumar passes away

By Siva Sivapragasam

She was a gentle mannered family-oriented lady whose life centered around her husband and children. Those who knew her will cherish forever her sweet smile always demonstrated with affection and love.

Sheila Sugumar, wife of Ganesan Sugumar, a leading businessman and philanthropist among the Tamil community, passed away recently after a period of illness.

She leaves behind her husband Sugumar, son Sanjay and daughter Sofia.

"Monsoon Journal" offers its deepest sympathies and sincere condolences to her grieving husband and children.

Her life was gentle and the elements

so mixed in her that mother Nature would stand up one day and say to the world "Here lies a perfect woman".

(More details on Obituary Notice on Page 10)



Sheila Sugumar
Nov 8, 1959 - Jan 8, 2022

Sri Lanka, India ink deal to jointly redevelop strategic Trincomalee Oil Tank Complex

Sri Lanka on Thursday, January 7th signed an agreement with India to jointly redevelop the strategic World War II-era oil tank farm in the island nation's eastern port district of Trincomalee, in a new milestone in bilateral economic and energy partnership.

Energy Minister Udaya Gammanpila said that the agreement to develop the strategic Trincomalee Oil Tank Complex, commonly known as the Trinco Oil Tank Farm, was signed this evening.

He said the signatories were the

Treasury Secretary for the Government of Sri Lanka, Land Commissioner General, Ceylon Petroleum Corporation, the local operators of the Indian Oil Company (LIOC) and the newly formed Trinco Petroleum Terminal Ltd.

Gammanpila stressed that 85 of the 99 tanks now will be under the Sri Lankan control which had previously remained under Indian control.

"A new milestone in India-Sri Lanka economic and energy partnership!! - Contd. on page 21..."

DENTAL OFFICE
DENTAL IMPLANT • ROOT CANAL • WISDOM TOOTH EXTRACTION

Dr. Iru Vijayanathan
BDS, FAGD, MFDS RCPS (Glasg) DENTAL SURGEON

2 LOCATIONS

3150 Eglinton Ave. East, Unit 5 Markham/Eglinton | Tel: 416.264.3232
3351 Markham Road, Unit 129, Markham/Steeles | Tel: 416.609.2022

VIP Limousine Service
Rolls Royce Cullinan

Starting from \$399

416-290-6186 | jc@jcsgroup.ca



**SPECIAL RATE
ON RENEWALS
&
INSURED
MORTGAGES**

ANTON DHARMASEELAN

MORTGAGE AGENT

LIC #M14000425

Available Till Midnight

Including Weekends & Holidays

CALL ME **FIRST FOR ALL
YOUR **MORTGAGE NEEDS****

PURCHASE

REFINANCE

SELF EMPLOYED

RENEWAL

BAD CREDIT

INVESTMENT PROPERTY

416 704 1200

MAJOR BANKS - BEST RATES

ANTON@MYHOMEMLS.CA



FAX: 1-800-566-3068

Canadian Tamil Congress (CTC) Activities 2021

14th Annual Thai Pongal Dinner & Thai Pongal Celebrations

CTC's 14th Annual Thai Pongal Dinner & Tamil Heritage Month Celebrations was held virtually on January 30th 2021. The "Leaders for Change" award for 2021 was presented to Dr. Nagalingam Ethirveerasingham (USA) for his unique contribution as a volunteer educator, coach, humanitarian as well as a human rights and peace activist. The "Service Excellence Award" was presented to Hon. Ma Foi K. Pandiarajan, Tamil Nadu Minister for Tamil Official Language, Tamil Culture and Archeology for his contribution for advancement and promotion of Tamil language.

Tamil Heritage Month Celebration

CTC in collaboration with the University of Toronto and Tamil Chair Inc. USA hosted Tamil Heritage Month celebration virtually on January 31, 2021. The event included cultural performances and speech.

Anbudan Thamil Global Virtual Music Concert in Support of Toronto Tamil Chair

The first ever Anbudan Thamil Global Virtual Music Concert was successfully hosted by CTC in support of the Toronto Tamil Chair project on February 28th 2021. Several thousands of viewers from around the world enjoyed the concert live. Tamil Singers from 16 countries across the globe came together and showcased their talents in support and solidarity for this noble cause. In the name of Tamil, these singers performed with passion and love.

CTC Advocacy Team and the United Nations Human Rights Council

CTC continue to play active role in human rights matters advocating for war crimes and crime against humanity committed in Sri Lanka during the final stages of the war. CTC representatives participated in various meetings with local and international diplomats and political leaders and contributed to the resolution adopted by the Human Rights Council on March 23, 2021(A/HRC/RES/46/1).

Youth Documentary

Competition (www.cficanada.)

8th Annual YDocs - Youth Short Documentary Movie Competition was held virtually by the Centre for Leadership and Innovation (CFLI), a brainchild of CTC. This competition was open to students between the ages of 11 to 18. The innovative program endeavour to teach project management, issue resolution, team working and leadership skills and movie making techniques.

Milestones - Youth Leadership Program

The Centre for Leadership and Innovation (CFLI) hosted the term-end celebratory event, Milestones, for its Youth Leadership Program in May and November 2021. These fun-filled events were chaired and run by youth and included speeches, competitions and presentations.

40th Anniversary of the Jaffna



Library Burning (www.jaffnalibraryburning.com)

CTC hosted a virtual remembrance event to mark the 40th anniversary of the burning of the Jaffna Public Library on June 1st 1981. The virtual memorial event was held on June 5th 2021. At the time of burning, the Jaffna Public Library was one of the largest libraries in South Asia and around 97,000 priceless books and manuscripts were burnt down to ashes. CTC launched a website to mark this occasion with the aim of documenting the burning of the Jaffna Public Library.

Toronto Tamil Chair (www.torontotamilchair.ca)

On June 21, 2021, CTC along with Tamil Chair Inc and the University of Toronto hosted a virtual event to celebrate the successful completion of the global fundraising efforts to create a Chair in Tamil Studies at the University of Toronto. The event included cultural programs, felicitation by representative of community group and political leaders from Canada and India and speeches.

38th year - Black July Remembrance (www.blackjuly83.com)

CTC hosted the 38th Year Black July remembrance event "In Search of Our Roots" virtually to educate the youth about the tragic circumstances that led many Tamils to uproot their lives and families. The event included meaningful conversations between survivors and youth.

35th Anniversary of the Tamil Journey 86 (www.tamiljourney86.com)

Thirty-five years after Tamil refugees were rescued by a Newfoundland fishing crew on the Atlantic Ocean, Canadian Tamil Congress hosted a virtual event on August 11th 2021,

to remember and commemorate this unique moment in Canadian history.

In 1986, 155 Tamil refugees arrived on the shores of Newfoundland on lifeboats, making headlines across Canada. Their story was one of hope and survival against all the odds. It was also a story of Canadian generosity at its best as our country opened its doors to welcome the refugees. Years later, the compassion and kindness of Newfoundland residents still stays close to the heart of the survivors and the Tamil Canadian community as local fishermen rescued them and the community pitched in to help them after the refugees' harrowing journey.

This 35th year remembrance event included speeches from the fishermen and their family members and also the Tamil survivors and their families.

The event also featured a hybrid live-documentary titled "In the Wake of Time" by Toronto filmmaker Cyrus Sundar Singh.

Speaker series - Residential Schools: Legacy

On August 14, 2021, CTC hosted an event with Bob Watts, former interim Executive Director of Canada's Truth and Reconciliation commission, as the guest speaker on the topic of "Residential Schools: Legacy". The event was an educational to number of people within the community.

TamilFest - Seventh Annual Tamil Street Festival (www.tamilfest.ca)

The Seventh Annual Tamil Fest hosted by the CTC was celebrated on August 28th and 29, 2021 as a drive-in concert. This innovative approach for Tamil Fest was due to the continuing COVID-19 pandemic. The event was also telecast live virtually for those who preferred to watch from their homes. This two-day event featured

live performances from popular Tamil artists. The event was viewed by thousands of people around the world and provided an opportunity for numbers of Canadian artists to showcase their talents.



Tamil Canadian Walk (www.tamilcanadianwalk.ca)

CTC hosted the 13th Annual Tamil Canadian Walk on September 12th 2021, in support of Gord Downie & Chanie Wenjack Fund (DWF) at the Thomson Memorial Park in Scarborough. DWF is encouraging the journey towards reconciliation between Indigenous and non-Indigenous communities, providing access to education on the true history of Indigenous Peoples in Canada, and the true history and legacy of residential schools. The 13th Annual Tamil Canadian Walk campaign raised over \$22,000 for Gord Downie & Chanie Wenjack Fund (DWF).

The First National Day for Truth and Reconciliation

The Canadian Tamil Congress (CTC) and members of the Tamil community joined the Indigenous community at the Six Nations of the Grand River on September 30th 2021 to mark Canada's first National Day for Truth and Reconciliation and Orange Shirt Day - a day for solemn reflection of the systemic oppression, inequalities, and discrimination that Indigenous Peoples have endured and the pain and injustices they continue to bear today.

CTC Representatives presented the ceremonial cheque of \$22,000 raised from the walk-a-thon to Gord Downie & Channie Wenjack Fund, on location on the Six Nations of the Grand River Territory. Located along the banks of the Grand River, the Six Nations of the Grand River is the most populous First Nation in Canada. Bob Watts, former interim Executive Director of Canada's Truth and Reconciliation Commission received the cheque on behalf of DWF. "This is a real tangible example of truth and reconciliation. Happy that we formed this relationship with each other" said Mr. Watts. The day included a visit to the community of Oshweken, Chiefswood National Historic Site, Gaylord Powless Arena, as well as Mohawk Institute (now known as Woodland Cultural Centre) - Canada's First Residential School.

100 years remembrance of Mahakavi Bharathiyar

CTC hosted a cultural event in collaboration with SriKrishna Sweets and YACD Trust to mark the 100 years remembrance of Mahakavi Bharathiyar on December 11, 2011. The event included outstanding performances by super singer Sinmaye, multi-instrumentalist Sruthi Balamurali and students of Smt. Nirothini Pararajasingam, in addition to a great speech by Mr. Sivakumar and comments and short performances by Dr. I.S. Arun, Smt. Mala Chandraseker and Smt. Chutta Gopinath.

NAVA WILSON  **LLP**
BARRISTERS AND SOLICITORS

We Wish Monsoon Journal Readers
A Happy New Year!

THE BIGGER THE
DREAM
THE MORE
IMPORTANT YOUR
TEAM



10 Milner Business Ct #210, Scarborough, ON M1B 3C6

 www.navawilson.law  info@navawilson.law  416-321-1100

We Offer Services In Real Estate | Corporate Law | Litigation



Thaipongal Messages

Chief Priest, Sri Varasiththi Vinaayagar Temple

"Thai Pongal is celebrated worldwide by Hindus and predominantly by Tamils. Thai Pongal is essentially a harvest festival".

Thai Pongal is traditionally a festival dedicated to the harvest and the sun, by farmers who depend on Mother Nature and her elements for a bountiful crop harvest of their staple food, rice. Without any discrimination, people from all walks of life celebrate this festival to offer their thanks.

Thaipongal symbolizes the end of the year and the beginning of a new year. It also marks the beginning of a year symbolizing a new way of life ("Thai piranthal valli pirakkum"). The festival of Thai Pongal historically follows the Tamil-Hindu calendar which is an astrological calendar that follows the path of the celestial objects like the sun and the moon. Thai Pongal is celebrated in the first four days of the month of Thai in the calendar.

The Pongal dish is the main sweet meal of Thai Pongal, and its preparation is a highlight of the festival. Pongal is a dish made of rice boiled with milk, jaggery, plums and other spices, tradi-



tionally made in earthenware pots over a wooden

re. We, at Varasiththi Vinaayagar Temple, send greetings and offer our best wishes to all our devotees and the Canadian Tamil community on this holy day and wish them well in the year 2022 with the grace and blessings of Lord Vinaayagar Perumaan."

Dr. Sivasri Panchadchara Vijayakumara Kurukkal,

Chief Priest, Sri Varasiththi Vinaayagar Hindu Temple



President, Canadian Tamil Congress

On behalf of the Canadian Tamil Congress, we wish Monsoon Journal's management and its readers, a very happy New Year and Thaipongal. May this New Year 2022 bring prosperity and peace to everyone.

Like last year, let us start by thanking all our frontline workers, many from the Tamil community for the countless sacrifices they have made in the past two years to keep all of us safe. We thank them for this selfless service.

Despite the continued challenges caused by Covid 19 pandemic, 2021 has seen some historical achievements by the Canadian Tamil Community - We collectively reached the fundraising goal to establish a first ever Tamil Chair in Canada at the University of Toronto and made considerable progress towards building a Tamil community center in Toronto.

Let us all stay positive about the future while continuing to make meaning-



ful contribution to the economic, social, cultural and political fabric of Canada.

With best wishes,

Sivan Ilango, President,

Canadian Tamil Congress



President, Canadian Tamils' Chamber of Commerce

The Board of Directors of CTCC and I are pleased to convey a message of best wishes to the Canadian Tamil community and specially the Tamil Business community as they celebrate the Thaipongal this year.

Thaipongal is the festive harvest season for the Hindu Tamil community world over and somewhat similar to the Thanksgiving Day in Canada. Thai Pongal is dedicated to the Hindu sun god thanking him for providing agricultural abundance beginning from the month of January.

Our business community had faced a downturn last year because of the slowing down of business activity due to the outbreak of the Covid 19 Pandemic. We sincerely hope that the bad days will be over this year and business activity will resume to the pre-Covid levels.

Thai Pongal is also coinciding with The Tamil Heritage Month which is celebrated in January. The Tamil language is regarded as one of the oldest languages in the world and abundant with literary works.

The Tamil Heritage month is celebrated to recognize the contributions that Tamil-Canadians have made to Canadi-



an society, the richness of the Tamil language and culture, and the importance of educating and reflecting upon Tamil heritage for future generations.

CTCC Board and I are pleased and happy to offer our blessings and wishes to the Canadian Tamil community as they celebrate Thaipongal and Tamil Heritage Day.

Vina Devadas, President, CTCC

Sri Lanka High Commissioner in Canada

Sri Lanka High Commissioner in Canada wishes peace and good health to the Canadian Tamil community on Thai Pongal Day.

Thaipongal is the festive harvest season for the Hindu Tamil community world over. Thai Pongal is dedicated to the Hindu sun god Suriya Bhagavan thanking him for providing agricultural abundance beginning from the month of January.

The festival is named after the ceremonial "Pongal", which is the traditional dish prepared from the new harvest of rice boiled in milk with jaggery. To mark the festival, the pongal sweet dish is prepared, first offered to the gods and then shared with family and friends. The festival also includes offering prayers in the home, temples, getting together with family and friends, and exchanging gifts to renew social bonds of solidarity.

The Tamil language is regarded as one of the oldest languages in the world and abundant with literary works. Among the great poets who have enriched the Tamil language are Thiruvalluvar, Kambar, Ilango and Subramania Bharathiyar. Similarly, Sri Lankan poets like Somasunthara Pulavar, Vipulanantha Adigal and Mahakavi have contributed to the richness of Tamil poetry.

Thaipongal is also a time to celebrate the contributions made by Tamil Canadians to the Canadian society; the



richness of the Tamil language and culture, and passing down at important traditional values, ethics for future generations.

Sri Lanka as a multi-ethnic and multicultural society that has over the years collectively nurtured the celebration of important festivals such as Thaipongal: I am pleased and happy to wish peace and good health to the Canadian Tamil community as they celebrate Thaipongal.

Harsha Kumara Navaratne

High Commissioner for Sri Lanka in Canada



President, Sri Lankan Accountants Association of Canada

The Tamil festival of Thai Pongal is a thanksgiving ceremony in which the farmers celebrate the event to thank the Sun and the farm animals for their assistance in providing a successful harvest. The rest of the people celebrate the festival to pay their thanks to the farmers to produce food. Overall, it is a festival to encourage social cohesiveness and unite people by bringing them together in a common function.

Thai Pongal generally includes customs & celebrations that are the expression of jubilation over life's renewal. On Thai Pongal, the family begins the day early. Every member of the family gets up early in the

morning, bathes, puts on new clothes and gathers in the front of the garden (muttram) to cook the traditional Pongal (rice pudding). A senior member of the family conducts the cooking, and the rest of the family dutifully assists him or her and watches the event. The evenings are spent attending cultural events or visiting relatives and friends.

Thai Pongal is an occasion for family re-unions and get-together. Old enmities, personal animosities and rivalries



are forgotten. Estrangements are healed and reconciliation effected. Love and peace are the central theme of Thai Pongal.

On behalf of the Sri Lankan Accountants Association, we offer our greetings and best wishes to the Canadian Tamil community our best wishes and blessings as they celebrate Thai Pongal 2022.

Mayuran Tharmabalan

President
Sri Lankan Accountants Association



PUBLISHER'S DESK

PUBLISHING TEAM

Managing Editor & Publisher	: Logan Velumailum, B. Sc. - editor4mj@gmail.com
Editorial & Marketing Consultant	: Siva Sivapragasam - tsivapragasam31@gmail.com
Executive Editorial Board	: Tashvir Narine - tashvir.narine@gmail.com Krishni Narine - krishni31@gmail.com K. Thirukumar
Graphics & Layout Design	: Santosh Kumar - kasantosh@gmail.com
Graphic Support	: Suren Rasadurai
Photo Journalists	: Gnane B. Gnanendran - digitalgnane@yahoo.ca, Rudy Ruthran - rudy@ruthran.com
Health & Care	: Jeavana Sritharan, Andrea Shanmugarajah, Dr. Nuwan Fonseka, Dr. Shiyam Loganathan, Dr. Harshini Sriskanda
Special Feature	: Raymond Rajabalan, J.J. Atputharajah, C. Kamalaharan, Sivanesan Sinniah, Kumar Punithavel, Nate Velumailum, Harrish Thirukumar
Business & Finance	: David Joseph - David.joseph@investorsgroup.com
Education	: RG Education Centers - www.rgeducation.com
Durham News	: Durham Tamil Association - www.durhamtamils.com Tamil Cultural & Academic Society of Durham - www.tamilociety.ca
Markham News	: City of Markham Communications - www.markham.ca
Brampton News	: City of Brampton Communications - www.brampton.ca
Waterloo News	: www.tamilculturewaterloo.org
Coverage on Institutions	: Scarborough Health Network - www.shn.ca Markham Stouffville Hospital - www.msh.on.ca Providence Health Care Foundation - www.providence.on.ca/foundation
Words of Peace	: www.wordsofpeace.ca
Isha Yoga	: www.innerengineering.com
Circulation Co-ordinator	: Meialagan. P

INDEX JANUARY 2022

Main News:.....	1
Ads:.....	2 - 4
Canada News:	5, 7 - 8
Publisher's Info:	6
World News:.....	9
Health:.....	17 & 18
Feature:.....	10 - 29
Education:.....	30
Science:	31
Food:	36
CW:.....	32 - 44
Ads:.....	45 - 48

Canada Historic Milestones

January 18, 1904

At the First Annual Banquet of the Canadian Club of Ottawa, the Prime Minister of Canada, Sir Wilfrid Laurier, delivers a famous speech on the future of Canada.

"Canada has been modest in its history, although its history ... in my estimation, is only commencing. It is commencing in this century. The nineteenth century was the century of the United States. I think we can claim that it is Canada that shall fill the twentieth century."



"Butterflies are like women – we may look pretty and delicate, but baby, we can fly through a hurricane."

Betty White (January 17, 1922 – December 31, 2021) American Actress

World Braille Day 2022

As we continue facing challenges from the COVID-19 pandemic, we must also prevent the blind community from falling behind

By **Harrish Thirukumar**

January 4, 2022 marked the 212th birth anniversary of Louis Braille. Born on January 4 1809, he was the inventor of the Braille code. After being accidentally blinded at the age of three in his father's workshop, Braille had developed his famous tactile code by the time he turned 12.

It forever revolutionized how the blind community participated in their wider societies and communities. It is an event that inspired World Braille Day.

Eye conditions are remarkably common. The World Health Organization estimates that globally, at least 1 billion people have a near or distance vision impairment that could have been prevented or has yet to be addressed.

Persons with vision impairment are more likely than those without to experience higher rates of poverty and disadvantage. Not meeting their needs, or fulfilling their rights, has wide-reaching consequences: vision loss often represents a lifetime of inequality, poorer health, and barriers to education and employment.

The Convention on the Rights of Persons with Disabilities, adopted in 2006, has advanced the rights and well-being of persons with disabilities. The Convention considers Braille essential for education, freedom of expression and opinion, access to information and social inclusion. The 2030 Agenda for Sustainable Development, adopted in 2015, further pledges that no one will be left behind in the aim to ensure that all human beings can enjoy prosperous and fulfilling lives. In November 2018 (Resolution A/RES/73/161), the General Assembly decided to proclaim January 4th as World Braille Day, recognizing that the full realization of human rights and fundamental freedoms relies on an inclusive written promotion.

Braille is a tactile representation of alphabetic and numerical symbols using six dots to represent each letter and number, and even musical, mathematical and scientific symbols.

Braille (named after its inventor in 19th century France, Louis Braille) is used by blind and partially sighted people to read the same books and periodicals as those printed in a visual font.

Braille is essential in the context of education, freedom of expression and opinion, as well as social inclusion, as reflected in article 2 of the Convention on the Rights of Persons with Disabilities.

In relation to the ongoing COVID-19 pandemic, the visually impaired, life under lockdown has posed several issues in terms of independence and isolation, especially for people who rely on the use of touch to communicate their needs and access information. The pandemic has revealed how critically important it is to produce essential information in accessible formats, including in Braille and audible formats. Without these crucial supports, people with disabilities could face a higher risk to contract and spread COVID.

For example, in Malawi, the UN Development Programme (UNDP) has produced more than 4,000 braille materials on awareness and prevention of COVID-19.

Meanwhile, in Ethiopia, the Office of the United Nations High Commissioner for Human Rights, disseminated audio information, as well as education and communication materials, to media professionals, and developed Braille versions of educational messages.

The UN Children's Fund (UNICEF) has also produced guidance notes in multiple languages and accessible formats, including Braille and 'easy-to-read' versions.

Although World Braille Day has passed at the time of this writing, you can still take a moment to raise awareness on the importance of this tool to blind people. Resources on Braille such as the Writing Manual can be found on the UN website. As we continue addressing the challenges from the COVID-19 pandemic, we must also prevent the blind community from falling behind.

Monsoon Journal Wishes festive greetings to readers, advertisers, distribution outlets and well-wishers

January 1:
Happy New Year, 2022

January 14:
Thai Pongal, Makara Sankranti

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

ALL RIGHTS RESERVED: No contents in Monsoon Journal may be printed without the written consent of the Publisher. The views and opinions expressed in the articles in Monsoon Journal are those of the authors and do not necessarily reflect those of the Publisher. While all efforts have been made to ensure accuracy Monsoon Journal is not responsible for any errors or omissions in the contents. Advertisers are responsible for the contents in the Advertisements and all liabilities for their claimers. To place community and non profit organization news submit by email to: toronto@monsoonjournal.com Tel: 416-358-3235. MONSOON JOURNAL CIRCULATION: Toronto(GTA), Scarborough, Markham, Mississauga, Brampton, Pickering, Ajax, Vaughan, Waterloo. "Source for Multi Ethnic Exposure"

DISCLAIMER: Opinions and Interpretations appearing in the newspaper are those of the writers and need not be necessarily of Monsoon Journal. For additional any other information contact Monsoon Journal at 416-358-3235

CANADA NEWS



Statement by Minister Hussen on Tamil Heritage Month

From: Canadian Heritage

OTTAWA, January 1, 2022

Today, Tamils across Canada mark the start of Tamil Heritage Month.

Canada is proud to be home to one of the largest Tamil diasporas in the world, and this month we honour the many great contributions that Tamil Canadians have made and continue to make to our country.

From politics, to health, sports, business and other fields, Tamil Canadians continue to enrich our society.

As we start this month, I encourage all Canadians to learn more about the many achievements of Tamil Canadians, while also reflecting on the stories of courage and resilience from the community.

Tamil Heritage Month is also a great opportunity for us to recognize and celebrate one of our greatest strengths as a country: our diversity. Though this year's celebrations will once again be different, I know that it will be a month filled with pride and joy.



As Minister of Housing and Diversity and Inclusion, and on behalf of Prime Minister Justin Trudeau and the Government of Canada, I invite Canadians from coast to coast to coast to celebrate the rich Tamil language and culture through the month of January and beyond. I wish you all a wonderful Tamil Heritage Month!

Via canada.ca

Statement by the Prime Minister on the death of Desmond Tutu

December 26, 2021

Ottawa, Ontario

The Prime Minister, Justin Trudeau, today issued the following statement on the death of Archbishop Emeritus Desmond Mpilo Tutu:



"I was deeply saddened to learn of the death of Archbishop Desmond Tutu, one of the world's leading human rights activists and strongest moral voices.

"Throughout a remarkable life, Archbishop Tutu used his vision of interconnectedness, equality, and forgiveness to advocate for a better, more peaceful world. While he was best known for his non-violent opposition to apartheid in South Africa and work to heal divisions as the 'Rainbow Nation' moved toward democracy, his actions resonated everywhere, especially with oppressed peoples and their struggle for freedom

and equality. "Archbishop Tutu worked to understand and combat HIV/AIDS and tuberculosis, and campaigned against homophobia and transphobia. He fought to eradicate poverty, child marriage and racism, and supported the right to die with dignity. He was a strong advocate for gender equality, championed action against climate change, and devoted much of his time encouraging young people to be more engaged in creating a peaceful world. Archbishop Tutu had also visited Canada as part of his efforts to support our country's ongoing journey of truth and reconciliation with Indigenous peoples.

More than 760,000 workers will benefit from bigger paycheques Ontario Working for Workers by Increasing Minimum Wage to \$15 an Hour

January 01, 2022

Labour, Training and Skills Development

TORONTO — As part of its plan to grow an economy that works for everyone, the Ontario government has raised the general minimum wage to \$15.00 per hour starting today. This new, higher general minimum wage is expanded to now include bartenders and alcohol servers. The special minimum wages for students under 18, homeworkers and hunting, fishing and wilderness guides have also increased.

"As the cost of living continues to rise, our government will never stop working for workers, including by putting more money into their pockets," said Premier Doug Ford. "Ontario's workers deserve a raise, and today we're delivering one. There's no better way to support hard-working Ontarians right now than raising the minimum wage."

"As we usher in a new year, our government is making unprecedented changes to rebalance the scales and put more workers in the driver's seat," said Monte McNaughton, Minister of Labour, Training and Skills Development. "With the cost of living rising, this raise gives a hand up to the workers and families who need it most."

As of January 1, 2022, the following wages are in place in Ontario:

General minimum wage workers are now earning \$15.00 per hour, a raise from \$14.35.

Liquor servers have received a pay raise from \$12.55 to \$15.00 per hour.

"Over the years, he received numerous honorary doctorates and awards, including the Nobel Peace Prize in 1984 for his extraordinary contributions to ending apartheid. He was also awarded the Albert Schweitzer Prize for Humanitarianism in 1986, the Pacem in Terris Peace and Freedom Award in 1987, the Sydney Peace Prize in 1999, the Gandhi Peace Prize in 2007, and the Presiden-



Students under the age of 18 who work 28 hours a week or less when school is in session or work during a school break or summer holidays, had their pay raised from \$13.50 to \$14.10 per hour.

Homeworkers (those who do paid work out of their own homes for employers) had their pay raised from \$15.80 to \$16.50 per hour.

Hunting, fishing and wilderness guides had their pay raised from \$71.75 to \$75.00 when working less than five consecutive hours in a day, and \$143.55 to \$150.05 when working five or more hours in a day.

"For too long, workers have been falling behind and wages have not kept up with the cost of living, which is why we are raising the minimum wage to support those who have helped keep our economy moving throughout the pandemic," said Peter Bethlenfalvy, Minister of Finance.

"Working for workers is just one part of our plan to Build Ontario and lay the foundation for jobs, prosperity and growth."

These minimum wage raises build on the government's broader actions to support, protect, and attract workers, and make Ontario the top place to live, work and raise a family.

Via news.ontario.ca

tial Medal of Freedom in 2009.

"On behalf of all Canadians, Sophie and I offer our deepest condolences to Archbishop Tutu's family and friends, and the South African people. His unwavering optimism against great odds, along with his boundless faith in humanity, will continue to inspire us all."

Via pm.gc.ca

NEED HELP WITH YOUR TAXES? WE GOT YOU COVERED!

உங்கள் வரித்தேவை, வியாபாரக் கணக்கு எதுவாயினும், திறமை, அனுபவம், தேர்ச்சி பெற்ற கணக்காளர்.

- ▶ Corporate Tax
- ▶ Personal Tax Planning
- ▶ Accounting
- ▶ Financial Statements
- ▶ Business Plan & Proposals
- ▶ For all your Business Needs

ARI A. ARIARAN CPA, CGA
Chartered Professional Accountant



MP Accounting & Finance Services Inc
1750 Brimley Road, Suite 213
Toronto, ON. M1P 4X7

416 293 1616
416.438.9799
www.aricpa.ca • ari@aricpa.ca



Ontario Temporarily Moving to Modified Step Two of the Roadmap to Reopen

Time-limited measures needed to preserve hospital capacity as province continues to accelerate booster dose rollout

January 03, 2022

Office of the Premier

TORONTO — In response to recent trends that show an alarming increase in COVID-19 hospitalizations, the Ontario government, in consultation with the Chief Medical Officer of Health, is temporarily moving the province into Step Two of its Roadmap to Reopen with modifications that take into account the province's successful vaccination efforts. These time-limited measures will help blunt transmission and prevent hospitals from becoming overwhelmed as the province continues to accelerate its booster dose rollout. As part of the province's response to the Omicron variant, starting January 5, students will pivot to remote learning with free emergency child care planned for school-aged children of health care and other eligible frontline workers.

"As we continue with our provincial vaccine booster efforts, we must look at every option to slow the spread of the highly contagious Omicron variant," said Premier Doug Ford. "Putting these targeted and time-limited measures in place will give us more opportunity to deliver vaccines to all Ontarians and ensure everyone has maximum protection against this virus."

Unlike other variants throughout the pandemic, evolving data is showing that while the Omicron variant is less severe, its high transmissibility has resulted in a larger number of hospital admissions relative to ICU admissions. Staff absenteeism is also expected to rise and affect operations in workplaces across Ontario due to Omicron infection and exposure, including in hospitals and schools. Real-world experience and evidence in Ontario reveal that approximately one per cent of Omicron cases require hospital care. The rapid rise of Omicron cases, which may soon number in the hundreds of thousands, could result in the province's hospital capacity becoming overwhelmed if further action isn't taken to curb transmission. When one in 100 cases goes to hospital, it means that with this rapid increase in transmission the number of new cases requiring hospitalization will also rapidly increase daily. For example, 50,000 cases per day would mean 500 hospital admissions per day, which is greater than the peak daily hospitalizations of 265 per day from last spring, when hospitals were under significant strain during the third wave of the pandemic.

In response, the province will return to the modified version of Step Two of the Roadmap to Reopen effective Wednesday, January 5, 2022 at 12:01 a.m. for at least 21 days (until January 26, 2022), subject to trends in public health and health system indicators.

These measures include:

Reducing social gathering limits to five people indoors and 10 people outdoors.

Limiting capacity at organized public events to five people indoors.

Requiring businesses and organizations to ensure employees work remotely unless the nature of their work requires

them to be on-site.

Limiting capacity at indoor weddings, funerals, and religious services, rites and ceremonies to 50 per cent capacity of the particular room. Outdoor services are limited to the number of people that can maintain 2 metres of physical distance. Social gatherings associated with these services must adhere to the social gathering limits.

Retail settings, including shopping malls, permitted at 50 per cent capacity. For shopping malls physical distancing will be required in line-ups, loitering will not be permitted and food courts will be required to close.

Personal care services permitted at 50 per cent capacity and other restrictions. Saunas, steam rooms, and oxygen bars closed.

Closing indoor meeting and event spaces with limited exceptions but permitting outdoor spaces to remain open with restrictions.

Public libraries limited to 50 per cent capacity.

Closing indoor dining at restaurants, bars and other food or drink establishments. Outdoor dining with restrictions, takeout, drive through and delivery is permitted.

Restricting the sale of alcohol after 10 p.m. and the consumption of alcohol on-premise in businesses or settings after 11 p.m. with delivery and takeout, grocery/convenience stores and other liquor stores exempted.

Closing indoor concert venues, theatres, cinemas. Rehearsals and recorded performances permitted with restrictions.

Closing museums, galleries, zoos, science centres, landmarks, historic sites, botanical gardens and similar attractions, amusement parks and water-parks, tour and guide services and fairs, rural exhibitions, and festivals. Outdoor establishments permitted to open with restrictions and with spectator occupancy, where applicable, limited to 50 per cent capacity.

Closing indoor horse racing tracks, car racing tracks and other similar venues. Outdoor establishments permitted to open with restrictions and with spectator occupancy limited to 50 per cent capacity. Boat tours permitted at 50 per cent capacity.

Closing indoor sport and recreational facilities including gyms, except for athletes training for the Olympics and Paralympics and select professional and elite amateur sport leagues. Outdoor facilities are permitted to operate but with the number of spectators not to exceed 50 per cent occupancy and other requirements.

All publicly funded and private schools will move to remote learning starting January 5 until at least January 17, subject to public health trends and operational considerations.

School buildings would be permitted to open for child care operations, including emergency child care, to provide in-person instruction for students with special education needs who cannot be accommodated remotely and for staff who are



unable to deliver quality instruction from home.

During this period of remote learning, free emergency child care will be provided for school-aged children of health care and other eligible frontline workers.

Please view the regulation for the full list of mandatory public health and workplace safety measures.

In addition, on January 5, 2022 the Chief Medical Officer of Health will reinstate Directive 2 for hospitals and regulated health professionals, instructing hospitals to pause all non-emergent and non-urgent surgeries and procedures in order to preserve critical care and human resource capacity.

In recognition of the impact the Omicron variant and additional public health measures have on small businesses, the government is expanding the new Ontario Business Costs Rebate Program. Eligible businesses that are required to close or reduce capacity will receive rebate payments for a portion of the property tax and energy costs they incur while subject to these measures. Eligible businesses required to reduce capacity to 50 per cent, such as smaller retail stores, will receive a rebate payment equivalent to 50 per cent of their costs, while businesses required to close for indoor activities, such as restaurants and gyms, will receive a rebate payment equivalent to 100 per cent of their costs. A full list of eligible business types will be made available when applications for the program open later this month. To improve cash flows for Ontario businesses, effective January 1, 2022, the government is also providing up to \$7.5 billion for a six-month interest- and penalty-free period for Ontario businesses to make payments for most provincially administered taxes, supporting businesses now and providing the flexibility they will need for long-term planning.

The government is also exploring options for providing further targeted and necessary supports for businesses and workers impacted by the province's move into a modified Step Two of the Roadmap to Reopen, including grants. The government will also continue to call on the federal government to come to table and help us support Ontario businesses and Ontario workers by allowing eligible businesses to defer HST and to enhance supports available to workers affected by

current public health measures.

"As cases continue to rise at a rapid rate and evidence on the Omicron variant evolves, additional time-limited measures are needed to help limit transmission as Team Ontario continues to get booster doses into arms," said Christine Elliott, Deputy Premier and Minister of Health. "While this was not an easy decision, these measures will help preserve hospital bed capacity and prevent our hospitals from becoming overwhelmed."

"Children will continue to receive live virtual learning during this period, led by their teacher, with full access to school-based academic and mental health supports," said Stephen Lecce, Minister of Education. "We will continue to work closely with the Chief Medical Officer of Health to keep our communities safe and ensure that Ontario students get back to in-person learning as soon as possible."

As of January 2, more than 3.7 million booster doses have been administered across the province. The government is focusing all efforts to speed up booster doses, including employer-led vaccination clinics and expanded GO-VAXX mobile clinics. To date, over 4,300 Ontarians have registered through the Ontario COVID-19 Volunteer Portal and the Health Workforce Matching Portal and have answered the province's call to arms to businesses, volunteers and retired health professionals to help further boost capacity to administer vaccines and get more boosters into arms sooner.

The province is also continuing to urge the federal government to approve COVID-19 antivirals to support Canada's pandemic response.

"While the risks for severe illness are lower with Omicron than with the previous variants of concern, it is far more transmissible and hospitalizations are expected to continue to increase placing greater pressure on our health system," said Dr. Kieran Moore, Chief Medical Officer of Health. "It is difficult but necessary to apply additional public health and workplace safety measures to help stop the spread of the virus and protect our health system capacity. Please follow all public measures and get vaccinated with your first, second or booster dose if you have not done already."

Via news.ontario.ca

WORLD NEWS



India Expands COVID-19 Vaccinations to 15 Year Olds

January 05, 2022
by Anjana Pasricha

As a third wave of the COVID-19 pandemic looms in India, driven by the omicron variant of coronavirus, authorities have begun giving shots to 15 to 18 year olds.

There was enthusiasm and a sense of relief among teenagers as they lined up outside medical centers and in schools where vaccines are being given – about 10 million got a shot since the start of the week.

“I feel more confident that I can now go out. I used to feel so scared when I went to school that I may get COVID and carry the infection to my parents and neighborhood,” said Ajay Verma, a high school student.

The inoculation drive for youngsters got underway amid an exponential jump in COVID-19 cases in mega cities like Delhi and Mumbai. After seeing a dramatic decline for months, India reported 58,000 cases Wednesday -- a sevenfold jump in just a week.

That has prompted authorities to impose fresh restrictions – officials in the capital, New Delhi, have announced a weekend curfew and closed gyms and movie theaters. In Mumbai, authorities said they will consider imposing a lockdown if daily cases cross the 20,000 mark. The city recorded more than 10,000 cases Tuesday.

Schools that reopened just months ago have again closed for in-person classes in many places.

That has created fresh anxiety among youngsters in a country where school closures lasted for nearly a year-and-a-half -- longer than in much of the world.

“Online school, it gets lonely. Schools in person is always much more fun so I am looking forward to it when it is safe,” says Sania Gupta, a high school student in Gurugram, a business hub adjoining New Delhi.

India’s inoculation drive began early last year, but even as several countries around the world have been vaccinating young children, health authorities had



said they want to inoculate all adults before expanding the program. About two thirds of India’s adults have been fully vaccinated, while 90% have received one shot.

However, in the country with the largest estimated adolescent population in the world, calls were growing to also protect younger people, especially as India has an adequate vaccine supply.

“Sooner or later a wider population needs to be vaccinated, specially in India, where adults constitute only 63% of the total population, unlike some countries, such as Europe, where adults are around 80% of population,” said Chandrakant Lahariya, a public health expert. “So even if we vaccinate all adults, nearly one-third of the country is still unprotected.”

India has more than 120 million people between 15 and 19 years old, according to the country’s 2011 census. And while adolescents have largely escaped the brunt of the pandemic, several countries have seen infections rising among children.

India, which has counted the second highest number of COVID-19 infections in the world, will also begin administering booster shots to health care workers and senior citizens with comorbidities starting Monday.

The expanded inoculation drive is raising hope that the country will not experience the devastation that was triggered by the delta variant last year

Sri Lanka: 2022 Economy and Outlook

January 04, 2022

The budget for the year 2022 which has been approved by the parliament and commenced to effect from 01 st of January, 2022 and the Minister of Finance submitted the following information on the external outlook of the Sri Lankan economy in detail which is expected to achieve through the budget for the consideration of the Cabinet of Ministers.

Information regarding the estimated foreign exchange that out flow from the country in 2022 including the payment of foreign debt services and expected Import expenses on goods and services.

Expected foreign exchange in flow in 2022 including export earnings ,earnings from Tourism ,Remittance from foreign employees ,direct foreign investments.

Proposed Short and Middle term measures to recuperate the expected foreign exchange deficit .

The following concessions that were proposed in order to reduce the economic difficulties the people have to face due to the increase of prices of goods and services under the prevailing economic condition.

(i). Provide a monthly allowance of Rs.5000 for the public servants and pensioners.

(ii). Take measures to provide the said concession for the employees of the private sector by discussing with the employers of the private sector.

(iii). Provide an extra allowance of Rs.1000 for the Samurdi Beneficiaries who have a monthly allowance of Rs.3500.00 and provide the said allowance to the Samurdi Beneficiaries .

(iv). Provide a supplementary price of Rs.25 per a Kilogram of paddy additionally to the certified price of Rs.50



per a Kilogram of paddy which provide currently if there is any decrease of the harvest in the forthcoming season.

(v). To bear the supplementary price that provide by the government as not to effect on the price of rice in the market.

(vi). Implementing a gardening programme to encourage the growing of vegetables and fruits for the own consumption and provide an encouraging allowance of Rs.10,000/= as per the extent of the land subject to a maximum of an acre which necessary for land preparation and buying inputs such as seeds.

(vii). Provide 15 Kilograms of Wheat Flour at a concessionary price as Rs.80/= per a kilogram for an estate labour family.

(viii). To release the all essential foods and medicines from taxes completely in order to take measures to protect the local farmers and manufacturers where if necessary.

The Cabinet of Ministers decided to agree for implementing the programme which include the aforesaid proposals that was submitted by the Minister of Finance.

Via news.lk/

when hundreds of thousands of daily infections overwhelmed hospitals and led to crippling shortages of oxygen. At that time much of the country was unvaccinated.

“Unlike the delta wave, where high proportion of infected individuals would require hospitalization, oxygen, and intensive care beds, in omicron the current evidence says infection is mostly mild and severe disease is mostly linked to pre-existing high-risk conditions or unvaccinated individuals,” said Lahariya.

“So, in that backdrop, cases might rise and that theoretically might be classified

as a fresh wave, but the impact is not likely to be the same,” he pointed out.

That is what high school students getting shots are hoping as they yearn to resume a semblance of normalcy -- an estimated 200 million children have been affected due to school closures in India.

“I want schools to reopen so that I can get back into the habit of studying,” said high school student, Amit Sahu. “I just could not concentrate at home.” It’s a sentiment that many echo.

Via voanews.com

STAY ONE STEP AHEAD OF CRA



Our passion is to solve your tax problems:

- ▶ Unfiled Tax Returns - Last ten years (2011 - 2020)
- ▶ Appeals, Audits and Adjustments
- ▶ GST/HST Owner-Built & Rental Rebates
- ▶ Negotiate Collection, Garnishment and Payment Plan
- ▶ Voluntary Disclosure Program (VDP)
- ▶ Estate, Trust & Non-Residents
- ▶ US Tax (PTIN) - IRS 1040 & State Returns



Shawn Y. Sarvaa, CPA, CGA
2750 14th Ave., Suite 206
Markham ON L3R 0B6
ideas@sarvaacpa.ca

TECHNICAL EXCELLENCE

INTEGRITY

PROFESSIONALISM

VANCOUVER
604 398 7272

TORONTO
647 219 3110

CALGARY
403 879 7272



SPECIAL FEATURE

NEW BIOGRAPHY

ALLEN ABRAHAM

**(Ambalavanar Subramaniam) and the Halley's Comet
Astronomer, Professor of Mathematics,
Tamil Scholar & Composer
By Allen L Thurairatnam**

Introduction of the book

by **Thurai Rahulan PhD FRAeS**

This book is a biography of a man named Ambalavanar Subramaniam who later became better known as Allen Abraham. He hailed from an islet off a peninsula in the far north of the tropical island nation Sri Lanka. It was late nineteenth century and the person in question was an orphaned boy who turned out to be a gifted mathematician. He took a particular interest in analysing the trajectory of heavenly bodies using measurements obtained from a simple desk-

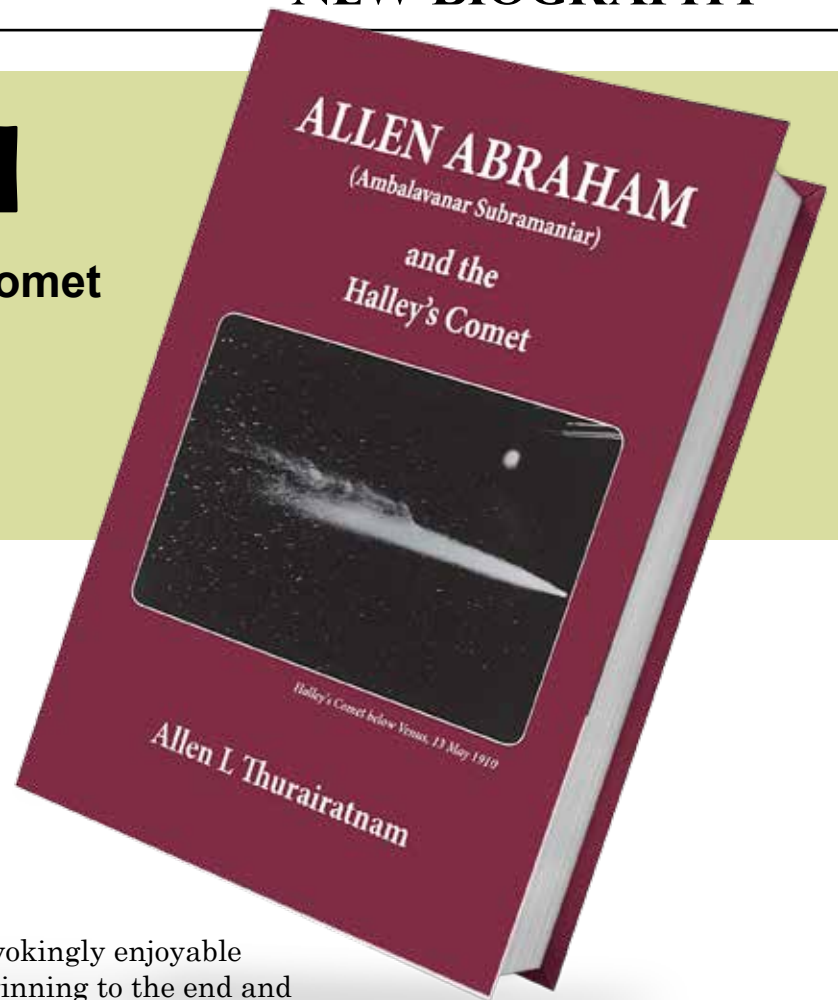


Allen Abraham
(Ambalavanar Subramaniam)

mounted 3.5 inch telescope at his humble abode. Such was his brilliance that he was able to predict the transit of Halley's Comet in 1910 with greater accuracy than any of the other astronomers around the world. It was the inclusion of the gravitational effects of planet Venus in his analyses that gave a more accurate result. The greater influence on comet Halley by Venus due to its proximity was yet to be discovered by other astronomers and this was a contributory factor for their errors in the calculations. He was elected a Fellow of the Royal Astronomical

Society of the United Kingdom in 1912, the first native Ceylonese to receive that honour. The most impressive aspect of this book is the abundance of evidential material that has been included in a methodical manner. The author must have spent years obtaining copies of century-old documents from the archives.

He was very much admired not only as a Professor of Mathematics at Jaffna College but also as a scholar of Tamil language and literature. Although the contents of the book are dominated by his achievements on the astronomical front, they also cover his prowess as a devout Christian who excelled at singing Hindu hymns with passion and devotion. In addition, he composed his own songs which are sung at places of worship today. It takes an incredible amount of patience, dedication, and perseverance to conduct this kind of search over a very long period. The whole book is elegantly structured and laid out in an easy-to-read format with well-articulated prose combined with plenty of illustrations throughout. This book is a must read for all interested not only in astronomy but also the unusual set of circumstances which led to flashes of inspiration every now and then. The author has gone beyond a traditional narrative by providing a masterpiece of the fascinating account of the life of one man. He is to be congratulated on successfully creating a publication where all the claims are supported by documentary evidence.



This book is thought provokingly enjoyable from the beginning to the end and is unreservedly recommended.

ALLEN ABRAHAM (Ambalavanar Subramaniam) and the Halley's Comet
Rs.2,500.00 - ISBN 978-624-583621

Pages 126 - Published by Neptune Publications (Pvt) Ltd.,

W: www.neptunepublications.com- E: info.neptunepublications.com

Obituary Notice



Sunrise
Nov 08.1959
.....

Sunset
Jan 08.2022
.....

Missed

Sheila Sugumar

(ACMA-UK, CGA Canada)

Loving wife of Sugumar Ganesan (President & CEO Sugshe Group/Saravanabhavan)
and mother of Sanjay Sugumar and Sofia Sugumar.

Visitation

Sunday January 9, 2022 From 5:30 pm to 9:00 pm At
Chapel Ridge Funeral Home 8911 Woodbine Avenue Markham, ON L3R 5G1

Services

Tuesday January 11, 2022 From 9:00 am to 10:30 am
Chapel Ridge Funeral Home 8911 Woodbine Avenue Markham, ON L3R 5G1

Cremation & Witnessing

Tuesday January 11, 2022 @ 11:15 am
Forest Lawn Crematorium 4570 Yonge Street Toronto, ON M2N 5L6.

Infomation Ganesh Selvaraj 647-765-8709 Kula Sellathurai 416-902-9462

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

Phyllis Diller



Dr. Seshantri Viswasam
Family Dentist
sunshine
DeNTAL

416 291 1011

45 Milner Avenue Unit 6
Toronto, ON M1S 3P6
NE corner of McCowan & HWY 401



www.sunshinedentalonmilner.com

BUY / SELL / LEASE

Residential & Commercial

- ◆ *Dedicated*
- ◆ *Reliable*
- ◆ *Honest*
- ◆ *Experienced*



Contact for all your, Real Estate Needs;



HomeLife/Future Realty Inc. Brokerage
7 Eastvale Drive, Unit 205 Markham, ON L3S 4N8
Bus: 905-201-9977 Fax: 905-201-9229

*Independently Owned and Operated

TERRENCE THAMBYRAJAH

Sales Representative CPA, CGA, BCom

TEL: 647-709-1202

E-Mail: RealtorTerrence@hotmail.com

Web: www.terrencehomes.com



Higher Standards Agents... Higher Results!

DEBT PROBLEMS???



JOINTLY SERVING ALL COMMUNITIES UNDER ONE ROOF

Unsettled Life due to Credit Problems!

Is Your Daily Life affected?

Worried that you will lose your House or Car!

Phone harassment from Collection Agencies !

Concern that your wages will be garnished by your creditors!

www.creditsolutioncanada.com

For All Your Problems, call for a free consultation

V. SRI

Certified Insolvency Counsellor

CREDIT SOLUTION CENTRE
Services of Trustee is available

80 Corporate Drive, Suite 309
Scarborough, ON M1H 3G5

Tel: **416.439.0224**

Fax: 416.439.0226
creditsolutioncentre@gmail.com





THE GUARDIAN
HOME REALTY INC.
BROKERAGE, Independently Owned and Operated



Where life
begins...

 **416 989 6565**  www.theguardianhomes.com
 info@theguardianhomes.com

F119 - 80 Nashdene Road, Scarborough ON M1V 5E4



Eekai foundation - Our beginning

So how did Eekai Foundation begin?

Through the sale of old Tamil Vision Inc, we received a generous seed funding commitment with hard work by the few remained directors over the course of the past many years.

We currently receive monthly payment support from this commitment towards charitable initiatives as agreed with this current media operation

We are now a non-profit organization collaborating with other organizations to create a greater impact in projects we support. We are proud to say we act based on a vision of openness and complete transparency and collaborate with partners that believe the same.

Our core team is comprised of voluntary directors, our members, volunteers, and our partners.

List all members? Volunteers? Available on our website eekai.org

Our current directors are Dr. Santhakumar, Mr. Sathanathan, Dr. Kirupalini Kirubakaran, Mr. Kumar Ratnam, and Mr. Niranjan Nadarajah.

We also received funding from Service Canada to grow our team and hire 2 students part time. Prithvi Raman Subbaraya Prabu (project coordinator) and Apinaya Sorupanathan (administrative assistant) were able to work with Eekai Foundation to help run our social media, hold meetings to plan next steps for the foundation, update information about charitable initiatives, run our last recent networking in person event in November 2021, and more.

For this networking event we were able to grow our team with the volunteers Mithira, Parnit and Neyoshaan.

We have also had 2 previous networking events including the initial launch in June 2019

We had Dr. Sathyamoorthy as the special guest on our second networking event to create awareness in the community for interested individuals to join and assist us in this charitable work and also smaller charitable groups to join and benefit mutually

For the details and pictures available in our social media including Facebook, Twitter and Instagram

Over the years, we have been able to partner with 2 major charitable group Killinochchi Education Development Trust (KEDT) and Palmera.

KEDT-details and the other note

Palmera believes in creating self-reliant life changes for families by going to each village and helping them gain the funds, skills, and relationships to be able to earn a living income. They break barriers that allow families to continue on their journey of empowerment after Palmera leaves their village to help the next. We expect to continue to expand and create a strong team of members, volunteers, and partners working towards various charitable goals.

Eekai Foundations mission is to continue making differences in the lives of the underprivileged in different sectors such as health, education, providing skills, and helping empower marginalized communities. With continued support of members, volunteers, and the community, we believe we can achieve many more things in the future.

(Contributed by Apinaya)

Eekai Foundation Mission

Eekai Foundation will be a fully transparent, non-religious, non-political Canadian non-profitable organization.

Eekai Foundation will act as a community hub to provide resources (Finance, Knowledge, Volunteer Access, Operational Expertise, etc.) to other partner organizations focusing mainly in war afflicted Northern and Eastern parts of Sri Lanka and on Youth empowerment in Canada.

Eekai Foundation will work in partnership with other established, transparent, and well-governed organizations in Sri Lanka to carry out their objectives.

Eekai Foundation will raise funds and other resources by bringing together donors, volunteers, students, NOPS and charitable organizations through various channels

Current Partners

Killinochchi Education Development Trust (KEDT)
- (MOU Signed)
Palmera

Charitable initiatives undertaken by Eekai Foundation

Eekai Foundation has been involved in many charitable initiatives since founded in June 2019

We have partnered with other not-for-profit organizations to help bring together assistance to the needy and engage in mutually shared projects. We believe that when you unite and share, you can do this assistance better. Our mission is to help empower the underprivileged by helping them form healthy, independent, and self-reliant life changes.

We believe in providing equal education opportunities to everyone. and we are working on some projects to achieve this.

One small project we completed in early March this year is providing 30 Mullaitivu students with school supplies and bicycles partnering with SJC87 group who are contributing in many ways to improve education in the Northeast.

Another ongoing initial larger project we have taken on is with the Konavil education centre in partnership with Education Development Trust Killinochchi (KEDT) in their district.

This organization is headed by Dr. Sathiamoorthy for many years who has been playing a key role in elementary and primary education in this district by running after school educational support in the remote areas

We have been working with this trust for nearly the past 2 years

This afterschool program provides a place for students to go to after school to learn different subjects, schoolwork help for the vulnerable and needy students. It has been a great addition to empower students with their ongoing studies and to support them with any extra help they require including financial and school supplies to the needy students and families

For the details in pictures available

Another core charitable early initiative Eekai Foundation undertook is to supports making self-reliant life changes for the underprivileged. One of our partners that we have been working with to help 400 families make these life changes is Palmera.

This is another Australian great group working with this kind of empowerment in Sri Lanka

We have made a Triparty arrangement partnership with their country representatives and have been working with Periyakulum and Sampukulam in Killinochchi district again for the last 2 years

This is a holistic development project selecting underprivileged families in remote villages and to teach them how to use their land and resources to earn a sustainable income to support themselves. We hope to create many more empowered communities through these efforts. Further details in pictures available

Recently, due to COVID 19, we were able to help many families in need during the pandemic. To help the needy, we wanted to provide them with the necessary food supplies and medical supplies. We were able to take many different initiatives over the past year to help with COVID relief in the most affected parts of Sri Lanka. Since June, Eekai foundation has provided emergency food relief to the Killinochchi and Mullaitivu areas with our partners Education Development Trust Killinochchi (KEDT) and Tears of Vanni. With these initiatives we were able to provide over 650 underprivileged families in lockdown with dry food parcels. We have also initiated pulse oximeter distribution in the Mullaitivu and Mannar areas. A successful GoFundMe fundraiser provided some of the funding for these initiatives and we were able to raise almost \$6000 from charitable donations.

Eekai Foundations mission is to continue making differences in the lives of the underprivileged in different sectors such as health, education, providing skills, and helping empower marginalized communities. With continued support of members, volunteers, and the community, we believe we can achieve many more things in the future.

We are also in the process of recruiting volunteers and local partners in Canada working in non-profit initiatives to join and support them by matching the initiatives instead of reinventing the wheel

We also in the process of establishing vulnerable students scholarships back in Sri Lanka and here in Canada with partners like Center For leadership and initiatives-CFLI group working with students in Canada

Our strength is we have a source funding from the asset sale of community founded television media luckily and we thank them for their continued support

Eekai Foundation was able to obtain funding from service Canada this year two summer youth students and they have been supportive in marketing and organizing this volunteer group

We have already applied for charitable status and waiting for a favorable reply early next year about this decision

**(Article by Apinaya Sorupanathan,
Summer youth employee Eekai Foundation)**

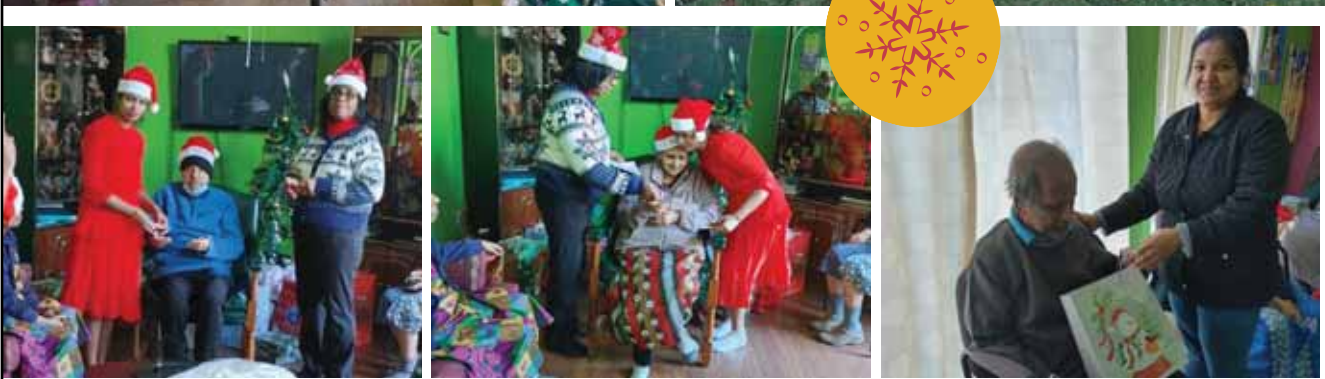
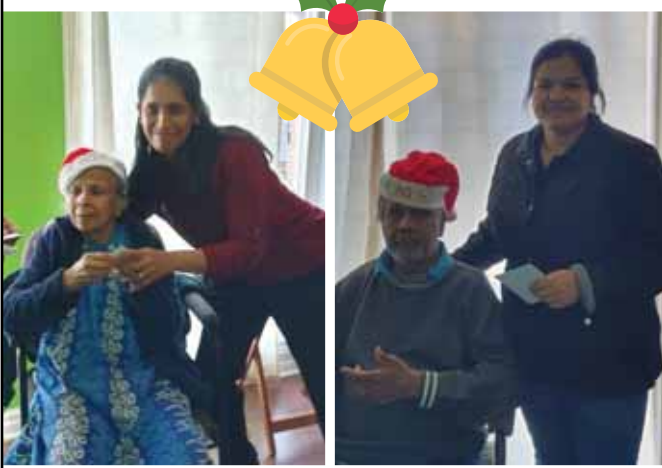


Board of Directors - Eekai Foundation

Dr. Santhakumar
Mr. Sathanathan
Dr. Kirupalini Kirubakaran
Mr. Kumar Ratnam
Mr. Niranjan Nadarajah.

VILLA KARUNA HOME FOR SENIORS

Christmas Party
2021



**Message from Founder/CEO
Indrani Nagenthiram**

We are delighted to be serving the Villa Karuna community for the last 20 years. Since its start-up in 2001, we have made it our priority to give back to the parents of the Tamil community by the services we provide here. Our community support has kept us going for so long and has helped us keep up the good work, with hopes that more communities will start doing the same.

Every year, we celebrate our staff and residents with a Christmas party. Covid, big storms, power outages – none of those things could beat us down. We kept up our spirits and continued providing different programs and recreations for our residents. From meditation programs to art activities, at Villa Karuna, we help the seniors enjoy the little pleasures of life again. We have received content and appreciative comments from the residents and their families.

We have students from about five different colleges and provide placement opportunities for them here at Villa Karuna. As a community, we help them not only gain professional experience but also develop a passion for serving clients as if they are family.

A lot of people pitch in to make this home a success and we are tremendously grateful to all of you – both to the new and to those who have been supporting us since the very beginning. We appreciate and thank you all.

From Villa Karuna, we wish you a blessed and happy holiday season.

**President's Message
Augustine Jegasothy**

I want to thank the CEO, Staff and Volunteers of Villa Karuna from the bottom of my heart for providing the service that you do! It made all the difference to our seniors all these years. It was great to see the photos and videos of all the lovely moments our seniors had together during the Christmas event at Villa Karuna.

Thank you for making Christmas incredibly Merry and thanks again for this wonderful holiday experience.

I would like to thank all those who were behind this. Christmas is the time of the year when we see the reflection of the very best life has to offer and can actually be. Christmas is about making others feel good, making time for beloved ones, and enjoying every ounce of happiness. We wish you a merry Christmas and happiness in the upcoming new year. May the bells jingle away all your worries. Merry Christmas.

I am pleased to see our team bringing a renewed commitment to Villa Karuna and to strengthen our commitment to our services and support to seniors, our communities and our country. Villa Karuna is a truly great organization. We can, and will be better. I want Villa Karuna to be the place that all well-wishers, who want to support our seniors and our communities, will join and get the real satisfaction of knowing that they are making a difference.

During this special season, I hope that you all take the time to reflect on the many blessings of your life and the privilege to be of service to others. The Board of Villa Karuna and I would like to extend our best wishes for a Merry Christmas and a bright New Year to you all and your families.

ROYALAN TEAM

Wishing you and your family a Happy, Healthy and Prosperous New Year 2022.

We would like to give a special thanks to all my clients, vendors, mortgage agents, lawyers, and family & friends for making 2021 a successful year!

**நண்பர்கள், வாடிக்கையாளர்கள்
அனைவருக்கும் இனிய
நத்தார், புதுவருட வாழ்த்துகளை
தொர்வித்து கொள்வதில் மகிழ்ச்சியடைகிறோம்.
உங்கள் அன்புக்கும், ஆதரவுக்கும்
எம் மனமார்ந்த நன்றி!**



RAGHU THILLAINATHAN

SALES REPRESENTATIVE

416.629.5800



KAILAIN THILLAINATHAN

SALES REPRESENTATIVE

647.668.8276

HomeLife/Future Realty Inc., Brokerage*
Bus: 905.201.9977 *Independently Owned And Operated





Epic Helps Teams to Deliver Lifesaving Care through Collaboration



Dr. Wax and Dr. Betts are pictured at SHN following a patient transfer and successful patient record log through Epic CIS, Dec. 2021

When Lakeridge Health Critical Care physician and Anaesthesiologist Dr. John Maybee realized his patient needed urgent, additional care at Scarborough Health Network (SHN), instead of reaching for a paper chart to send with the patient, he logged in to the Epic clinical information system.

SHN and Lakeridge Health are among seven partner hospital organizations that introduced Epic on December 3, providing patients across the Central East Region of Ontario with a single, unified digital health record.

“Epic has ushered in a new era for the way care is delivered and experiences like the transfer of this patient are evidence of this tremendous change,” said Dr. Maybee. “This patient required transport via our partners at Ornge Transport Medicine and her medical history, test results, and medication records were easily accessible in real time to both the transport team and team waiting for her at SHN.”

Dr. Randy Wax, Lakeridge

Health Critical Care and Ornge Transport Medicine physician, who accompanied the patient with paramedics in the critical care transport ambulance that day, has also witnessed the many benefits of Epic since the system went live.

“Epic has provided health-care teams with standardized tools and processes that allow them to better collaborate and make the best possible decisions about an individual’s treatment,” Dr. Wax shared.

Dr. Wax and Dr. Betts are pictured at SHN following a patient transfer and successful patient record log through Epic CIS, Dec. 2021

Dr. Martin Betts, Chief of Critical Care at SHN, added: “Thanks to Epic, our team was able to review all of the patient’s information while she was en route to SHN. From her medical records, such as key clinical data and health history, we had all the necessary information to provide her the highest quality of care as soon as the transport team arrived.”

Scarborough Health Network named one of GTA’s Top Employers

Scarborough Health Network (SHN) is being recognized as one of Greater Toronto’s Top Employers.

Winners were announced on December 3, 2021 by Mediacorp Canada Inc. in a special magazine in *The Globe and Mail*. Some of the highlights for SHN’s selection for the 2022 award include:

- Supporting staff mental health during the COVID-19 pandemic, which included both in-person and virtual wellness resources.
- Furthering diversity and inclusion, and health equity initiatives through facilitating education sessions, library resources, policies and much more.
- Recognizing employees, their performance and development, with training and secondment opportunities, and celebrating them with long-service awards and various appreciation events.

Now in its 16th edition, the Greater Toronto’s Top Employers competition is an annual editorial project that recognizes employers with exceptional human resources programs and forward-thinking



workplace policies. Editors at Mediacorp evaluate employers on eight criteria, which have remained consistent since the project’s inception: (1) Physical Workplace; (2) Work Atmosphere & Social; (3) Health, Financial & Family Benefits; (4) Vacation & Time-Off; (5) Employee Communications; (6) Performance Management; (7) Training & Skills Development; and (8) Community Involvement. Employers are compared to other organizations in their field to determine which offer the most progressive and forward-thinking programs.

“Being recognized with this prestigious award is especially humbling at a time

when our frontline staff have rapidly adapted to meet community needs,” said Elizabeth Buller, President and CEO of Scarborough Health Network. “At SHN, we continually strive to be among the best places to work and receive care. We’re proud to provide compassionate, inclusive, courageous, and innovative work environments which empower our staff to deliver exceptional care for Scarborough.”

The awards also recognized SHN’s tremendous response to the COVID-19 pandemic, as well as life after work, with retirement planning services for its employees.



HEALTH & WELLNESS

Mindfulness-based Mobile Camp for TSUNAMI Survivors Suffering Post-Traumatic Stress

Nuwan Fonseka Psy.D.
The Founder & Chief Clinician
iMC Inc. Canada.

December 26th, 2004; On that day, at 7:59 a.m., a 9.1-magnitude earthquake — one of the largest ever recorded — ripped through an undersea fault in the Indian Ocean, propelling a massive column of water toward unsuspecting shores. The Boxing Day tsunami would be the deadliest in recorded history, taking a staggering 230,000 lives in a matter of hours.

I was in the midst of this devastation. At the time, I was spending my Christmas holiday in the city of Negombo in western Sri Lanka, home for the holidays from my studies. Waking that morning, I had absolutely no idea what was happening. People were running to the water in an effort to understand.

The sea backed up about a kilometer onto the shore, then a huge 4-meter-high wave came rolling towards the land. In no time, over 79 thousand homes and many other buildings were destroyed.

As the first wave of the tsunami hit, my family and I fled to higher ground away from the coast. I later learned that anyone working on or near the sea, fishing for lobster or collecting seaweed and shells, were swept away by the powerful force of the water.

Incredibly, 30 to 50 thousand people died in Sri Lanka that day. A few of my extended family members were among those who perished in the catastrophe. I was fortunate in sustaining without physical injuries but witnessed many psychological traumas due to witnessing many crisis episodes. I knew that my experience as a young university student working part-time with CLFDS,

to a few other professionals I knew and, before long, I was leading a three-member team with a solid plan. Due to the scarcity of buildings, I thought we could use a Browning Camping Big Horn Tent. The advantage was that it could be transported easily in a small car and could accommodate 12 to 15 people — enough room for a number of individuals and family members with children. We understood the importance of providing care to children and teenagers as well as adults.

The assistance that we gave was varied. Essentially, we offered a bio-psycho-social-spiritual program created to advocate for and support maintaining a healthy lifestyle in the midst of so much chaos. There was a 7-week mindfulness Buddhist psychotherapeutic session focused on belief and practice and led by an experienced Buddhist practitioner. This involved short group sessions, 60 to 90 minutes long, that included mindful movement exercises, mindful lifestyle activities such as walking and eating, basic meditation, thought labelling practice and body scans. Participants were also instructed to practise mindfulness and cultivate it during their daily lives with guidance from Sanga Bikku's monks or other spiritual leaders.

We conducted psychoeducational group discussions about trauma, the stages of grief, addiction and the impact of unresolved Post-Traumatic Stress Disorder (PTSD) on individual responses to the tsunami. People taking part in these meetings learned about PTSD symptoms such as anger and other emotions. These sessions involved roughly the same number of hours as the mindfulness course.

I worked closely with local leadership and looked for partnerships with other



organizations and charities. To provide care to as many people as we could, it made sense to set up our tent close to these supportive settings.

We extended an open invitation to anyone who wanted to take part in what we offered, with no expectation of which meetings they participated in and no obligation to return. People were processing what had happened, grieving, and attending vigils. Therefore, our population changed, and the program functioned more as a drop-in group for some.

One of our challenges was that early on there were three more tsunami warnings that caused us to retreat to the higher middle country and use up the precious gas for our vehicle.

The Radical Acceptance talk in our group settings explored healing grief and trauma through the integration of acceptance and the Buddhist path. This helped attendees to realize what they were feeling in the present moment and regard that experience with compassion.

Mindfulness, self-compassion and loving-kindness practices were used to help those in attendance develop compassion. They cultivated a capacity to hold, with mindfulness and kindness, the painful and intense experiences arising during a complicated grief experience.

Mindfulness-based Loving Kindness with Buddhist Metta practice; People who struggle to find acceptance or who are self-critical of their progress through grief are trained to show loving-kindness toward the person who died.

Each person grieves differently. Some may notice symptoms that are very similar to depression, such as withdrawing from social settings and having intense feelings of sadness.

The experience of leading the mindfulness-based mobile camp for tsunami survivors reinforced for me that very few resources are required to provide an impactful service in a crisis situation. Our service was delivered until May 15th, 2005, and the concept has become a role model for many natural disasters and crisis situations all over the world.



a non-government organization, could be useful. I'd been involved with the NGO delivering group therapy programs and one-to-one psychological support programs widely across the island.

Based on my experience with the CLFDS, I came up with the idea for a mobile service that could provide care to those who wanted it across a geographic area. I reached out

professionals who were interested in working with our team. The care that I coordinated involved social workers, mobile crisis workers from other countries, survivors, and other volunteers.

The majority of attendees were living in survival camps based in temples, churches, schools and other public settings. These were sponsored and monitored by various government and non-government



HASTY WORDS OF THE GIRL



By: Kumar Punithavel

Unlike in many ancient literatures, Tamil literature is blessed with a number of female laurates and Nanaakaiar is one of them. She is also referred to as Kachchipetu Nanakaiar. During Sangam era frequently poets added the name of their village or profession to their own name. Kachchipetu is a small village near famed city Kanchipuram. She has contributed eight poems in the collection Kurunthokai. The poem numbers are 30, 118, 172, 180, 192, 197, 287, and 325. Today we will see in detail Kurunthokai Poem number 325.

In every day life out of intolerance and impatience one is tend to utter some words and regret latter. This is the reason for the axiom 'Words once spoken cannot be recalled'. In this ancient poem the regretting heroine, for her hasty words, confesses to her girl-friend that the valley between her breasts has filled with the tears from her sad lamenting eyes. Let us see the details of the episode that has taken place about two thousand years ago.

It had been the accepted norm for the man to venture out and earn a living in those days, while the woman stays home and hold the fort. It seems here too the hero had gone on long journeys to earn money and thus he leaves his lover behind at home. Of course, the girl feels he has no true feeling for her, and does not miss her on his long expeditions. Thus, she confides to her girlfriend, that her lover used to always scares and annoy her, and feared the worst, that he wants to leave her and go away for good. Thinking it was one of his

frequent hogwashes, she lost her patience and responded to him when he informed her that he has another errand and will be leaving her for some time, she responded, " Ok, leave me then, and go away once and for ever". She goes on to confess to her friend that it must have been a sudden spurt of irritation or anger that must have made her utter those hasty words of annoyance. Her lover must have been hurt so much; she feared her lover may not return to her. Realizing her lover was a good man traveling far to make money for them both to start

*'I'll leave, I'll leave' when he said, like before,
He must be fibbing and won't leave I believed.
'Leave my side and go away forever' I said,
Lo! behold where is my flawless Lord resides now?
Like the large pond where black legged herons reside,
Between my bosom sad tears has pooled up.*

The Tamil version of the poem is:

‘சேறும் சேறும்’ என்றலின், பண்டைத் தம்
மாயச் செலவாச் செத்து, ‘மருங்கு அற்று
மன்னிக் கழிக’ என்றேனே அன்னோ!
ஆசு ஆகு எந்தை யாண்டு உளன்கொல்லோ?
கருங் கால் வெண் குருகு மேயும்
பெருங் குளம் ஆயிற்று, என் இடைமுலை நிறைந்தே.

a life together, she felt sad that because of her hasty words he may not return forever. She greatly regrets her haste. Now that he had left her, and not returned for many days, she starts to worry and grieve where her good lover would have gone. She must have also reminded of the pond near the village, where black legged heron used to be seen. The heron being the only witness for their clandestine meetings it is indeed very appropriate she mentions the heron in the poem. She must have cried so profusely the valley of her bosom had filled up like a pond as big as the pond where dwells black legged white herons' dwells, says the poetess.

Let us see how the poem looks in English translation first:

The quarrel between two lovers that happened two thousand years ago has been made immortal by the poetess Nanaakiar. One cannot avoid but wonder what happened to the love affair! Whether they got together and lived or he really did not return, we do not know. I will leave it to your imagination. Many generations to come are bound to read it, but the riddle will never be resolved.

Sangam literature is a treasure chest of classic Tamil poems. It is also blessed with the viewpoint of ladies' opinion on various human challenges and emotions unlike in ancient literature of other languages.



SPECIAL FEATURE

Words of Peace

Clear Path

The beginning of the year, I was in England—and I had to do a lot of driving. Usually I spend more times in airplanes than cars. Well, England changed that; I spent more times in cars than anywhere.

And—ah!—London gives a new meaning to the word “traffic.” I mean, you’re driving only two kilometers, so, and it’s going to take you forty-five minutes. Absurd! So, I’m sitting in the car, and this and that, and then nothing much to do. Music is playing; I’ve figured that out. You know, I got a nice playlist, so...“and maybe I can listen to it...”

I see this man. But first, actually, I saw this lady. So, the car was parked here, and this lady is coming. And she’s got a bicycle, and one hand is holding the handlebar—she’s walk-

And he’s got a white stick, and he’s just going, “Teh-teh-teh-teh, teh-teh-teh-teh, teh-teh-teh-teh, teh-teh-teh-teh, teh-teh-teh-teh,” and he’s just clipping right along. And he’s—there are other guys—he’s walking faster than them.

And then of course, the car inches, and I get to watch him. He’s walking faster than the car, believe me. And then the car catches up, and he overtakes. And I realized something.

He’s not looking for obstacles! He’s not looking for obstacles. He’s looking for a clear path. And so far he has a clear path in front of him, he’s good. That’s what he’s searching for. He’s not searching for obstacles; he’s searching for a clear path.

And an obstacle comes, it will—he will feel it, and now he knows that

When you just—when you wake up at night, you look at your clock. Why? Why? Oh, if you’re awake, get up! “Mmmmh, it...” Waking up doesn’t work like that. Waking up works like this. “Okay! I’m ready to get up—but only if it is the right time.” Because, what if you’re up at two o’clock in the morning? Now you’ve got a problem! “And, aaaahhh, God, it’s only two. [snore] Go back to sleep!”

The sum of your life is searching for problems. You’re petri ed of problems; you pray for no problems; your prayers are associated with problems. What is the problem with success? “Problems” is the problem with success! Success is not so easy, because there are problems in the way of success.

Problems, problems, problems, problems, problems, problems, problem—no wonder

statement, “There is a light, and that light is in you,” is the statement that has been most repeated by the sages, saints, and all those who wanted to leave the most important message for mankind, that would help us all. The most important message, and that is, “There is a light, and that light is in you.”

Light that candle inside of you. There is a law, the most powerful law there is—amazingly powerful. If you bring a lit candle and an unlit candle together and touch them, touch the heads, this is the law: “The lit candle will light the unlit candle.”

Not the other way around—where the unlit candle will put out the lit candle. No, the law is, “When those two meet, the lit and the unlit, the lit will light the unlit.” And you know how long this law has been in action? When human beings figured out fire, that’s how it happened—a little fire could start a fire in an unlit pyre. Power!

This should be your hope. Not



ing—and she’s, with the other hand, going, “dah-dah...” And she’s talking.

And I looked at her. And it’s like, I felt sorry for her. Because, with one hand on the bicycle handle, and then talking. And there was nobody else there except her. And I felt sorry for her; it was like, “Looks like she lost her marbles.” And then when she came closer, I realized she had her Bluetooth headphone on, and she was on the phone.

Well, that made me feel a little old. It’s like, “Geez! You’re not with the program, sir.” Because, believe me, when I was growing up, you see somebody just talking to themselves on the roadside, you knew they’d lost their marbles. Those were the only ones.

It’s like, “Oh! Okay, don’t be so judgmental, you know. She’s just having a phone conversation.” And then I see this other guy, and he comes through—and he’s zipping right along! He’s got a white stick. And then I realize he’s visually challenged.

that is not a clear path, and again he will start searching for where there is a clear path. And so, he’s searching for a clear path.

Let me ask you, in your life, you search for obstacles or the clear path? No, you don’t; that’s the problem. I wish you did. You look at the obstacles and go, “Oh, my God!”

Right? Somebody gives you the bad news? You see the obstacles; you don’t look for the clear path; you have no training in your life for “clear path.” You have training to look for obstacles. You know what a problem is. You don’t know what a problem is not.

So, all your life you have been looking at obstacles, “Is that a problem? And is that a problem? Is that a problem?” Why do you look at your watch? To know what time it is? What do you care? It’s relative to something else. “Am I late? Is it time to go on? Is it time to have dinner? Is it time to go to sleep?” Relative to some thing: “Is it time to wake up?”

they come your way—all our way. Because we have almost got signs everywhere, “If you’re not a problem, go away.”

And your life becomes completely relative. Isn’t that how you judge your happiness? Isn’t that what “good times” and “bad times” are all about? Rough—what defines a rough patch in your life? “We’re dealing with problems!” Easy patch? Where the...even the problems pity you.

Change this equation. Look for the clear path, not the problems.

For a person who is visually challenged, they don’t see the obstacles. “Obstacles” is not an issue. So far they can find the clear path, it doesn’t matter how windy it is; it doesn’t matter how straight it is; it doesn’t matter how smooth it is; it doesn’t matter how rough it is. So far it’s a clear path, it’s good to go. Find the clear path in your life.

There is light! There is light. Find the light. It’s in you. This last little

dreaming about accomplishments, not dreaming about all those other things that we dream about. But the hope is to understand this law and practice this law every single day.

Not easy, but easy if you are the seeker of the clear path. Difficult, if you have learnt how to identify obstacles—because obstacles in themselves do not provide the clear path. For that, you have to search.

And so, even a person who’s visually challenged clips right along. Poles—going, whisht! London lights on bridges, right? Not a problem! It’s not a problem. Other people—not a problem. “Tshu-tshu-tshu-tshu, tsch-tshu-tshu-tshu, tsch-tshu-tshu-tschu, tsch-tsch-teh-teh, teh-teh-teh-teh, teh-teh-teh-teh,” and, “whsheeeow!”

Why can’t that simplicity be in our lives too?

— Prem Rawat

www.timelesstodsy.com

www.premrawat.com

SPECIAL FEATURE



Hear Yourself

How to Find Peace in a Noisy World

In his very personal book, *Hear Yourself*, Prem Rawat shares key moments of his life, from the 13-year-old Indian boy, suddenly propelled onto the stage at the Glastonbury Festival in 1971, to his experience as an airplane pilot. He talks about his encounters with remarkable people, from political leaders to prisoners he meets with at some of the most inhospitable prisons in the world.

He guides the reader on a journey, often illustrated with stories, that reflect simplicity and accessibility for all, inviting us to listen to the heart, to reconnect with ourselves and take control of our lives. This book dives deep into the heart, while reflecting on the meaning of existence and the immense possibilities it offers.

Born in 1957 in the Himalayan foothills, Prem Rawat learned from his father, a respected teacher. He began delivering his message of peace around the world as a teenager and has reached hundreds of millions of people in more than 100 countries.

He created the Prem Rawat Foundation to help address basic human

needs, including peace education, a course that empowers each participant to discover their inner resources, which is essential for personal fulfillment. Prem lives in Los Angeles with his family and travels around the world every year, meeting people interested in his practical approach to life.

**Michael Bolton -
Grammy Award-winning,
Singer/Songwriter**

"Prem Rawat's insights into life provide the answers I have sought

for decades. This book inspires and elevates the reader with wisdom and a practical approach to finding peace within, rather than seeking it in this crazy world."

**Literary review by
author Erick Pohlhammer**

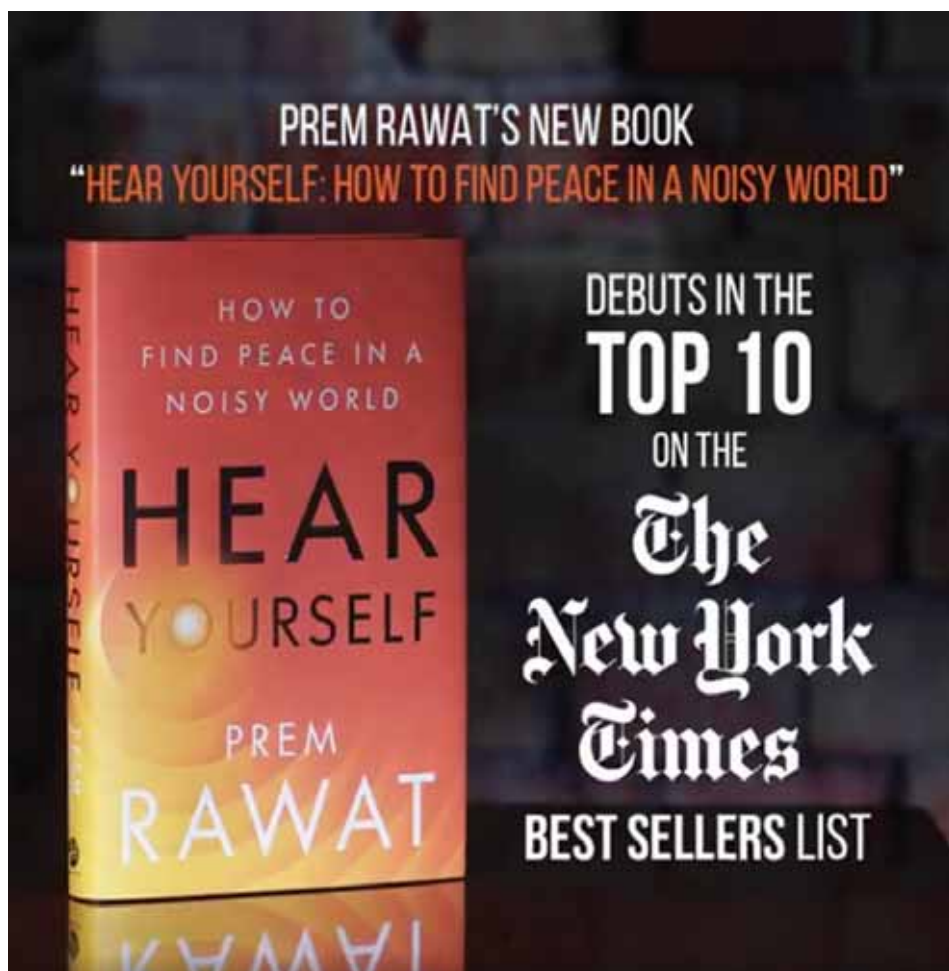
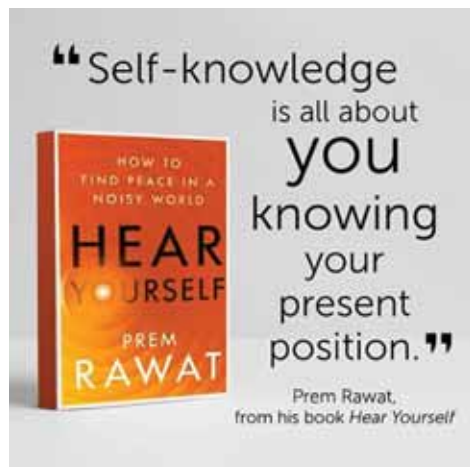
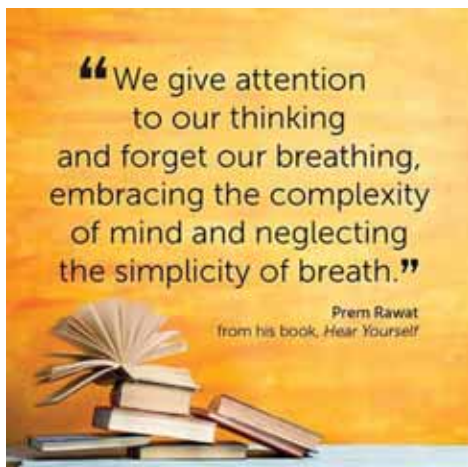
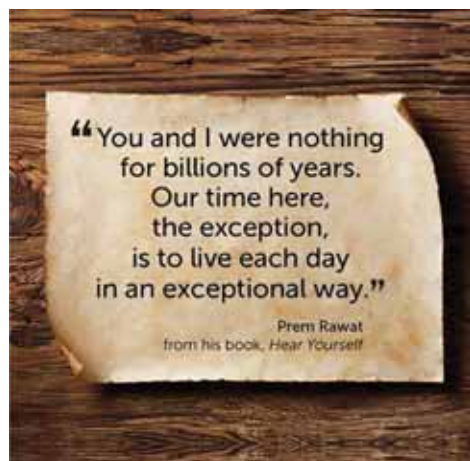
I had a music professor in university that tutored me to obtain my degree in aesthetics, who used to tell us: "Listen to music without thinking of anything; the slightest thought will distract you from the violins, the beat, intervals, the piano, melodic nuances..." This jewel of unfathomable wisdom entitled *Hear Yourself* reminds me of that

great music professor.

**Review by Chris Corbett,
author of Nirvana Blues**

Prem Rawat has been speaking on the subject of personal peace for over fifty years and has now gathered his practical wisdom into an insightful new book *Hear Yourself – How to Find Peace in a Noisy World*. It captures his down to earth approach for learning about one's self on a journey that leads to clarity, contentment and kindness.

www.timelesstoday.com
www.premrawat.com



Sri Lanka, India ink deal...

Contd. from page 1 ...

Congratulations to all parties on signing the Agreement to develop Trincomalee Oil Tank Farms. Sincerely appreciate the guidance from leadership of India & Sri Lanka and support from all Ministers and officials concerned," the High Commission of India in Colombo tweeted.

Earlier this week, the Lankan government had said that after reviewing the three existing agreements with the Indian government regarding the Trinco Oil Tank Farm, the two sides have reached an agreement to implement a joint development project.

The Cabinet approved the proposal to allocate 24 and 14 oil tanks of Trincomalee Oil Tank Complex to Ceylon Petroleum Corporation (CPC) and the local operators of the Indian Oil Company (LIOC) respectively while remaining 61 oil tanks are to be developed under Trinco Petroleum Terminal Pvt. Ltd, with shares of CPC (51%) & LIOC (49%).

Joint Cabinet Spokesperson (Minister) Udaya Gammanpila had said that the joint venture will be for a lease period of 50 years.

The signing has come amid opposition to the deal by nationalist Buddhist monks, opposition groups and petroleum trade unions. Some of them have vowed to move the judiciary to seek an annulment of the deal.

Trade unions at a press briefing here on Thursday claimed that the move would nationally facilitate the Indians taking complete control of the tanks.

The new agreement will be an extension of the 2002 agreement with the local operators of the Indian Oil Company, LIOC.

Sri Lanka in 2002 entered the original deal with India on the island's most strategic oil storage complex, which was used as a supply base during World War II.

India at all times had shown a strategic interest in the Trincomalee tank farm which the British rulers had built to refuel Allied warships and aircraft.

In October, President Gotabaya Rajapaksa told visiting Foreign Secretary Harsh Vardhan Shringla that Indian investors are invited to invest in the island nation and Sri Lanka was keen to resolve the situation regarding the Trincomalee oil tanks in a manner that is beneficial to both countries.

The World War II-era oil storage facility, with a capacity of nearly 8 million barrels of oil, located in the strategically advantaged port district of Trincomalee has been a key bilateral economic partnership link for decades.

Since 2003, the Lanka IOC, the Sri Lankan subsidiary of India's oil major Indian Oil Corporation (IOC), has the leasing rights to 99 tanks at the facility for a period of 35 years for an annual payment of USD 100,000.

Shringla had also visited the oil storage site during his trip to Sri Lanka. The visit was considered significant as oil sector trade unions in the country have demanded that the tanks be brought under the control of the state fuel entity Ceylon Petroleum Corporation (CPC).

The formalisation of the agreement comes in the background of Sri Lanka seeking India's help to tide over its current economic woes exacerbated by the ongoing foreign exchange crisis in the local economy.

The Sri Lanka-India oil tank storage venture comes amid mounting concern over growing Chinese influence in the country.

Officials said that the island nation has shut its only refinery for its inability to pay for crude oil and was negotiating a credit line with India for fuel purchases.

- via PTI



SPECIAL FEATURE

What would have caused the MI 17 V5 of the Indian Air force Helicopter to crash



Chopper Crash: India owns a fairly large fleet of Mi-17V-5 helicopters that are often used to ferry VIPs.- NDTV

The Russian made MI 17V5 is one of the most sophisticated helicopters in the world and is said to be used by more than 50 countries of the world. India has a trove of these helicopters and have been the work horse of the IAF. I would like to say flying a helicopter is more difficult than flying an aircraft, it can be a tricky equipment according to one of the pilots who was flying the Upali helicopters and an ex Airforce helicopter pilot Capt. Manik Seniveratnae. When a helicopter crash occurs it is mostly sudden and violent. It also gives much less time for the pilot to react to save the copter and its occupants. Helicopters lack stability and can spin out of control in a split of a second and crash in to any area. The fixed winged aircrafts can fail to function say in 150 different ways but a helicopter may be in 1000 or more ways to catapult in to catastrophe.

According to the FAA there are more 3/4 crashes every month in the USA. Helicopters give easy access to areas we have limited access or no access at all other than this they should be considered as a dangerous mode of transport, never heard a helicopter pilot ejecting to safety in an emergency.

There are many factors that can cause a helicopter to crash. The manufacturer, the pilot who flies it, maintenance and using substandard parts, on the terrain hazards, excessive loads, Inexperience of the pilot, and out of all these most unpredictable one is the weather. The weather is a vast area we have to encounter, weather at takeoff, at landing and the en route. The en route weather can be highly unpredictable, also air traffic controllers error cause aircraft and helicopter accidents as in the case of a sightseeing helicopter and a small airplane in 2009 over the Hudson River. The last factor is the operating manual and if it is not in a universal language from the beginning, then it falls to the ability of an interpreter. Out of all these, three play a major role in the helicopter crashes.

The Pilot's Error: This is a challenge between man, machine and wire, it all depends on who comprehend who and how to react. In aviation, accident investigators are really baffled by small errors made even by well experienced pilots, but we cannot really say what would have happened in the cockpit when the accident occurred or pinpoint to a certain factor. It is easy for someone to point a finger but difficult to deduce it. There are evidences with clear cut incidences of Pilots error. There are a lot ways a pilot can error can cause a helicopter to crash and mostly pilot's error are common causes. Especially operating a helicopter in not safe weather conditions is one of the biggest pilot's error. In January 2020 Kobe Bryant helicopter crash

that killed 9 people was caused by pilot's error by flying in to a heavy thick fog on a hillside in California even though this S-76 B helicopter was equipped with a very advanced autopilot system that would help the pilot to fly through heavy fog, the worse part of it this auto pilot system was not activated, so concluded, NTSB in its finding and solely blaming the pilot for this horrific crash., Also whether the pilot has often flown on this route under different type of weather conditions. Helicopter pilots mostly fly on VFR conditions than on IFR and this also attribute for helicopter crashes.

Secondly the weather compound to all the problems in a helicopter crash. The weather plays a crucial factor in the performance of a helicopter. The wind and the density altitude affects the performance of a helicopter. Both these are aided and abetted by weather conditions and thus weather play havoc in helicopter crashes. Precipitation And Fog: These conditions may not affect the performance of the helicopter but create a dangerous situation for the visibility. These situations may affect the takeoff, landing and also affect the ability of the pilots to see the obstacles on descent or on landing. Rain, snow, and fog may not affect performance but makes it difficult while operating. Freezing conditions also poses real a threat for helicopter pilots. Ice can form on the rotor blades and on the inside equipment as well. It can cause the instruments to malfunction and cause crashes in helicopters. Wind patterns also contribute to helicopter crashes especially a stormy weather condition can cause unforeseen crash. I remember a case where a pilot was fired because he refused to operate to a flight in severe bad weather conditions in 2017 after a heavy storm hit the island of Saint Martin. He sued the company he was flying and was awarded 2 million \$ by a court of Law recently.

How did the VIP helicopter could have crashed on that fateful day 10th of December, at 1208pm, just 7 minutes before its scheduled time of arrival at Wellington air base. When the helicopter took off from the Sulur air force base 1148 am on that day, the copter had been checked thoroughly for the performance, maintenance and all other related details for the safety of the since it was a VIP flight. The flight planning officer would have checked the weather conditions for takeoff, landing and all other relevant details for the safety of the flight. All the details and protocols would have been followed for this flight to the minutest detail without any doubt. What went wrong is a million dollar question? Based on my aviation experience, read extensively lots of air crash accident and incident reports and flying with the pilots in the cockpit on airplanes on duty, I feel very strongly that this was not a

mechanical failure, bird strike, exceeding the MTOW, or any seditious activities, but would have been the sudden weather pattern that engulfed the hilly terrain due to the relative humidity conditions, the density of the air corresponding to the altitude. Further there is evidence to suggest from the tourists who happened to be there videoing the terrain for the beautiful foggy formation clouds. The thick fog layer is the main culprit for the initial cause of this crash which would have compounded with the following factors. The Pilot a well experienced person on this copter wanted to avoid the clouds for clear visibility might have altered the course to avoid the clouds, it might have hit an obstacle before he could realise even that there were obstacles or he might have descended too low to steer away from the clouds and hit a tree all of a sudden. The decision of the pilot to do what he did eventually would have proved to be fatal with the best of intentions he had in his mind. It would have been beyond his control since it all happened in split second without any warning apparently no "May Day" call to any of ATC in that region. According to a good friend of mine the first flight engineer on a Jet aircraft Mr. G. A. L. B. JANZ (Chief Flight Engineer, instructor for Air Lanka, Sri Lankan, Maldivian Airlines) this would have been weather related compounded by pilots error, also he said when you fly a VIP the pressure on the pilot was enormous and the pilot would have been mentally under a stress also to get the VIP on time to the destination. A few devices will reveal details if this ill-fated flight, mainly the Black box with all the performance of the copter, the CVR – Cockpit voice recorder will have all the conversations with the ATC up to the minute of impact, also I am so sure that there would have been another helicopter on escort of the VIP flight and sure would have seen the impact. Whatever the reason since it was an IAF flight, less details will be known for security reasons and insurance purposes.

Whatever had happened this was a loss of great magnitude to the IAF personnel, Indian Defense Forces, immediate family members, Indian government and the people of India. We sincerely offer our heartfelt condolences to all the bereaved family members and to the Indian government. WE pray for all the lives lost in this tragic accident and May All The Souls of Valor attain Shanty. OHM Shanthi!

K.N. Sivagnanasunderam (Blue)
Former Flight Operations Officer
Air Ceylon Ltd.

Kanesiva6@gmail.com




BANQUET HALL

Where Your Traditions Matter

& CONVENTION CENTRE

We provide a touch of elegance to your event. Our reputation for excellence will leave you confident that your next party will be perfect.

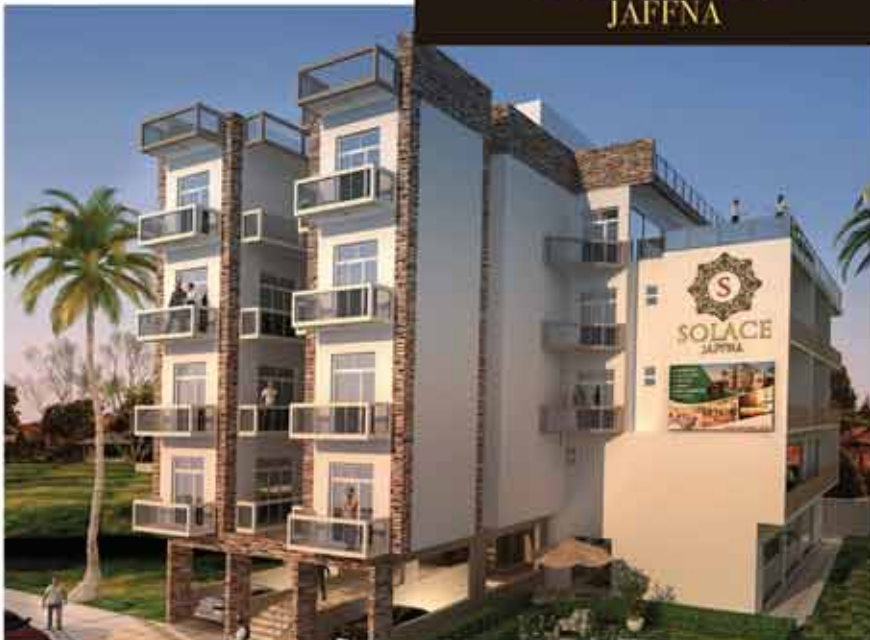
For more information:
416-290-6186 | jcsbanquet.ca



JC'S GRILL HOUSE
Fresh Dining



We are the
**GOOD FOOD
NEIGHBOURHOOD
RESTAURANT**
You have been craving



YOUR HOME AWAY FROM HOME

Solace means escaping to peace and tranquility. Our condominium offers you peace-of-mind living in the heart of Jaffna.

For floorplans and pricelists:
sales@solacejaffna.com | +1-647-470-6418
www.solacejaffna.com



COMMUNITY WATCH

Its all about giving back to the community



It all started three and a half decades ago and it still continues. We are talking about the Senior Tamils' Center of Ontario (STC), a popular social organization based out of Scarborough. STC is a grouping of Senior Tamil community members who have been keeping themselves active and, in that process, maintaining an active relationship with the community as a whole. STC had never missed an opportunity to give back to the community where needed and when possible.

When the Covid pandemic broke out in the city, STC was there to partner with the City and to utilize the assistance offered by the City to those in need. Let it be sharing the health guidelines, distributing hot meals, distributing face masks or even helping out with booking testing/ vaccine appointments, STC was there to give a hand to the City in reaching out to the community.

In its own little ways, STC has been a benefactor for the services offered by Cancer Society of Canada and the Dialysis Unit of the Scarborough Health Network. STC has been working with these two organizations in meeting some of the demands made by the community. When the time came about, STC had also contributed to the funding efforts of The University of Toronto in installing a Tamil Chair at the University.



Based on the community's needs and demands, we now see all three levels of the governments focusing on mental health and emotional wellbeing of its citizens. Naturally, mental health and emotional wellbeing has become the latest foray for STC to get involved. A group of STC members have grouped themselves together and are willing to lend their "ears" to members who are in need of attention. There are times when everyone needs somebody to listen to them, not really someone to give advice or suggestions but just to listen to someone expressing thoughts, concerns and may be worries. This group of volunteers have been handpicked to offer this service based on their perceived emotional makeup and willingness to help. The selected group has been put through formal training offered by qualified medical professionals. It's clearly understood that this group of non-professionals

do not offer any counselling support or medical help.

Another major project of STC was the "Clean Air Ambassadors" project. This project was STC's commitment to show concern and to take action on controlling the ecological foot print we could be leaving behind in this world. Through this project, STC had worked on expanding and engaging existing volunteers, empowering community youth and special needs children by teaching them new skills and ideas. The vision is to reduce greenhouse gas emissions by way of changing personal commuting options; and by practicing water and energy conservation. It was the Ontario Trillium Foundation (OTF) which had come forward in helping out STC with the necessary funding for this great project. This was a big commitment from STC to give back to the community in a big way.

It's often believed that age is a barrier to technical incursions. However, we have some STC members proving this wrong. STC has a group of seniors sharing their skills in automation and robotics with the youth. This is an intergenerational activity, which is gaining momentum now and hopes to bring about innovation through sharing knowledge and experience. Interestingly this group calls itself "Makers Club"

There is a famous Bridge quote, which goes as "The real test of a bridge player isn't in keeping out of trouble, but in escaping once he's in". Well..... STC has a Bridge Club too, members come together to sharpen their wits and skills. It's believed that bridge promotes healthy aging as it provides opportunities for cognitive workouts and social interaction. Members of this club have been sharing their Bridge skills with other interested members of the community at large.

Another popular project of STC is 'Ilam Thalirkal' which when read in Tamil refers to " Budding Youngsters". This project which aims to implement an intergenerational learning and development dialogue. Through this project seniors and youngsters have come together to explore academic avenues and social opportunities for their mutual benefit.

On the cultural front, Senior Tamils' Center of Ontario (STC) is proud of their weekly cultural event titled "Nila Mutram". A multimedia presentation hosted every Wednesday evening. This event is well received by the Tamil community in North America and also has viewers tuning in as far away from England and Australia. The title of the event "Nila Mutram" says it all in Tamil, it refers to cultural events held in the verandah under moon light. The event includes music, dance, drama, poetry, debates and everything cultural.

COMMUNITY WATCH



In the media front, STC stands out with two great publications "Vaiharai", a Tamil e-publication published on a weekly basis which carries short articles and topics compiled from other published sources, all compiled in interesting formats. Some readers of this e-magazine would like to refer to this publication as the Tamil Readers Digest. The other publication is the official quarterly magazine of STC, "Sanganatham". This is the official voice of STC which has been coming out to the delight of the community for over 30 years now. "Sanganatham" never fails to reflect what STC stands for within the community.



First row (left to right): Parimala Rajah-Asst. Secretary, Thavamalar Arulanandam-Secretary, K. Arasaratnam-Treasurer, Indra Nadarajah-President, S. Sritharan- Vice President, Damayanthi Yogakumaran- Asst. Treasurer, I. Jegathiswaran-Editor

Second row (left to right): Directors: S. Tharmaseelan, B. Balakrishnan, Thelma Mather, Shantha Somaskandar, Ira Balasubramaniam, S. Sahajanathan, Wilmot Olagesagaram, Raymond Santiago

Senior Tamils' Center of Ontario (STC) is governed by an elected board of volunteer Directors, who all occupy their positions for a two-year term. As usual, the board of STC broadly represents stake holder representation, including gender equality. The current President of the Board Indra Nadarajah, an accomplished woman leading the way in taking this organization into the next decade. The organization is ably administered by a team of volunteers and two full time employees who plan and deliver the day-to-day activities of the Centre.

The mainstay of STC is in providing wellness and healthy-living activities for seniors on a 5-day work week basis. This includes yoga, chair yoga, cardio fitness and even Jewellery making. STC also works with other like-minded organizations in delivering health seminars and workshops (medical, fall prevention, safety, conservation of energy and environmental protection). The organization is also known for organizing age sensitive tours and cruises both local and outside Canada. In the past, STC had organized successful tours to China, Japan, Europe, South Africa, Morocco and other countries and organized enjoyable cruises over Mediterranean, Panama, Alaska, Caribbean islands.

This organization never shies away from organizing festivals and functions, let it be the Canada Day, Tamil Heritage Month, Christmas or Deepavali. They always organize meaningful festivities to bring about little fun and cheer.

STC has a vibrant website (www.seniortamilcentre.com) and an e-magazine published weekly to make its presence meaningful in the Internet and its active presence in the social media (Facebook) all make this organization a technically savvy senior outfit.

Going by all what has been achieved by this organization during the last 35 years, we have no doubt that Senior Tamils' Centre of Ontario will continue to be scaling heights in keeping our seniors hale and hearty.



Serving Tamil Seniors

முதியோர்களுக்கு உதவும் தமிழ் அமைப்புகள்

Senior Tamils Centre of Ontario

Founded in 1986, a committed Group of Tamil Seniors of Ontario in Canada, under the banner of Senior Tamils Centre of Ontario (STC) has come a long way over the past 34 years, to engage in a wide range of activities to keep themselves healthy and active. The vision of STC is "The total well-being of the aging population among the Tamil Community of Ontario." STC offers seniors healthy living programs including fitness and recreation activities, healthy living seminars and workshops in partnership with other organizations, engagements with environmental groups and projects, social participation and inclusion of isolated seniors by conducting friendly visits to residents at Long Term Care Centers, information sessions, seminars and workshops in Life Skill Development, Recreational and cognitive activities, computer skills and craft/jewelry making programs, courtesing and referrals, peer support groups, Celebration of festivals and holidays, and tours and picnics. Due to the current pandemic, STC continues to provide services and support through virtual resources.

Ontario Seniors Month 2020

Past Presidents of Senior Tamils' Centre of Ontario

செனியர் தமிழர் மையம்

SENIOR TAMILS' CENTRE OF ONTARIO

Jan 2021 35-1

SANGANATHAM

சங்கநாதம்

முப்பத்தியான்க்கால் வெளியீட்டில் 35 ஆண்டுகள்

புதிய ஆண்டு

35

Celebrating 35 Years!



FUNERAL HOME
& CREMATION CENTRE

Serving the Tamil Community OF GREATER TORONTO

உங்கள் உறவொன்றை பிரிந்து
தடுமாறும் வேளையில் இறுதி நிகழ்வுகள்
பற்றிய கவலை உங்களுக்கு வேண்டாம்.
அனுபவத்துடன் கூடிய அன்பான
சேவையை வழங்குகின்றோம்.

At Need Funeral Arrangements

We provide a full range of service to families who
have experienced a loss of a loved one, including:



**Vilosanan
Sivatharman**
Funeral Director
416-993-0826

- Vistation
- Funeral & Memorial Service
- Reception
- Burial • Cremation



**Christeen
Seevaratnam**
416-258-6759

மார்க்கம், மற்றும் மிசிசாகா
நகரங்களில் எமது சேவை

இறுதிச் சடங்கை நடத்துவதற்கான செலவை முன்கூட்டியே திட்டமிடலாமா?

Pre-Arranging: A Wise Choice...

FINANCIAL BENEFITS

- Lock in the cost at today's prices
- Convenient time payments
- Insured against early death

EMOTIONAL BENEFITS

- Letting your family know your wishes
- Peace of mind to you & your family
- Relieve the added stress & burden

8911 Woodbine Ave, Markham, ON, L3R 5G1 • www.chapelridgefh.com • Email: info@chapelridgefh.com



ARE YOUR TAX PROBLEMS AFFECTING YOUR WORK & FAMILY LIFE?

CONTACT 416-750-0039 TODAY!

☎ 416-750-0039
647-784-1829

✉ vgalibtax@yahoo.ca

📍 102-1911 KENNEDY RD
SCARBOROUGH, ON
M1P 2L9



EVERY CLOUD HAS A SILVER LINING



C. Kamalaharan

This year 2022 will be brightening
As people are longing for a clearing
Of the dark days they were facing
And life for them returns cheering

While the covid pandemic spreading fast
Unconcerned people gluing to the telecast
Behaving themselves as social outcast
And flouting health instructions steadfast

Permanent employees rely on their steady income
While daily paid workers rely on wavering income
The old aged retirees rely on their monthly pension
While the unprivileged rely on charity and tension

Prices of essential items soaring high
Consumers seem half-minded to buy
Rice the only staple food they fully rely
Now available only in limited supply

Can the helpless poor citizens survive
From morning to dusk as they strive
And with the scanty income they thrive
Happy life for them set to deprive

Every cloud has a silver lining
Every country too has a silver lining
From bottom to top it has an uprising
Our country too is gradually uprising.

★ ★ ★ Hoping for a better 2022 ★ ★ ★



SPECIAL FEATURE

Medicine or Requisites of Health



By: J.A. Rajah

*'Marunthuena vendavam yaakaiku arunthiyathu,
Attathu potti unin'.*

மருந்தென வேண்டாவாம் யாக்கைக் கருந்திய
தற்றது போற்றி உணின்

If one takes food again, only after the earlier meal has been well digested, no medicine is needed to ensure good health. Restraint in eating is the great secret of good health. Excess or deficiency of the three fluids of the body-gases, bile and phlegm- could cause disease; gases begin these fluids as listed by experts. They result from excess or shortage of food, work or sleep. After digesting what has been eaten earlier, one must have food in the right measure; Moderation in eating is the secret of longevity. Shakespeare's oft-quoted statement says: 'Good digestion waits on appetite and health on both'. After making sure that the previous meal has been digested, when one is really hungry, have only the food that will agree with the system. If one has only the food that agrees with his system and limits the intake, his healthy life will not suffer any harm. The man who exercises conscious restraint, will retain the pleasure of eating, similarly, the unrestrained eater will invite disease. The man who eats beyond his digestive powers, will be subject to all kinds of ailments.

*"Noy naadi noi muthal naadi,
Athu thanikkum vainaadi vaippachcheyal".*

நோய்நாடி நோய்முதல் நாடி அதுதணிக்கும்
வாய்நாடி வாய்ப்பச் செயல்

The skilful treatment of a disease consists in identifying the symptoms and causes, as well as possible remedies, before choosing the best. In prescribing the treatment, the good physician considers the capacity of the patient, the progress of the disease, and the season. The patient, the physician, the remedy and the attendant are the four elements that go to make up an effective medical treatment. I know of a doctor in Sri Lanka who always asked the patient to tell everything that he did before the he fell sick through severe questioning. Only then that he will suggest the treatment. Valluvar appears to have had a full mastery of all aspects of modern medical treatment.

(Kural: 941-950)

*"Uttavan thherpan marunthu uzhlaihelvan enru,
Appal naatkute marunthu"*

உற்றவன் தீர்ப்பான் மருந்துழைச் செல்வானென்
றப்பானாற் கூற்றே மருந்து



Valluvar's Views

SPECIAL FEATURE



THE ESSENCE OF ROMANTIC LOVE AS EXPRESSED IN BHARANI'S 'KAATHAL'

By: J A Rajah

The yesteryear Tamil film was replete with excellent love songs sung by Bhanumathi and Ghantasala. They were all sweetly rendered and expresses romantic love in a miraculous manner. Bhanumathi as a village girl falls in love with a young man from the city which



Bhanumathi And Ghantasala

eventually ends as a tragedy. The songs in the film were spectacular giving the true nature of romantic love and Bhanumathi as an innocent village girl gave an outstanding performance as actress, singer, story-writer and producer. Her cheerful, energetic and brilliant acting were memorable and enchanting. Her voice was mesmerising and with Nageswara Rao as the romantic hero gave a sterling performance.

Romantic love is a feeling of strong attraction between two persons. It is a strong feeling that overrides all other feelings and resultant emotions. It is a love relationship in which the other individual is imbued with extraordinary virtue, beauty and character. The relationship overrides all other considerations including material ones or status. History is replete with love stories like that of Samson and Delilah of the Bible, Romeo and Juliet of Shakespearean Classics, Nala and Damayanthi of Nallavenba, Kannaki and Kovalan of Silappathikaram, Rama and Sita of Kambaramayana, Laila and Majnu of Lailamajnu and Anarkali and Saleem of Anarkali. The outstanding songs from 'Kaathal' are:

1. 'Inbak kaviyam aahum vaazhlvey kaathailnale'
2. 'Kalyaname, namma kalyaname'
3. 'Aaha inbame, ahahaha engume, ahahaha ponguthe'
4. 'Naan konda kaathal ivaaruthan'
5. 'Vaazhlvellam paazhlanathe'
6. 'Jeevithamellam sweetakachcheyum'
7. 'Kanavuthano, ninaivo kaathal'
8. 'Aaha naan adainthen inbame'

1. 'Inbakaviyamahum Vazhlve Kathalinala.'

Life will be a saga of joy when one falls in love, when to minds blend together. Love will be food for life in addition to be a swelling honey. The sweet feeling of love will be an everlasting celebration. Such a feeling makes the worldly life a heavenly blessing.

2. 'Kalyaname, Nama Kalyaname'

This song sung by Bhanumathi has a superb beat. As Mothi-the village girl she dreams about her wedding with Rajah in the village setting. She imagines it to be a memorable sight with peacocks dancing and the stars shining providing beautiful light. The beat of the song is ideal for dancing. I used to sing it in my Hall room at the university with the room packed with about 25 to 30 revellers dancing and clapping in the room.

3. "Ahahaha inbame, ahahaha engume".

This is a song sung by Mothi the village girl inspired by the love she has for Rajah. Her whole life is imbued with love and she runs about in the woods singing with song with sweetness and tremendous joy. Every moment of hers spells happiness and Bhanumathi gave an adorable performance.

4. "Nan konda Kaathal ivaaruthan"

This song was sung by Ghantasala for Rajah where he expresses his dire sorrow and frustration due to the obstacles in the way of his love. The social and situational hassles in the progress of his love affair and he laments and blurts out his feelings with tremendous sorrow with the words 'my love was torpedoed in the middle of a river-hepless and unredeemable.

5. "Vazhlvellam Paarlarnathe"

This was sung by Bhanumathi as Mothi expressing the shattering of her love affair due to social differences. She says the her love was devastated by fate, she was the subject of shame and dishonour and that her life has turned out to be a mirage. Love and affection are like gambling in this world and there is no reality in it. "Kaathal premai yavume, even soothu than mun methile, athil ethum menmai illaiye'. Bhanumathi gave a superb expression of sorrow through her brilliant acting and excellent singing. She was really a skilful actress of maestro ability.

6. "Jeevithamellam sweetakach cheyum premai ding dong bell, piriyaarani nightingale".

Rajah on his way to meet Mothi sings with happiness of seeing her. For him she is a symbol of joy and happiness. She feels that she is a symbol of sweetness and joy and his life will be a thing of everlasting joy as long as she is with her. He sings-'viravaka neril chendre kaniyai adaivene, en kaniyayi adai vene, mana mohiniyarle, unai nan maravene'. I will go quickly and meet my beloved, my angel, I will never forget you. Nightingale is a singing bird and it is being cited as the example for Mothi-the lovelorn girl. Brilliant!!.

7. 'Kana vu thano, ninaivo"

Rajah sings out of frustration. He feels that his love will end in failure and everything

will turn out to be just a dream. There was hurdles for him both from his parents and the girls situation and a tragic end is imminent Ghantasala was at his singing at the background for Nageswara Rao as Rajah..

8. "Aaha Nan adainthe Inbame"

This was a song sung by Bhanumathi for Mothi in a sudden spurt of happiness. She was expecting the return of Rajah from town and feels very happy and gets rid of all her sorrow. She says she had forgotten all her sorrows like a day-dream. She was all happiness and she sings this song with tremendous joy, happiness and mirth. Bhanumathi expresses all these feelings by song, action and facial expression-really enjoyable expression of sweetness.

All in all the songs of the film expressed the variety and complex nature of romantic love ranging from extreme joy to utter devastating sorrow-all maintaining in its content - inherent sweetness and exceeding pathos. It makes one feel that 'Life is not worth living without the strong backing of romantic love'. Love makes the world go round.



Directed :	P. S. Ramakrishna Rao
Written :	Udayakumar (Dialogues)
Screenplay :	P. S. Ramakrishna Rao
Story :	P. Bhanumathi
Produced :	P. S. Ramakrishna Rao P. Bhanumathi (Presents)
Starring :	A. Nageswara Rao P. Bhanumathi
Year :	1952



Is Cloning Beneficial to Society?



- sciencefocus.com

By: Mithusha Partheepan

Although cloning may not seem to be a huge practice, it has been done several times to different breeds of animals. Dolly the sheep was the first and most famous clone in the world. Cloning is a complex process that exactly copies the genetic or inherited traits of an animal. The cloning of livestock began in 1996 with Dolly, and has become more prevalent in the years since. There are many reasons a producer may want to clone their livestock, from meat consistency to reproductive efficiency. Some may say the practice of cloning could change the future of farming.

Cloning, or biological copying, has been successfully done in cattle, swine, and goats; and that's just livestock! Scientists have also managed to clone mice, rabbits, rats, cats, mules, horses, and even a dog. However, cloning is a very controversial topic with lots of debate surrounding it, mostly about the welfare of these animals that are being attempted to clone. According to the *World Farming Report*, in 2010, there were estimated six thousand livestock clones worldwide. Some parts of the world are already using cloning commercially to produce elite animals for breeding. However, as previously stated, there are some concerns towards the welfare of the clones and the animals used to create the clones. Many cloned embryos do not develop to term and many of the ones that do, die during or soon after birth. This is more common in some breeds than others, such as cattle, but it is still a concern with any

cloned animal. Animals used as surrogate mothers are also affected due to the high rates of failure, birthing difficulties, and C-sections. Some cloned fetuses develop much larger than traditionally bred fetuses, which can cause difficulty when giving birth. Due to some of these risks, the cloning of farm animals was banned by the European parliament in 2015. However, this ban does not include cloning for research purposes or attempting to clone endangered species. The possibility of cloning rare or endangered species livestock breeds is one of the reasons people do support cloning.

There are more positives to cloning besides just restoring rare breeds. For producers, cloning can introduce positive genetics into a herd in a very short time. Say you have an animal who has always been a great breeder, but it is getting to the point when she can't breed anymore. Breeding her offspring and adjusting to try and get some of the genetics of that original one could take several years using traditional breeding, but through cloning, you could clone and have the desired genetics in your flock much faster. Another positive aspect to this would be uniformity. If a producer wanted more uniform, higher quality meat, cloning a higher quality animal would be an easier, more effective way to get the uniformity they desire, which will help their income.

The cloning of farm animals, although a very controversial topic is a practice that is gaining popularity around the world and could be useful to producers in so many ways.

Cloning can be used to preserve the genetics of old, diseased, or dead animals, re-create animals without reproductive issues, eliminate diseases, create herd uniformity, and so many other things. Other countries are already using clones for meat

and eventually if the FDA approves it, the United States could too. Cloning is a complex process that lets one exactly copy the genetic, or inherited, traits of an animal and it's a practice that could change the future of farming as we know it.



RG Education Centers
Giving the Gift of Education since 1991

ONLINE CLASSES AVAILABLE

- French
- English
- Math
- Science
- Biology
- Chemistry
- Physics
- Piano
- Theory
- Guitar
- Voice

FREE ASSESSMENT

• CONVENIENT
• EASY TO SET UP
• EXPERIENCED TEACHERS
• AFFORDABLE RATES

IN-PERSON CLASSES:
3852 FINCH AVE. E, SUITE 401
SCARBOROUGH (KENNEDY & FINCH)
(416) 609-9508 / www.rgeducation.com

SCIENCE & TECHNOLOGY



THEOLOGIAN TO VALIDATE IF SCIENTISTS FIND ALIEN LIFE

NASA Needs Help to Understand How the World Will React to the Discovery

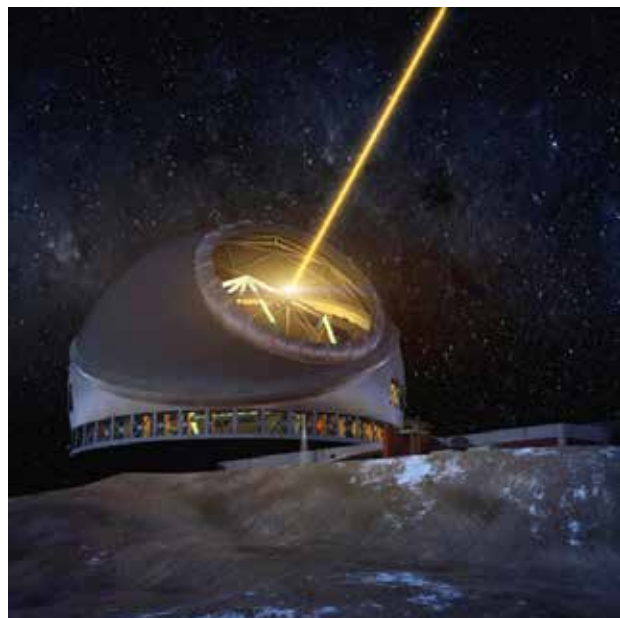
By OUE Research Institute

NASA is heading towards pursuing divine knowledge and help from theologians to understand how humans will respond if they found aliens existed and how the finding could change our views of gods and the creation of the universe. It has hired two dozen (24) theologians for this. The theologians will be functioning at the agency's Centre for Theological Inquiry (CTI) at Princeton University in the USA. With two rovers on Mars, several probes orbiting Jupiter and Saturn, and the launch of the James Webb Space Telescope, NASA believes it is on the right track to finding signs of alien life sooner than previously anticipated.

Theologians

It will profoundly impact the global mind and our understanding of the world and its creators when that happens. NASA believes it will require help from theologians, who study the nature of the divine and, more broadly, religious beliefs, to make sure the finding is received well.

NASA gave a \$1.1 million grant in 2014 to CTI for this purpose. The theologians will participate in a NASA-sponsored program titled Societal Implications of Astrobiology (SIA). It seeks to answer baffling questions such as what life is, the chances of finding aliens, and how we differentiate them from humans. One of the theologians enrolled

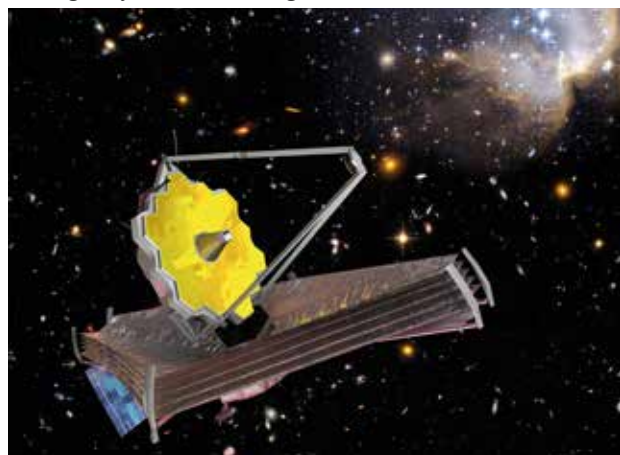


by NASA is a British priest. Rev Dr. Andrew Davison wrote in a blog post that "religious traditions" would be an essential feature in how humanity would work through any confirmation of life elsewhere.

Davison's assessment appears to consider the large number of people opposed to the idea of life beyond Earth because either they believe it's not possible, or they think we are far from developing the capacity to prove that existence. But NASA's James Webb Space Telescope, which launched recently, moves in the right direction. The telescope is expected to help scientists understand more about the origins of the Universe and Earth-like planets beyond our solar system.

Impact on Religions

NASA is consulting with theologians to understand and assess societal implications for the agency's Astro-biological and search for life



efforts. How would the finding of intelligent alien life impact religious societies? The launch of the new space telescope will give scientists their most detailed look ever at far-away planets. If they find signs of intelligent life, NASA wants to know how best to disseminate information and interact with faith groups.

Religious specialists have discussed how each of the world's influential religions may respond to news that intelligent life exists on other planets. The scholar, Rev. Dr. Andrew Davidson, said his job concentrated



on the relationship between astrobiology and Christian theology and the possibility of there having been "many incarnations" of Jesus Christ. Davidson says in an upcoming book that many people would seek religious advice should aliens ever be discovered.

Publications

Will Storrar, director of the CTI, said NASA wanted to see "serious scholarship being published in books and journals" addressing the "profound wonder and mystery and implication of finding microbial life on another planet," the Times reported. In a statement posted to the University of Cambridge's Faculty of Divinity blog, Davison said



his research mainly concentrated on the concept of Christology or the study of who Jesus was as both a human and divine being.

"The most significant question there is likely whether one would answer theologically to the possibility of life elsewhere in terms of there



having been many manifestations, or only the one theologians talk about in Jesus," he wrote at the time. "I have also been thinking about the doctrine of creation, particularly in terms of how it deals with themes of variety and diversity," Davidson added in the blog post that his research hadn't been limited to religious texts, around which other research on the topic of extra-terrestrial life has tended to centre.

"In thinking theologically about life elsewhere in the universe, there has been a tendency to pick up mainly on passages from previous theological work where another life has been the topic under discussion. I want to move beyond that and join the



discussion to a much wider range of material and perspectives," he wrote. "The main finding just how often theology-and-astrobiology has been a topic in popular writing for at least a century and a half: in monthly magazines, for instance," he added.

The Times reported that Davidson's upcoming book, "Astrobiology and Christian Doctrine," set to be published in 2022, will cover part of his work with the CTI and NASA. According to a portion of Davidson's book obtained by the Times, a "large number of people would turn to their religion's traditions for guidance" if aliens were ever discovered. "Detection of alien life might come in a decade or only in future centuries or perhaps never at all, but if or where it does, it will be useful to have thought through the implications in advance," Davison writes. NASA was not directly involved in the selection of researchers for the study.

Caleb Scharf, head of astrobiology at Columbia University, questioned whether researchers could control the narrative or the public would understand the carefully constructed messaging. "I question whether or not the scientific community is really in control of that," he says. "Just look at the COVID, where time and time again, we have been presented with statistics and probabilities, and we are all horrible at interpreting that stuff."

What is certain, though, is that things are progressing quickly. "We're in a very different situation than even ten years ago," Scharf says. Research across a range of fields, from examining caves on Earth to visiting distant worlds, is on the point of bringing us closer to the discovery of alien life than ever before. Deciding how to communicate such a thing to the world may well be worth discussing sooner rather than later. "It feels like we're not alone," says Graham Lau, an astrobiologist at the Blue Marble Space Institute of Science in Seattle. "If there is life out there, we must be close right now."



International Medical Health Organization Canada

IMHO (International Medical Health Organization) Canada consists of a small albeit dedicated group of volunteers from diverse professions and is a duly registered charity in Canada. It stands unique among peers, by virtue of its very low overheads, thanks to the tireless volunteers, who are its live wire. Board members willingly contribute time and energy to the success of its programs. It undertakes need-based projects in the developing world by identifying and prioritizing them; sustainability being a mandatory requirement. As such, projects identified and referred to the board, are subjected to rigorous assessments as part of the thorough vetting process prior to approval. Although the organization has a mailing address, all operational and other communications occur seamlessly and virtually. IMHO Canada is a nonpar-

they performed at home. Taking the cue, come 2018, IMHO Canada implemented pilot projects in two Northern Province districts in Sri Lanka. Two other organizations namely, Two World Cancer Care and CANE (Cancer Aid North and East) joined hands with us to make it more meaningful. Initially, IMHO chose two doctors and three nurses and sponsored their training in Hyderabad, India. IMHO Canada also supported them by way of stipends. On successful completion, they set up services in Jaffna and Vavuniya districts. Little wonder that the biggest contributions were from doctors and nurses, who went to patients' houses outside their hospital working hours.

The Ministry of Health Northern Province, endorsed, supported, and supplied medications free of cost for the project. IMHO Canada also provided funds to cover transporta-

tion expenses resulting in patients receiving palliative care, completely pro bono. In addition, educational support was provided by Palliative care experts from Canada and Sri Lanka, using monthly case studies; ongoing advice and guidance for the ground crew being enabled by way of WhatsApp group discussions. Vavuniya had cared for more than 200 patients and Jaffna had ministered to over 250 patients. This pilot project was a real success and attracted attention from many quarters.

IMHO Canada had planned to expand the palliative care services to three other districts of the Northern Province by providing more doctors and nurses trained in Hyderabad. Unfortunately, the world was hit by a bolt from the blues in the form of the Covid 19 pandemic. Everything came to a standstill, but not at IMHO Canada. Mercifully, the Hyderabad Pain Relief and Palliative Care Society agreed to provide an online training course for doctors and nurses. Fifteen nurses and an equal number of doctors completed the course.

In the meantime, there was good news from the Ministry of Health, Northern province. The new governor of the Northern Province Hon. Jeevan Thiagarajah requested the provincial Health Ministry to appoint full-time palliative care teams in all districts of the province. As a result, now there are teams in all the districts of the province, caring for the terminally ill at their homes, through palliative care. IMHO Canada continues with its support by way of meeting expenses on account of transportation of personnel and equipment. With

help from partner organizations, IMHO Canada would continue to support education and training needs as well.

Cyclone Buravi



and CPAP machines. IMHO Canada provided funds to three hospitals in Vavuniya, Mullaitivu, and Muthur for procurement of this equipment urgently.

The ICU in Vavuniya hospital was provided life-saving equipment by a considerable donation from Sri Sathya Sai center in Vancouver.

Hospital renovations



Wiping the tears of anguish



tisan, nonpolitical and non-religious organization.

Part of IMHO Canada's performance in 2021.

Palliative Care



The dreaded medical pronouncement that one's ailment isn't curable and thereby the individual deemed palliative, could be extremely stressful, not only for the hapless patient but for the entire family. In Canada, a palliative care team consisting of doctors, nurses, personal support workers, and counselors gets down to work in the immediate aftermath, assuring the terminally ill patient a lifelong caring. The patient is mostly cared for at home or at specialized care centers known as hospices. Some seek specialized palliative care in hospitals.

In comparison, palliative care services in developing countries are restricted to hospitals, and rarely are

December 2020 happened to be a time of destruction in the Northern Province brought about by a cyclonic storm, which destroyed around 200 homes in the Mannar district alone.

IMHO Canada provided affected communities with quick livelihood interventions for sustainable food security. This was delivered with help from one of IMHO Canada's partners namely, Mannar Women's Development Federation, which provided logistical support for distribution at ground level.

COVID-19 Hospital Relief



Several hospitals in the North and East were in urgent need of medical equipment to provide life-saving support to COVID 19 patients. There was an urgent need for high-flow nasal cannula oxygen therapy devices

Moolai hospital in the Jaffna district has been a lifesaver for many living in the area. It provides clinics for Ophthalmic, Dental, Cardiology, Pediatric, and Maternity services. It also maintains a small emergency department. IMHO Canada renovated the doctors' quarters to enable doctors' shift work, during their sojourns from Jaffna town.

Kilinochchi Hospital requested renovation of one of their wards to serve COVID 19 patients. After the pandemic, it is to be converted to a Psychiatric ward. IMHO Canada supported the project and renovated the

ward. This was a timely project and the ward has been functioning well.

Analaithivu is an island off the coast of the Jaffna peninsula in Northern Sri Lanka, located approximately 25 kilometers (16 miles)



COMMUNITY WATCH



west of the city of Jaffna. The hospital plays an essential role in the health of the people of this remote island. IMHO Canada supported the renovation of the hospital which was heavily damaged during the war.

Vaddukkottai Hospital is another hospital in the Jaffna peninsula that serves a large population. This hospital was due for a complete renovation. A single donor from Vancouver Mr. Nadarajah Shan who is from Vadukkottai came forward to support the whole project. With his generous donation, IMHO Canada has undertaken the renovation.

Potable water in the Naddankandal area in the Mullaitivu district contains high levels of calcium. As a result, people in this village are prone to kidney disease in the long run. A large water filtration unit was installed in a school in the village. This water filter would provide clean drinking water to the students and the teachers.

A school in Maskeliya in the hill-country requested IMHO Canada for support to install a water supply scheme. This was done benefiting the students and their teachers.

Similarly, an up-country school in Bogawanthalawa was provided with a potable water supply. It would benefit about 500 children and teachers.



COVID 19 Food Relief



Many families had lost their income and hard-earned savings during the Covid 19 pandemic.

IMHO Canada has so far distributed dry rations to about 1100 families through one of its local partners, Ramakrishna Mission, Batticaloa. These essential food items included rice, lentils, sugar, milk powder, pulses, soybeans, etc. The beneficiaries were chosen from Mannar, Batticaloa, Kandy and Trincomalee districts.

A group of young and talented musicians of Toronto performed to enable part of the funding. Fundraising online, this successful Instrumental Veena program was organized by a popular Veena artiste Priyah Ratnakumar of Veenalayam school of music.

Water supply and filtration



Helping Pregnant Mothers

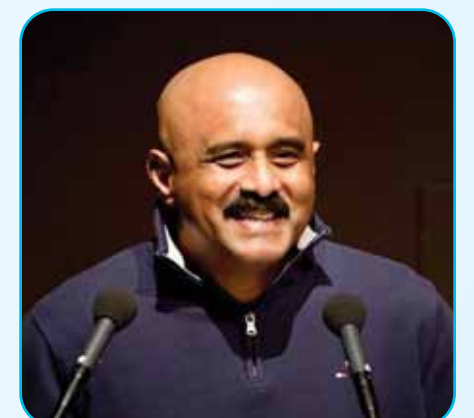
Covid 19 adversely affected many people economically as well, robbing them of a productive livelihood, none more so than pregnant mothers who became vulnerable in the absence of proper nourishment, monitoring, and medical support and advice. Partnering with Shanthiham Ahc, on December 9th, 2021, IMHO Canada provided relevant material at the Killinochi General Hospital, to help 200 pregnant mothers

towards a safe delivery and healthy kids.

We look forward optimistically towards the year 2022 to serve the needy and to undertake many more projects so that humanity may overcome the ill effects of poverty. The organization's credo is in performing small but effective projects to alleviate the suffering of fellow human beings. This would entail doing the right things for those affected and doing them right and at

the right time, to those in need of the most.

IMHO Canada seeks the support of the diaspora everywhere to carry out urgent charity work, scientifically planned and efficiently executed. (Imhocanada.org)



By: Varagunan Mahadevan,
MD CCFP
Family Physician
Asst. Clinical Professor (Adjunct)
Family Medicine
McMaster University
President – International Medical Health Organization (IMHO) Canada


COMMUNITY WATCH

TAMIL LITERARY GARDEN
 தமிழ் இலக்கியத் தோட்டம்

Tamil Literary Garden Celebrates 20th Anniversary

The Tamil Literary Garden is a Toronto based charitable organization founded in 2001 and committed to promoting the development of literature in Tamil internationally. Its mandate includes creative writing, translations, book releases, awards, conferences and workshops.

It recognizes that despite the richness and significance of contemporary writing, very little has been done to promote or to celebrate the authors who have made major contributions to Tamil studies. Hence the Tamil Literary Garden seeks to make a modest contribution by engaging in several activities that would serve the cause of literature. To this end it identifies projects that need to be supported and offers assistance by sponsoring publications, book launches, and translation workshops.

Among its activities, the event that takes centre stage is a Lifetime Achievement Award, given annually to a writer, scholar, critic or editor, who, over a period of time, has made very significant contribution to the growth or study of Tamil literature.

The Founding Members of Tamil Literary Garden

- Chelva Kanaganayakam
- Appadurai Muttulingam
- Kandiah Mahalingam
- Selvam Arulanandam
- Sivakumaran Subramaiyam

Board of Directors Message

Tamil Literary Garden and its Board of Directors are pleased to celebrate the completion of its 20th



Anniversary this year.

The Tamil Literary Garden which was founded in 2001 by a group of members of the Tamil community in promoting the development of Tamil Literature internationally. We have been achieving our mandate over the years through creative writing,

translations, book releases, awards, conferences, and workshops. The Annual Awards Gala event honouring the Award recipients over the years is always an event eagerly looked forward by the Tamil community.

Our modest contribution towards the above end has been achieved through the various activities in the form of sponsoring publications, book launches, and translation workshops. This goal was primarily achieved thanks to the support and assistance we received from our sponsors from the Tamil community and others who strongly believed in our mission to foster and develop

Tamil language and literature.

We believe that the forthcoming 2022 Annual Awards Event will be a hallmark of success of our organization and look forward for the support and assistance to the Tamil Literary Garden from sponsors who strongly believe in the development of Tamil Literature.

Tamil Literary Garden is pleased to announce that the well-known South Indian Tamil actor Mr. Sivakumar has already pledged to offer a substantial contribution for the 2022 Annual Awards event when he addressed the 2021 Awards zoom event. We trust that similar offers will be forthcoming from those who sincerely love to promote the development of Tamil Literature on an international level.

The Tamil Literary Garden and its Board of Directors wish to take this opportunity to thank our current sponsors and well wishers while wishing them a happy and prosperous 2022 New Year.

Board of Directors

- Manuel Jesudasan - President
- Appadurai Muttulingam - Secretary
- N.K. Mahalingam - Treasurer
- Selvam Arulanandam - Director
- Usha Mathivanan - Director
- Sivan Ilango - Director
- Thirumurthi Ranganathan - Director
- S.J.Ramprashan - Program Manager - CMR - Director
- Raja Mahendran - Broker/ Owner - HomeLife - GTA. - Director



கனடா தமிழ் இலக்கியத் தோட்டம்
2021ம் வருட விருதுகள்



கவிஞர் பெருந்தேவி
கவிதை விருது

**Award
Winners
2021**



பா.கண்மணி
புனைவு விருது - 'இடபம்' நாவல்



விரகத்தி சுதர்ஷன்
தமிழ் தொண்டு விருது



லோகதாசன் தர்மதுரை
பிறமொழி இலக்கிய விருது
The Sadness of Geography



இலிக்குமார்
இலக்கிய சாதனை சிறப்பு விருது

Excerpt from South Indian Tamil actor Sivakumar's speech at the zoom Awards Event 2021

"I am indeed taken-up by the good work Tamil Literary Garden is doing to promote Tamil language and literature. I intend to contribute substantially for the forthcoming Tamil Literary Garden Awards event 2022 as an incentive to continue their activities."





CREDIT RECOVERY CANADA

- Reduce your debts up to 80%
- Stop all interest on your debts
- Stop collection calls, legal actions and garnishments
- Protect all your assets (House, Car, RRSP, RESP)
- Make one small monthly payment to all your creditors
- Give you best solutions without bankruptcy



Suren Sornalingam
Certified Credit Counsellor

FREE CONSULTATION
CALL: 647 274 2832

10 MILNER BUSINESS CT, SUITE 300
SCARBOROUGH, ON. M1B 3C6



MONSOON KITCHEN

GENIE SISTERS SAMAYAL SANTHAI



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

Eat more, learn more!

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

Winter Soup

We are in the heart of our Canadian winter and there's nothing better to warm your bones than a good hearty cup of soup. Made with seasonal winter veg, this will keep you both strong and warm throughout the winter months. This soup is also great to batch make and keep in your freezer for those lazy colder winter nights.

Method:

In a heated pan, add the olive oil followed by the bay leaves and onions. Once the onions have softened, add the carrots, parsnip, celery and potato and mix together. Crumble the stock cube onto the vegetables and add in the canned tomatoes followed by the pasatta. Mix well and let the vegetables simmer together for 2 minutes. Next add 1ltr of water and salt and pepper according to taste. Cook on a low flame for 1hr. Remove the bay leaves and 1 cup of the vegetables and using a hand blender, grind the remaining vegetables. Add the vegetables that have been reserved, and your optional sweetcorn, peas and pasta and serve with warm crusty bread or croissant sandwiches :)

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



Ingredients: (Makes 6 servings)

- ✓ 1 parsnip, diced
- ✓ 1 carrot, diced
- ✓ 1 large white potato, diced
- ✓ 1 stalk of celery, chopped
- ✓ 1 white onion, diced
- ✓ 1 can of plum tomatoes
- ✓ 200 ml of pasatta
- ✓ 1 vegetable stock cube
- ✓ 2 bay leaves
- ✓ 2 tbsp olive oil
- ✓ Water
- ✓ Ground pepper
- ✓ Salt
- ✓ Optional: ¼ cup tin sweetcorn, ¼ cup cooked green peas, ¼ cup cooked macaroni pasta

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.



Netwyn.Place

SCARBOROUGH'S BUSINESS CENTRE

- RECEPTIONIST/GREETER
- PRISTINE MEETING ROOM
- BOARDROOM WITH TELE/VIDEO CONFERENCING FACILITY
- FREE WI-FI
- BUSINESS LOUNGE WITH TV/COFFEE
- EVENT/TRAINING/CONFERENCE ROOM
- USE OF MODERN KITCHEN
- AMPLE PARKING
- MAIL RECEIVE/DELIVER
- TELEPHONE ANSWERING SERVICE.



PLEASE CALL TO ARRANGE A TOUR AROUND OUR FACILITY.

TEL: 416-296-0055

10 Thornmount Drive Scarborough ON. M1B 3J4

WWW.NETWYN.PLACE

“தாயகத்தின் இதயத் துடிப்பு”

VIRAKESARI
வீரகேசரி

தமிழால் இணைவோம்

அன்புள்ள சந்தாதாரர்களே!

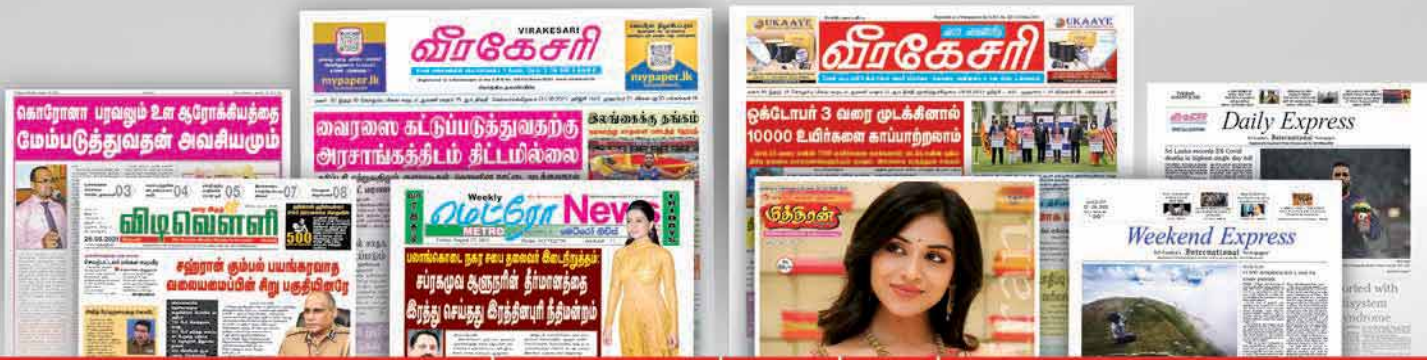
தனித்துவமான உள்ளடக்கங்களோடு மேம்படுத்தப்பட்டு சிறப்பான பயனர் அனுபவத்தை வழங்குவதற்காக எங்கள் **mypaper.lk** வலைத்தளத்தை மறுவடிவமைப்பு செய்துள்ளோம். அதன் முதற்கட்டமாக 2021 நவம்பர் மாதம் முதலாம் திகதி முதல் எக்ஸ்பிரஸ் நியூஸ்பேப்பர்ஸ் (சிலோன்) (பிரைவேட்) லிமிடெட் எதிர்வரும் மூன்று மாதங்களுக்கு e-paper ஐ இலவசமாக வழங்க திட்டமிட்டுள்ளது.

எமது சந்தாதாரர்களுக்கு மேலதிக சலுகைக்காலமாக இது அமையும். எமது சேவைக்கு ஏற்கனவே கட்டணம் செலுத்திய சந்தாதாரர்களையும் நாங்கள் கருத்திற்கொண்டுள்ளோம். எமது சேவைக்கு முன்கூட்டியே கட்டணம் செலுத்திய சந்தாதாரர்களுக்கு அவர்களின் சப்ஸ்க்ரைப் செயற்றிட்டங்களுக்கு ஏற்றவாறு கட்டணமும் ஒழுங்கமைப்பும்.

எந்நேரமும் எம்மோடு இணைந்திருப்பதற்கு நன்றி.



mypaper.lk



இலவசம்

www.virakesari.lk

facebook.com/virakesari

youtube.com/virakesari

+94 740 927 382

email : info@encl.lk

EXPRESS NEWSPAPERS CEYLON (PVT) LTD

வீரகேசரி **வீரகேசரி** **Daily News** **செஞ்செல்** **விடிவெள்ளி** **சூரியகாந்தி** **சோதிடகேசரி** **Weekend Express**
Sri Lanka's International Newspaper

COMMUNITY WATCH

Appointments & Achievements

Monisha Abraham has been appointed as the first female MD, CEO of Ceylon Tobacco Company PLC (CTC)

Monisha Abraham has been appointed as the first female MD, CEO of Ceylon Tobacco Company PLC (CTC) effective 1 December. Ceylon Tobacco Company has established and retained a reputation of being one of the most respected corporates in Sri Lanka. Prior to joining CTC, Monisha served as the Managing Director of Ibecor, an operating company fully owned by Heineken International. Monisha takes over from Nedal Salem who served as CTC's MD and CEO since May 2019. During a career spanning over 16 years with Heineken, she has held various senior management roles across five countries. Monisha holds a Bachelor's degree and an MBA from India.



Tourism industry veteran M. Shanthikumar elected to head The Hotels Association of Sri Lanka

Tourism industry veteran M. Shanthikumar was elected to head The Hotels Association of Sri Lanka (THASL) following his appointment as the President of the association on Thursday at THASL's 56th anniversary celebrations held at Taj Samudra. Shanthikumar takes over the leadership from Mount Lavinia Group Chairman Sanath Ukwatte whose term ended. Shanthikumar has been part of the leadership team of THASL for over a decade. He has held the position of Director/CEO of Global Towers Hotel, Global Investment, Global Lanka Hotels and a Director of Ocean Edge Hotel. Shanthikumar has also served as Acting Chairman of Sri Lanka Convention Bureau.



Microsoft has appointed Harsha Randeny as the Country Manager for Sri Lanka and the Maldives

Harsha Randeny Microsoft has been appointed as Microsoft Country Manager for Sri Lanka and the Maldives. Harsha has been with Microsoft since 2007 and prior to this role, he led teams focused on cloud technologies, established strategic partnerships and as an advisory to the partner ecosystem.



Judge Rohini Marasinghe appointed Chairman of the Sri Lanka Human Rights Commission

President Gotabaya Rajapaksa has appointed retired Supreme Court Judge Rohini Marasinghe as the Chairman of the Sri Lanka Human Rights Commission. Rohini Perera Marasinghe is a Sri Lankan judge and lawyer. She was a sitting judge on the Supreme Court of Sri Lanka. Prior to her appointment as Puisne Justice of the Supreme Court of Sri Lanka and in April 2013 she served as a judge of the Court of Appeal. Marasinghe obtained her Masters from the University of Hartford.



Raja Edirisuriya appointed new Chairman of the Board of Investment of Sri Lanka

President Gotabaya Rajapaksa has appointed Raja Edirisuriya as the new Chairman of the Board of Investment of Sri Lanka. A celebrated civil engineer by profession, Edirisuriya obtained his Bachelor's degree in civil engineering, specializing in structural engineering from Rutgers University New Jersey, USA. He also went on to acquire his Master's in public administration at University of La Verne, California. As a professionally registered civil engineer in California, he has held the prestigious position of Administrator and City Engineer for almost 16 years with the city of Chino, California.



Quotable Quotes - 2022

By: Siva Sivapragasam

“They said it”



“A free press and the work that journalists do are essential for Democracy”
– Press Freedom Advocate and University of Victoria Professor Sean Holman



“I stand here appealing to people of conscience. Help us. Please help us. Our country is burning. Our children are dying”
– Archbishop Desmond Tutu, when he addressed the Ontario Legislature in 1986



“The former President, who lies about his election, and the mob that attacked this Capitol, cannot be further away from the core of American values. You can't love your country only when you win. You can't obey the law only when it's convenient. You can't be patriotic when you embrace and enable lies”
– US President Joe Biden hinting at Trump on the first Anniversary of the Capitol Riot



“Picking a fight with Canada is not a path towards long term success”
– Prime Minister Trudeau speaking about concerns over U.S protectionism



“He knew in his soul that good would triumph over evil, that justice would prevail over iniquity, and that reconciliation would prevail over revenge and recrimination. He knew that Apartheid would end, that Democracy would come”
– South African President Cyril Ramaphosa on Archbishop Desmond Tutu who passed away recently





COMMUNITY WATCH

Ontario Providing Supports for Small Businesses, Workers and Families

Province's plan includes \$10,000 grant for eligible small businesses and additional electricity-rate relief

January 07, 2022 - TORONTO — The Ontario government is providing targeted relief for businesses and people impacted by the current public health measures aimed at blunting the spread of the Omicron variant. As part of this plan, the government is introducing a \$10,000 grant for eligible businesses that are subject to closures under the modified Step Two of the Roadmap to Reopen and is providing additional electricity-rate relief for businesses, as well as workers and families spending more time at home.

"Our government understands that public health measures needed to blunt the spread of the Omicron variant are impacting the lives and livelihoods of small businesses, workers and families across Ontario," said Peter Bethlenfalvy, Minister of Finance. "Since the first day of the pandemic, we have provided unprecedented levels of support to protect people, jobs and our economy. We will continue to deliver on that commitment."

As part of a comprehensive plan to support workers and businesses, the government is announcing an Ontario COVID-19 Small Business Relief Grant



for small businesses that are subject to closure under the modified Step Two of the Roadmap to Reopen. It will provide eligible small businesses with a grant payment of \$10,000.

Eligible small businesses include:

- Restaurants and bars;
 - Facilities for indoor sports and recreational fitness activities (including fitness centres and gyms);
 - Performing arts and cinemas;
 - Museums, galleries, aquariums, zoos, science centres, landmarks, historic sites, botanical gardens and similar attractions;
 - Meeting or event spaces;
 - Tour and guide services;
 - Conference centres and convention centres;
 - Driving instruction for individuals; and
 - Before- and after- school programs.
- (via: news.ontario.ca)

Restaurants Canada Statement regarding Ontario Small Business Support Grant



JANUARY 7, 2022-Restaurants Canada appreciates the government's announcement to re-introduce the Ontario Small Business Support Grant, but it falls well short of the needs of the industry.

The restriction to businesses with fewer than 100 employees is unfair to restaurants. The restaurant industry is more labour intensive and dependent on part-time employees than any other industry. Many small businesses will not qualify despite size and need.

The grant will help, but it will not provide the support many need to keep their businesses running. We need targeted, significant funding that will

keep businesses afloat. There is no reason to delay the money until February. Businesses need to pay bills now.

We still need a ban on the evictions so that restaurants are not locked out of their buildings when the lockdown is over. We have heard nothing on this request, or the need to defer HST remittances to help businesses pay their bills now.

The government needs to sit down with us as soon as possible to find ways to ensure restaurants are able to reopen, and stay open, after January 26th.

(Full Text of Statement via restaurantscanada.org)

NO MEDICAL UP TO \$500,000

- ✓ \$0 first month's premium
- ✓ No medical exams
- ✓ Simple and straightforward
- ✓ 18-80 years can apply

MEDICAL INSURANCE FOR
SUPER VISA

100%
REFUND IF VISA DENIED



Sritharan Thurairajah

Chartered Life Underwriter, Certified Health Insurance Specialist

Direct: **416.918.9771**

Business: **416.321.2500**

 **MDRT**
Member of Million Dollar Round Table


INSURANCE & INVESTMENTS INC.

10 Milner Business Court, Suite 208, Scarborough, ON M1B 3C6
Web: www.life100.ca, E-mail: info@life100.ca

LaCapitale

 iA
Financial Group

 CANADA
PROTECTION
PLAN
Simply
Peace of Mind

Are you getting Million Dollar advice



BY THULASI MUTTULINGAM



Not a dead concept

“What kind of water is this?” my father said. “You should drink the groundwater in Jaffna to know the taste of water.

Oh, for the taste of the water there.”
 “What kind of mangoes are these?” my mother would moan.

“Oh, for the taste of a Jaffna Karuthakolumban. You kids have no idea what you are missing out on.”

These, and similar litanies are what I heard growing up in the Maldives during Sri Lanka’s civil war years. I was too young to remember Jaffna, could hardly point to it on a map, yet my siblings and I all knew that we came from Jaffna. My parents made sure to tell us that.

Apart from moans about the inferior quality of the water, the mangoes, the rice — anything and everything really — compared to the ones available in their beloved Jaffna, they told us little else.

Once, around the age of five, I heard the adults discussing matters back home. The tigers were a menace in my village. My mother said my grandmother back home was afraid of them. A tiger was coming to her house everyday and threatening her.

I was terrified. What if the tiger ate my grandmother and grandfather back home?

I pondered the problem for awhile before asking my mother what was to be done. It took her awhile to understand my fears. “No dear,” she laughed. “I am not talking about the animal in your school book. The tiger harassing grandma is a person, not an animal.”

I couldn’t fathom it.
 “What does this person look like?”

“Oh just like a regular man — perhaps he wears stripes though.”

So for quite a while afterwards, I had nightmares of a human figure in tiger skin harassing amamma and appu. I still wasn’t sure about whether he would eat them or not. I was sure these special humanoid tiger figures could talk -just like the ones in my school books. They walked upright too — I had clarified that with my mother. But did they eat people like regular four legged tigers or not? Amamma back home was afraid. So would I be, if a tiger stalked our house.

Yet, while the adults around me discussing matters back home were obviously worried, they were not panicking. They were not taking any steps for action. Who would protect my tiny grandmother? My tall grandfather had become stooped with age, and weak. What would happen to our pet dog Nakulan back home? Would he be enough to protect them?

The adults had little time to spare to answer little kids’ questions.

“Stop eavesdropping on adult conversations and go play with your toys. You do not understand what we are talking about.”

For a long time, other than that we were from Jaffna and that there were Tigers there — not the animal kind but of some hybrid humanoid variety — we knew little else about our hometown.

Growing up wasn’t easy.

“Where are you from?” the Maldivians or other nationals living there would ask us.

“From Sri Lanka.” That was answer enough. I quickly learned this was never enough for

our own nationals.

“Where are you from?” fellow Sri Lankans would ask us.

“Sri Lanka.”

“Where in Sri Lanka?”

“Jaffna.”

“Where in Jaffna?”

“Uh... I don’t know.”

Upon which a profound smirk would spread across the person’s face.

Perhaps, I thought, it was over how much I didn’t know and shrugged my shoulders.

“Where in Jaffna are we from appa and amma?”

“Thirunelvely.”

A mouthful for a child to pronounce.

I mastered the name only by seventh grade.

Even that was not enough.

“Where in Thirunelvely are you from?”

“Uh... I don’t know?”

“Do you know Doctor so and so or Judge so and so. Did you live near xxx street or yyy street?”

“Uh, I don’t know, sorry.”

Smirk again.

It took me a long time to understand the smirk.

I had to become a full fledged adult and be back in my own hometown before I figured it out.

Caste.

People identify others’ caste status by where they live and and whom they are related to.

If we weren’t related to the ‘somebodies’ they mentioned, we were essentially nobodies.

Ditto for the street names.

And children who ‘didn’t know’ it was assumed was because their parents were trying to mask their shameful caste origins from them. *Smirk*.

Caste. I had not even heard of the word until I came across it in an Indian social studies book my father had bought for me in seventh grade. It mentioned the word matter of factly as if I ought to know — but I didn’t.

“Appa, what is caste?”

He pondered the question for a while. Then he began, “Once upon a time....”

My father did do a good job of explaining to me what caste was — but that was the imperative word — was. Not is.

He made it sound like a long dead cultural affront that had died out with slavery eons ago.

I had to be back in Jaffna again, before I realized it was not a dead concept. It was very much alive and kicking. Before my first year in Jaffna was over, I would end up getting kicked by it. - (Posted: 11-2019



Kudos to Pakistani friends addressing this so bravely when it's so dangerous for even them to do so.

Religious fanaticism and blasphemy charges are curses we all need to address. I've long said this.

Let the moderates have nuanced even if difficult conversations instead of leaving it only to the extremists.



Do not forget, they attacked an unarmed, defenseless man, they beat him to death, they dragged his blood soaked, bruised body in the streets, they set the body on fire, they filmed the entire episode through their smartphones, took selfies with the burning corpse and then gave the interview to the news reporters with full impunity, proudly narrating how they lynched a living human being.

Write as much "We are Sorry Sri Lanka" posts as you want, the people out there weren't sorry about their actions, on the contrary, they'd be considering themselves extremely fortunate to be among the "chosen ones" who were destined to carry out this "holy obligation"

Their emotions, while they spoke to the media reeked of triumph, they weren't sorry for killing a living human being, they took the ownership of their actions with full pride and it was clearly an achievement.

Reportedly, they've now been arrested but here lies the problem. Even if they're executed by the state, millions will throw their maximum support behind these killers, thousands will come out to attend their funeral prayers making it just another chapter in the book of religious fanaticism that we as citizens of this beautiful country are forced to read every now and then.

If you are looking to learn Tamil,

My Tamil teacher making me recite Avvaiyar’s poetry to the other much younger students watching on in amusement: “You watch out for her. She will be the next Avvaiyar carrying forward the glory of the Tamil language.”

Ow! That’s quite a prediction to live up to.

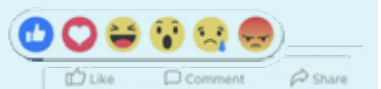
So far many of the other students there are bewildered that I am only now learning elementary Tamil.

Note to non-Tamils: Avvaiyar is the honorific name given to a series of elderly Tamil poetesses in the medieval age.

If you are looking to learn Tamil,

Sarvarakshani Thambaiyah runs Tamil classes as a second language. She is a protege of Michael Meyler.

Also Elijah Hoole with some friends runs group classes. (12-2021)





SPECIAL FEATURE

HISTORIC INFLUENCE OF HINDUISM IN CAMBODIA IN ARCHITECTURAL, POLITICAL, SOCIAL AND CULTURAL AREAS

Compiled by : KIDAMBI RAJ

A Brief History of Cambodia's Hindu Heritage

Cambodia was first influenced by **Hinduism** during the beginning of the Kingdom of Funan. **Cambodia** is the home of the holy temple of Angkor Wat, the largest **Hindu** temple in the world. The main religion adhered to in Khmer kingdom was **Hinduism**, followed by Buddhism in popularity. While Buddhism may prevail across Cambodia today, Hinduism was once one of Khmer Empire's official religions. A visit to Angkor Archeological Park pays testament to this fact, with 12th century Angkor War standing as the world's largest.

Hindu iconography can be found throughout many of the temples in the park, which have provided historians with evidence of the Kingdom's religious history. These include Khmer versions of **Ganesha** and **Hanuman**, as well as relief carvings depicting scenes from the **Ramayana**, which is called the **Reamker** in Cambodia and still features heavily in traditional performances. While Hinduism is no longer the ruling religion in Cambodia, its influences remain. The Royal Palace in Phnom Penh houses a sword said to have been presented to the royal family by Hindu deity, Indra. The National Museum of Cambodia is also home to a series of Hindu Statues.

Khmer versions of **Ganesha** and **Hanuman** were present throughout the city and both **Ramayana** (known as **Reamker** in Cambodia) and **Mahabharata** loomed large in popular imagery. In Angkor Wat, the 12th century Hindu temple that draws millions every year, Hindu deities loomed larger than life, including a statue of Vishnu at the entrance now worshipped as a Buddhist shrine. Additionally, one will be drawn to the similarities between the ancient **Khmer script** (which has roots in **Southern India**) and **Tamil**. Yet, so much of Cambodia's cultural heritage and lot of its tourist dollars are devoted to an era in which Hinduism was either the dominant religious tradition co-worshipped with Buddhism or patronized by Khmer rulers. Even at the Royal Palace in Phnom Penh, much is made about a sword believed to have been given to the ancestors of the royal family by the Hindu deity **Indra**. At the national museum, the various forms of Hindu divinity dominate the exhibit galleries, while visitors are unable to tell between multi-armed form of **Buddha (Lokeshvara)** and **Vishnu**, may be because the statues were worshipped as both at different periods of Khmer history. Additionally, Cambodia has celebrated the return of figures from the **Ramayana** that were looted from the country in the years during and after French Colonization. Even though Hinduism no longer exists as Cambodia's dominant religion, its impact on the culture and lasting physical legacy cannot be understated.

Temples in Cambodia that stand as Epitome of Antiquity

Cambodia, a country in Southeast Asia,

known to be alluring travelers with its temple ruins that prettify the landscape. The temples in Cambodia have tales to narrate, but most importantly they stand as architectural gems. The rock cut art and carvings in these landmarks have their own old world charm, something that will urge you to capture for lifetime. The following stunning Cambodia temples are a must visit during one's trip to the country. As you read, you will also get to know important details regarding each one of them while exploring the Cambodia temples history.

1. Angkor Wat



Aerial view of Angkor Wat

Angkor Wat (means the City of Temples) is a complex in Cambodia and the largest religious monument in the world by land area, on a site measuring 162.6 hectares (402 acres). This temple complex at Angkor, was built in the 12th century by **King Suryavarman II** (reigned 1113 C – 1150), is a typical Hindu Temple, expressing the King's devotion to the Hindu deity Vishnu. The temple was built as a Palace of Vishnu, who was enshrined there, to allow the founder to receive His beneficence. The vast religious complex of Angkor Wat comprises more than a thousand buildings and it is one of the great cultural wonders of the world. Though just one of hundreds of surviving temples and structures, the massive **Angkor Wat** is the **most famed** of all Cambodia's temples and it appears on the nation's flag and it is revered for good reason. Angkor Wat was shared by two religions. **Khmer King Suryavarman II** built this huge complex in the 12th century who was a descendant of the Cholas, the rulers of **Tamil Nadu, India**. You will find **Tamil-Brahmi Inscription** and sacred prayers in Sanskrit on the walls of these unique temples. Towards the end of 12th century, it was transformed into a Buddhist temple.

2. Banteay Srei

Banteay Srei is a 10th century Cambodian Temple dedicated to the **Hindu God Shiva**. The inscriptions later found at the site places its consecration very precisely on 22nd of April, 967 AD. This is located in the area of Angkor and lies near the hill of Phnom Dei, 25 Km north-east of the main group of temples that once belonged to the medieval capitals of **Yasodhapura** and **Angkor Thom**. Originally, this was called **Tribhuvanamahesvara** and the



Banteay Srei Temple

name **Banteay Srei** is a modern one, meaning **Citadel of women** or **Citadel of Beauty** or the **Pink Temple**. People speculate that this is due to its miniature scale, the pink colour of the limestone and the elaborate decorative carvings of many **devatas** (female devatas) that grace its walls. The red sandstone is a construction material that can be carved like wood. It is the only major temple not to be built by a King. The construction of this temple is attributed to **Yajnavaraha**, a courtier and King's counsellor. This temple is often referred to as the art gallery of Cambodia, and is indeed confined in size, but the artistry which you will witness are beyond perfection. This is the only temple in Angkor which was not commissioned by a ruler, but a Brahmin.

3. Neak Pean



Neak Pean Temple

Neak Pean, (means **the entwined snakes**) is a small temple located on an island in the center of the now dry Jayatataka baray, a water reservoir 3,500 meter long and 900 meter wide. Initially dedicated to the Buddha, the temple was rededicated to **Lokeshvara**, the **Bodhisattva of compassion**. as many historians believe the structure and its surrounding represent **Anavatapta**, which is a **mythical lake** said to have water with medicinal properties in the centre of Buddhist cosmology. Much of the temple area is flooded during the rainy season. Scattered around the central sanctuary are several lingas (the representation of Shiva), and Yonis (the female counterpart of the linga). In front of the East entrance stands a statue of the flying horse Balaha, often partly submerged in the rainy season. The central pond is a replica of Lake Anavatapta in the Himalayas, situated at the top of the universe. The lake gives birth to the four great rivers of the earth. These rivers are represented at Neak Pean by sculpted gargoyles corresponding to the four cardinal points Lake Anavatapta was fed by hot springs and venerat-

SPECIAL FEATURE



ed in India for the curative powers of its waters. The orientation of the ponds at Neak Pean ensured that the water was always fresh because the pods received only reflected light.

4. Banteay Kdei



Banteay Kdei Temple

Banteay Kdei, Built during the twelfth century, will mesmerize you with its ornate *garudas*. Also called the Citadel of Chambers, the temple was beautified with sculptures of women. Today it lies in ruins and is usually less crowded, making it a perfect spot for a tranquil time. Banteay Kdei is located within Angkor Archaeological Park, so a temple pass is needed to visit. It is also part of the small circuit, which is a 17 Km. loop that contains all of the must-see temples within Angkor Park. Banteay Kdei was built in the late 12th and early 13th centuries under the reign of King Jayavarman VII. However, it is small in size compared to other Angkor temples. The layout of the temple is **three enclosures within an outer compound wall**. The inner enclosure is lined with galleries that run along its axis and lead to the main temple. The interesting part of its style is that its gates are adorned with the same face towers, called Gopuras, as Angkor's five gates. The most agreed theory among historians is that the face towers as *Jayavarman VII's* signature, and represent both himself and the *God Lokeshvara* (also known as *Avalokiteshvara*). Within the courtyard, if you look up at the towers, you can see the historic and interesting devatas. These designs are well preserved in comparison to the rest of the ruins.

5. Ta Prohm



Ta Prohm Temple

Ta Prohm is the modern name of the temple in *Siem Reap*, Cambodia, built in the Bayon style largely in the late 12th and 13th centuries and originally called *Rajavihara*. As you walk through the premises, you will see how nature has dominated man-made remnants, but this blend is something that makes Ta Prohm stand out. It is the undisputed capital of the kingdom of trees. It has been left untouched by archaeologists except for the clearing of a path for visitors and structural strengthening to prevent further deterioration.

A Sanskrit inscription on stone, still in place, give details of the temple. Ta Prohm has 3,140 villages. It took 79,365 people to maintain the temple including 18 great priests, 2,740 officials, 2,202 assistants and 615 dancers. Among

the property belonging to the temple was a set of golden dishes weighing more than 500 kilograms, 35 diamonds, 40,620 pearls, 4,540 precious stones, 876 veils from China, 512 silk beds and 523 parasols. Ta Prohm has been an important and impressive monument.

6. Bayon



Bayon Temple

The Bayon is a richly decorated Khmer temple at the centre of Angkor Thom in Cambodia, built in the late 12th or early 13th century as the state temple of the Mahayana Buddhist King Jayavarman VII. Dedicated to Buddha this temple was by the King and this was originally called *Jayagiri* (meaning **Victory mountain**), but was renamed *Banyan Temple* sometimes after the period of French occupancy. Buddha is said to have attained enlightenment after a long period of meditation beneath a **Banyan tree**. However, the local Khmer who worked on the restoration of the temple were responsible for its final name change. The workers mispronounced the name as **Bayon**, instead of *Banyan* and the name stuck.

7. Banteay Samre



Banteay Srei Temple

Banteay Samre (the Citadel of Samre) is a temple at Angkor, Cambodia and built during the reign of Suryavarman II and Yasovarman II in the early 12th century. It is Hindu Temple in the Angkor Wat style of construction and art is a large, relatively low rise temple. The temple pediments and lintels are decorated with very intricate and well preserved carvings of Hindu mythological stories and Buddhist depictions. They include well preserved carvings of: A scene from Ramayana epic – a fight between the hero *Rama* and ten-headed *Ravana*. Indra, the God of war riding his three-headed elephant *Airavata*.

Another scene from Ramayana: *Lakshmana*, brother of *Rama* is badly wounded during a battle with *Ravana* and dying. It was decided that **Hanuman** must go to the *Himalayas* to fetch a herb that could cure Lakshmana. As Hanuman did not know which herb was the correct one, he picks up the whole mountain and flies it back to *Lanka*. The herb is given to Lakshmana, who is immediately cured.

8. Phnom Bakheng

Phnom Bakheng is a temple built more than two centuries before Angkor Wat and lays claim as the first of the mountain temples in that

region. This stood as an architectural landmark for the first capital of Khmer Empire,



Phnom Bakheng Temple

Yasodharapura. The five-tiered shikhara of the temples catches the eye and so do the four towers established on the summit. This temple is primarily visited during late afternoons by many tourists as it serves for a magnificent vantage point for sunset views.

9. Preah Khan



Preah Khan Temple

Preah Khan is the ultimate fusion temple operating as both a Buddhist and Hindu place of worship. This temple was built by *King Jayavarman VII* in the 12th century, making the defeat of Chams. As the name Preah Khan literally translates to *Holy Sword*, we can imagine the pride the King took in the event and the building of the structure. It is also believed that Preah Khan served as a residence to the King as he waited for Angkor Thom to be completed. This was indeed a grand Cambodia temple as it was dedicated to about hundred gods and there were eighteen grand festivals it served as venue of.

10. Pre Rup



Pre Rup Temple

Reminiscent of a miniature Angkor Wat with its five lotus towers, the temple of Pre Rup was built in 961 by *Rajendravarmam II* as the state temple of the King. The name translates to turning the body, Pre Rup has been associated with funerary rituals as it refers to a cremation method of tracing a corpse's outline in ashes. Dedicated to Lord Shiva, this temple consists of a three-tiered pyramid-shaped temple mountain and would have once been covered with intricate carvings. The site is especially picturesque at sunset when the dying light causes the warm tones of the brick and laterite to softly glow.

COMMUNITY WATCH

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, Especially our seniors. We are keeping our seniors fully occupied with multiple free virtual classes and programs. We run 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 our fantastic volunteers who do not expect anything and are serving the community voluntarily. DTA is truly grateful for your continued support.

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

Unity Is Strength

DURHAM TAMIL ASSOCIATION

Free Virtual GAME Night 7 P M

FRIDAYS

Host: Hanthan Manickavasagar

Register online : durhamtamils.org

நெறம் தமிழ் ஒன்றியத்தின் ஏற்பாட்டில்

'வேர்களும் விழுதுகளும்'

இணையவழிக் கதையாடல் நிகழ்ச்சி

வாரமொரு தலைப்பில் அனுபவங்களும் அறிமுகங்களும் ஓர் தளத்தில் அமர்ந்து தமிழில் உரையாடுவதற்கான களமாக இந்நிகழ்ச்சி படைக்கப்படுகிறது.

இவ்வாரத் தலைப்பு

நேரமும் நிதியும் திட்டமிடல்

zoom

Meeting ID: 851 8948 7774
Passcode: 001174
தொலைபேசிவழி இணைய +16475580588 , +17789072071

நிகழ்ச்சித்தொகுப்பு வேணுதன் மகேந்திரரட்ணம்

கனடா : பிரதி திங்கட்கிழமைகளில் 6.00 PM முதல் 7.30 PM வரை
இலங்கை/இந்தியா : பிரதி செவ்வாய்க்கிழமைகளில் 3.30 AM முதல் 5.00 AM வரை
பிரித்தானியா : பிரதி திங்கட்கிழமைகளில் 11.00 PM முதல் 12.30 AM வரை
அவுஸ்திரேலியா : பிரதி செவ்வாய்க்கிழமைகளில் 8.00 AM முதல் 9.30 AM வரை

Durham Tamil Association

FREE VIRTUAL CHAIR YOGA FOR SENIORS

DAYS: TUESDAY, FRIDAY
TIME: 4:00PM - 5:00PM, 10:00AM - 11:30AM

REGISTER ONLINE :
DURHAMTAMILS.ORG

Yoga Instructor.
Mrs. Vana Dineshkumar-
Reiki Master

DURHAM TAMIL ASSOCIATION

முதியோர்களுக்கான உங்கள் விருப்பம் நிகழ்ச்சி

ஒவ்வொரு புதன்கிழமை மாலை 6 மணிக்கு கலந்து கொள்ளுங்கள்.

நிகழ்ச்சிகளை முதியோர்களே தொகுத்து வழங்குகின்றார்கள்

Free : Program

TIME: 6:00- 7:00 PM

Meeting ID: 841 6661 5028
Passcode: 825667

REGISTER ONLINE DURHAMTAMILS.ORG

Thank you to our annual sponsors



ThreatIQ
Committed to keep you secure. ALWAYS.

OUR CORE SERVICES

GOVERNANCE	RISK MANAGEMENT	COMPLIANCE	CONSULTING
<p>Our Cybersecurity Governance framework is designed to help you understand your current level of risk, identify gaps, and develop a plan to address them. We provide ongoing monitoring and reporting to ensure you are always up to date.</p>	<p>Whether you are looking for a comprehensive risk assessment or a more targeted approach, we can help you understand your current level of risk and develop a plan to address them. We provide ongoing monitoring and reporting to ensure you are always up to date.</p>	<p>Regulatory compliance is a complex and ever-changing landscape. We can help you understand your current level of compliance and develop a plan to address any gaps. We provide ongoing monitoring and reporting to ensure you are always up to date.</p>	<p>Our Cybersecurity Consulting services are designed to help you understand your current level of risk, identify gaps, and develop a plan to address them. We provide ongoing monitoring and reporting to ensure you are always up to date.</p>

www.threatiq.io
sales@threatiq.io
+1866-837-0773

BUY - SELL - INVEST
RESIDENTIAL & COMMERCIAL

SHOWTHA THUSHIJANTHAN
Sales Representative

416 454 6101

www.showthahomes.com

Proudly Serving the Durham Tamil Association

உங்கள் உறவுகளைப் பேணிவளப்படுத்தும் உறவுகளை உருவாக்கும் இடம்

உங்கள் உறவுகளைப் பேணிவளப்படுத்தும் இடம்

Ajax Crematorium & Visitation Centre (289-372-3300)
Brampton Crematorium & Visitation Centre (905-458-2222)

30 Years of Training Newcomers

Business
Healthcare
Technology

Start Your Future Here.

TORONTO CAMPUS
Kennedy Rd / Eglinton Ave
400 - 2425 Eglinton Ave. East
416-321-9911
toronto@compuq.ca

MARKHAM CAMPUS
Markham Rd / Steeles Ave
200 - 7 Eglinton Drive
905-471-3344
markham@compuq.ca

COMPUQ COLLEGE

NAVA WILSON LLP
BARRISTERS AND SOLICITORS

WE OFFER SERVICES IN:

- Real Estate
- Corporate Law
- Litigation

10 Milner Business Court, Suite 210 Toronto, ON M1B 3C6

416-321-1100
416-321-1107

info@navawilson.com
www.navawilson.com

TTR Transport / TSN Express

(905) 725-5544
219 Wentworth St E, Oshawa ON, L1H 3V7 • www.ttr.ca

Thank you for the calendar sponsorship

Ajax Discount Pharmacy
(TAUNTON & HARWOOD)

FREE DELIVERY

- All Drug Plans are Accepted
- 15% Discount for Seniors
- Why? Spanish, English, Tamil, Hindi and Chinese
- No \$1 Embroidery Charge for Seniors and Youth's Requirements
- Very Low Delivery Fee and Friendly Service

OPEN ALL 6 DAYS
Tel: 905 686 7500
Fax: 905 686 7576

1801 Harwood Ave. N. Unit # 4, Ajax ON L1T 0K8

DRIVE THRU OIL CHANGE

Open 7 Days

DE CREDIT SOLUTIONS

CREDIT CARDS, PERSONAL LOAN, OVER DRAFT, CRA DEBT

416.434.1522

Chapel Ridge
SERVING THE TAMIL COMMUNITY OF GREATER TORONTO

Financial & Personal Services

WE OFFER A FULL RANGE OF SERVICES TO SENIORS WHO HAVE EXPERIENCED A LOSS OF A SPOUSE INCLUDING:

- Wills & Estate Planning Services
- Insurance - Life & Disability
- Financial, Legal & Personal Services

1811 Woodbine Ave, Markham, ON L3R 0Y2

LIFEPLAN INVESTMENT

Ahlan Balanchandran

WE CAN HELP BUILD YOUR FUTURE

- Insurance
- Investment
- Tax & Estate Planning

K.C. DENTAL

NEW PATIENTS WELCOME
CALL US AT 416 291 0710

Guardian Pharmacy

Professional Services Offered

- ACCEPTING NEW PATIENTS
- ONE STOP WELLNESS CLINIC AND PHARMACY
- OPEN 7 DAYS A WEEK

Nishanthan Law Office
Umananthini Nishanthan

1201 Markham Road, Lower Level Units 5 and 7, Scarborough, Ontario M1H 3C3 (Markham & Hwy 7)

Please support our sponsors

With their support, we are able to provide our community services in Durham for the past 20 years.

www.durhamtamils.org • 905 428 7007

JRG Printing Inc.
Graphic Design • Printing • Signs
Phone: (416) 293-9163



PRISHA LAW
PROFESSIONAL CORPORATION



YOUR LEGAL SOLUTION STARTS HERE...

647 478 0144

8130 Sheppard Avenue East, Suite 210, Scarborough, ON M1B 3W3

prishanthy@prishalaw.ca | www.prishalaw.ca



PRISHA LAW
PROFESSIONAL CORPORATION



MAYURAN THARMABALAN
PROFESSIONAL CORPORATION
CHARTERED PROFESSIONAL ACCOUNTANT

AUDIT

REVIEW ENGAGEMENT

NOTICE TO READER

BUSINESS ADVISORY

CONTROLLERSHIP SERVICES

CORPORATE TAXES

PERSONAL TAXES

FINANCIAL PLANNING

CRA AUDITS

PAYROLL

BOOKKEEPING

Mayuran Tharmabalan, CPA, CA, LPA

647 748 6344 **647 989 6298**

647 748 6444

www.tharmabalan.ca

info@tharmabalan.ca

Suite 304 - 5200 Finch Ave East, Scarborough, ON M1S 4Z5

A LICENSED PUBLIC ACCOUNTING FIRM



LAW POINT PROFESSIONAL CORPORATION

CRIMINAL - BAIL - APPEALS - REAL ESTATE - FAMILY TRAFFIC TICKETS - WILLS & ESTATES - NOTARIES



Ganesh Balaganthan

associated with



Jacob Stilman

With over 50 years of combined experience in the criminal justice system in order to serve you better

CALL US TODAY

416-296-9999



Sale of Residential Property

Purchase of Residential Property

Refinance of Residential Property

ILA & ILR



SIMPLE DIVORCE

FAMILY LAW LITIGATION

SEPARATION AGREEMENT

CERTIFICATE OF INDEPENDENT LEGAL ADVICE



Wills

Enduring Power of Attorney

Personal Directives



Notaries + Commissioning Documents



Impaired Driving



Bail



Domestic Assault



Appeals



Traffic Tickets



SCAN ME

FOLLOW US ON:
E Law Point Professional Corporation
Q @Ontario Law Point
207-80 Corporate Drive,
Scarborough Ontario M1H 3G5
K INFO@ONTARIOLAWPOINT.COM



**Best wishes for a
happy and peaceful
New Year and
Happy Thai Pongal.**



Easan Krishna-Pillai* CFP®

Bus: 416-557-7384

Res: 905-886-7399

easan.krishna@sunlife.com

advisor.sunlife.ca/easan.krishna



Sun Life

Life's brighter under the sun

*Mutual fund business is done with your advisor through Sun Life Financial Investment Services (Canada) Inc. Advisors and their corporations conduct insurance business through Sun Life Financial Distributors (Canada) Inc. Sun Life Assurance Company of Canada is the insurer, and is a member of the Sun Life group of companies.
© Sun Life Assurance Company of Canada, 2022.