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Debt restructuring and the implementation of a deep reform program are critical for Sri Lanka's economic stabilization says World Bank

By: Siva Sivapragasam

Sri Lanka's economic crisis is deepening with unsustainable debt and a severe balance of payment crisis on top of lingering scars of the COVID-19 pandemic. Debt restructuring and the implementation of a deep reform program are critical for Sri Lanka's economic stabilization, says the World Bank in its twice-a-year update, underscoring the need for Sri Lanka to build resilience.

Plunged into its worst-ever economic crisis, Sri Lanka's real GDP is expected to fall by 9.2 percent this year and a further 4.2 percent in 2023.

Also released is an update, which highlights the poverty and welfare impacts of the crisis and the role of social protection in protecting the vulnerable

populations.

To this end, the spotlight highlights two key experiences of the Asian financial crisis as lessons for Sri Lanka. Firstly, the short-term measures needed to address structural weaknesses, buffers to mitigate external shocks and build resilience to future shocks. Secondly, critical policies to promote future growth. The country owes more than \$51bn (£39bn) to foreign lenders, including \$6.5bn to China, which has begun discussions about restructuring its loans. The International Monetary Fund (IMF) is discussing a possible \$3bn (£2.5bn) loan.

But it would require a stable government that could raise interest rates and taxes to help fund the deal, so any bailout may be delayed until the World Bank conditions are met.



Air Line Pilot's Stress & Their Mental Health



A Brawl broke out in the cockpit between two Air France pilots on a Geneva-Paris flight in June 2022.

By: Kane Siva

As I was walking in Downtown Toronto a couple of days back saw a few people with Shirts "Mental Health Is Wealth", while I was contemplating penning this article. In any workplace, there is always stress. The pilot's stress in aviation has been ranked as the 3rd in the industry. Being a commercial airline pilot is a great and glamorous job in the eyes of a common man. But we never realize the challenges & stress they undergo.

...Please see Page 15 for Full article

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“We won”: CUPE celebrates defeat of Doug Ford’s anti-worker Bill 28

Nov 7, 2022

CUPE and Canada’s labour movement are celebrating the defeat of Doug Ford’s draconian anti-worker legislation Bill 28. The bill would have imposed a regressive contract and stripped 55,000 CUPE education workers in Ontario of fundamental Charter rights.

This morning, however, Ford committed to repeal the bill and head back to the bargaining table, after being faced with the prospect of escalating province-wide labour action in the coming days - representing a massive victory for organized labour and workers’ rights.

In Toronto, flanked by dozens of labour leaders representing millions of Canadian workers, CUPE’s National President Mark Hancock credited the victory to the power of worker solidarity across public and private sectors, but especially the courage and determination of education workers.

“CUPE’s frontline education workers, 70 % of whom are women, stood firm. They took on the Ford government. And the government blinked,” said Hancock. “We’ve shown that when our rights are under attack, our movement is strong – and we will stand up for each other.”

“The work of our members is what repealed this bill. This is unprecedented,” said Laura Walton, president of the Ontario School Board Council of Unions (OSBCU), which represents 55,000 CUPE education workers in Ontario. “The organization of the members moved the government to this place, and the mobilization of our members will ensure that a real deal is achieved at the table.”

This isn’t the end, it’s just the beginning. The work is not over, but it’s clear that Canada’s labour movement will back CUPE’s education workers in Ontario until they achieve a fair collective agreement with the wage increases they deserve.

Via cupe.ca



Ontario Supporting More Paid Internships for Post-secondary Students

\$10 million investment will create more than 2,700 research internships, helping students prepare for in-demand jobs

November 09, 2022

Colleges and Universities

TORONTO — The Ontario government is providing over \$10 million to help Mitacs — an organization that builds research partnerships between postsecondary institutions and industry — create 2,700 paid internships for postsecondary students which will help them gain the skills they need to secure in-demand jobs after graduation. This latest investment supports high-quality research in the province and demonstrates Ontario’s commitment to experiential learning.

“We are proud to support high-quality research internships to help provide the next generation of talent with the real-world experience they need to get good jobs after graduation, and help businesses address their talent and research needs,” said Jill Dunlop, Minister of Colleges and Universities. “This support for innovative, hands-on learning, and the efforts of employers, students and postsecondary education institutions to expand opportunities, has made Ontario a national leader in experiential learning.”

Through partnerships with Mitacs, the government is continuing to fund thousands of research internships for undergraduate and graduate students,



and postdoctoral fellows. These internships range widely in discipline, with support for key provincial priorities like critical minerals, manufacturing, and health care.

For example, interns with the University of Toronto recently worked on a project with local start-up Quantum Bridge Technologies that focused on building a faster, more secure internet for everyday communication and commerce.

Ontario’s latest funding for Mitacs builds on the government’s ongoing efforts to help advance Ontario made research and innovation at postsecondary institutions across the province and helps position businesses and students for success.

Via news.ontario.ca

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Focus on how each and every and every one of us can lead happy, prosperous lives as the world reaches a population of 8 billion people

By **Harrish Thirukumar**

8 Billion: A World of Infinite Possibilities. This is the mindset for the #8Billion Strong campaign advanced by the United Nations Population Fund (UNPFA). Accordingly, on November 15, 2022, the globe will commemorate a major milestone where the population reaches 8 billion people.

It is reported that Asia and Africa has driven a large portion of that growth, and is expected to drive the next billion in 2037, while Europe will be negative due to a declining population. India, the largest contributor to the 8 billion (177 million), will surpass China, which was the second largest contributor (73 million) and whose contribution to the next billion will be negative, as the world's most populous nation by 2023.

8 trends that are associated with our world of 8 billion people includes the following:

- Slowing growth
- Fewer children
- Longer lives
- People on the move
- Ageing populations
- Women outliving men
- Two pandemics
- Shifting centres

Regarding whether our current planet Earth has the ability to sustain this number, the short answer is yes. It is a question that emerges every time 1 billion is added. The world population reached 7 billion in 2011 and is estimated to peak at 10.4 billion in the 2080s until 2100. Despite arguments of overpopulation during the 1960s, time throughout history had shown here and again, that the Earth is equipped to handle it.

The pace of the world population growth has been declining since the 1970s, dropping below 1 percent for the

first time in 2020. Taking it back to the theme of this campaign, the number eight on its side indicates infinity, meaning there are infinite possibilities that emerge from this milestone for Earth.

As with other pub desks, they aim to raise public consciousness or advocacy among readers towards a commitment to meaningful action. In this case, an 8 billion strong population is to be focused towards combating the world's most pressing challenges including climate change, conflict, violence, displacement, and discrimination. This means affording all people fundamental human rights including bodily autonomy. The UNPFA defines bodily autonomy as my body is for me; my body is my own. It's about power, and it's about agency. It's about choice, and it's about dignity.

Bodily autonomy is the foundation for gender equality, and above all, it's a fundamental right. It can often be infringed upon to manipulate low and high population numbers in countries. Numbers are important here as they determine how governments and societies can develop its infrastructure and provide services that accurately reflect the needs of its people.

However, people should not be simply seen as numbers. Questions such as can a person in a densely packed urban centre afford quality housing matters regarding this achievement in the world population. As such, this pub desk encourages readers to spread awareness themselves on this upcoming milestone in their communities in Ontario and elsewhere. Individuals can find out more information starting here <https://www.unpfa.org/8billion>.

As the world reaches a population of 8 billion people, focus should be on how each and every one of us can lead happy prosperous lives.

**Monsoon Journal Wishes
A Happy Fall Festive season
Happy Thanksgiving to readers
in the United States
Thursday, November 24**



~ Tribute ~
November 27

~ We Remember ~
Tribute & Homage to Maveerar - Heroes Day



Canada Historic Milestones

November



French-Canadian soldier Léo Major, a hero of the Second World War and the Korean War, is recognized for his single-handed liberation of the Dutch city of Zwolle from the Germans in April 1945.

Tweeted on November 10, 2022 - via: @twitter.com/libraryarchives

Lest we forget

November 11
On this Remembrance Day Monsoon Journal
Pays Tribute and Thank you ~
All Canadians who have worn a military uniform



We are what we pretend to be, so we must be careful about what we pretend to be

- Kurt Vonnegut - (November 11, 1922 - April 11, 2007) American writer

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India's first solar-powered village promotes green energy, sustainability and self-reliance

22 October 2022

Climate and Environment

During his two-day visit to India this week, UN Secretary-General António Guterres visited a model project site in Gujarat state, designated the country's first solar-powered village. He commended villagers there on the shift towards renewable energy, which he said is not only changing lives in the community, but also combating climate change.

Gadvi Kailashben, a 42-year-old widow, lives in Modhera, home to the centuries-old Sun Temple and now the first village in India that runs on solar energy.

She earns a meagre income from agriculture which she uses to take care of her family. The Government has installed solar panels on her house which has given her much-needed relief from household expenses.

"Earlier, when solar was not there, I had to pay huge amount for the electricity bill - close to 2,000 rupees. However, with the installation of the solar, my electricity bill is now zero. Everything from the refrigerator to washing machine now runs on solar in my house. I am not paying even 1 rupee electricity bill now," said Ms. Kailashben.

"The extra money is now saved in my account. I use that money for daily house expenses, and for the education of my children," she added.

Renewable energy as an income source

Conversion to a clean, renewable energy source is not only enabling the villagers to run more electrical household gadgets to make life comfortable, without worrying about the electricity bill. It is also becoming a source of income for them.

Ashaben Mahendrabhai, 38, lives with her husband and two children. "We work in our farm and used to pay huge electricity bill for agriculture. Since solar installation in our village, we are now saving a lot of electricity. Earlier our electricity bill used to come around 2,000 rupees. Now it is in minus," she said.

With the electricity bill in minus,

Ashaben is not only saving the money that she used to spend on electricity, but the excess electricity generated is sold back to the grid and she gets money in return.

"When the first time the project team came to us with the idea of solar, we didn't understand the concept, so we refused to get it installed. We were not literate to understand what solar energy was and had little knowledge about it. But slowly, the team made us understand the concept and the advantages of solar, how we will save electricity and money, then we got interested in it," she said.

Local farmers Pingalsinh Karsanbhai Gadvi and Surajben Gadvi, who are married, got solar rooftops installed on their house six months ago.

Pingalsinh Karsanbhai feels that this project has not only given them freedom from electricity bills, but the savings will hold them in good stead in old age.

"Earlier we used to get electricity bill of 3,000 rupees and after solar it is zero now. Now we are saving those 3,000 rupees every month," he said.

"These solar panels have benefited the entire village. All the institutions like schools, public institutions, all have benefited from the solar in the village. In my individual capacity I am saving 3,000 rupees. Now we don't require extra energy. The entire house runs on solar."

He exclaimed that "this saving is like a pension for our old age. We are really happy about it."

His wife Surajben was all smiles and eager to recommend it for other villages.

"If this solar is installed across the country it would be really advantageous. It feels like the Sun God is providing us energy through its light. This benefit that our Modhera village has got, should reach the entire country," she said.

Interacting with the villagers of Modhera during his visit, UN Secretary-General António Guterres hailed the efforts of the Government and the residents.

"Here where the Temple of Sun was built 1,000 years ago, there is a new Temple of Sun. It's based on solar



energy. And the fact that solar energy is transforming the lives of the people of this village, making it more healthy, giving them more prosperity, but at the same time, contributing to rescue our planet from climate change that is still riding without control."

Inspiration from the Sun God

Home to the iconic Sun Temple of Gujarat, Modhera village is approximately 97 km from the city of Ahmedabad in the Mehsana district of Gujarat.

With the vision of powering the Sun Temple and the entire village through Sun God (solar energy), this project is the first of its kind, where rural residents are envisaged to be self-reliant through green energy.

"The idea behind this project is that since the Modhera temple is the Temple of the Sun God, so the entire energy of this town and community should come from solar energy," said Mamta Verma, Principal Secretary, Energy and Petrochemicals in the Government of Gujarat.

The Sun Temple now runs a 3D light show entirely on solar power, its premises run on solar energy and the parking area also boasts electric vehicle charging stations.

Renewable energy storage

Armed with a large array of solar panels on the rooftops of houses, on Government schools, bus stops, utility buildings, car parks and even the premises of the Sun Temple, Modhera benefits from the six-megawatt installed capacity power plant in nearby Sujjanpura village.

With the village consumption merely one to two megawatts, the excess is added to the transmission grid.

"There are three major components

to this entire project. One is our ground mounted 6-megawatt project. The second is the 15-megawatt battery storage system and the third is the one-kilowatt rooftops installed on 1,300 houses," the Chief Project Officer of Gujarat

Power Corporation Limited (GPCL), Rajendra Mistry, explained.

"Out of the 1,000 rooftops we have provided in the village, the electricity that comes out is first consumed by the people of the village, and the excess electricity is then given to the grid."

Funded by the Government of India and the Government of Gujarat, the estimated cost of the entire project is \$9.7 million. What sets it apart is the fact that Modhera is also the first village to become a net renewable energy generator.

"This is the first village in India where even during the night, the energy consumed by the villagers comes from the solar component. That's the speciality of this project," said Vikalp Bhardwaj, Managing Director of Gujarat Power Corporation Limited.

Vision for the future

This demonstration project is expected to provide learning to resolve bottlenecks related to renewable energy. If the project proves to be economically viable, the plan is to replicate it in other rural areas in Gujarat.

Said Mr. Bhardwaj: "This kind of project acts as a demonstration project for other villages and towns in India. And similarly, the other villages and towns can adopt this model to become self-dependent, self-sufficient in the energy needs."

Modhera resident Ashaben Mahendrabhai summed up the benefits.

"I would encourage the other villages also to put solar as it is beneficial in all aspects, from saving money to saving electricity," she said.

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COMMUNITY WATCH

Suresh Kumar receives the Ajax Pickering Board of Trade's "Business Person of the year" Award for 2022

Connecting GTA under the leadership of Suresh Kumar

Everyone has a dream. We strive in our daily lives to build and achieve our dreams. Suresh Kumar, Founder and CEO of Connecting GTA has enabled those dreams for many people.

5 years ago, Connecting GTA began with just a handful of close friends who got together to build on the future of a dynamic and supportive business networking group. Pride and excitement have led to a membership of over 300 entrepreneurs today all eagerly contributing to fulfill their dreams and at the same time enriching our communities.

As a leader Suresh has ignited a spark through belief that it is possible to realize our aspirations. He stays the course and supports his membership through events, activities, and guidance. If you ask any of CGTA's members they will all say the same thing, "Suresh is an amazing leader." It is incredible that he juggles busy days of work, family, and community engagement. He always finds a way to make things happen believing that networking is the key to success.

Through the pandemic Suresh rolled

up his sleeves and jumped into the trenches with his members. He organized events with local politicians and stayed by his members' sides finding ways to keep their businesses afloat.

This write-up follows Suresh's receipt of the Ajax Pickering Board of Trade's "Business Person of the year" award for 2022. This prestigious recognition is awarded to the business person who shows exemplary contribution towards economic growth and community development, so Suresh is especially deserving of it.

Managing a 300 plus membership that is growing is no easy feat. Suresh answers calls, meets with people whenever they need help and remains objective, all the while keeping his vision in focus. The South Asian community in particular is extremely proud of his accomplishments, along with other South Asians that make up this illustrious group. Other CGTA members also received special recognition by the Ajax Pickering Board of Trade for their contributions in business and Connecting GTA is elated to share the stage with its members.



Suresh has also made room for non-profit membership and gives back regularly to promote our civic duties. This is what makes Connecting GTA so well rounded. People are catching

on to the benefits of being part of this amazing group of individuals who are there for each other and lift each other up. Connecting GTA is a family!

Quotable Quotes - 2022

By: Siva Sivapragasam

"They said it"



"The city has moved forward on my watch. I'll get you a list and you'll say, 'None of these are gigantic things that revolutionize the world.(And) I'll say 'Maybe it's a whole series of things that(I've)done, that have just generally made life better for different groups of people"

– Toronto Mayor John Tory



"The whole night, and the whole morning,the enemy terrorizes the civilian population.The enemy can attack our cities, but it won't be able to break us."

– Ukrainian President Zelenskyy



"I stood shoulder to shoulder with the Prime Minister"

– Premier Doug Ford about supporting the Emergency Declaration in February



"The dollar's appreciation is bad news for the global economy.It is another reason why we expect the global economy to fall into recession next year"

– Ariane Curtis, CapitalEconomics



"My sense is that Ontario Premier Doug Ford didn't necessarily want to wear this situation, because he felt that it was very much (the) responsibility of the Ottawa Police Service,and I disagreed with him"

– Jim Watson, Ottawa Mayor

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

Phyllis Diller



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Difficulties in choosing a career



By: Jenny Rangithkumar



Many of us find what career we are truly passionate about, through childhood interests or what we desire about. However, although we may have set our decisions, different conflicts may arise when preparing for your career. This may involve doubt or changing our choice of career. The pathway that we choose to follow may have problems in the future. This eventually leads to different difficulties. While some may believe that choosing a career is seamless, it can also be a challenge as it may bring financial struggles, you may not have the required academic knowledge, and you may have a hard time picking a career you are passionate about.

First of all, when we assertively finalize our decision, several financial struggles may arise. One conflict is not having financial aid to pursue a passionate career. Based on our interests and skills, we choose a career that is suitable and outgoing. However, in order to continue in this career path, we need to have the necessary financial aids, like when entering post-secondary education. Without sufficient funds, we may not be able to finish certain requirements included in the desired program. In addition, there may be various financial situations, depending on the program applied for. For instance, careers that required more years to study would result in more tuition fees. In contrast, some programs may have an average tuition fee. Also, there may be decisions made where changes are made to the career for financial purposes. Although we may have chosen our career, there could be more fees than expected. So, this factor should be considered when choosing a career.

Secondly, another challenge to be considered is not having the required academic knowledge. Before applying for a program, it is important to make sure that we finish the requirements. If not, we will not be able to apply for this program. Leading on, it also may be difficult to choose similar programs. In addition, not understanding certain concepts leads to difficulties of choosing a career. In our career pathway, we may have to take courses that may be hard. Although these courses are our requirements, some lessons may be confusing or not comprehensible. Also, when we choose one career, we may be academically skilled in another career. For instance, if we want

to pursue a business career, we may discover that we actually perform better academically, in an art career. Like this, some students face decisions where sudden changes may have to be made to their careers.

Furthermore, we may have emotional or mental difficulties when choosing the right career. Essentially, when we choose our careers, there will be influences around us, like parents and close friends. However, they may serve as bad influences by leading one to make a wrong, impulsive decision. In addition, in order to choose the right career, we need to narrow it down. If we have various interests in several programs, we want to make sure that we choose a program that we truly like and are inspired to continue. In doing so, we also need to consider the adaptations that may be included within this. This includes transportation and places to live. Depending on where the school is located, these situations will need to be well thought off when deciding.

Choosing the right career has many potential factors that cause difficulties. This is seen from financial struggles, not having the required academic knowledge, and having to choose a career you are passionate about. These difficulties can arise either before or after entering your career. By analyzing

these difficulties, we may reconsider our decisions to have financial stability, have the required knowledge, and know what you are truly passionate about. It is important that we analyze the situation very carefully, see why there are difficulties and see in what ways they could be avoided. Therefore, this would help in choosing a right career that one is truly dedicated to.



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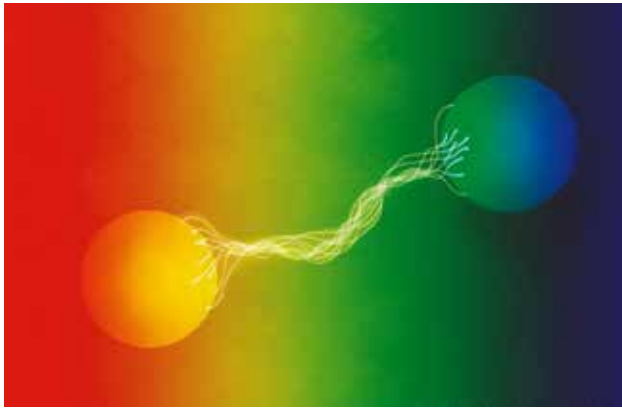
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2022 NOBEL PRIZE FOR PHYSICS PROVING EINSTEIN IS WRONG

Trio Scientists Share Physics Nobel Prize for Pioneering Work in Quantum Mechanics

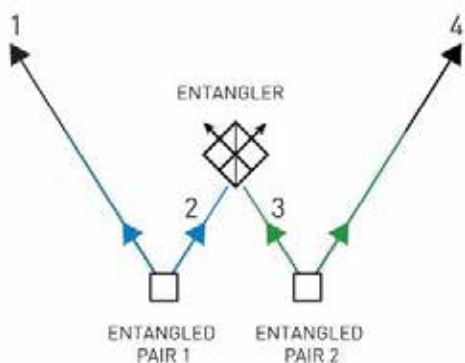


The 2022 Nobel prize for physics has been awarded to a trio of scientists for pioneering experiments in quantum mechanics, the theory covering the micro-world of atoms and particles. Alain Aspect from Université Paris-Saclay in France, John Clauser from J.F. Clauser & Associates in the USA, and Anton Zeilinger from the University of Vienna, Austria, will share the prize sum of 1.25 million Canadian Dollars (10 million Swedish kronor) for “experiments with entangled photons, establishing the violation of Bell inequalities and pioneering quantum information science.”

John Clauser built an apparatus that emitted two entangled photons simultaneously, each towards a filter that tested their polarization. The result was a clear violation of a Bell inequality and agreed with the predictions of quantum mechanics. Alain Aspect developed a setup to close a vital loophole. He could

Entangled particles that never met

Two pairs of entangled particles are emitted from different sources. One particle from each pair is brought together in a special way that entangles them. The two other particles (1 and 4 in the diagram) are then also entangled. In this way, two particles that have never been in contact can become entangled.



switch the measurement settings after an entangled pair had left its source, so the scene that existed when they were emitted could not affect the result. Anton Zeilinger researched entangled quantum states. His research group has demonstrated a phenomenon called quantum teleportation, which makes it possible to move a quantum state from one particle to one at a distance.

The 2022 Nobel Prize laureates in physics have conducted groundbreaking experiments using entangled quantum states, where two particles behave like a single unit even when separated. The results have cleared the way for new field of research: quantum information science.

Albert Einstein

Albert Einstein famously referred to the phenomenon of quantum entanglement as “spooky action at a distance.” He was describing a counterintuitive property of specific pairs of tiny particles of matter or light which, when created under particular conditions in a laboratory, will react in tandem even if they are too far apart to affect each other. For example, suppose the polarization of a single photon in an entangled pair is changed. In that case, the other photon’s polarization will change instantaneously — even though a significant distance may separate the two photons.

Albert Einstein was unsettled, and he was convinced it was wrong. Rather than outcomes being random, he thought there must be some “hidden variables” — forces or laws that we can’t see — that predictably influence the results of our measurements. Some physicists, however, embraced the consequences of quantum mechanics. John Bell, a physicist from Northern Ireland, made a significant breakthrough in 1964, devising

a theoretical test to show that the hidden variables Einstein had in mind don’t exist.

According to quantum mechanics, particles can be “entangled,” spookily connected so that if you manipulate one, you automatically and immediately influence the other. If this spookiness — particles far apart mysteriously influencing each other instantaneously — were to be explained by the particles communicating with each other through hidden variables, it would require faster-than-light communication between the two, which Einstein’s theories forbid.

Quantum Mechanics

The world of quantum mechanics appears very odd indeed. In school, we are taught that we can use equations in physics to predict exactly how things will behave in the future — where a ball will go if we roll it down a hill, for example. Quantum mechanics is different from this. Rather than predicting individual outcomes, it tells us the probability of finding subatomic particles in particular places. A particle can be in several areas simultaneously before “picking” one location randomly when we measure it.

Quantum entanglement is a challenging concept to understand, essentially linking the properties of particles no matter how far apart they are. Imagine a light bulb that emits two photons (light particles) that travel in opposite directions away from it. If these photons are entangled, they can share a property, such as their polarization, regardless of distance. Bell imagined experimenting on these two photons separately and comparing their results to prove they were entangled (truly and mysteriously linked).

Bell’s Test

Clauser put Bell’s theory into practice at a time when doing experiments on single photons was almost unthinkable. In 1972, just eight years after Bell’s famous thought experiment, Clauser showed that light could be entangled. While Clauser’s results were groundbreaking, there were a few alternatives, more exotic explanations for his results he obtained.

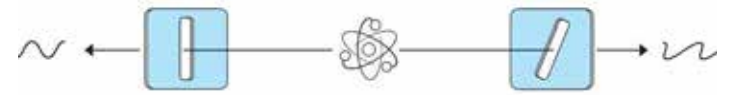
If the light didn’t behave as the physicists thought, his results could be explained without entanglement. These explanations are known as loopholes in Bell’s test, and the Aspect was the first to challenge this. Aspect devised an ingenious experiment to rule out one of Bell’s test’s most important potential loopholes. He showed that the entangled photons in the investigation aren’t communicating with each other through hidden variables to decide the outcome of Bell’s test. This means they are spookily linked. In science, we must test the concepts we believe to be correct. And few have played a more critical role in doing this than Aspect. Quantum mechanics has been tested repeatedly over the past century and survived unharmed.

Quantum Technology

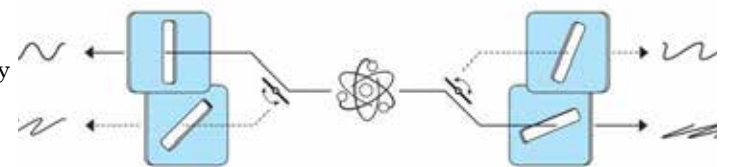
At this point, you may be forgiven for wondering why it matters how the microscopic world behaves or why photons can be entangled. This is where the vision of the Zeilinger shines. We once harnessed our knowledge of classical mechanics to build machines to make factories, leading to the industrial revolution. Understanding the behavior of electronics and semiconductors has driven the digital process. But understanding quantum mechanics allows us to exploit it to build devices capable of doing new things. Indeed, many believe it will drive quantum technology’s next revolution.

Quantum entanglement can be harnessed into computing to process information in previously impossible ways. Detecting small changes in entanglement can allow sensors to see things with greater precision than ever before. Communicating with entangled light can also guarantee security, as measurements of quantum systems can reveal the spy’s presence. Zeilinger’s work paved the way for the quantum technological revolution by showing how it is possible to link a series of entangled systems together, to build the quantum equivalent of a network. In 2022, these applications of quantum mechanics are not science fiction. We have the

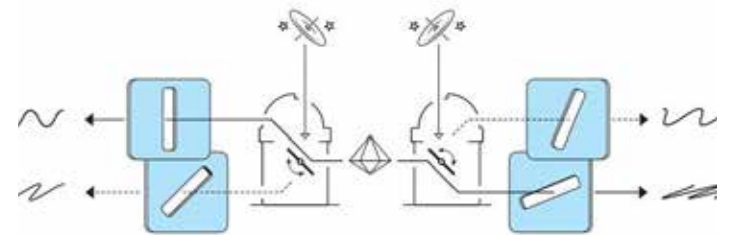
Experimenting with Bell inequalities



John Clauser used calcium atoms that could emit entangled photons after he had illuminated them with a special light. He set up a filter on either side to measure the photons’ polarisation. After a series of measurements, he was able to show they violated a Bell inequality.



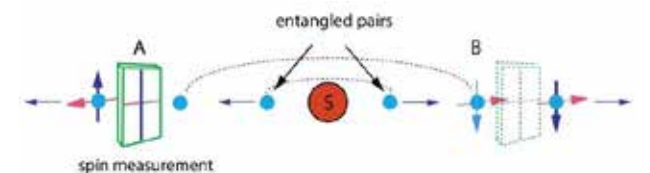
Alain Aspect developed this experiment, using a new way of exciting the atoms so they emitted entangled photons at a higher rate. He could also switch between different settings, so the system would not contain any advance information that could affect the results.



Anton Zeilinger later conducted more tests of Bell inequalities. He created entangled pairs of photons by shining a laser on a special crystal, and used random numbers to shift between measurement settings. One experiment used signals from distant galaxies to control the filters and ensure the signals could not affect each other.

first quantum computers. The Micius satellite uses entanglement to enable secure communications across the world. And quantum sensors are being used in medical imaging and detecting submarines. Ultimately, the 2022 Nobel panel has recognized the importance of the practical foundations producing, manipulating, and testing quantum entanglement and the revolution it is helping to drive.

These remarkable discoveries have helped us understand some of nature’s most fascinating and inconsistent properties. The development of experimental tools have laid the foundation for



a new era of quantum technology. Being able to manipulate and manage quantum states and all their layers of properties gives us access to tools with incredible potential. Intense research and

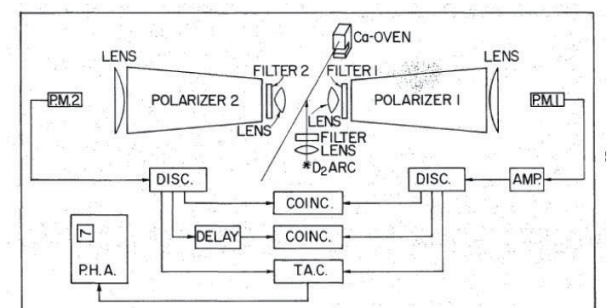
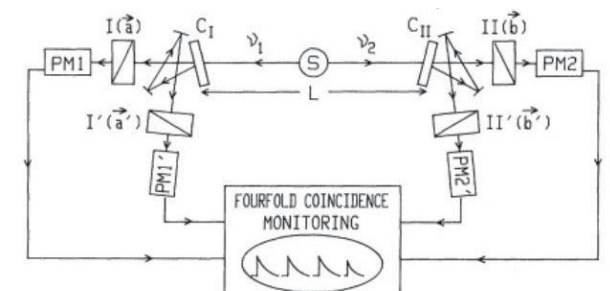


Figure 4. Schematic diagram of the apparatus and associated electronics used by Freedman and Clauser [11]. The distance between the detectors was 5 metres (m).



development are underway to utilize the unique properties of individual particle systems to construct quantum computers, improve measurements, build quantum networks and establish secure quantum encrypted communication.

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SPECIAL FEATURE

THE SIGNIFICANCE OF KANTHASASHTI FESTIVAL

C. Kamalaharan

Kanthasashti an important festival of the Saivites is now being celebrated in all Murugan temples where the statue of Lord Murugan is installed in the main altar or in temples where the statue of Murugan is installed among the other statues away from the main altar. The annual celebration commences in the Prathama Tithi the day following Deepavali during the 'Sukla Paksha' (bright fortnight) and concludes in the 'Sakthi Tithi' of the sixth day of the waxing moon. Accordingly the six-day fasting commences on October 26th and concludes on October 30th.

To cut short an epic story once the three Asuras; Soorapadman Singhamugasooran and Tharakasooran inflicted severe sufferings on the Devas. To destroy the Asuras Lord Murugan emerged as an incarnation out of a spark from the third eye of Lord Siva and received the Divine Vel (Spear) from Goddess Parvathi. Accompanied by Veerabahu Devar the emissary and other Devas at the sacred shrine of Thiruchendur to wage war with Soorapadman and his demonic army.

During the first five days of the war all the Asuras of Soorapadman got perished.

On the sixth day of the war Soorapadman severely beaten and sensing his end nearing went into hiding in a monstrous mango tree. Lord Murugan hurled His Divine Vale and split the tree into two halves. One half got transformed into a peacock which Lord Murugan used as His vahanam (vehicle) and the other half into a Seval (rooster) which became an emblem in Lord Murugan's flag. Hence Soorasamharam (the Divine War) is the victory of good over evil and restoration of Dharma.

To celebrate the victory of Lord Murugan over Soorapadman the epic war is enacted annually on the sixth day (Sakthi Thiti) in Thiruchendur Murugan temple and in temples all over. In Thiruchendur a sea of heads could be



seen when devotees from all over the world congregate on the very beach the epic war took place.

In Srilanka Soorasamharam is enacted in all Murugan temples and in temples where Murugan statues have been installed along with the other deities. Devotees observe this festival in full faith, fasting



on all six days and finally breaking fast on the seventh morning known as Parana with family members relatives and

friends. The following day 'Thirukalyanam' the celestial wedding between Lord Murugan and Goddess Valli and Goddess Theivanai is enacted in temples. Many mistakenly believe that both the Goddesses are wives of Lord Murugan. They are both Murugan's consorts, Valli represents Ichcha Sakthi (the Power of Will) and Theivanai represents Kriya Sakthi (the Power of actions).

The destruction of the three Asuras symbolises the destruction of Mummalangal

the three impurities – Anavam (ego) Kanmam (binding action) and Maya (illusion) thereby purifying the souls and taking them into His fold. Soorapadman too though vanquished was granted a great boon to become the vehicle of Lord Murugan and the rooster the emblem in His flag.

Devotees fast on all six days. Some of them stay in the temple and spend time in prayer meditation and listen to spiritual discourses mainly Kanthapuranam recital in verse form for which the meaning is instantly conveyed by a devotee who is well conversant in it. Devotees also recite other devotional texts, Kanthar Anuputhy Kanthar Alangaram Kanthasasti Kavasam etc. One who observes this important Kanthasasti festival with staunch faith strict discipline and complete surrender will be richly rewarded with a peaceful and successful life.

SPECIAL FEATURE



By: J A Rajah

Those pursuing perfection will always try to do the best in all circumstances. It will become their bounden duty. For him, it is the ideal of a noble and virtuous man he terms -'Saanron'. The essence of a really noble man is good character; other distinctions are of no great significance.

“Kunanalam saanror nalane-piranalam,
En nallathu ullathoom anru”.

குணநலம் சான்றோர் நலனே பிறநலம்
எந்நலத்து உள்ளதூஉம் அன்று

Compassion, sensitivity to shame, social co-operation, graceful accommodation and truth-are the five pillars of the edifice of a noble character. Non-killing is the best of penance; so too abstention from scandalous talk, is the best trait of a virtuous gentleman. Successful men are characterized by a humility, which really is a weapon, in the hands of virtuous men to overcome opponents. Bacon puts it as 'In taking revenge is equal to his enemy, but in passing it over, he is his superior'.

“Saalpitkku kaddalai yathenil tholvi,
Thullaiyalar kannum kollal”

சால்பிற்குக் கட்டளை யாதெனின் தோல்வி
துலையல்லார் கண்ணும் கொளல்.

The touchtone of a noble character is the willingness to accept being undone, even by a person of an inferiority without losing prestige. Where is the priority of the worthy man, if he does not choose

to make, a good turn even to those who do him wrong?. The Bible says in this context: 'whoever strikes thee on the right cheek, turn to him the other also' (Mathew: 5-39).

“Inmai oruvarkku illivanru saalpennum,
Thiimai undakapperin”.

இன்மை ஒருவற்கு இளிவன்று சால்பென்னும்
திண்மைஉண் டாகப் பெறின்.

Poverty is no disgrace to a person, who has the innate strength, arising from a basic nobility of character. Even among fateful convulsions, worthy ones will not swerve from rectitude, if they possess the deep strength of a noble character. If virtuous men fall from their standards, the very earth cannot sustain its heavy burden. Bible puts the idea in these lines of enlightenment:-

“Ye are the salt of the earth, but if the salt loseth its savour, wherewith shall it be salted”. (Mathew: 5-13). Purananooru says about noble men as - 'pularllenin uyirum koddukkumar, pazhliyenin ullakudan perinum korllalar, ayarvillar, an-namaadchi anayar; thamakkena muyalla noonrarl pirarkenna muyallunar unmayane.” The noble men will give their lives to others; if it is disgrace they will not accept it even if they are given it along -with the whole world. They will always strive to do good for others. (Purananooru: 182)

(Kural: 981-990)



Valluvar's Views



Air Line Pilot's Stress & Their Mental Health

By: Kane Siva

As I was walking in Downtown Toronto a couple of days back saw a few people with Shirts "Mental Health Is Wealth", while I was contemplating penning this article. In any workplace, there is always stress. The pilot's stress in aviation has been ranked as the 3rd in the industry. Being a commercial airline pilot is a great and glamorous job in the eyes of a common man. But we never realize the challenges & stress they undergo. There may be 350 million people suffering from depression according to World Health Organization. It is unfortunate a stigma is always attached to a person who seeks treatment for mental health. As a result, many people are cocooned and forced not to open up. A survey in 2016 by Harvard Public School revealed that a significant number of airline pilots report depression symptoms & suicidal thoughts. It further states, maybe 100's airline pilots currently flying may be depressed, as per an anonymous survey.

Wonder why this kind of survey after almost 117 years after the Wright Brothers. The action of German Wings, pilot Lubitz who crashed in December 2016 intentionally in the French Alps killing all 159 on board opened the pandora's box. The report states that many airline pilots are secretly managing depressive symptoms and flying. Pilots normally don't come forward & report these issues for the fear of losing their careers and may not be covered by their insurance. Assistant Professor of "Exposure Assessment Science", Dr. Joseph Allen, at Harvard, an authority on mental issues confirmed these findings by saying "always a veil of secrecy about mental health issues" in the cockpit of the aircraft. But many of them opened up without disclosing their actual names.



We know the problem exists, as there are lots of unknown unknowns. It is not unusual to find a whistleblower, Carl Eisen, a retired commercial airline pilot. He spoke about his panic attack soon after 9/11 in 2001 while waiting at a mall, after hearing about the attack on the Twin Towers. He experienced depression after this and has to hide this from his employer fearing that he would be losing his license. The FAA has strict rules about mental health that covers personality disorder, psychosis & bipolar disorder from flying. In an interview in 2016, he showed a copy of his first-class medical certificate. It clearly states that "pilots must be in peak physical and mental health" to obtain this clearance. One question stands out: answer "yes or No" to any mental disorder of any kind. New York-based Aviation Medical Examiner Dr. David Feldman confirmed this by saying, if you had a mental issue and were on medication, you would not get a medical certificate. It was off the books. According to Carl, he had to hide his symptoms for the fear of losing his job. After he retired, developed an online course to help pilots with depression, anxiety, etc., through Meditation to overcome this problem. Carl further said many airline pilots contacted him and benefitted from his method to overcome depression.

Stress has been said as a biological response in our body to an adverse stimulus which can be



GETTY IMAGES | A brawl broke out in the cockpit between two pilots

By Merlyn Thomas
BBC News

Two Air-France pilots have been suspended after a physical altercation in the cockpit, reports say.

The captain and first officer exchanged blows as they flew an Airbus A320 from Geneva to Paris in June, Swiss news outlet La Tribune said.

internal or external. For an airline pilot, both these stresses are there and had witnessed this in my life working with them. Researchers have identified 3 types of stress among pilots: Physical, Physiological, and Psychological. Physical stress: Unpleasant conditions in the cockpit, too much noise, cramped space, humidity, and lack of Oxygen. Unpleasant condition in the cockpit was exemplified in June 2022: an Air France flight, from Geneva to Paris where there was a physical altercation between the pilots on the flight, a dangerous situation even though the flight landed safely after the cabin crew intervened. Physiological: This can be fatigue, hunger, and various other health issues. Psychological stress includes death in the family, financial issues, infidelity, being overlooked for promotion, etc. We saw this issue in April 2022 on, a China Eastern Airlines flight, a senior captain was demoted and made to fly as a co-pilot for a guy, whom he trained. In our great land, we are aware of this issue as it is still going on with Canadian pilots. The crew of Pivot Airlines was arrested and held in the Dominican Republic over alleged smuggling charges according to the media. The best part of

it the crew suspected that there was alleged contraband on board and reported it to the authorities, but the Dominican Republic authorities arrested and detained the whole crew on suspicion. We strongly doubt whether they are in it but the stress, fear of life, and being separated from their loved ones even though



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the airline concerned is trying its best to resolve this through the Canadian government. Pilots have to go through so much stress and personally feel really sad. They have to stay focused, and alert over long hours, away from their families and have jet lag which has sleep deprivation. According to American Psychological Association, anxiety and high blood pressure, and stress are all interconnected and play a major role in a person's mental well-being. There is another stress on the shoulders of any pilot which is inherent. That is, the lives of all the passengers and the billion-dollar aircraft entrusted to them by the owners, and they are transported safely.

As we see there is a multitude of stress in the life of a pilot. The management and government agencies are aware of this but their inaction is deplorable and it's not good for the aviation industry. What is the way forward? The Government agencies that oversee this industry should not wash their hands off and say this kind of issue is isolated but must have the fortitude to address it. Federal Aviation Administration is considered the "Pope" in the aviation industry. FAA must enact laws to accommodate pilots with mental issues without demoralizing and treating them as outcasts. The agency should formulate a way to address this issue among the pilots than throwing it under the carpet. Any person with mental issues should be treated with the innermost sympathy, decency, and decorum rather than stigmatizing them. FAA should be more forthcoming and encourage pilots to come forward to address this issue in the face of it. They can prevent this by having medical experts evaluate pilots on their physical bi-annually by Psychologists and keeping this information confidential. Will the FAA and other aviation bodies make mental health mandatory? Can they request the respective governments to pass laws to this effect? Will the International Federation of Airlines Pilot Association and IPLA sign in to this? The last but not least, the Insurance agencies should be brought on board as there will be no joy without them on the same page. It is a long shot but has to be done.

I want the FAA to wake up and take the "Bull by its horns" rather than taking a step-motherly attitude, since mental health matters. We must find a way to get the elephant out of the room "Cockpit" for the benefit of all concerned.

K.N. Sivagnanasunderam (Blue)

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Ponniyin Selvan I: Book vs. Film

By **Harrish Thirukumaran**

Over the first weekend of November 2022, an opportunity presented itself to watch the highly anticipated new Tamil film, PonniyinSelvan I. Based on the classic novel authored by Kalki Krishnamurthy, the film was directed by renowned Kollywood filmmaker, Mani Ratnam. Production was handled by Subaskaran Allirajah of Lyca Productions and Madras Talkies. Although the film has been screened globally for some time now to both great acclaim and box office success, the intention here was to observe how the motion picture stacked up against the novel. Having fully read the first part of the novel in its English version, this review focuses on comparing the story in both formats and considering which was better.

At first glance, both the book and film share various similarities including key character names, settings, the overall plot and so forth. The plot itself unfolds from the perspective of Vallarayan Vandiyathevan throughout both the film and the book. Although considered a piece of historical fiction regarding Tamil history and culture, it does touch on the true events that occurred in South India.

Cinematography and narrative style:

The cinematography, filmed by S. Ravi Varman, excellently depicted the Chola land such as the Cauveririver in the film. This matched with the numerous metaphors, similes, and other forms of imagery that described the natural beauty, sights and scenery of the Chola kingdom for the reader's understanding.

Characters:

The characters from the novel are closely adapted by the director, Mani Ratnam, into the film. From the charisma of Vandiyathevan, played by Indian actor, Karthi to the scheming of Nandini Devi, performed by Indian actress, Aishwarya Rai Bachchan, the characters and their motivations were well represented by Ratnam throughout the film. However, the format that film works with can only present so much compared to a book or novel offering a more condensed version on the complexities of these characters. The novel itself does break into side stories that detail the characters in further length including Kundavai and her relation to the Chola dynasty and her arranged marriage backstory. Additionally, staying true to Lanka being a land with its own distinct culture, religion and traditions, Sri Lanka-



an actor, Shyam Fernando played the role of King Mahindan.

Key scenes:

Various crucial parts of the book that define the plot and story are included in Ratnam's film as well. This included the initial meeting between Vandiyathevan and Azhwarakkadiyan-Nambi, a Vishnu worshipping spy. He was played by Indian actor, Jayaram. Furthermore, there was the encounter between Vandiyathevan and Nandini in her palanquin as the character journeys with a message from Chola Prince, Aditya Karikalan, played by Indian actor, Vikram. From the initial viewing of the film and reading of the book, both endings seemed different in relation to the primary protagonists

of PonniyinSelvan. One was presented more so a cliff hanger for the protagonists, Vandiyathevan and Prince Arumozhi Varman, played by Indian actor Jayaram Ravi. This should likely be explained by PonniyinSelvan II that will be released in 2023. The book more so offers an explanation into the history of the Chola kingdom as a way to chronicle how it led to the events of PonniyinSelvan.

Overall, the film does manage to do some justice to Kalki's classic novel, despite the limitations that the format presents compared with the creative freedom involved with writing a novel. Regardless, it does remain faithful to key aspects that drive the plot and story in a nonlinear storytelling

style articulated by Mani Ratnam.

This debate of whether the book or film version is better really does depend on the reader or moviegoer. There will be differences based on the practicality both mediums have, but the importance lies in how well the film recreates the key plots, character development, and so forth in relation to the source material. PonniyinSelvan as a film does succeed in that with a few differences because of its format. Whether it's through the novel or film, PonniyinSelvan is a great story for its multiple literary themes and genres as it allows the reader to delve deep into Chola as well as Tamil and broader South Indian culture, heritage, and history.



SPECIAL FEATURE

Common Trees Found in Jaffna People's Compounds

By: J A Rajah

Jaffna man is characteristically industrious and that trait is evident in all their actions. My grandfather who migrated from Malaysia bought a plot of land in Nallur to build a house and settle down. In his compound he planted a number of useful trees. Besides trees he also had a variety of crotons and flower plants in the front yard to beautify the place.



A. Trees with Medical Uses:

Neem tree is vital for health, and he planted a lot of them along the fences. Neem leaves keeps injurious insects away and the breeze coming through is supposed to be a balm for healthy living. 'Illuppai' seeds are used to make oil which is a kind of medicine for arthritis pain.

B. Trees with Delicious Fruits:

Jujube Bot is a thorny tree with tiny reddish fruit called 'illanthaippalam' which is very delicious, and my grand-pa did



not forget to plant it near the backyard fence. Jamun or Naval Palam is a very tasty purple colored fruit grown in large trees and we had one of them. We used to shake the branches and make the fruits to fall down and we pick them up. We had a variety of mango plants in our compound. They were white columban, black columban, sempaddan, alari, ambalavi, villadu and several others. My grandpa also had the skill of blending one kind of mango branch (Odduthal) on another mango tree so that one may be able to get different types of mangoes from the same tree. Jak is another popular fruit tree grown in house compounds. It is sweet and tasty. There are also variety of kinds varying in taste. Jak vendors come to residential homes to buy them and then sell them at markets. Banana trees are grown in house compounds especially near the wells so that it will be easy to water them frequently. It has the characteristic of propagating itself as shoots come up from its roots and hence the familiar phrase- 'Vazhlaiaddy Vazhlayakka'. The ash plantain provides vegetable for making curries Pomegranate is another thorny tree which bears sweet, colourful fruits. Wood apple is got from a large tree, and it is also a popular fruit in Jaffna homes. The extract of the wood apple is now used to make jam and it is put in bottles and sold by the Marketing department. Orange is grown home compounds and orange juice is a popular drink in many Jaffna homes. It is also eaten raw and is very handy fruit for treating sick people who need nourishment for easy recovery. Lime is another widely grown tree. Lime has a variety of uses and it is mainly used to add taste to curries cooked daily. Gooseberry is a tree grown for its thirst quenching fruits which is very popular amongst youngsters. Papaw is an easily grown fruit tree and is grown in almost all homes. Its fruits have medicinal usage and that accounts for its popularity. Guava is fruit with particularly delicious taste and is said to contain lot of vitamin C. Now it is used for making Jam and is readily available departmental stores. Anna Munna is a green fruit with tiny seeds, quite tasty and popular in Jaffna homes. Breadfruit is introduced into Jaffna homes from people coming from the south. Roasted breadfruit is quite tasty and well used side dish in Jaffna homes. Robert Knox in his travel book-re Kandy Kingdom - wrote that the Sinhalese people used it as all-sufficient food giving tree. Tamarind provides indispensable ingredient for making Jaffna curries and is grown in large trees found in some Jaffna homes.

C. Trees which Provide mainly Drinking Nectar:

Coconut and Palmyra are popular palms grown in Jaffna homes. Coconut is mainly used to extract coconut milk very useful in making curries. The young coconut water is a popular thirst-quenching drink. One could find bunches of them available in roadsides to be sold for passers-by. It is obtained from a special variety of coconut palm called the Red-Kernal Palm grown in ordinary homes as well as in relatively large plantations. The Palmyra fruit is used to make a variety of food items. Its juice is the source of toddy, which is a popular alcoholic drink in Jaffna villages, also useful for patients recovering from diseases like measles and chickenpox. Its leaves are used for fencing and roofing in



villages. Jaffna man is quite industrious and makes the best use of the terrain with the well-irrigation that is available in the area, which doesn't get much of rainfall. Since Jaffna is situated in limestone topography- its subterranean channels keep water to be taken out for human needs. The variety of trees found in Jaffna homes is really an asset to the people as they guarantee ready food source during times of political conflicts, food shortage and Covid calamities. They are also symbols the self-reliance of the Jaffna man.

Durham Tamils Association

Serving Our Tamil Community Over 20 Years



Durham Tamils Association is always looking for ways to help our members, youth, and our seniors. We are continuing to provide free virtual activities almost every day for kids to seniors. Thank you to our fantastic volunteers who do not expect anything and are serving the community voluntarily. DTA is truly grateful for your continued support. Also, DTA's Tamil school continues to provide virtual Tamil classes for our students.

DTA's Homeland Projects

DTA is proud to announce that we are restarting our homeland projects. The following projects have been completed:

1. Provided educational items to 38 children who passed the scholarship exam Rs 50,000/-
2. Educational expenses for two students in AL & OL Rs 50,000/-
3. Educational expenses for a girl studying AL Rs 50,000/-
4. The Second project in Kilinochchi District, is a sewing machine project. a sewing machine for a family living below the poverty line. Two sisters aged 56 and 58, unmarried due to poverty, who live with a sickly mother, have made this request. They have experience in sewing. By providing this machine they can stand on their own and support the family.
cost Rs 150,000/- (CAD 580).
5. Donated photocopy machine for the Mulankavil primary school. cost SL rupees 100,000.00
6. To distribute dry food for 25 families, living below poverty line, identified by Grama Sevaka. Each family gets food items worth lkr 5000.00(Transport 5000.00) lkr 130000.00 (Kilinochi district)
7. Helped Araneri school by providing lunch for 100 children and paying teachers salary for 3 monthly lkr 91000.00 (Kili.Dist)
8. Financed completion of a house which was given under the housing scheme but unable to complete due to rise in the price of materials. Requested by a woman affected by civil war lkr 120,000.00 (Vavuniya District)
9. Helped to organise home gardening for 25 families in Mullaitivu District lkr 110000.00

Thank you to Mr. Subramaniam Kathirithamby & Mr Maylvahanam (Sri Lanka) for coordinating this project.

21st Annual Youth Festival

Save the date:-

Saturday, November 5th - Youth Festival

Time: 5pm

Venue: J. Clarke Richardson Collegiate (Auditorium)

1355 Harwood Ave N, Ajax, ON L1T 4G8

HALLOWEEN/DIWALI Festival!!!

YOU'RE INVITED! To Celebrate our annual HALLOWEEN/DIWALI Festival!!!

Kids can come out and enjoy arts & crafts, games and a costume parade!

Of course, in the spirit of Halloween/Diwali, we will have lots of candies!!!!

Members only! To RSVP, visit durhamtamils.org

EVENT DATE: SATURDAY OCTOBER 29th

TIME: 5:00pm - 7:00pm

Activities for Ages: 14 & under

Canadian Mental Health Association - Mental Health 101 Workshop

On Oct 1 and Oct 2, DTA hosted a mental health workshop with help of trainer Mary Louise Ireland who volunteered her time to host the event. Mental Health 101 provides an understanding of various mental health issues, builds mental health awareness and helps reduce the stigma associated with mental illness. Participants will learn strategies for maintaining their mental wellness and for providing compassionate support and understanding to colleagues.


Canadian Mental Health Association - Managing Uncertainty

On Oct 19th DTA hosted a mental health workshop on Managing Uncertainty. With the onset of the global pandemic, we have all experienced insurmountable change and un- certainty in our personal and professional lives. As the pandemic continues to evolve and the world continues to change, it's important that we develop and sustain a healthy relationship with the things we can't know and can't control. These shifts in how you think about uncertainty will help you build resilience and a positive outlook.

Navarathiri Celebration


On Oct 1st DTA's Tamil school proudly hosted the Navarathiri Celebration. Thank you for all the volunteers and parents for your help to make this event successful.

Contd. on page 22...



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Durham Tamil Association

HALLOWEEN/DEWALI PARTY

OCTOBER 29 5 - 7 PM

Pickering High School
180 Church Street North Ajax
ON L1T 2W7 (Cafeteria)

Register online at
durhamtamils.org
Members only





SPECIAL FEATURE

NAVAGRAHAS AND THEIR WORSHIP

Compiled by : KIDAMBI RAJ

INTRODUCTION

Navagrahas are the nine planets of Vedic Astrology. The Sanskrit word *Nava* means and the word *Graha* means, “to seize” or “to grasp”. The planets are called grahas because they are the holders and dispensers of the karmic lessons of life and they are the evolutionary forces that teach us to grow and harmonize with the cosmic order. In the same way that the daily weather can affect our feelings and especially our ability to get things done (karma), on a cosmic scale, the Navagrahas affect the *cosmic weather* from which our local planetary and regional weather is derived. If a planet brings rain, our crops grow. If a planet brings heat and drought, the crop all perish. Each graha has a full compliment of energies, that match human characteristics. For example, Surya (the Sun) is considered a *kroora graha*, or harsh personality, because he is so hot and too bright that one cannot even look at him directly. At the same time, Soma (the Moon) is considered a *saumya graha*, or a cooling personality, because the moon brings delight and coolness to the mind and the earth. The Navagrahas are powerful spiritual influences. The Hindu Panchangam (*almanac*), lists daily times for key festivals and prescribes suggested worship, or the avoidance of certain influences, in order to make our lives easier and help us to keep focused on the spiritual path. to a have powerful spiritual influences.

THE IMPORTANCE OF THESE PLANETS FOR HINDUS

Navagrahas are very important to Hindus. When a child is born the exact time is recorded. According to that time, the exact positions of the Navagrahas are calculated. These calculations help in preparing the birth chart of the child and is called the *Horoscope*. It is believed that each major event, happiness, illnesses, sorrows and even the time of death can be predicted by the astrologers using this birth chart. This birth chart is consulted at the time of cross points in life. The birth chart helps in choosing the right path. There are households that take to consulting the birth chart for every major decision or when a life-changing question arises. Marriage matches, career choices, proper times (*muhurtham*) for weddings, *griha pravesas* (house warming ceremonies) and more often are done only with the help of the birth chart. The birth chart may not always give positive readings. They may also point out impending disasters. This is often due to the malicious positions of the Navagrahas. At certain times, the rival planets may occupy incompatible positions in the birth chart. When such a problem arises, it is important to perform remedial rituals to appease the Navagrahas. The patron Gods of these planets must be worshipped according the directions prescribed by general information or by the astrologers. The *pariharas* (remedial rituals) that one does will bring great changes in one's life. While this is not compulsory, it is certainly good to do so and the results will only be better because of it. But if the deity that you worship has some rules and dietary restrictions to be followed, they must be followed. Not eating non-vegetarian food on that parihara day is a common rule that must be followed, Any pooja performed without looking at the deity may



cause negative effects. It is a common practice to close one's head or bow the head when pooja is done. This is often done due to respect. But for the pooja to create a positive effect in you, you must look at it while it is happening. The Navagrahas should not be treated with more importance than the other Gods. When in temple, you must always go to pay your respects to the Navagrahas *only* after you have worshipped the other Gods.

NAVAGRAHAS

Navagrahas or the nine planets in the solar system have a very vital significance according to the Hindu astronomy. The nine planets are believed to play a huge role in destining your future and success in life.

The Navagrahas are:

1. Surya or the Sun

He is known as the Sun god and is also called as *Ravi*. In the solar system this planet is usually in the centre facing towards the east and other planets stand around him in eight different directions, but they do not face one another. He travels on a single-wheeled chariot pulled by seven white horses. These seven horses represent the colours of the white light and, also, represents the seven days of the week. This planet is believed to be the lord of planets and, also called as *Grahapati*. The Sun god is the main solar god and is one of the Adityas, the child of Kashyapa and one of his wife is Aditi. Governing Rasi: Simham; Zodiac Sign: Leo; Favourable Colour is Red; Gemstone: Ruby (Maanikkam) Overseeing Deity: Rudra or Siva

2. Chandra or the Moon

It is also called as *Soma*, possibly because of his shining and disappearing potentials and he is never captured as a whole, in images. We only see his upper body from the chest, with his two hands holding lotus in each and riding a chariot pulled by 10 horses or an antelope. Some consider the moon to be the king over rest of the planets and so is known as *Graharaj*. The Moon or Chandra is a lunar god. The planet Chandra illustrates the mind, female nature, attractiveness, and joy. The moon has just a face with two hands and no body. He is the Deity of Fertility. A person's anger issues and stability along with goodness highly depends on the place of this graha at the time of that person's birth.

Governing Rasi: Kataka Rasi; Zodiac Sign: Moon; Favourable Colour: White; Gemstone: Pearl; Overseeing Deity: Gowri or Parvathi.

3. Mangala or Mars

Mangala or the Mars is a fierce deity and so is also known as *Angaraka*. Moon has four hands and of which two have weapons, usually, a Staff and a Spear and the other two in Abhaya and Varada positions. His vehicle is a Goat or Ram. He is believed to be the child of Prithvi or Bhumi who is the Goddess of Earth. He is of Tamas Guna and portrays Active action, sureness, and ego. He is the protector of Dharma and a hot planet. He rules the muscular system and controls the Nose, Forehead and Circulatory systems of the body. Governing Rasi: Mesha and Vrischika; Zodiac Sign: Mars; Favourable Colour: Red; Gem Stone: Coral; Overseeing Deity: Karthikeya or Murugan.

4. Budha or Mercury

Budha is usually seen with four hands and rides a chariot drawn by a Lion or a Carpet or an Eagle. In three of his hands, one holds a Sword and the other a Shield and the third a Staff. The fourth hand is in the Varadha Mudra position showing a gesture. His vehicle is Lion. Budha is the child of Chandra or the Moon along with Tara and Taraka. The planet Mercury signifies one's intellect and communication skills. He is also the deity of goods and guard dealers. This planet protects the nervous system of the body. Governing Rasi(s): Mithuna and Kanya; Zodiac Sign: Mercury; Favourable Colour: Yellow; Gemstone: Emerald (Maragatham); Overseeing Deity: Vishnu

SPECIAL FEATURE



5. Guru or Brihaspathi or Jupiter

Guru or Brihaspathi is also called as **Brahmanaspati** who is the teacher of deity and is praised by the Hymns in the Rigveda. He rides a chariot pulled by eight horses. The horses represent the eight branches of wisdom. His character is of Satva Guna and signifies knowledge and instruction (teaching). He is usually known as **Guru**. The Jupiter god is defined as yellow or golden in colour and holds a stick, a lotus, and a set of beads. The planet represents love, spirituality, and knowledge. This planet has control over the thighs, flesh, kidneys, liver, and arterial system in the body. Governing Rasi(s): Dhanur and Meena; Zodiac Sign: Jupiter; Favourable Colour: Gold; Gemstone: Topaz (Pushparakam); Overseeing Deity: Brahma.

6. Sukran or Venus

Sukran is the instructor of the demons and the writer of Sukraniti. He is usually seen with four hands, riding on a golden or a silver chariot pulled by eight horses. He is white in complexion. In three of his four hands, he holds a Staff, Beads, a gold utensil separately, while his fourth hand is in the Varada Mudra. Lord is the son of Brigu and Ushana, an authority over the Daityas, and the leader of the Asuras, recognized with the planet Venus along with the honorific Sukracharya. Sukra Doshā stays precisely for twenty years in an individual’s horoscope and Venus is supposed to deliver more prosperity, fortune and a luxurious lifestyle, if it has a good position in the Kundalini of a person and horoscope. The planet signifies love and desire. Governing Rasi(s): Vrishabha and Tula; Zodiac Sign: Venus; Favourable Colour: White; Gemstone: Diamond; Overseeing Deity: Indrani.

7. Sani or Saturn

Sani Graha is a stormy and bothersome deity who builds and destroys fortunes by his impact and location in the solar system for which he is consistently be frightened and specifically worshipped by all those who have faith in the Hindu astrology system. Sani is usually seen with four hands and rides on a chariot drawn by a Buffalo or a Vulture. In three of his four hands, he is seen carrying an arrow, a bow and a Javelin. His fourth hand is seized in Varadamudra position. Sani’s Tattva or components are in the air and his direction in the west. He is Tamas in his character and illustrates knowledge in a difficult way, Career and Long Life. This deity is actually a demi-god and is the son of Surya god and his wife is Chhaya. It is believed that when Sani opened his eyes as a baby the sun went into eclipse which helps to clearly recognize the impact of Sani on the horoscope. Governing Rasi(s): Vrishabha and Tula; Zodiac Sign: Saturn; Favourable Colour: Blue; Gemstone: Bluestone; Overseeing Deity: Yama.

8. Rahu

This planet is believed to be a Demon and not a God. His image is in the likeness of Budha or Mercury in some aspects, but both the deities vary primarily in their character and temperament. He is usually seen on a dark lion, in distinction to the white lion of Budha. Rahu is seated on a throne or rides a silver chariot drawn by eight horses. However, similar to other gods he holds the same weapons, a sword, a Javelin and a Shield in three of his

four hands and his fourth hand is in Varadamudra position. The God of the North Lunar is Rahu. Based on legends, at the time of Samudra Manthan (the churning of the ocean of milk), the asura Rahu consumed a little of the Nectar (heavenly liquid). But before the nectar could get down his throat, Mohini who is the female

our body. The whole science behind a yagna or homam is the connection between microcosm and macrocosm. For example, Mars is connected to the liver and proteins. Like this, there are many connections between different herbs and different materials with cosmic vibrations. It is considered that Navagraha gods and goddesses



incarnation of Vishnu chopped off his head. The head, still, continued to be unforgettable and is recognized as Rahu. However, the rest of his body turned to be Ketu. It is considered that this memorable head rarely gulps the sun or the moon, producing eclipses. Then the sun or the moon gets out through the back of the head, thus putting an end to the eclipse. Governing Rasi: Meena; Favourable Colour: Smoke; Gemstone: Garnet (Gomethakam); Overseeing Deity: Mrutyu

9. Ketu

In the sacred language of Sanskrit, Ketu or Dhuma Ketu holds the meaning of a comet. The texts describe that he has a body that is the tail of a snake, a portrayal which is very much similar to that of a comet. In some pictures, he is commonly seen with a poke patent body, and rides on a Vulture and holds a Mace in his hand. Ketu is the Lord of the Descending or the South Lunar code. Ketu is also a dark planet. Lord Ketu is the portrayal of karmic deeds both decent and evil, religiousness and mystic effects. Governing Rasi: Meshā; Favourable Colour: Multi colour (Chitra Varnam); Gemstone: Cat’s eye (Vaidooryam); Overseeing Deity: Chitraguptan.

WORSHIPPING NAVAGRAHA

The Navagrahas should be worshipped just once when they are not worshipped on a Saturday. It is never permissible to go around Rahu and Ketu in an anti-clockwise direction. When you are worshipping Lord Sani, never stand directly in front of him. When going around the Navagrahas, you must never fold your hands in any way. In a nutshell, Navagraha Poojas are done when the grahas in your horoscope are in an unfavourable, negative or ineffective position, as well as when evil houses or zodiac signs are present. Don’t think that the Navagrahas are just planets, they are specific vibrations in the cosmos and they relate to different parts of

impact human lives and is accountable for all ups and downs, or good or bad that happens in one’s life.

NAVAGRAHA TEMPLES

There is a cluster of Navagraha temples in Tamil Nadu near Kumbakonam, built during the reign of the Chola dynasty. According to Hindu legends, Sage Kalava was suffering from serious ailments along with leprosy. He with utmost devotion prayed to the Navagrahas to cure him of his ailments. The Navagrahas pleased with his devotion cured him of all his ailments. However, Brahma was extremely unhappy with this as he felt that the Navagrahas did not have any authority to bless people. He cursed the Navagrahas to suffer ailments and sent them to the earth in **Vellukku Vanam**, the white wild flower jungle, the modern time **Suryanar Koil**. The nine planets were extremely sad by these series of events and decided to pray to Lord Siva to relieve them of their agony. Siva appeared before them and said that the place Vellukku Vanam belonged to them and they would have to grace the devotees worshipping them from the place. Each temple is located, in a different village, and is considered an abode of one the Navagarhas

Navagrahas are usually found in most Hindu temples as secondary dieties. But there are certain temples which have been built for them only and are adorned as the main gods there. One such Navagraha temple is on the banks of the river Kshipra, which is famous tourist attraction of Saivites and is situated on the outskirts of Ujjain, in North India. Similarly, Surya and Sani also have temples which are exclusively built for them in some parts of India.



COMMUNITY WATCH

Durham Tamils Association Serving Our Tamil Community Over 20 Years



HIGH SCHOOL MENTORSHIP PROGRAM!

The HIGH SCHOOL MENTORSHIP PROGRAM Initiative is a project that was started to help high school students navigate the the vast array of options awaiting them after graduation.

During this time in a student's life it is often overwhelming. It is difficult to comprehend the multitude of pathways ahead and one is often left scared they are making the wrong choice.

DTA Youth Day Trip – Canada's Wonderland

On Sep 18th DTA took the youths to Canada's Wonderland for a day trip. This was a great experience for the youth to go out and enjoy the rides and attraction at Canada's Wonderland. Youth had a great time and thanks to the organizer and volunteers for putting this event together for the youths to enjoy.

DTA is proud to host Game Time!

*YOUTH BASKETBALL *

Every Saturdays 3:00pm-5:00pm

Start date: Saturday, September 24th

Ages 5-17

Location:

East Shore Community Centre

910 Liverpool Rd, Pickering, ON L1W 1S6

If you're attending, please Register online durhamtamils.org

Tamil School

Tamil class registration is open for the School Year from 2022-2023!

In-person or Virtual class options are available!

DTA's Seniors

DTA is 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.

Thank you to DTA's Annual Sponsors

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

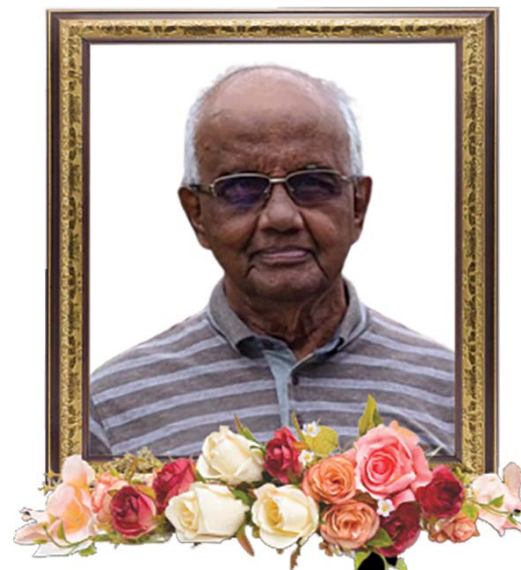
For more information on all DTA's Community Support Programs and Sponsor contacts please visit www.DurhamTamils.Org Tel 905.428.7007

Unity Is Strength



Obituary Notice

Kanagaratnam Manickavasagar (Retired Manufacturing Director of Astron, Formerly Pfizer)



Mr. Kanagaratnam Manickavasagar (Manicks) was Born in Kandy Nawalapitiya, lived in Ottawa, Ontario, Canada and passed away peacefully in Sutton, UK on Sunday 30th October 2022.

He was the Beloved son of late Ponnusamy Kanagaratnam and late Meenambal Kanagaratnam, son-in-law of late S. Velupillai and late Ponnamma Velupillai,

He was the beloved husband of Selvathiraviam, Loving father of Kavitha & Murali,

Beloved father-in-law of Mohan and Sivagamy, Devoted grandfather of Amrutha, Keshav, Amaran and Vikash,

Loving brother of Saraswathi, late Rajayogan, late Dharmayogan, Kaneshayogan, Pathma and Loha.

Durham Tamil Association
Invites all of you to our
21ST Annual Youth Festival
NOVEMBER 5th, 2022 | Doors will open at 5:00PM
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Ontario Taking Bold Action to Build More Homes

Next steps in province's plan will get 1.5 million homes built over the next 10 years



October 25, 2022

Municipal Affairs and Housing

TORONTO — Today, the Ontario government introduced the More Homes Built Faster Act, which takes bold action to advance the province's plan to address the housing crisis by building 1.5 million homes over the next 10 years. The proposals in the More Homes Built Faster Act would, if passed, ensure that cities, towns and rural communities grow with a mix of ownership and rental housing types that meet the needs of all Ontarians, from single family homes to townhomes and mid-rise apartments.

"For too many Ontarians, including young people, newcomers, and seniors, finding the right home is still too challenging. This is not just a big-city crisis: the housing supply shortage affects all Ontarians, including rural, urban and suburban, north and south, young and old," said Steve Clark, Minister of Municipal Affairs and Housing. "Our Housing Supply Action Plan is creating a strong foundation on which 1.5 million homes can be built over the next 10 years. Our government is following through on our commitment to Ontarians by cutting delays and red tape to get more homes built faster."

The plan puts in place actions to support the development of "gentle density" – housing like triplexes or garden suites – that bridge the gap between single family homes and high-rise apartments. For example, it would remove exclusionary zoning, which allows for only one single detached home per lot. Instead, it would allow property owners to build three units without lengthy approvals and development charges.

The plan, which contains around 50 actions, addresses the housing crisis

by reducing government fees and fixing developmental approval delays that slow down housing construction and increase costs. Actions in the plan include:

- Creating a new attainable housing program to drive the development of housing. Sites across all regions of Ontario will be considered, including those in the north, central, east and southwest regions.
- Increasing the Non-Resident Speculation Tax rate from 20 per cent to 25 per cent to deter non-resident investors from speculating on the province's housing market and help make home ownership more attainable for Ontario residents.
- Freezing and reducing government charges to spur new home construction and reduce the costs of housing.
- Building more density near transit, unlocking innovative approaches to design and construction, and removing red tape to get shovels in the ground faster.
- Increasing consumer protection measures for home buyers and consulting on ways to help more renters become homeowners.

The government will also consult with the public, stakeholders and municipalities while engaging with Indigenous communities to review provincial housing and land use planning policies to find ways to remove more barriers to getting homes built.

"Ontario's housing supply crisis is a problem which has been decades in the making. It will take both short-term strategies and long-term commitment from all levels of government, the private sector and not-for-profits to drive change," said Michael Parsa, Associate Minister of Housing.

Via news.ontario.ca

Putting more money back in the pockets of Canadians today



November 4, 2022

Toronto, Ontario

Canadians are feeling the rising cost of living. Global inflation is driving up the price of necessities, like groceries and rent, and making it harder for families to make ends meet at the end of the month. Amid economic uncertainty around the world, the Government of Canada will continue to be there for people and build an economy that works for all Canadians. We will continue to support the middle class and people who need it most, when they need it most, by putting more money back in their pockets now.

The Prime Minister, Justin Trudeau, today announced that Canadians have started to receive their doubled Goods and Services Tax Credit (GSTC) payment. To help 11 million individuals and families with the rising cost of living, we doubled the GSTC for six months – couples with two children will receive up to an extra \$467 and seniors will receive an extra \$225 on average.

This is a key part of our plan to make life more affordable for Canadians this year. We are also working to deliver a new Canada Dental Benefit, which would provide parents up to \$1,300 per child under 12 over two years, and a one-time top-up to the Canada Housing Benefit of \$500

for renters who need it most. From cutting regulated child care fees in half on average by the end of this year, to increasing the Canada Workers Benefit to provide up to an additional \$2,400 for modest-income families, to putting an additional \$800 in the pockets of full Old Age Security pensioners aged 75 and over, we are delivering real results that are helping Canadians now.

Yesterday, the government released its 2022 Fall Economic Statement, a plan to continue building an economy that works for all Canadians. It delivers targeted support to the middle class and people who need it most, moves forward on the government's comprehensive plan to make housing more affordable, permanently eliminates interest on federal student and apprentice loans, and it lays out an ambitious plan to continue bringing billions of dollars in investment to Canada – in areas like clean power, electric vehicles, and battery manufacturing – to create good middle-class jobs and grow our clean economy.

We will continue to work hard to put more money back in the pockets of people, build an economy that works for all Canadians, and deliver results for the middle class and people working hard to join it.

Via pm.gc.ca

Statement by the Prime Minister on Diwali

October 24, 2022

Ottawa, Ontario

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

"Today, we join millions of people of South Asian descent in Canada and around the world to celebrate Diwali.

"A celebration of lights, Diwali is an occasion to honour the triumph of light over darkness, good over evil, and right over wrong. As people around the world gather with family and friends to light diyas, decorate homes, offer prayers, or exchange gifts and food, we are reminded to look to the year ahead with optimism and hope.

"In Canada, Diwali is an occasion for us to recognize the contributions of Canadians of South Asian descent, including Buddhist, Hindu, Jain, and Sikh communities, to our country's

fabric. Diwali also invites us to celebrate the diversity that makes Canada strong.

"On behalf of all Canadians, Sophie and I wish everyone celebrating a very happy Diwali."

Via pm.gc.ca





An Immigration Plan to Grow the Economy

**From: Immigration, Refugees and Citizenship Canada
News release**

November 1, 2022—Toronto—The Canadian economy has experienced one of the fastest recoveries from COVID-19 among advanced economies, but is now facing critical labour market shortages causing uncertainty for Canadian businesses and workers.

Today the Honourable Sean Fraser, Minister of Immigration, Refugees and Citizenship, released Canada's 2023–2025 Immigration Levels Plan. The plan embraces immigration as a strategy to help businesses find workers and to attract the skills required in key sectors—including health care, skilled trades, manufacturing and technology—to manage the social and economic challenges Canada will face in the decades ahead.

Last year Canada welcomed over 405,000 newcomers - the most we've ever welcomed in a single year. The Government is continuing that ambition by setting targets in the new levels plan of 465,000 permanent residents in 2023, 485,000 in 2024 and 500,000 in 2025. The plan also brings an increased focus on attracting



newcomers to different regions of the country, including small towns and rural communities.

Highlights of the levels plan include

- a long-term focus on economic growth, with just over 60% of admissions in the economic class by 2025
- using new features in the Express Entry system to welcome newcomers with the required skills and qualifications in sectors facing acute labour shortages such as, health care, manufacturing, building trades and STEM (Science, Technology, Engineering and Math)
- increases in regional programs to

address targeted local labour market needs, through the Provincial Nominee Program, the Atlantic Immigration Program, and the Rural and Northern Immigration Pilot

• reuniting more families faster

• ensuring that at least 4.4% of new permanent residents outside Quebec are Francophone

• support for global crises by providing a safe haven to those facing persecution, including by expanding the Economic Mobility Pathways Pilot

With a focus on regional immigration, this plan builds on ongoing work to strengthen our immigration system

and spread the benefits of immigration to communities across the country, including supporting the vitality of Francophone communities outside of Quebec.

Regional economic immigration programs, like the Provincial Nominee Program, are increasingly important to the sustainable growth of our country. That's why this year's plan outlines year-over-year growth so that we can continue to support provinces and territories in attracting the skilled newcomers they need to address the labour shortage and demographic challenges in their regions.

Over the past year, we've made improvements to address key challenges faced by those using the immigration system. We are continuing to streamline and digitalize our immigration system to further expedite processing and give users the experience they expect and deserve.

This plan helps cement Canada's place among the world's top destinations for talent, creating a strong foundation for continued economic growth, while also reuniting family members with their loved ones and fulfilling Canada's humanitarian commitments.

Via canada.ca

Statement by the Prime Minister on Veterans' Week

November 5, 2022

Ottawa, Ontario

The Prime Minister, Justin Trudeau, today issued the following statement on Veterans' Week, which runs from November 5 to 11, 2022:

"Today marks the beginning of Veterans' Week, an opportunity to honour all the brave Canadians who have served our country and defended the values we hold dear.

"This year marks the 105th anniversaries of the Battle of Vimy Ridge and the Battle of Passchendaele during the First World War, the 80th anniversary of the Dieppe Raid during the Second World War, the 70th anniversary of heavy fighting at Hill 355 during the Korean War, and the 30th anniversary of the beginning of the United Nations Protection Force peace support efforts in the Balkans.

"In times of war, in military conflicts, and in times of peace, we have counted on our women and men in uniform. Time and time again, Canadian Veterans and their families have stepped up for us, and we must step up for them. That's why the Government of Canada will continue to make sure our Veterans are supported. We stepped up to help preserve Juno Beach in France when its integrity was threatened by a proposed condominium development. We are helping cover the costs of mental health care for Veterans with post-traumatic stress, depressive, or anxiety disorders while their disability benefit appli-



cations are being processed. We will continue to help ensure Veterans and their families can access the support they need, when they need it. No one should have to wait for the help they need.

"We all have a duty to remember and honour the sacrifices of all those who have answered the call to serve. This week, I encourage all Canadians to read and share their stories on social media using #CanadaRemembers, and to show our support by wearing a poppy close to our hearts. To all those who have put their lives on the line so we may know peace and freedom: we will forever be in your debt.

"Lest we forget."

Via pm.gc.ca

Ontario Doubling Fines for Unethical and Illegal New Home Cancellations

Money from penalties will now go directly to victims

October 20, 2022

Public and Business

Service Delivery

WINDSOR - The Ontario government is doing more to protect new home buyers by doubling the maximum fines for unethical builders and vendors of new homes who unfairly cancel a new home project or terminate a purchase agreement.

"Hard-working Ontarians deserve to be treated fairly when making one of the biggest purchases of their lives, a new home," said Kaleed Rasheed, Minister of Public and Business Service Delivery. "With these stiffer penalties, we are cracking down on bad actors and taking a zero-tolerance approach to unethical and illegal behaviour by builders and vendors of pre-construction projects. Instead of profiting on bad behaviour, they will face hundreds of thousands of dollars in fines that will go back into the pockets of their victims."

Proposed changes under the New Home Construction Licensing Act

(NHCLA), would, if passed, increase existing maximum financial penalties from \$25,000 to \$50,000 per infraction, with no limit to additional monetary benefit penalties. Under these new changes, unscrupulous developers could now be on the hook for hundreds of thousands of dollars in fines for each unfairly cancelled contract. Unethical developers who engage in these practices could also face the risk of permanently losing their builder's licence.



The proposed changes will also enable the Home Construction Regulatory Authority (HCRA) to use the money received from these penalties to make payments back directly to consumers who have been adversely affected by builders and vendors who break the law.

Contd. on page 27...

Ontario Delivers Progress Report and Advances its Plan to Build

November 14, 2022

Finance

TORONTO — Today, Minister of Finance Peter Bethlenfalvy released the 2022 Ontario Economic Outlook and Fiscal Review – Ontario's Plan to Build: A Progress Update. It includes the government's first-ever progress report on its plan to build Ontario, as well as new targeted measures that advance its plan to build the economy, address the province's labour shortage and help families and businesses keep costs down.

The government is also providing an update on Ontario's economic and fiscal outlook, highlighting how its flexible and responsible plan is positioning the province to be ready to manage uncertainty and risk as the world faces high inflation and emerging economic challenges.

"Together, we have come so far," said Minister Bethlenfalvy. "From attracting investments and good jobs, to training thousands of skilled trades workers and helping keep costs down for families, we have made significant progress. As we navigate these uncertain economic times, our government is enhancing its plan through new targeted measures that support families, seniors and small businesses."

Highlights of targeted measures that advance the government's plan include:

- Launching a voluntary clean energy credit registry to boost competitiveness, attract jobs and provide businesses with more choice in how they pursue their environmental and sustainability goals, as enabled by proposed legislation.
- Providing Ontario's small busi-



ONTARIO'S PLAN TO BUILD A PROGRESS UPDATE

nesses with \$185 million in income tax relief over the next three years, benefiting about 5,500 small businesses through the proposed extension of the phase-out of the small business tax rate.

- Automatically matching property tax reductions for small businesses within all municipalities that adopt the small business property subclass.
- Making changes that would allow a person with a disability on the Ontario Disability Support Program (ODSP) to keep more of the money they earn by increasing the monthly earnings exemption from \$200 to \$1,000 per month. This would allow

the approximately 25,000 individuals currently in the workforce to keep more of their earnings and could encourage as many as 25,000 more to participate in the workforce.

- Planning to adjust the maximum monthly amount for the Assistance for Children with Severe Disabilities program annually to inflation, beginning in July 2023.
- Helping to manage rising costs for low-income people with disabilities by planning to adjust core allowances under the ODSP to inflation annually, beginning in July 2023.
- Investing an additional \$40 million in 2022–23, for a total of \$145 million for the latest round of funding in the Skills Development Fund, which has already helped over 393,000 people take the next step in their careers in in-demand industries.
- Investing an additional \$4.8 million over two years, beginning in 2023–24, to expand the Dual Credit program, encouraging more secondary school students to enter a career in the skilled trades or in early childhood education.
- Proposing to extend the cuts to the gas tax and fuel tax rates so that the rate of tax on gasoline and fuel (diesel) would remain at 9 cents per litre until December 31, 2023.
- Helping to manage costs for about 200,000 of Ontario's lowest-income seniors by proposing to double the Guaranteed Annual Income System payment for all recipients for 12 months starting January 2023, a maximum increase of almost \$1,000 per person in 2023.
- Proposing to expand eligible expenditures for the Ontario Production

Services Tax Credit to include location fees to help attract domestic and foreign film and television production to the province and incentivize more on-location filming in communities across Ontario.

"We are in a time of elevated inflation that is straining household budgets by driving up prices on everyday goods and services," said Minister Bethlenfalvy. "But I am confident in the resilience of Ontario's economy, its workers and its people. And I remain confident in our government's plan to maintain our fiscal flexibility, so we can provide targeted support to people and businesses today, while building for the future."

Highlights of the government's first-ever Building Ontario Progress Report:

- Attracted \$16 billion in transformative automotive investments in Ontario by global automakers and suppliers of electric vehicle batteries and battery materials over the last two years.
- Attracted \$2.5 billion in investments over the past year that will support transformation in the steel sector and help make the province a world-leading producer of low-carbon steel.
- Supporting an estimated \$8.7 billion in cost savings and support for Ontario businesses in 2022, with \$4.0 billion going to small businesses, through actions such as lowering payroll costs and providing electricity price relief.
- Unleashing the economic potential of critical minerals, including those in the Ring of Fire, with Ontario's first-ever Critical Minerals Strategy and a commitment of close to \$1 billion to support critical legacy infrastructure such as all-season roads to the Ring of Fire.
- Continuing to support the skilled trades, with Ontario seeing over 71,700 new registrations in apprenticeship programs, more than 25,000 Certificates of Apprenticeship and 5,600 Certificates of Qualification between 2018 and 2020.
- Adding over 11,700 health care workers, including nurses and personal support workers, since 2020; as well as over 800 internationally educated nurses who have become licensed nurses in Ontario through government-funded programming.
- Approximately \$25.1 billion in highway expansion and rehabilitation over the next 10 years to connect communities, fight gridlock and keep goods and people moving across the province, including building Highway 413 and the Bradford Bypass, and expanding Highway 401.

Via news.ontario.ca

Ontario doubling fines

Contd. from previous page...

This change would make Ontario the first jurisdiction in Canada to provide such compensation to consumers.

Once proclaimed into force, the HCRA would have the authority to impose financial penalties retroactively to contraventions that occurred on or after April 14, 2022 – the date the More Homes for Everyone Act received Royal Assent.

"Ontarians who have saved and sacrificed to purchase a new home deserve to be treated fairly," said Steve Clark, Minister of Municipal Affairs and Housing. "With today's announcement, our government is making clear that illegal and predatory behaviour on the part of developers will not be tolerated, full stop."

The government is also doubling

maximum financial penalties for repeat offenders of the NHCLA, with individuals now facing charges of \$100,000 and corporations of \$500,000, up from \$50,000 and \$250,000 respectively. Individuals found guilty may also face a sentence of up to two years in prison.

This builds on the government's previous efforts to deter unethical builders and vendors, most recently in the More Homes for Everyone Act. The government doubled financial penalties for individuals and corporations who breach the HCRA's Code of Ethics by trying to rip off Ontarians to \$50,000 for an individual and introduced a new fine for corporations at \$100,000.

This is the government's next step in holding builders and vendors of new homes to professional standards under the More Homes For Everyone plan.

Via news.ontario.ca



Indian Foreign Minister Heads to Russia for Talks Expected to Include Ukraine Conflict

November 07, 2022 6:37 AM

by Anjana Pasricha

Indian foreign minister Subrahmanyam Jaishankar is visiting Moscow for talks expected to focus on economic and political issues.

The two-day visit during which the Indian minister will meet his Russian counterpart Sergey Lavrov and Deputy Prime Minister and Minister of Trade and Industry, Denis Manturov, will be the first by a senior Indian official to Russia since Moscow's invasion of Ukraine in February.

Analysts say while most attention has been focused on the softer stance India has taken on Russia's invasion and its continued purchase of cheap Russian oil and coal despite Western sanctions, New Delhi has also been using its leverage based on longstanding ties with Moscow to underline the need to end hostilities.

Ahead of the visit that starts Monday, Indian foreign ministry spokesman Arindam Bagchi told reporters that India has always emphasized the need to return to diplomacy and dialogue to resolve the conflict. "I am sure that the external affairs minister would certainly be reiterating it," he said on Thursday.

The minister will be "looking at the economic elements" as well as exchange of views on "regional and international developments," Bagchi said.

India has not publicly called out Russia for the conflict and has ab-



stained from United Nations resolutions critical of Moscow's aggression, but it has repeatedly said that it opposes the conflict and expressed concern about the violence.

"We believe that the conflict does not serve the interests of anybody, neither the participants nor indeed of the international community," foreign minister Jaishankar said at a press conference during a visit to Australia last month.

In September, Indian Prime Minister Narendra Modi told Russian President Vladimir Putin on the sidelines of a regional summit in Samarkand that "today's era is not an era of war, and I have spoken to you on the phone about this that democracy, diplomacy and dialogue are such things that touch the world."

Modi said that the world was grappling with major challenges, including food and energy crises that were

hitting developing countries especially hard.

"India would be reiterating the need for some kind of a resolution, some kind of a political settlement during the visit because it cannot be an open-ended conflict," said Harsh Pant, head of the strategic studies program at the Observer Research Foundation in New Delhi. "Because India does not want to call Russia out publicly, private conversations will certainly allow [for] that to happen."

The war on Ukraine has posed a huge challenge for India in trying to balance its decades-long relations with Russia and its growing ties with the West. It does not want to antagonize either side — Russia is a huge arms supplier, while concerns about an aggressive China have prompted India to enhance strategic ties with the United States and embrace the Quad — a grouping of Japan, Australia U.S., and

India.

But standing apart from its Quad partners, New Delhi has refused to support existing sanctions or impose their own on Moscow. It also has strongly defended its growing purchases of crude from Moscow at discounted prices — India has repeatedly said that it takes decisions based on its national interests and as a major oil and coal importer, its people need access to cheaper oil.

Russia became India's largest supplier of crude oil in October surpassing traditional suppliers, Saudi Arabia and Iraq, according to local reports.

However, as the war in Ukraine continues, the pressure on India to ensure that it does not alienate Western countries is growing.

"While New Delhi has been able to make its point to its Western partners for the moment, this window of opportunity will not be forever and there are worries that the longer the war drags out, the space for India in doing so will become narrower," Pant said.

But at the same time, New Delhi's good ties with Moscow also offer leverage, observers say. "There is a sense that India remains one of the few countries that enjoys some level of confidence of both sides, so there is a possibility that India can play a more proactive role than in the past in any potential efforts to resolve the conflict. All of these assumptions will be tested during this visit," he said.

Via voanews.com

UN ramps up humanitarian appeal for life-saving assistance to 3.4 million Sri Lankans

8 November 2022

Humanitarian Aid

Amidst Sri Lanka's worst economic crisis since independence, the UN on Tuesday revised its joint Humanitarian Needs and Priorities (HNP) Plan, appealing for more life-saving assistance to aid 3.4 million people.

Since June, the UN team in Sri Lanka and NGOs have used the HNP to respond to the Government's request for more support to alleviate the impact of the country's debt and food crisis, and shortages of medicines.

Governments and donor agencies have helped the humanitarian community reach over one million of the country's most vulnerable with cash, food, school meals, medicine, protection, and livelihood support.

"We are immensely appreciative of the solidarity the international community has shown with the people of Sri Lanka, including through their generous contributions to the HNP", said UN Resident Coordinator in Sri Lanka, Hanaa Singer-Hamdy, adding that it must be sustained "if we are to insulate the most at-risk people from



the impacts of the ongoing crisis".

Plan to help

Aligned with appeals from other UN agencies, the HNP has raised \$79 million for Sri Lanka through various countries and organizations (click here for the full list).

The HNP revision, which extends the plan through 2022, requires \$70 million in additional funds to reach a total of \$149.7 million.

In response to the humanitarian community's updated estimates on the number of people in need across all 25 of Sri Lanka's districts, the extended appeal will improve nutrition for children, pregnant women, and breast-

feeding mothers; secure safe drinking water; and protect vulnerable farming and fishing households.

'Safeguarding lives'

Meanwhile, two consecutive seasons of poor harvests, foreign exchange shortages, and reduced household purchasing power have triggered a dramatic increase in food insecurity.

Between food inflation of 85.6 per cent in October and another meagre crop season forecast for 2023, many Sri Lankans are struggling.

Twenty-eight per cent of the population — or 6.3 million people — face moderate-to-severe acute food insecurity.

The UN official underscored the

importance of strengthening local food production and delivery, saying that "at this point, safeguarding livelihoods is safeguarding lives in Sri Lanka".

Appealing for aid

According to the World Bank's 2022 Development Update, between 2021 and 2022, the national poverty rate rose from 13.1 per cent to 25.6 per cent. The revised HNP complements existing emergency operations being carried out by the UN and partners.

The appeal targets immediate food assistance for 2.4 million vulnerable and food-insecure people as well as support, including fertilizers, for 1.5 million farmers.

The plan also seeks to provide nutrition support for 2.1 million people, including pregnant women and schoolchildren; safe drinking water for over 900,000 people; and essential medicines and healthcare, including sexual and reproductive healthcare, for 867,000 people.

The assistance will enable protection services to continue for vulnerable women and children at risk of violence.

Via news.un.org

Marrying a Sri Lankan? Restrictions to be relaxed

Written by ZulfickFarzan

03 Nov, 2022 | 10:39 AM

Sri Lankan marriage laws in relation to marrying a foreigner are expected to be relaxed according to multiple news reports. Currently, Sri Lankan laws require a citizen of a foreign country to submit a health declaration form, passport page, criminal record check, and a certificate of civil status assuring the said individual is an unmarried person.

Obtaining this certificate is difficult according to some Sri Lankans at home and abroad especially countries where a civil status certificate is not issued by the relevant authorities. Amidst these prevailing requirements comes news reports that these regulations may be eased going forward. News report pertaining to this by ZulfickFarzan of Sri Lanka's premier independent television news network has indicated the laws are going to be relaxed.



The full report appearing on newsfirst.lk dated November 3, 2022 is as follows:

COLOMBO (News 1st) – Sri Lanka is planning on relaxing the restrictions on all marriages between Sri Lankans and foreigners.

P. S. P. Abeywardena, the country's Registrar General noted that Circular

No:-18/2021 on registration of Marriages between Foreigners and Sri Lankans will be abolished.

According to this circular, a Health Declaration is necessary for the confirmation of the health conditions from the relevant foreign national.

In addition, a Security Clearance Report indicating the foreign national has not been convicted of any offence

is also necessary, as per the circular.

However, Prime Minister Dinesh Gunawardena had noted that these restrictions must be relaxed.

Accordingly, the Registrar General's Department had informed the Defence Ministry, and the Health Ministry to introduce alternative processes with regard to a Health Declaration, and Security Clearance Report.

Registrar General P. S. P. Abeywardena noted that the Attorney General's Department was also informed of these developments.

Any Sri Lankan citizen who wants to marry a foreigner will have to wait for a 'Security Clearance Report' from the Defence Ministry before proceeding to the registration of the marriage, according to a circular issued by the Registrar General's Department in 2021.

These restrictions are to be relaxed, as per the country's Registrar General.

Via newsfirst.lk

Developing countries are the worst affected by rising emissions from the industrialized world, and must be compensated – President Ranil Wickremesinghe emphasizes at COP 27

Via news.lk

President Ranil Wickremesinghe addressing the COP 27 Climate Change Conference in Sharm El-Sheikh, Egypt said that unbridled industrialization of the developed countries is the root cause of climate change, leaving the poor to suffer the consequences. He said that the problems facing poor countries are augmented due to the absence of adequate funding.

As a result, these countries are facing double jeopardy - struggling to develop economically while fighting to protect the living standards of their populations. Therefore, President Wickremesinghe said that the developed countries must deliver on their pledge in Glasgow - by doubling their funding to compensate the developing countries for loss and damage. Accordingly, he said that as proposed by the Climate Vulnerable Forum, commissioning a Special Report on this aspect to strengthen international awareness for future responses would be appropriate.

President Wickremesinghe thus proposed that before COP 28 in Dubai, like-minded nations should meet at Ministerial Level to discuss the way forward on all aspects of climate finance. He also noted that this should be followed with a meeting of the Heads of Government of these countries on the margins of COP 28 to display a collective frame of mind to stave off the calamity.

Following is the full speech delivered by President Ranil Wickremesinghe at the Cop 27 Climate Change Summit;

"The salubrious environs of the green city of Sharm El-Sheikh will undoubtedly inspire our discussions at COP 27 to a successful conclusion. I sincerely thank the Government of Egypt for



your warm welcome and hospitality.

Sri Lanka is replete with biodiversity and has consistently addressed the challenges of climate change. Let me record the action of Sri Lanka in this regard:

- Sri Lanka
 - Commenced the process of reducing carbon emissions by 14.5% by 2030
 - Initiated Marine Spatial Planning
 - Recently established a Climate Office
 - Spearheaded the UN declaration of the 1st March, as World Sea Grass Day
- Sri Lanka is
 - Employing the National Policy for Conservation and Sustainable Utilization of Mangrove Ecosystems
 - Implementing the Commonwealth Pilot project for Climate and Ocean Risk Vulnerability
 - Led the Commonwealth Blue Charter Action Group on Mangrove Ecosystems and Livelihoods

- Sri Lanka
 - Will not increase further energy capacity via coal power
 - Will phase out fossil fuel subsidies
 - Will aim for 70% of renewable energy for electricity generation by 2030
 - Will join the recent Global Meth-

ane pledge made in Washington

Yet, for climate action to be successful, wide-ranging measures to complement the UNFCCC and Paris Agreement must be pursued. The lack of capacity is the biggest obstacle to the implementation of Climate Action plans. Therefore, capacity building is vital in this regard. To overcome this obstacle, we propose to establish an International Climate Change University in Sri Lanka, with an ancillary institution in Maldives, which would be the first of its type.

This seat of learning can be a trans-disciplinary global centre for green and blue studies - for scientists, environmentalists, researchers, policymakers, development practitioners, and of course, students the world over, to interchange knowledge transcending national and disciplinary boundaries. The envisaged Climate Change University will offer both short-term courses and postgraduate academic awards to build capabilities for mitigating and adapting to climate change.

The University will also expedite the skills of the new generations to deliver the political, economic, social, cultural and digital transformations required to

prevent a 1.5-degree world.

It will be the vehicle to enlighten domestic climate change challenges and prospects.

The collaboration of multilateral institutions and organizations such as the Commonwealth, World Bank and the ADB amongst others, will be sought for the establishment of this institution of higher learning - making it a multi-stakeholder partnership transcending - national boundaries.

I hope Sri Lanka's proposal will receive extensive support and endorsement from the international community.

Since the prescriptions for addressing climate change have to be dispensed in the global domain, we will meet again next year, charged with high hopes. However, the chequered implementation of previous decisions, including those of COP 26 is extremely disheartening.

Regrettably, the ground reality is that the fossil fuel-based industrialized countries of G7 and G20 who have been the main promoters of green hydrogen are now backtracking to use of fossil fuel. In the last year, Carbon Dioxide emissions increased by 2bn metric tonnes – from 34.3bn to 36.3bn metric tonnes.

Such double standards are unacceptable. Developed nations should be given leadership to overcome climate challenges rather than abdicating their responsibilities.

It is no secret that climate financing has missed the target.

It is ironic that the 100 bn dollars pledged annually, have not been available in the coffers to finance climate challenges – as many developed nations deem it fit to renege on their climate financing contributions.



South Korea Probes Halloween Crowd Surge as Nation Mourns

SEOUL, SOUTH KOREA —

South Korean police investigated on Monday what caused a crowd surge that killed more than 150 people including 26 foreigners during Halloween festivities in Seoul in the country's worst disaster in years, as President Yoon Suk Yeol and tens of thousands of others paid respects to the dead at special mourning sites.

Saturday's disaster was concentrated in a sloped, narrow alley in Seoul's Itaewon neighborhood, a popular nightlife district, with witnesses and survivors recalling a "hell-like" chaos with people falling on each other like dominoes. They said the entire Itaewon area was jammed with slow-moving vehicles and partygoers clad in Halloween costumes, making it impossible for rescuers and ambulances to reach the crammed alleys in time.

Police said they've launched a 475-member task force to investigate the crush.

Officers have obtained videos taken by about 50 security cameras in the area and are also analyzing video clips posted on social media. They have interviewed more than 40 witnesses and survivors so far, senior police officer Nam Gu-Jun told reporters Monday.

Other police officers said they are trying to find exactly when and where the crowd surge started and how it developed. They said a team of police officers and government forensic experts searched the Itaewon area on Monday.

"The government will thoroughly investigate the cause of the incident and do its best to make necessary improvements of systems to prevent a similar accident from recurring," Prime Minister Han Duck-soo said at the start of a government meeting on the disaster.

The Itaewon area, famous for its cosmopolitan atmosphere, is the country's hottest spot for Halloween-themed events and parties, which have grown increasingly popular among young South Koreans in recent years. An estimated 100,000 people were gathered



there in the country's largest Halloween celebration since the pandemic began.

The dead included 26 foreign nationals.

One of the Americans killed was Anne Gieske, a University of Kentucky nursing student from northern Kentucky who was doing a study-abroad program in South Korea, the university said in a statement. The other was Steven Blesi, 20, his father, Steve Blesi, wrote on Twitter after earlier seeking information about his son.

Blesi appealed for information after not hearing from his son, asking, "If anyone has any news please share." After a flood of responses offering help and support, he tweeted, "We just got confirmation our son died," followed by "Thank you for the outpouring of love. We need time to grieve."

Australian victim Grace Rached, a Sydney film production assistant, was described by her family as "our life of the party." Her family said in a statement that "We are missing our gorgeous angel Grace, who lit up the room with her infectious smile."

The Japanese dead included Mei Tomikawa, who was studying Korean language in Seoul, according to Japanese media. Her father, Ayumu Tomikawa, told Japanese public broadcaster NHK that his daughter "really liked South Korea and was enjoying her life there."

Halloween festivities in Itaewon have no official organizers. South

Korean police said Monday they don't have any specific procedures for handling incidents such as crowd surges during an event that has no organizers.

Police said they dispatched 137 officers to maintain order during Halloween festivities on Saturday, much more than the 34-90 officers mobilized in 2017, 2018 and 2019 before the pandemic.

Citing those figures, police dismissed as "different from the truth" speculation that a police station in the area was understaffed because it was providing extra security for Yoon, who earlier moved the presidential office to a site near Itaewon. They said police-provided security for presidents has long been handled by two special police units that have nothing to do with the Yongsan police station, whose jurisdiction includes Itaewon.

Some witnesses said the stampede was caused by people in the upper part of the downhill alley pushing others in the lower area. Local media also questioned an apparent lack of safety preparations for the large crowd expected to gather in Itaewon.

Asked about those possibilities, Nam, the police officer, said the investigation would look into all possible causes of the crush.

As of Monday morning, the government said it had identified 153 of the 154 bodies and informed relatives of their identification. Nearly two-thirds of the dead — 98 — were women. It said 149 others remain injured. The

death toll could rise because officials said 33 of the injured were in serious condition.

More than 80% of the dead were in their 20s or 30s, and 11 were teenagers, the Interior Ministry said.

Among foreign victims, five were from Iran, four from China, four from Russia, two from the United States, two from Japan, and one each from Australia, Norway, France, Austria, Vietnam, Thailand, Kazakhstan, Uzbekistan and Sri Lanka, according to the ministry.

As the identifications of the dead neared completion, bereaved families were expected to begin funerals for their loved ones. Officials said the government will provide necessary support for funeral procedures.

Yoon on Sunday declared a one-week national mourning period and ordered flags at government buildings and public offices to fly at half-staff.

The government opened special memorial sites on Monday in Seoul and other major cities. Tens of thousands of people including Yoon and other top officials visited the sites, placed white flowers and bowed deeply. Many people also laid chrysanthemums, bottles of Korean "soju" liquor, candles and snacks near an Itaewon subway station and posted a host of condolence messages.

Following the disaster, many hotels, department stores, amusement parks and other businesses canceled Halloween-themed events.

The crowd surge was South Korea's deadliest disaster since 2014, when 304 people, mostly high school students, died in a ferry sinking.

The sinking exposed lax safety rules and regulatory failures. It was partially blamed on excessive and poorly fastened cargo and a crew ill-trained for emergency situations. Saturday's deaths will likely draw public scrutiny of what government officials have done to improve public safety standards since the ferry disaster.

Via voanews.com

305 Sri Lankans rescued from fishing boat in stable condition: Spokesperson

November, 09/2022 - 15:27

All 305 Sri Lankan citizens have been handed over to authorities in Bà Rịa-Vũng Tàu and the Consulate General of Sri Lanka in HCM City. They are now staying in Vũng Tàu City, in Đạ Đàng and Xuyên Mộc districts.

HÀ NỘI — More than 300 Sri Lankans rescued from a ship in distress off Việt Nam are in stable condition and have been provided with temporary accommodation, Vietnamese Foreign Ministry spokesperson Lê Thị Thu Hằng told a press conference on Wednesday.

At 6pm on November 6, Myanmar-flagged fishing vessel LADY R3, which was attempting to carry 305 Sri Lankan citizens to Canada, got into difficulties and began drifting about 258 nautical miles southeast of Vũng Tàu Cape in Bà Rịa-Vũng Tàu Province.

The ship sent out a mayday call as the weather conditions worsened.

Upon receiving the distress signal, Region 3's maritime search and rescue coordination centre located the fishing vessel and broadcasted emergency signals to other ships.

Between 3:30 to 5:30 pm on Novem-

ber 7, the Japanese cargo ship HELIOS LEADER, en route from Japan to Singapore, approached the LADY R3 and rescued all onboard the fishing vessel.

All of the Sri Lankan citizens have been handed over to authorities in Bà Rịa-Vũng Tàu and the Consulate General of Sri Lanka in HCM City. They are now staying in Vũng Tàu City, in Đạ Đàng and Xuyên Mộc districts.

According to the spokesperson, after hearing about the incident, the Foreign Ministry informed the Sri Lanka Embassy in Hà Nội, and is closely coordinating with certain internation-

al organisations, relevant agencies and Bà Rịa-Vũng Tàu Province to deploy humanitarian aid in line with Vietnamese law and international practice.

She stressed that the ministry is working with relevant sides in the spirit of humanity, responsibility and international cooperation.

Hằng noted that Vietnamese maritime forces have successfully rescued foreign vessels in distress in the waters under Việt Nam's sovereignty, sovereign right and jurisdiction in the past. — VNS

Via vietnamnews.vn

Appointments & Achievements - by Siva Sivapragasam**Sri Lanka's Young business leader Kasturi C. Wilson has been appointed to the National Development Bank Board as an Independent Non-Executive Director**

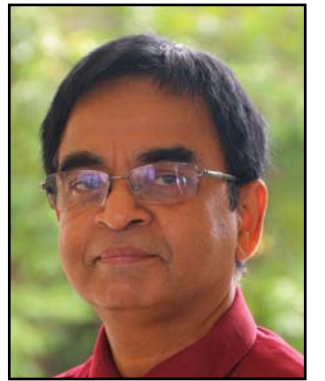
Young business leader Kasturi C. Wilson has been appointed to the NDB Board as an Independent Non-Executive Director. She is currently the Group Chief Executive Officer of Hemas Holdings PLC.

She joined Hemas in 2002, where she held many senior management positions, including Chief Process Officer and Managing Director of the Hemas Transportation Sector.

**Sri Lankan Dr. V. Vijayakumaran installed as the 17th President of the Asian Academy of Aesthetic Dentistry**

Sri Lankan Dr. V. Vijayakumaran has been installed as the 17th President of the Asian Academy of Aesthetic Dentistry. In a very historic event, he was appointed in the South Korean capital, in the presence of an eminent gathering.

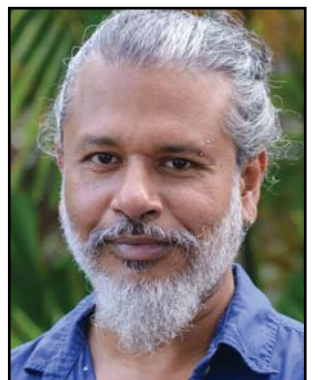
This is the first time a Sri Lankan aesthetic dentist is honoured with this prestigious position to serve the 35 Asian countries to upgrade the knowledge and clinical skills in the field of aesthetic dentistry.

**Sri Lankan writer Shehan Karunatilaka wins the Booker Prize for his second novel "The Seven Moons of Maali Almeida,"**

Sri Lankan writer Shehan Karunatilaka wins the Booker Prize for his second novel "The Seven Moons of Maali Almeida," a story about a dead war photographer on a mission in the afterlife.

Karunatilaka received a trophy from Queen Consort Camilla at the English language literary award's first in-person ceremony since 2019. He also gets a £50,000 (\$56,810) prize.

Set in 1990 Sri Lanka during the country's civil war, Karunatilaka's story follows gay war photographer and gambler Maali Almeida, who wakes up dead.

**Bill Morneau joins CIBC Board of Directors**

Canada's Former Finance Minister Bill Morneau will join CIBC Board of Directors effective November 1st.

Morneau served as Canada's minister of finance from 2015 to 2020 and played a key role in shaping sustainable and inclusive monetary policies. He has also advocated on issues such as climate change and the digital economy at major international forums.

**Parliamentarian Prof. Charitha Herath has been nominated to serve in the Committee on Public Enterprises (COPE)**

Sri Lankan Parliamentarian Prof. Charitha Herath has been nominated to serve in the Committee on Public Enterprises (COPE) by the Committee of Selection to fill the vacancy that occurred due to the resignation of MP Dr. Harsha de Silva.





John Tory appoints Scarborough councillor Jennifer McKelvie as deputy mayor

Toronto Mayor John Tory has appointed Jennifer McKelvie as the city's deputy mayor. The city said McKelvie, who serves as city councillor for Scarborough-Rouge Park, met with Tory to discuss her new role on Wednesday, November 16.

Profile of the Deputy Mayor as seen on the City of Toronto website as follows:

Jennifer and her family have lived in Scarborough-Rouge Park since 2005. She is a proud graduate of the University of Toronto Scarborough (B.Sc. Environmental Science) and a Professional Geoscientist. Her graduate (Ph.D. 2006) and postgraduate research was supported by numerous provincial, national and international awards, including the Natural Sciences and Engineering Research Council (NSERC) Canada Graduate Scholar-



ship and the L'Oréal/United Nations Educational Scientific Organization (UNESCO) Women in Science Fellowship. Prior to becoming Councillor for Scarborough-Rouge Park, Jennifer managed industrial-academic partnerships and environmental research in the non-profit sector.

Jennifer has a long-record of community service. She recently served as first President of the Scarborough Community Renewal Organization



(2016-2018), and as President of the Centennial Community & Recreation Association (2015 to 2017). In this capacity, she worked collaboratively with stakeholders and residents to advocate for investment in Scarborough. Jennifer has also served as a member of the UTSC Council (2015-2018), as a citizen member of the Toronto Region Conservation Authority (2015-2018) and as a member of the Scarborough Women of Philanthropy (2015-2018), a



council in support of the Scarborough & Rouge Hospital Foundation.

In 2017, Scarborough Rotary Clubs recognized Jennifer for her dedicated community work with the Paul Harris Fellow award. She is also a recipient of the Leading Women, Building Communities Recognition Award by the Province of Ontario (2015) and was a University of Toronto Scarborough Canada 150 Neighbour (2017).

Ontario Strengthening Holocaust Education to Counter Rising Antisemitism

Revisions to the Grade 6 Social Studies curriculum will help challenge biases and discrimination at an earlier age

November 09, 2022

Education

TORONTO — As Ontario marks Holocaust Education Week, Stephen Lecce, Minister of Education, today unveiled a series of reforms to combat rising antisemitism across Ontario schools, including the introduction of mandatory Holocaust learning for the first time in elementary schools.

“We are taking action to counter antisemitism and hate, because those that fail to learn from history are doomed to repeat it,” said Stephen Lecce, Minister of Education. “With antisemitism on the rise, we are introducing mandatory Holocaust education in elementary schools, expanding resources and strengthening anti-hate training for Ontario students, educators, and families.”

Antisemitic events are on the rise in schools across Ontario, with over 50 incidents involving antisemitic hate symbols occurring in the Toronto District School Board alone in the 2021-22 school year. According to the first study of antisemitism and Holocaust knowledge — conducted by Western University and Liberation75 in 2021 — 42 per cent of students surveyed said they have unequivocally witnessed an antisemitic event. This study also found that one in three students think the Holocaust was fabricated, exaggerated or are unsure if it actually happened.

The Ontario government is announc-



ing actions to counter this hate:

- Ontario will implement its first mandatory learning requirement in elementary school on Holocaust education in the Grade 6 curriculum to help younger students gain a deeper understanding of the significance of the Holocaust.

- The Ministry of Education will work with the Ontario College of Teachers (OCT) to develop professional learning, also known as an Additional Qualification, for teachers so they can further support efforts to educate students on the Holocaust.

Currently, mandatory learning about the Holocaust and other acts of

genocide are included in the Grade 10 Canadian History Since World War I course. The revised Grade 6 Social Studies curriculum, which is part of Ontario's continued modernization of the curriculum, will be implemented in September 2023.

Ontario is also investing in community partnerships to help students learn about historical and present-day discrimination and how to identify and address hate. These initiatives include:

- The launch of the Antisemitism Classroom Toolkit, designed by the Friends of Simon Wiesenthal Center for Holocaust Studies, to provide par-

ents and educators content and learning strategies to combat antisemitism.

- Introduction of Unlearn Antisemitism, developed by the Centre for Israel and Jewish Affairs (CIJA), a resource hub for educators and parents to learn about, identify, and take action to address antisemitism.

- Promotion of Antisemitism resources and guides to support parents and students from the United Jewish Appeal (UJA) Federation.

- \$140,000 to Liberation75 to provide Holocaust/antisemitism education resources for educators and supports for students.

Via news.ontario.ca

Modi and Sunak meet



Nov 16, 2022: UK Prime Minister Rishi Sunak has given the go-ahead for 3,000 visas for young professionals from India to work in the UK each year.

The British government said India is the first visa-national country to benefit from such a scheme, highlighting the strength of the UK-India Migration and Mobility Partnership agreed last year.

“Today the UK-India Young Professionals Scheme was confirmed, offering 3,000 places to 18-30-year-old degree-educated Indian nationals to come to the UK to live and work for up to two years,” the UK Prime Minister’s Office said in a tweet.

Also Indian PM Modi gifted United Kingdom Rishi SunakA “Mata Ni Pachedi”. It is a handmade textile of Gujarat that is meant as an offering in the temple shrines which house the Mother Goddess.

Donald Trump announces his intention to contest US Presidency election in 2024



Twice impeached former US President Donald Trump has announced his intention to contest the next US Presidential election in 2024.

He made the announcement to his supporters at his home in Palm Beach.

There have been two Impeachments against him and currently several investigations that could lead to indictments. They include several documents seized by the FBI from his home in Palm Beach.

According to his close political contacts Trump is eager to re-enter Politics again.



SPECIAL FEATURE

Words of Peace

We have a journey.—and the journey is the journey of this life.

It may feel like, “Well, what journey? You know, every day I wake up” in this, whatever, wherever you live—you are there; you have your chores; you have your things that you have to do. And a lot of things don’t change.

But believe me, change is afoot all the time. And something, very fundamentally, is always changing. And little by little, this incredible amount of time that you had on this earth is being chiseled away.

Now, this is not—I know this is not a pleasant topic to talk about. But it’s

So, everything on the face of this earth is transitory. Now, a lot of people who had some time; they could sit down; they could observe this—and in their wisdom, this is what they said, is that “This is transitory; this isn’t here permanently. It may seem to you that way—but it isn’t. It all moves. It isn’t what you think.”

Yesterday I did a broadcast in Hindi—so, one of the things I was saying is just like, “You’re sitting in a train.” And, you know, it’s the theory of relativity, but “You’re in a train—and you’re moving.” And of course, you don’t look like you are moving; every-

hour.

So it’s relative. And where we are, it is very hard for us to see what is moving, what is happening, what is the reality. So, we automatically assume a reality. We think that “This is the way the world is,” the way we observe it. “This is, how it’s going to be; this is this way;

But none of that is real. That you, in your body, you live, you exist every day like you’re going to live forever, but you’re not! So what, what exactly is that all about? So, what is reality, then?

And at first, it may be that, you

going to end up in hell?”

This—I mean, the heaven—they’re so obsessed with heaven! And they have never been there. It’s not like they actually have any firsthand experience of it—no, it’s just people describing it. And those people who are describing it also haven’t been there.

But you are here. Nobody has to describe what it is like—that early in the morning, when the sun begins, there is a pinkness. And it is so sweet. And the coming of this light, not abruptly but ever so gently, slowly, filling up, filling up that sky that was so dark, with this gentle, gentle light.

Sweet Reality



a realistic topic to talk about. Because I think it sets the context for all that that we do, all that we think, all that we want to do. Because what is the reality? And sometimes when that word “reality” is said, it’s very confronting. It’s like “What do you mean— what reality? This is reality, isn’t it?”

There are people—and they cannot think beyond their business, beyond their, whatever little circle that they have. There it is, their apartment; there it is, their town; there it is, their country. And yet, none of it was ever like that.

There was a time when very much, on this planet Earth, everything was just too hot, too inhospitable to even survive, for anything to survive.

And as millions and millions and millions of years that it took. And when somebody says that, it’s very hard to understand—but it is true. And it took a long, long time to go through all of that to get to a point where we have the earth where it can support the life that it supports. And that we came. We are alive. And one day we’ll be gone.

“The sweet reality is that I have been given a time to be on the face of this earth. And it’s a gift! I don’t know how it happened. I certainly didn’t push any buttons - but I’m here.” - PremRawat

thing else is moving.

So, that window that you’re looking out of, it’s like, well, just right there—it’s always been there since the train started moving. And it was the trees that went by. But in reality, it isn’t the trees that are moving. It is the train that you are in that is moving.

So, if you take a ball and you start bouncing it up and down—and the train is moving at a hundred kilometers an hour, well, that ball is moving a hundred kilometers an hour in relation to what is outside.

It is quite, just up and down—in relation to the train itself. But in relation to all the trees that are out there, the mountain that’s out there, people that are out there, that ball is clipping right along at a hundred kilometers an

know, you think about it or you look at it and it’s like, very confronting. But then when you start to just settle down, (yes, yeah, you’ve got to settle down)—and go “Wait a minute. Maybe that reality is very sweet; maybe that reality is very beautiful. Not abrupt and harsh as I take it to be.”

But it is a sweet reality that I have been given a time to be on the face of this earth. And it’s a gift! I don’t know how it happened. I didn’t—I certainly didn’t push any buttons—but I’m here. One day, I will be gone.

And my focus isn’t about going. I know there are people who absolutely do not want to concentrate on one second of being alive. They want to concentrate on the departure: “Are we going to end up in heaven, or are we

The fact that that sun that is so bright, that’s so brilliant, that is so powerful, can bring on its light so sweetly, so gently is almost inconceivable—but so it is!

And then there is the water. And, you know, somebody actually said, “Why do we call it ‘earth’; it’s mostly all water!” It’s true. And there’s the ocean, supporting all this life in its bosom, in its self. Lapping against the shorelines, making a sound that is so beautiful, so relaxing to human beings.

The birds that can sing, the wind that can blow. This amazing earth, we do not consider it to be a heaven. But I have heard no description of heaven, ever, that surpasses what this earth is.

So, we will gladly exchange, (as if it were), everything—for somebody’s description. What about your experience? What have you experienced; what do you feel; what do you see? What is that joy like in your life when you love? What is that joy like in your existence when you feel that contentment?

Words of Peace

SPECIAL FEATURE



Yeah, we pursue happiness. But we don't understand the nature of happiness; it keeps changing. What made you happy two weeks ago isn't what's going to make you happy today. But contentment is different. Contentment is all about you being in that place where you feel that tranquility.

Can you afford in your life to slow down enough to feel what this existence is all about? Can you slow down enough in your life to feel what this breath is all about? Can you take your ambitions and focus them on wanting to feel, not happiness, but contentment? Can you take this energy that you're constantly putting towards the outside, into the world—and take that focus and put it on the inside?

And be prepared to feel the simplicity, the simplicity of the entire universe as it permeates everything that is there? Even though there is so much action; there is so much going on in this universe, there is a simplicity, and that simplicity, that profoundness is also reflected inside of you. And you have the possibility to feel that.

You know, "good things" in life is understanding them, accepting them. If somebody loves you, you can hate them. And you can hate them, and all you will feel is hate. Or, you can also start accepting that love. And that the love that, from acceptance of that love, the love that'll come from you, that'll be generated inside of you, you can feel that too.

Hate begets hate. Anger begets anger. Fear begets fear. True. Very, very true. But conversely, love begets love. Joy begets joy.

Is this different? Is this wrong? There's no judgment. It is. This is what makes you human; you live in this paradox. And yet, there is one part of you that thinks this is a paradox. And there is another part of you that knows that this is not a paradox. It is in fact, your reality—your reality.

And that is—that is absolutely amazing—that that is your reality. It could be anything. And one of the things is, yes, you can imagine things in life. Oh, yeah, there are many things you can imagine in life. But there is a reality as well that you must accept.

So, I don't say to people, "You should not run with your imagination"—of course you should run with your imagination if you want to. Whatever you want to do—provided you also accept the reality that is here. Because it's a sweet reality; it's a beautiful reality. It's your reality. It's your understanding; it's about you! Your life is about you.

Where does this breath take place, in somebody else—or in you? Where do you feel joy, in somewhere else, or in you? So, why is it that you feel joy inside of you? And why is it—most importantly—that you want to feel joy? Why do you want to feel joy? Have you ever asked that question? Why do you want to feel joy?

And if you do ask that question, you will find out that inside of you, within you is that pot that yearns to be filled. You can call it a pot; you can call it a heart. You can—you can call it "you,"

for that matter. It's sweet! It's beautiful. And that's the way the kindness of this universe is.

There is utter destruction, absolute destruction—and then there is existence. And both are allowed to coexist. It's not like it's all being destroyed. Of course, it'll, eventually, "all being destroyed" but before it is all destroyed, it is allowed to exist. And it is allowed to go in destruction mode only to be recreated again.

And maybe never the same, everything a little bit different. A sun could be destroyed—and end up as a satellite moon. To all of this, the change. We don't like to change. We don't want to change. But change is inevitable; that's going to happen.

So, we do—and we are in this paradox. But in this paradox, there is an incredible clarity. And that clarity is so beautiful and it's so profound. And that's what we have got to latch onto. And if we can, it can be the most beautiful thing in our life.

We can be thankful for this existence. We can appreciate, in a unique way, in our unique way, what we have been given, what has been made possi-

ble. And that's where gratitude comes from. The want to know yourself is there.

A lot of people will go, "No, I don't want to know myself. I, I don't have that want. I don't care!" But you do. And when you were growing up, that was one of the things that mattered an incredible amount to you. It did.

What did you like? Which ice cream flavor did you like? What was your favorite dish—and that wasn't the same dish as everybody else's. What color clothes did you wear? What was your favorite color? This is all in the search of identity, of trying to identify who you are.

When you were born, you know, your—the center of your universe was that person who was caring for you. Your mother—and things were maybe very, very simple; most of the time you slept—when you felt hunger, you woke up. Then went back to sleep.

Things changed, you started to become aware; become aware of this, of that; . And most importantly, you started to become aware of yourself.

And you wanted an identity: "This is who I am." Of course, there was a name. But it went far beyond name. It also went to everything else. What color you like, what, you know, what is your favorite day, to, you know, "Do you like going to school?" "And I don't like the going to school."

Who are your friends; You may have a friend; then all of a sudden, that friend isn't your friend anymore. Whatever. Seeking that identity. And what is the most important thing of seeking that identity? Knowing your self. Knowing the self.

So, there, it was just related to colors or all the other little things. Then, there is the whole idea of really find out who you are, not just the colors,

Who really, as a human being, you are—not your personality—but the

components of your existence. What do you have inside of you? Do you have that incredible joy?

That you have anger, that you have fear. That you have hate. But you also have incredible—see, this is the component. With this—in the world, we don't think of these things. But these, this is all part of knowing yourself.

Now, you don't abandon one for the other. (What your favorite color is will remain your favorite color. And who your favorite person is will remain your favorite person.) But! Then starting to understand the depth, that there is more than meets the eye.

And before the season, what can the tree give you? It can give you shade. It can give you a support. You can lie against it and rest. And then, when the season comes, it gives you a fruit.

Life can be like that—if we let life be life, and not try to manipulate it, not try to change it. Otherwise, there's so much out there that's so unbelievable! And it's in our world! You know, it, and this is the time we live in.

So, make the most, make the most of this existence that you have. Somehow, it's incredibly important that you do.

PremRawat

www.premrawat.com
www.timelesstoday.com



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Now, you don't abandon one for the other. (What your favorite color is will remain your favorite color. And who your favorite person is will remain your favorite person.) But! Then starting to understand the depth, that there is more than meets the eye.

Know yourself, always. Know and understand the thirst for the contentment that you have. Because that con-



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.

Klepon cake

With Christmas around the corner, usually this is the time of year we try the recipes we want to present on our tables for our friends and family. We have an amazing klepon cake recipe from a Balinese cooking class. It's a glutinous rice dessert that is filled with natural sugar and rolled in grated coconut – though it isn't a typical Christmas dessert, we think it looks so festive it deserves a place on the table. Better yet, it only takes 20 minutes to make and even quicker to eat them all!

Ingredients:

- ✓ 125g glutinous rice powder (fine)
- ✓ 125g rice flour (fine)
- ✓ 100g jaggery/palm sugar (grated/powdered)
- ✓ ½ tsp salt
- ✓ 2 drops pandan essence
- ✓ 175ml warm water
- ✓ ½ coconut, grated (if unavailable, use desiccated coconut)

Method:

To a mixing bowl, add both rice flours, salt, pandan essence and water until a soft dough is formed. Take a teaspoon-sized amount of dough, roll it into a ball and indent it with your finger. Slowly form a small cup shape, big enough to put half a teaspoon of jaggery/palm sugar. Once the jaggery/palm sugar is in place, close the dough up and roll into a ball, ensuring that there are no creases visible.

Boil some water in a large enough pan for these klepon balls to cook in, and boil for 5 minutes. Once boiled, drain them well and roll in some grated coconut. If you are using fresh coconut, make sure you steam the coconut for around 5 minutes for better texture.

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



At the Monsoon Kitchen,
Samayal Santhai

**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.



Lamentation of lovers

By: Kumar Punithavel

This poem is credited to Kanian Poonkundanar who has also authored the famous poem in Purananoru which was much more philosophical in the sense he proclaims world as his hamlet and humanity as his kin (யாதும் ஊரே யாவரும் கேளிர்). The quote "Yathum Oore Yaavarum Kelir" is at present depicted in the United Nations Organization. Late G. G. Ponnambalam concluded his 1966 address to the 21st session of the United Nations General Assembly by invoking this quote. Indeed, a noble way for the humanity to live by. The bard had lived around two thousand years ago. Though there is a certain difference in opinion as to whether the composers of both are the same or different, because in the days gone by, many a time the poet was known by the name of the village and the profession, thus it may be two persons from the same village and profession. Guess, we need not worry about the singer but let's look into the song itself.

Natrinal is a classical Tamil poetic work and the first of the eight anthologies known as 'Et-tuthokai' in Sangam Literature. The Natrinal anthology contains 400 poems. And each poem has 9 to 12 lines, though few are 8 or 13 lines. They contain two categories of poems. One is called akam dealing with matters of love and personal emotions and puram about interaction with the world.

The verse #226 of Natrinal comes under the category of akam. The scene of the poem is set where the friend of the heroine tried to console her, regarding her lover who had travelled to earn wealth. Heroine replies her friend's kind words as a poem of lamentation of her plight.

The poem is authored more like a modern defence lawyer, our heroine spins out her arguments. In those days the fauna is the one that gave medications. As the famous adage, 'Don't kill the goose to get the egg', here too the heroine questions the logistics of harvesting medications to an extent of killing the plant.

Never person extracts medicines to the plant's peril,

மரம் சா மருந்தும் கொள்ளார் மாந்தர்

Next, she challenges the logic of performing penance to the extent the performer dies. It is pretty much like performing a surgical procedure and come out and say it was a successful surgery but the patient died. Everything is necessary and good up to certain extent only.

Ever one does penance to his own peril,

உரம் சாச் செய்யார் உயர்தவம் வளம் கெடப்

The last argument she gives is as follows, king has to tax, but when done in excess, it will kill the citizenry. No one should destroy the foundation on which they stand on. Next, she addresses her friend as one with lovely brow, may be to flatter her.

Never royalty taxes gold in excess, one with lovely brow,

பொன்னும் கொள்ளார் மன்னர் நன்னுதல்!

Following this she turns her attention to her lover, and says she is still existing because of him. She uses the word existing and not living, to highlight the fact that she is not happy, for she knows he was seeking wealth to live a happy life with her. If you look carefully you

will note our hero overlooked three important matters. That is destroying the base of his future (medicine and fauna), secondly doing the penance killing the person who does the penance (Hero over stretching his efforts) and thirdly demanding more than the supply (King taxing excessively). By these she implies all the efforts by the hero is for her, whereas she herself may not be there to gain the harvest!

Here I truly exist because of his love, thus

நாம் தம் உண்மையின் உளமே அதனால்

She also laments that her lover is treading long and dry track in search of wealth for her to enjoy which saddens her more.

Sadly, he treads long path in scorching sun oblivious,

தாம் செய் பொருள் அளவு அறியார், தாம் கசிந்து

Now she raises another matter of interest, for it is the way the world revolves. The man being the provider has to take chances and seek wealth for them to raise a family and take care of their progeny. So, in the next lines she makes the observation that it is the way of the world.

My lover, they say that is how it's always Nature of the men is that way says world, Every one knows it's the way.

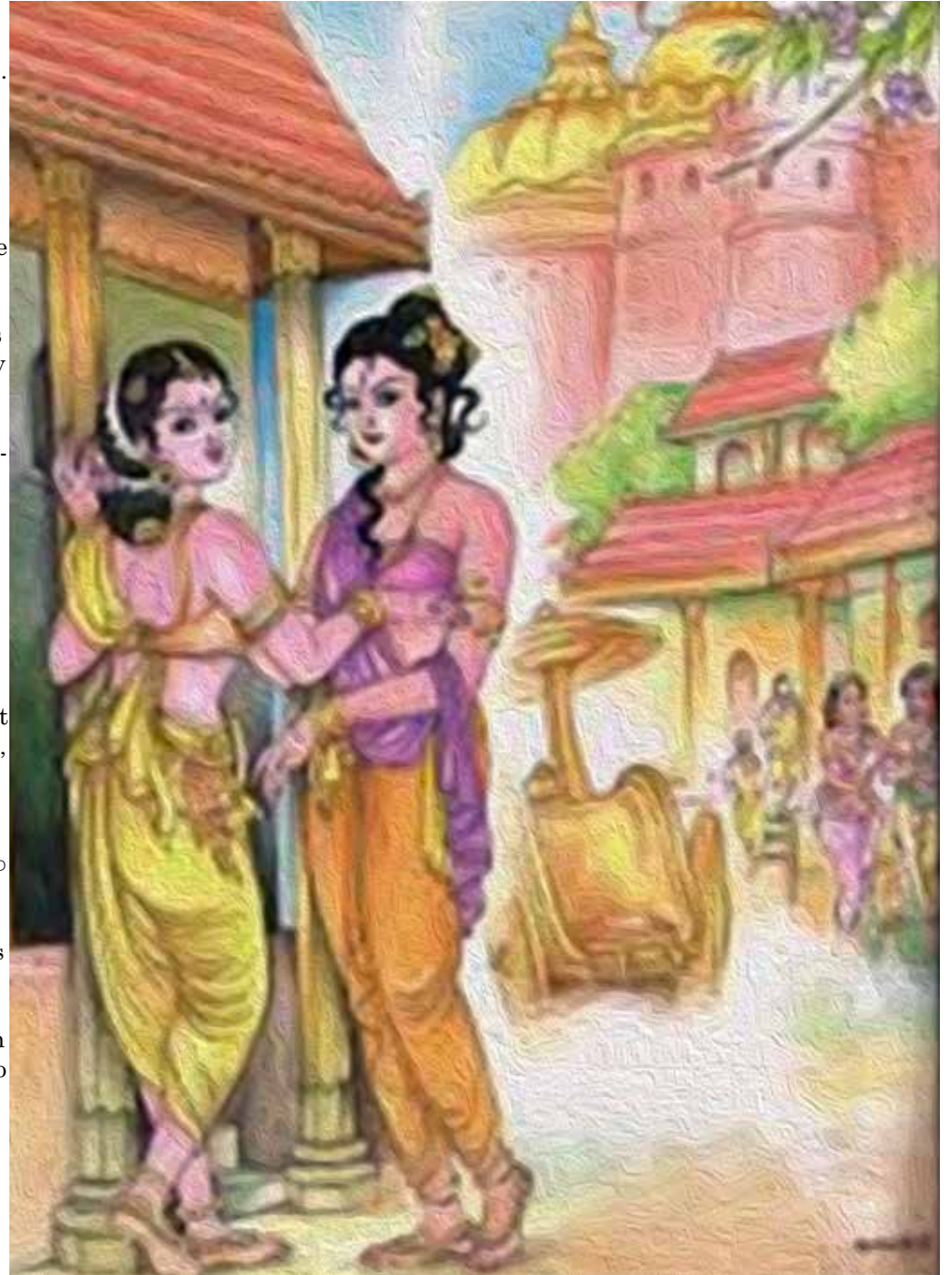
என்றும் நிறுப்ப நீள் இடை ஒழிய சென்றோர் மன்ற நம் காதலர் என்றும் இன்ன நிலைமைத்து என்ப என்னோரும் அறிப இவ் உலகத்தானே.

While the poem may look like it is a poem of lamentation of a young lass missing her lover, the poet also observes men while venturing out to earn wealth they must not forget for whom they are struggling for and also remember life should not be struggle to the end.

In this poem one could see the lamentation of the lass for the suffering of her lover, and at the same time lad's indifference of his own pains and struggles by the thought of his future with his lovely lass.

The loving couples mutual love is well expressed by St. Thiruvalluvar in his couplet #75;

The crowning joy of home life flows



From peaceful psychic love always.

அன்புற்று அமர்ந்த வழக்கென்ப வையகத்து இன்புற்றார் எய்தும் சிறப்பு.

There are thousands of lovely poems in Tamil with ingrained knowledge wit and pleasure. One should take the time to study and enjoy them.

Never person extracts medicines to the plant's peril, Ever one does penance to his own peril, Never royalty taxes gold in excess, one with lovely brow,

Here I truly exist because of his love, thus Sadly, he treads long path in scorching sun oblivious, 5

My lover, they say that is how it's always Nature of the men is that way says world, Every one knows it's the way.

Natrinal # 226

நற்றிணை 226, கணியன் பூங்குன்றனார், பாலைத்திணை - தலைவி தோழியிடம் சொன்னது

மரம் சா மருந்தும் கொள்ளார் மாந்தர் உரம் சாச் செய்யார் உயர்தவம் வளம் கெடப் பொன்னும் கொள்ளார் மன்னர் நன்னுதல்! நாம் தம் உண்மையின் உளமே அதனால் தாம் செய் பொருள் அளவு அறியார், தாம் கசிந்து 5 என்றும் நிறுப்ப நீள் இடை ஒழிய சென்றோர் மன்ற நம் காதலர்: என்றும் இன்ன நிலைமைத்து என்ப என்னோரும் அறிப இவ் உலகத்தானே.

SPECIAL FEATURE



Anu Sriskandarajah re-elected as TDSB Trustee for Ward 22, Scarborough-Rouge Park

On October 24, 2022, Anu Sriskandarajah was re-elected as the Trustee for Ward 22, Scarborough Rouge Park of the Toronto District School Board (TDSB)

Here is an excerpt from Trustee Sriskandarajah on the recent municipal election campaign:

“It has been an honour to serve as the Toronto District School Board Trustee for Scarborough-Rouge Park for the last 4 years. I am running for re-election and hope to count on your support

once again.

We at the Board have been able to accomplish many great things these last four years. We have helped navigate the Board through some tough times, including cuts to education and the Covid Pandemic.

I have tirelessly advocated for the redistribution of programs to better serve Scarborough. For example, I have been instrumental in the opening of new French immersion sites.

We have made meaningful changes to the allocation of resources to ensure it is more equitable for our communities in Scarborough.

Our advocacy has led to the creation of a new associate director (AD) position—AD of Modernization and Strategic Resource Alignment. We have challenged the Board to go beyond equity training. Equity cannot be achieved without the equitable distribution of resources and programs across our city.”





Markham Stouffville
Hospital Foundation

HEALTHY.TOGETHER.



Dr. Ramez Hanna uses the GE Allia IGS 7 to perform procedures like biopsies and angiograms on patients, leading to less pain and faster recovery times.

Lights, Camera, Action

How a new state-of-the-art interventional radiology suite is giving doctors at Markham Stouffville Hospital clearer images and getting patients home faster. **BY GLYNIS RATCLIFFE**

On January 4, 83-year-old William Baker, feeling enormous pressure in his abdomen, ran to the bathroom, where a startling amount of blood poured out of his body. His wife drove him directly to the emergency department at Oak Valley Health's Markham Stouffville Hospital (MSH).

Baker underwent numerous tests until a colonoscopy showed the bleeding had stopped. Seemingly stable, he was discharged home, but a few hours later, it started again, forcing Baker to return to the hospital. Within moments of being brought into the acute care zone of MSH's emergency department, he bled out and lost consciousness entirely. "I didn't know what happened until I woke up with my clothes gone, all wired up and attached to an IV and monitor," he explains.

It turns out that Baker had what's known as colonic diverticular bleeding, a type of hemorrhage where the artery that supplies blood to the ascending colon ruptures, causing internal bleeding. While the bleeding often stops on its own, if the vessel does not clot by itself, it becomes an emergency requiring immediate medical attention. Repairs are often handled by interventional radiologists who work out of special operating rooms, such as the new state-of-the-art interventional radiology suite at MSH.

PRECISION IMAGING

Interventional radiology, also simply called IR, uses real-time imaging, whether it's through ultrasound, CT, MRI or X-ray fluorography, to help guide

small instruments, such as wires and catheters, through the body to diagnose and treat medical issues. "I sometimes think we're like plumbers looking for a leak," explains Dr. Ramez Hanna, one of the interventional radiologists at MSH. "We need to send a tiny camera in to look for the source of the leak, and then we can go back in and patch it up."

The difference between regular surgery and IR is how much less invasive it is. Rather than administering general anaesthetic and performing major surgery, the IR team uses mild sedation and local anaesthetic and creates a small incision, all of which are less traumatic for the patient and result in shorter hospital stays and faster recovery times. As imaging technology advances, hospitals like MSH are devoting more space and resources to IR.

When Baker was brought into the IR suite, physicians performed an embolization, which involved putting a tiny wire coil into the ruptured blood vessel to stop the bleed. Michael Wilson, a medical radiation technologist and interventional radiology technical specialist at the hospital, and his team used ultrasound as a visual guide to insert a catheter into the femoral artery, located near the hip.

From there, they used fluoroscopy – a kind of live X-ray – and contrast injec-

tions to locate the ruptured vessel. It was an intricate process that involved directing progressively smaller wires into the nearby vessels to find the damaged one, which took more than two hours but was ultimately successful.

BY THE NUMBERS

2,465

Square footage of this leading-edge technological IR suite.

60%

Increase in diagnostic imaging patients the hospital can help each year.

157

Average number of IR procedures per month in the new suite.

REDESIGNING IR

While Baker's treatment involved many innovative IR-related technologies, if his issues had arisen just three months later he would have been sent to the hospital's new 2,465-square-foot IR suite, which opened in April 2022. The suite boasts next-generation technology in the form of the GE Allia IGS 7, a hulking but surprisingly nimble imaging system mounted on a laser-guided robotic arm.

The C-shaped piece of equipment is not tethered to the floor or ceiling; instead, its long arm reaches across the room and can be adjusted to any position around the surgical table, enhancing imaging precision by extending the angles at which images can be taken. "The difference between now and then is the image quality," notes Wilson. "The new IR suite would have made it much easier for the doctors to be able to identify the vessels, potentially shortening the time the patient was on the table."

Preparation and recovery take place just steps from the procedure room rather than down the hall, which reduces

transportation time, and the GE Allia allows for each healthcare worker to store personalized positional presets. "It's got a lot of really incredible features," says Dr. Hanna. "For instance, reducing the amount of radiation so you can actually use the machine for longer, more complicated procedures, whether you're trying to find a really difficult artery or get to a difficult spot to biopsy."

Although the government funds many aspects of the healthcare experience, equipment replacements, technology advancements and other upgrades are largely thanks to community donations. The construction of the new IR suite, for instance, was made possible by the generosity of MSH's donors, especially Betty Miller and Family, and the important work of the MSH Foundation.

With the new IR suite, the number of patients that can be treated has jumped to 2,000 each year, from around 1,200. "This room is definitely a godsend. It's given us tremendous capabilities and it's getting used a lot," says Dr. Hanna.

While the new suite would have fixed Baker up more quickly – one of the first patients to use the suite was in and out in 40 minutes – it's ultimately the hospital's expert IR team who is the star of these stories. Baker knew right away that the procedure had worked – while he couldn't feel anything, he was awake enough to know that his doctors had found the culprit vessel and performed the embolization. After a few hours of recovery and a blood transfusion, he was released the following day. "Since then," he says, "my life has been completely back to normal." ■



SHN staff named inaugural recipients of excellence in stroke care award

Scarborough Health Network (SHN) is congratulating two members of its stroke team who have been recognized for their hard work and dedication to the stroke care community. Martina Sykula and Asha Shelton have both received the inaugural Excellence in Stroke Care Award from the Toronto Stroke Network (TSN), which are given to individuals who display the TSNs vision of “Fewer Strokes. Better Outcomes” and improve patient outcomes through stroke best-practice care. The winners must have also demonstrated excellence in patient-centred care, and showed a commitment to collaboration and team work.

Meet the winners:

SHN Occupational therapist,
Martina Sykula



As an occupational therapist in acute and inpatient stroke rehabilitation, Martina provides holistic occupational therapy assessment and intervention services to patients admitted to the Integrated Stroke Unit at SHN. Through her work, Martina has become a strong

voice for patients, where she continually advocates for necessary consults, like psychiatric follow-ups, community services, and appropriate discharge planning recommendations. In addition, Martina champions quality improvement activities within the unit, all while maintaining her commitment to personal and professional development, patient safety and respect, and compassionate, patient- and family-centred care.

“I see patients at SHN face and conquer all kinds of hardships, whether it’s physical, cognitive, functional, or emotional. Experiencing a stroke is an emotionally challenging and difficult time. My role is to help individuals recognize and celebrate the important milestones,” Martina explained.

“The most rewarding experiences come from the most challenging ones, and I want to thank each and every stroke survivor and past stroke patient for their great courage and strength to be vulnerable. I speak on behalf of our staff here at SHN that we see the hard work you put in each and every day, and we are here to ensure we are doing the best job we can to provide you with excellent care and support to help you with your recovery. We thank you for trusting us with your care,” she added.

SHN Speech language pathologist,
Asha Shelton

Compassionate and dedicated, Asha Shelton is a voice and support for stroke patients. Through her work as a speech language pathologist, Asha advocates for patients and plays an integral role in supporting them through their stroke care journey. Working collaboratively within an interprofessional team, Asha maximizes patients’ independence and safety post-stroke. Above all else, Asha



builds powerful rapport with her patients and colleagues. She is approachable and empathic, and maintains respectful working relationships with those around her.

“I have seen the functional impacts of stroke, as a family member/caregiver, which inspires my sincere desire to improve the lives of those living with disability post-stroke, through stroke best practice strategies,” Asha shared.

“Working alongside an amazing interdisciplinary team comprised of management, allied health colleagues, physicians, nursing and support staff makes it easy to strive towards excellence in patient- and family-centred care, as we work collaboratively to bring the best care that we can to the diverse population of the Scarborough Health Network community,” she added.

With nearly a quarter of Scarborough’s population experiencing high blood pressure, SHN hospitals saw 2,352 emergency department visits and 1,810 patients, admitted for stroke-related concerns since the Stroke Centre of Excellence opened at Birchmount Hospital in April 2020.

SHN’s Paediatric Gastroenterologist gives little girl ‘her life back’

Meet six-year-old Osenat Ahmadzoy. A vibrant, athletic and artistic little girl living in Stouffville. This month, Osenat started Grade 2. Since starting back to school, she has been enjoying riding the bus, making new friends, and learning exciting lessons in class.

But that wasn’t always the case.

After suffering for two years with an undiagnosed bowel issue, little Osenat was forced to withdraw from regular, everyday activities—not only affecting her physical health, but her mental health, too.

“I was so sad for her. She couldn’t go play with her friends or family or participate in her favourite activities, like swimming,” recalled the little girl’s mother, Zarina Akhmadova.

“We tried to search for answers and solutions, and finally, we were referred to SHN’s paediatric gastroenterology clinic for further investigation by our family doctor,” she added.

It took more than dozens of hospital visits and 24 months of distress before the family met a Scarborough Health Network (SHN) paediatric gastroenterologist, Dr. Carol Durno, who would help to change the tide.

“This young girl was so vibrant. She came to the hospital in her best dress with a beautiful, bright smile. Despite her hardships,



SHN’s Dr. Carol Durno (left) and six-year-old patient Osenat (right)

she was positive; just an incredible little girl,” recalled Dr. Durno.

At the first visit Osenat was diagnosed with encopresis, sometimes called fecal incontinence or stool soiling. It is often related to long-term (chronic) constipation. Some children with fecal incontinence have been toilet trained at some point and others have not been completely toilet trained. It can present at any age.



UTSC and Scarborough Health Network look at ways to strengthen ties in advance of fall conference

By Alexa Battler

When medical students complete their residencies, they're not just getting real-world experience — they're helping keep doctors on their toes.

"Students ask great questions. They push us to know the evidence and remember things that perhaps we have long forgotten or took for granted," says Dr. Sacha Bhinder, interim corporate chief of medicine at Scarborough Health Network (SHN) and lecturer in University of Toronto's (U of T) Temerty Faculty of Medicine.

"When we see that across the entire spectrum of health disciplines, it improves the knowledge base of the staff, physicians and allied health colleagues."

Relationships between universities and health-care providers can strengthen medical research and training, and have a widespread positive impact on community health. It's why U of T Scarborough and SHN, a network of three hospitals and several health-care sites across the eastern GTA, are collaborating on projects to revitalize health-care in Scarborough.

Later this fall, SHN and U of T Scarborough will co-host Shaping the Future of Care (or SFC 2022) a conference bringing together academics, health-care professionals and community members in the eastern GTA. The two-day conference will cover information on the Scarborough Academy of Medicine and Integrated Health (SAMIH), ideas and innovations in health-care, and updates on work to establish Scarborough as a leader in health-care research and education.

SHN has roots with U of T. It's long been an affiliated teaching site for U of T's department of family and community medicine and hosts residencies for medical students. U of T Scarborough's Highland Hall was also the location of a COVID-19 assessment centre and several vaccine pop-up clinics operated by SHN. The

institutions are continuing to strengthen ties as Scarborough's health-care system struggles to meet the region's needs.

"This collaboration is an important opportunity at a crucial time for Scarborough," says Irena Creed, vice-principal, research and innovation at U of T Scarborough. "Developing stronger ties between the university and the hospital will help us come together to address some of the most pressing challenges facing the health-care system."

Recent news about shortages of health-care professionals highlights the stress currently on the system, which SAMIH will help address. Supported by the SHN, the academy will graduate up to 30 physicians, physician assistants and nurse practitioners (each), 40 physical therapists and 300 life sciences undergraduates every year. Many of those students may choose to complete their residencies in SHN hospitals and health-care sites. "SAMIH will allow those who live in Scarborough to learn in Scarborough, to receive their degree and training in Scarborough, to practice in and support the very community that they represent. This will organically build a foundation of expertise in medical education and practice across health disciplines," says Bhinder, who is a respirologist with SHN.

Bhinder says the collaboration will allow more students to interact with the diverse range of patients in Scarborough, adding that "it's a valuable collection of resources coming to a community that is hungry for those resources."

The deepening relationship is also part of a larger goal: to create a health district in Scarborough, similar to downtown Toronto's hospital district or Waterloo's tech district.



Such an area relies on strong connections between institutions, such as universities, health-care providers and community groups.

The need for a health district was an emerging theme at a day-long U of T Scarborough event in March, which also saw advocates, researchers and health-care experts from the eastern GTA advocate for community-based solutions.

"A health district means institutions work closely together to understand and address the specific needs of the community, across teaching, research and innovations in health-care," says Creed.

"Scarborough has always had a strong legacy of thought-leadership in healthcare," says David Graham, SHN's interim president and CEO. "That history is now getting recognized with an incredible conference that will mark this time of positive change and help propel us into a bright future as a hub for healthcare study and applied research."

The SFC 2022 conference takes place on November 25 and 26 at U of T Scarborough's Highland Hall. It will feature six topics including lessons from the pandemic, innovations in healthcare education, continuing medical education updates, integrated health, mental health and our community. You can register now to be part of this exciting opportunity at www.sfcconference.ca.

"We tried several outpatient management strategies to manage Osenat's encopresis but they were not successful despite Osenat's best efforts and the support of her family. My recommendation was to admit her into the hospital for a different approach," she continued. "It had been long enough, the family had tried everything, and she wasn't getting any better."

Dr. Durno admitted the little girl for two nights to run several tests and X-rays.

"After speaking with the radiologist on call, I was able to adjust her medication so she could be cleared out, essentially. By the second day, her abdomen had gone back to normal. Following this, I recommended that she continued to be seen at our gastroenterology clinic at Centenary Hospital. I have an amazing gastroenterology nurse, named Ava. And it's a real team approach when Ava and I see patients together."

SHN's Kids Care program brings together the top expertise, doctors, teams, and specialized services and clinics, acting as a corridor of care for Scarborough and surrounding regions. Its gastroenterology clinic in Galaxy-12 and pediatric endoscopy expertise not only provides consultation and endoscopy, it also provides follow-up care and treatment plans to children with gastrointestinal, liver, and nutritional problems.

For Dr. Durno, Osenat became more than a patient; she became an inspiration and a symbol of kindness and resilience.

"This little one came up from the ward as an inpatient to our clinic in Galaxy-12. She had flowers and was working on a piece of art to thank the Galaxy-12 administration woman who books the patients appointments. Osenat was thrilled as she wasn't having accidents and had no abdominal pain," recalled Dr. Durno.

"When I walked into the room, she handed me the flowers and I was incredibly moved—since the pandemic, this kind of stuff doesn't really happen. This girl was just ecstatic, grateful and a bright light for our whole team," she added.

Through the incredible work by Dr. Durno and Ava, SHN's paediatric Gastroenterology team was able to provide the family with a care plan and follow-up appointments for monitoring.

Within a week, Osenat had returned to a normal life. She is now taking trips, her most recent to the United States to visit family.

"I was in tears," recalled Osenat's mother. "It had been so difficult and scary. I didn't know where to access care, but every day I thank SHN and Dr. Durno for all their help—my daughter is back."



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Timeline Now Status Photo / Video Event, Milestone + Create Page

Thulasi Muttulingam
★ Favorites · 2d ·

THE WORLD DOESN'T EVEN THINK OF HER AS A MOTHER, BUT TO HER BABY SHE IS THE WORLD.

TWYLA FRANCOS ART

Jayaseelan TD
2d ·

Thulasi Muttulingam
★ Favorites · 3d ·

Khan Rashid Khan > Wonder Of Nature
5d ·

Baby falls out of the Nest. Mommy catches him and Daddy holds him. Thanks to the photographer for capturing this great moment.

Thulasi Muttulingam
★ Favorites · 4d ·

Shivanthi Sansoni
November 4 at 9:03 PM ·

In this world only cure is #kindness and #compasstion
#goodvibes #saveapawwithlove #satuesday #colombo #srilankastrays #srilankandogcharity

Thulasi Muttulingam
★ Favorites · 3d ·

Jayaseelan TD
3d ·

Animals have hearts that feel, eyes that see, and families to care for, just like you and me.

Thulasi Muttulingam
★ Favorites · 1d ·

Kathleen Ruggiero > Awesome Elephants!
1d ·

One day old.
Photo by Ryan V Labuschagne

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PARKING TICKETS AND YOUR CREDIT REPORT



Wondering If There's A Connection Between Unpaid Parking Tickets And Your Credit Score?

Forgot to pay that parking ticket you got a while ago? Ignored it? That same ticket won't disappear and leaving them unpaid can more than likely end up on your credit report.

If you have unpaid parking tickets piling up, it can affect your credit score. Say in an instance if you were to apply for a credit loan, the party lending to you will be able to see any

debts you owe which may also include parking tickets. Keep tabs on your credit report just in case you may have missed a ticket or two.

PAY THE TICKETS OFF

If you do spot an unpaid parking ticket, take care of it! Get into contact with a city official to pay it off and any other fees that are attached to it for example late fees, service fee, etc. Then talk about getting it removed from your public record and credit

report because doing this in return will improve your score and will make it that much better.

Avoid putting yourself into situations that will end up costing you an expense of a parking ticket. If it does occur then the best course of action is to pay it off as soon as possible. Even those different rules apply in different areas and not all cities send unpaid tickets to collections, it can still be negatively impactful on your credit report. It may stay there for time which

in return which is not a good thing. So remember to pay it off your parking tickets!

GET IN TOUCH WITH US

If you have encountered this situation then get into contact with us. Let's work together to improve your credit situation and make things right the way it should be!

Visit www.gtacredit.com or call 416-650-1100



City of Brampton ready to clear the way this winter!

Monday, Nov 07 2022

BRAMPTON, ON (November 7, 2022) – Winter weather will soon arrive and Brampton's crews are ready! Our team has been working around the clock to ensure we are prepared to clear City-owned roads, sidewalks, transit stops, recreational trails and school crossings, so that residents can get to where they are going safely.

The City reminds residents that being winter-ready is a team effort and with everyone's help, this season can be safer for all:

- In case of emergency, be prepared to take care of yourself and your family for at least 72 hours. Prepare a 72-hour safety kit for your home and vehicle.
- Clear sidewalks of ice, snow, and slush promptly after snowfall;
- Parking on streets is not allowed and will be enforced during winter weather events. Please move vehicles to ensure plows, salters and emergency vehicles can safely pass by;
- If it has been more than 24 hours since the snowfall has ended and your street still requires attention, let the City know by calling 311, submitting a service request on the 311 mobile app, emailing 311@brampton.ca, or visiting www.311brampton.ca;
- Follow all City of Brampton social media accounts for our



#BramSnowUpdate;

• Snow removal financial assistance is available to eligible seniors and homeowners with physical disabilities. Learn more: ow.ly/D2R050xgPq2.

City's Plow Tracker

Residents can see what roads and sidewalks crews have cleared using the City's Plow Tracker on www.brampton.ca/snow and on the 311 mobile app! The app can be downloaded from Google Play or the App Store. Using this tool, residents can check snow maintenance progress, road priorities, and if a plow is near them so that they can move their vehicles off the road. Service requests can also be submitted.

For more information on the City's winter operations, visit www.brampton.ca/snow.

Via brampton.ca

City of Mississauga Welcomes the 2022-2026 City Council



Municipal Election

November 7, 2022

The City of Mississauga is holding its Inaugural meeting of council on Tuesday, November 15, 2022. The inauguration will see Mayor Bonnie Crombie and Members of Council take their oaths of office for the 2022-2026 term.

What:

The inauguration ceremony and swearing-in for 2022-2026 City of Mississauga Mayor and Members of Council:

- Invocation
- Declaration of Office of Mayor and presentation of Chain of Office
- Declaration of Office of Members of Council
- Mayoral Address

When:

Tuesday, November 15, 2022

Event begins at 7 p.m. in Council

Chambers; doors open at 6 p.m.

• Media availability with Mayor Crombie and Members of Council following the meeting at approximately 8:45 p.m.

Where:

Mississauga City Hall – Council Chambers
300 City Centre Drive, Mississauga

Public Attendance:

A limited number of tickets are available for the public to attend the meeting in-person in Council Chambers. Tickets will be available online on a first come, first serve basis beginning November 8 at 10 a.m. on the Mississauga City website.

The Inaugural meeting will be streamed live on the City's website to allow everyone the opportunity to see Mayor Crombie and Members of Council sworn into office.

Via mississauga.ca

Kick off the holiday season with the Winter Lights Festival in Downtown Brampton

Wednesday, Nov 02 2022

BRAMPTON, ON (November 2, 2022) – It's time to get into the holiday spirit and there's no place like Downtown Brampton for the holidays! Experience the joy and wonder of the City's annual Winter Lights Festival, presented by Fieldgate Developments, on Friday, November 18 and Saturday, November 19 with family-friendly activities for everyone to enjoy.

Friday, November 18

Tree Lighting and Miracle on Main Street

Downtown Brampton

6 to 10 pm

In partnership with the Tiger Jeet Singh Foundation's Miracle on Main Street, the event will feature a Christmas market, winter lights displays, amusement rides and fun giveaways and activations for the whole family. Bring a new unwrapped toy in support of local Brampton organizations and families experiencing poverty.

=Official Tree Lighting Ceremony presented by Alectra Utilities

Ken Whillans Square

6:45 pm

=The annual tradition continues as we light the way for Santa's arrival. Watch as a 60-foot spruce tree, decorated with over 10,000 lights, comes to life in Ken Whillans Square.

=Saturday, November 19

Winter Artist Market presented by the Brampton Arts Organization
Alderlea (40 Elizabeth St S)

11 am to 5 pm

Visit the historic Alderlea and do some unique holiday shopping from over twenty local artist and artisan vendors at the Winter Artist Market, while enjoying live music from DJ Roshanie.

Activate Downtown Brampton presented by the Downtown Brampton BIA

Downtown laneways

12 to 5 pm

Take a stroll in Downtown Brampton and discover the magic of the holidays. In addition, the Downtown Dinner Series continues with live music at Segovia Coffee Co. on Friday, November 18 and at Tracks Brew Pub on Saturday, November 19. For more information please visit, downtownbramptonbia.ca

Brampton Santa Claus Parade
5 pm

Welcome Santa Claus to Brampton with the return of the in-person Brampton Santa Claus Parade.

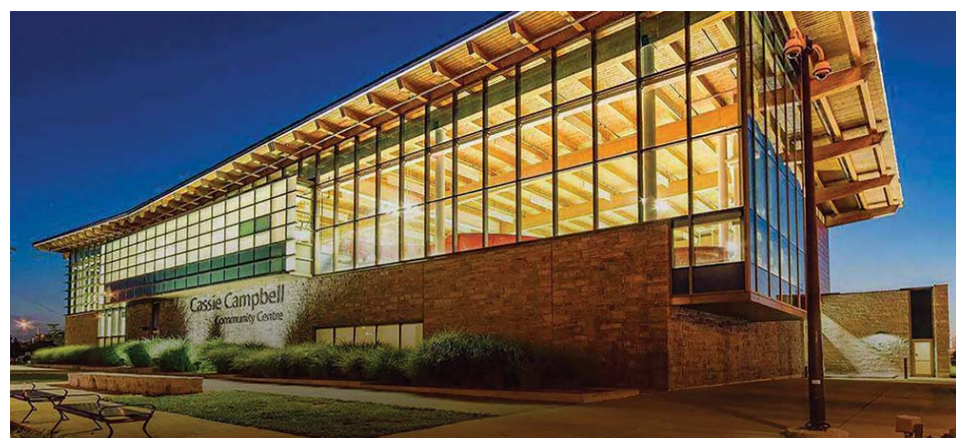
This year, the Santa Claus Parade has a new route on Bramalea Road. Visit www.bramptonsanta.com for more information.

For more information on all of the Winter Lights festivities, visit brampton.ca/winterlights

Thank you to our generous sponsors Bell, Coke Canada Bottling, Meridian Credit Union, TD Bank Group and Tim Hortons.

Via brampton.ca

City of Brampton to host 10th annual Health, Wellness and Accessibility Information Fair



Monday, Nov 07 2022

BRAMPTON, ON (November 7, 2022) – The City of Brampton invites residents to the 10th annual Health, Wellness and Accessibility information fair at the Cassie Campbell Community Centre on Saturday, November 12 from 10 am to 2 pm.

The free-to-attend fair will feature exhibitors with information and resources about healthy living and community services available to assist those living with a disability or disorder. At the fair, participants will be able to connect with community professionals in a fun and relaxed environment. Learn more at brampton.ca/accessibilityfair.

Via brampton.ca

Helpful Tips to Remember as we Turn the Clock Back for Daylight Saving Time



Environment

November 2, 2022

Daylight Saving Time officially ends this weekend on Sunday, November 6 at 2 a.m. Clocks will fall back, giving everyone an extra hour in their day.

While your cell phone and computers will automatically adjust to Daylight Saving Time ending, you might need to change your wrist/smartwatch, car clock and clocks around your home. Now is also the perfect time to remember to:

Check your smoke and carbon monoxide alarms: Test them to see if they are working by pushing the test button. Gently vacuum your alarms to remove dust particles. Smoke and carbon monoxide alarms can lose their efficacy over time, and expire after 10 years. If either alarm is expired, replace it by purchasing a new one at your local home and building store. They can be upgraded to newer models with longer battery life, so you don't have to worry about replacing the batteries for a few years.

Put on your winter tires: With the temperatures dropping, the best time to put on winter tires is when it starts to dip below 7 degrees Celsius. All-season tires can become stiff, which means longer braking distances. In comparison, winter tires are designed for cold climates. They also offer enhanced traction, giving a better grip on roads and reducing braking distances.

Be alert on the roads: Morning and evening commutes are about to get darker. When visibility is reduced, other road users can be harder to see. Drivers should slow down, obey speed limits and approach all crosswalks, intersections and transit stops with extra caution. Always stay alert. Whether you're walking, cycling or driving, always be aware of your surroundings to prevent collisions.

Drain water from outdoor pipes: Don't forget to drain your outdoor pipes to prevent them from freezing once the temperature falls below zero. If water is not drained from your pipes during the winter, it could freeze and cause your pipes to burst. Remember to keep the heat in your home on to help pipes stay warm.

Clean your dryer hose: Cleaning your lint filter, emptying or replacing your dryer hose, and regularly checking the vent and exhaust can help prevent fires. Now is a good time to look at your dryer hose to ensure no lint buildup.

Inspect your fireplace and chimney: Clogged chimneys can cause house fires and carbon monoxide poisoning. Have both your fireplace and chimney cleaned and inspected. Also, check to see that your chimney flue works so you don't experience drafts. Don't forget to ensure you have a working carbon monoxide alarm.

Protect your home from potential leaks and water damage: Ensure that eaves troughs, downspouts and basement window wells on your home are clear of leaves, debris, and any blockages, and that downspout extensions direct water at least 2 metres or 6 feet away from any building foundations. Window wells can be covered with clear plastic covers to keep debris out. When it rains, check around your home to confirm that there are no obstructions to the flow of water away from your foundation. Fix the grading if needed.

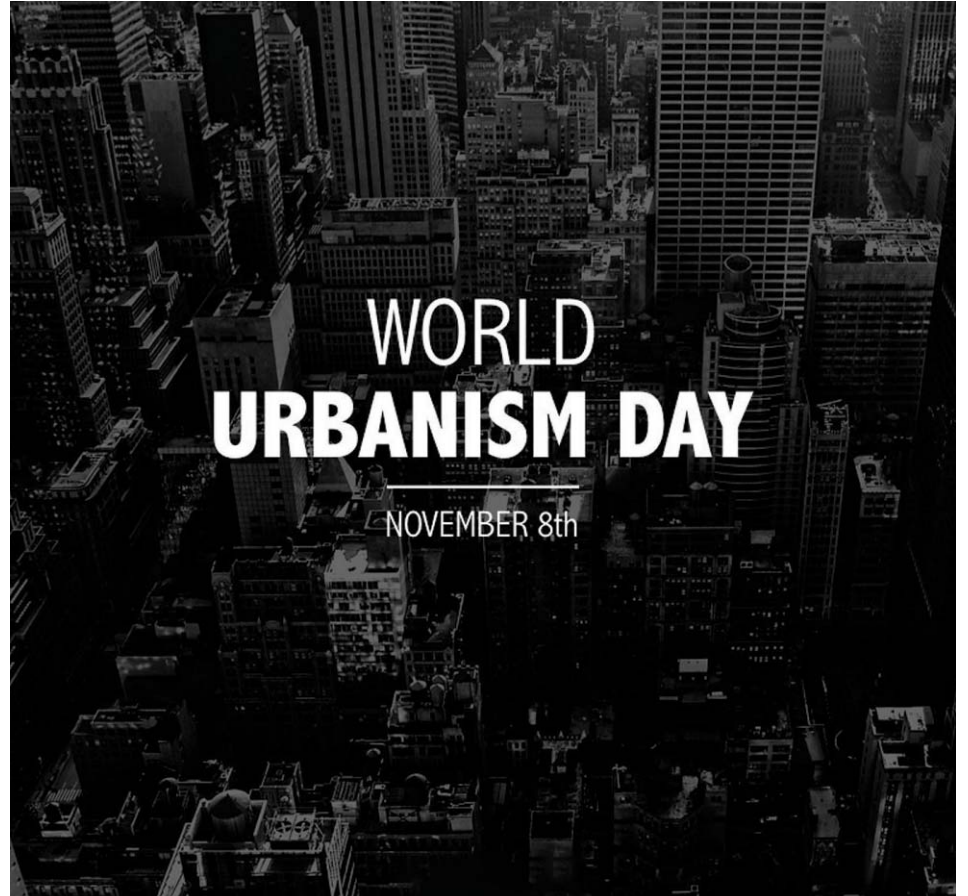
Remove debris from catchbasins: Clear debris from catchbasins to ensure that stormwater can flow freely. Residents can also report any build-up of natural debris, such as leaves, tree limbs or sediment, by calling 311.

Get your car winter-ready: Before the snow and icy weather start, make sure your car is ready for winter. In addition to getting your winter tires put on, test your car battery, check your coolant, top up your fluids (e.g. oil, windshield washer and brake fluid), test out your wipers blades and clean your headlights. Finally, make sure you have an emergency preparedness kit. Add items like a flashlight, phone charger, air compressor, jumper cables, a small shovel, tow rope, first aid kit and winter accessories – gloves, hat, mitts, LED flares, multi-tool, snacks, water, ice scraper and snow brush.

As the days get shorter and darker, take extra precautions, be safe and enjoy the extra hour!

Via mississauga.ca

It's Your City! Celebrate World Urbanism Day



City building

November 3, 2022

Each year on November 8, World Urbanism Day recognizes and promotes the role of planning in creating livable communities. It's also known as World Town Planning Day and is celebrated in over 30 countries!

Planners make important contributions to our cities such as designing complete communities, creating lively urban spaces and protecting the environment.

By 2051, about one million people will call Mississauga home. Our city planners are setting the blueprint for how the city will function, look, feel and move in the future. From deciding where growth should go, to looking for ways to make housing more affordable or revitalizing our waterfront – our planners are working to build a great city for everyone.

Ready to channel your inner planner? Here a few ways you can get involved in city planning this World Urbanism Day:

1. Dig into the data: In 2016, Mississauga was the first municipality in Canada to launch an online hub to give everyone access to the data we use to plan our city. For 2022, we've completely revamped our City Planning Data Hub making it even more interactive and easy to use. Try the Data Hub if you've ever wondered:

- o What's the population of Mississauga?
- o Where can I find public art in the city?
- o Has this building won an urban design award?
- o Is there more development and building activity in my neighbourhood this year?
- o How many businesses are there in

the downtown?

o How much growth should I expect over the next ten years?

o What kind of street trees line my sidewalk?

o What's the average price of a townhouse in Mississauga?

You'll find the answers to these questions and a wide range of data about the demographic, employment, residential and cultural make-up of Mississauga.

2. Get Engaged: We want to hear your ideas and opinions on the projects that are transforming Mississauga. The City leads a variety of community engagement activities such as surveys, in-person and virtual meetings and other special events to make sure residents have a chance to get involved. Visit the City's Your Say website to learn more about the projects underway and the many opportunities for public engagement.

The City's Planning and Development Committee is another way to express your views on planning-related matters. You can join in person or watch a livestream or recorded session.

3. Planning 101: City planning is important but can be complicated. From community members and landowners to developers and the Province of Ontario – a lot goes into city planning. Want a quick refresher? Check out the How City Planning Works section of our website for an overview of who does what and the policies that shape our community.

Cities are always changing which means planning never stops. Visit our website to learn more about how to get involved in the city planning process all year-round.

Via mississauga.ca

BUSINESS / FINANCE

Top 5 Tips for Starting a Business in a Foreign Country



By: Muraly Srinarayanathas

Starting a business is not easy, and if you are planning to start a business overseas, you have a lot more to do. It can be financially and emotionally rewarding if you prepare well for the move and set realistic expectations and goals. If you are still deciding where to start your business, check out this list of countries most suitable for setting up a business.

Apart from choosing a country with stable economic conditions and a suitable climate, you must consider many other factors to make your move smooth and fruitful. Keep reading to learn more.

Evaluate the Market

Every entrepreneur should be aware of the customer personas and the competition they might face when entering a foreign market. If there are companies that do something similar to what you do, learn what worked for them and their customers' reactions to products. Knowing your competitors' market performance will help you understand your own potential for

growth.

Localize Your Idea and Expectations

Knowing about the local culture is essential for any entrepreneur starting a business. There can be diverse cultural behaviors, attitudes, and sensitivities that can affect your business. In some countries, religious customs may affect how a business is operated.

Try to find a mentor who can guide you in understanding the culture and local customers. If you don't know anyone, try using social media platforms like LinkedIn and check if any of your connections can refer you to someone in that country.

Learning the local language can also help you settle down quickly with your business and the people there. You can take the help of classes or apps and slowly try to get comfortable with the local language.

Check Local Regulations

Research the local laws concerning setting up a new company there. Check for the visa requirements that allow employment and business ownership. Learn about the regulatory

processes like getting local licenses, registering a company, immigration rules, financial regulation, taxation, and employment law.

If your business is into importing or exporting goods, you will need to check on regulations and associated costs. Checking with a local attorney experienced in international law would be a great asset when you kickstart your business.

Build a Network

Before moving, try to get in touch with people and businesses who can help you start. The network you will have in the new land can support you in many ways for the company and help build long-lasting relationships. Try to email noteworthy entrepreneurs in the area or use the power of social media to start a meaningful conversation.

Start with Freelancers

Hiring freelancers is a good idea when you are in the early stages of your business and have yet to build a customer base. Managing employees entails adhering to regulations concerning employee compensation,

workplace conditions, and much more. Freelancers can help you with your work without the need for formal employees in your office, and they can be paid by the hour or when the task is completed.

There is much more to starting a business in a foreign country, but you can succeed anywhere with proper planning and research. If you want more insights on such topics, you could start with my brilliant set of resources in the form of blogs, podcasts, and videos. You can also follow me on social media for the latest updates.

Muraly Srinarayanathas,
Executive Chairman of
369 Global Inc.
www.muralys.com



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CTCC elects new office bearers

The Canadians Tamils' Chamber of Commerce has elected new office bearers recently.

The Chamber primarily represents the Canadian Tamil Business community and organizes events, workshops, seminars and meetings.

Vina Devadas, a lawyer cum accountant was re-elected as the President of the Chamber.

The list of the new office bearers is found below:

Mr. Vina Devadas

President

2. Mr. Murali Sivaguru

Executive Vice-President

3. Mr. Ari Ariaran

Vice-President - Internal Affairs

4. Mr. Leonard Selvaratnam

Vice-President - Finance

5. Ms. Poorany Sornabala

Vice-President - Membership

6. Mr. Thipan Raj

Vice-President – Community Relations

7. Ms. Gowthami Thananchiyan

Director

8. Ms. Kanchana Thuraisingham

Director

9. Mr. Vinash Chelliah

Director

10. Mr. Santha Panchalingam

Past President



Vina Devadas, CTCC President

New CTCC Board Members for 2022-2023

