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Housing market correction widespread across Canada

Canada's housing markets are still squarely in correction mode. The latest results from local real estate boards confirm activity and prices generally remained under intense downward pressure in November. This was entirely expected considering the heavy toll soaring interest rates are taking on buyers from coast to coast. Higher rates are forcing many of them to put their purchase plans on ice and others to house-hunt on a reduced purchasing budget. We think this will continue to be the case into the early part of 2023—conditional on the Bank of Canada halting its rate hiking campaign this month.

For the most part, local market activity is downright soft, at levels far below where they were before the pandemic. Vancouver, the Fraser Valley, Toronto, Hamilton, Ottawa and Montreal are among that group. However, areas of the Prairies (including Calgary and Edmonton) continue to operate above pre-pandemic levels despite the correction that has taken place to date. A stronger pro-

vincial economy and rising in-migration are no doubt keeping demand relatively solid in those markets.

Declining price trends are generalized but more advanced in parts of the country that experienced larger appreciation earlier in the pandemic. Toronto, the Fraser Valley and Vancouver have so far shown some of the sharpest drops. We see those trends continuing until demand-supply conditions tighten from current levels. We expect the cyclical bottom for prices to be reached around spring next year—though this is poised to vary market by market.

Toronto area - Quiet period continues

The steep correction may be moderating but is still ongoing at this stage. Home resales fell another 3.8% m/m in November and the composite MLS HPI was down 0.8% m/m—an eighth consecutive drop. Clearly, sharply higher interest rates and the considerable loss of affordability continue to challenge buyers. And we think they will keep

the market quiet for some time to come. The surge in interest rates has materially changed the equation for buyers, many of whom may be sidelined for an extended period. It will take further price declines to draw them back in the market. With demand-supply conditions no longer favouring sellers, we believe that's exactly what's in the cards. That said, prices have already adjusted significantly since the March peak—the MLS HPI is down 18%, or \$245,000 (not seasonally adjusted)—and any further depreciation is likely to be more incremental. Indeed, the monthly rate of decline has slowed noticeably this fall. The picture will differ on a year-over-year basis, though, as comparisons to historically high price



points a year ago will drive down annual rate of change meaningfully.

Courtesy:

Robert Hogue is responsible for providing analysis and forecasts on the Canadian housing market and provincial economies. Robert holds a Master's degree in economics from Queen's University and a Bachelor's degree from Université de Montréal. He joined RBC in 2008.

Sri Lankan President Ranil Wickremesinghe calls for support from all citizens and Parliamentarians for Nation building and a bailout program from IMF

By Siva Sivapragasam

Sri Lankan President Ranil Wickremesinghe has called on lawmakers and citizens to support his administration's reform measures to help pull the nation out of its economic tailspin and negotiate a bailout program from the International Monetary Fund.

"It is vital that the members of parliament and the entire population contribute with their own strength toward the effort of nation building," Wickremesinghe said in a speech made in Parliament recently. "I have already initiated discussions with political parties to form an all-party government."

Wickremesinghe was voted in as president by lawmakers on July 20, after his predecessor, Gotabaya Rajapaksa was forced to leave the country and resign

as angry protesters stormed his official residence and office.

"The bankrupt nation, that's dealing with crippling shortages of essential items and struggling to cool 60% inflation, needs to further limit fuel and other imports to ease its financial crunch," the President said. The government is taking steps to alleviate food and fertilizer shortages and projects that by 2025, the country would be back on a stable footing, he added.

Sri Lanka is in the final stages of setting out its debt restructuring plan, which would be submitted to the IMF "in the near future," the leader told parliament but gave no timeline. "Subsequently, negotiations with private creditors would also begin to arrive at a consensus."

Wickremesinghe is being backed

by many lawmakers from Rajapaksa's party and is seen as an ally of the ousted leader.

"The people of our country are looking forward to an extensive political reform process, the President said. "I will take measures to make the change required to build the Sri Lankan nation."



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CANADA NEWS 

Banks raise interest rates



Royal Bank of Canada was the first of big banks to announce its increase in its prime lending rate to 6.45 per cent following the Bank of Canada increasing the interest rate.

The other major Banks will increase their prime rates by half a percentage point to 6.45 per cent, from 5.95 per cent.

This comes after the Bank of Canada increased its policy rate by 50 basis points to 4.25 per cent on Wednesday, the highest rate since the beginning of 2008.

The rate increase was the seventh rate hike this year as the central bank works to tamp down inflation not seen in Canada since the 1980s. The

Bank of Canada wants to see inflation around 2 per cent, however, the most-recent reading had it at 6.9 per cent in October. Core inflation, which strips out volatile food and energy prices, was 5.3 per cent.

“Governing Council will be considering whether the policy rate needs to rise further to bring supply and demand back into balance and return inflation to target,” the Bank of Canada said in a statement.

That language suggests larger increases to borrowing costs have probably ended, and that policymakers are open to a break in their aggressive hiking campaign as they weigh the need for fine-tuned adjustments.

“Christ Jesus” - Greatest gift to Humanity”

By: J A Rajah

Speaking at the 21st annual carol service organized by the Driberg College Alumni Association, Pastor Jos Stevens proclaimed that Jesus Christ is the greatest gift showered on humankind by God. Jesus is the one human being in recorded history to have influenced the whole world through his wonderful deeds and words. The old students of the college should be congratulated for faithfully organizing carol services for such a long period and invariably the earliest carol service to be held every year though not held for the last couple of years due to the Pandemic. The Choir well trained and presented by Ebenezer Thevasagayam, sang excellent and meaningful carols to the accompaniment of traditional Tamil musical instruments. Pastor Jos eloquently spoke of the three significant aspects of Christmas. He asserted that it is the greatest gift, the greatest news and the greatest remedy for all human problems. The world is happier, peaceful and righteous due to the growing influence of Christ and his teachings spreading throughout the world in spite of innumerable obsta-



cles and challenges. Some of the lyrics effectively rendered by the choir- 'Immanuel ennodiruppare', 'Oru paadalai, oru ragamai', 'Christmas enral konadame' and "Manorin mannanaka mannil vantha that - had excellent tunes and spiritual connotations pleasing to the ear and the soul. The choir - members were well-adorned with the college colors and sang with dedication and devotion. Nelson Hunt who hails from Chavakachcheri, Sri Lanka should be commended for his faithful and strenuous efforts in organizing and co-ordinating the carol service in such a splendid manner.

Kubes Navaratnam, Managing Partner of Nava Wilson LLP Law Office invited by Centennial College to celebrate Law Day 2022

By Siva Sivapragasam

Scarborough's well-known Centennial College recently invited Kubes Navaratnam, Managing Partner of Nava Wilson LLP Law Office to celebrate Law Day 2022 and to share his enriching law experience as a guest speaker.

The agenda of the discussion was the Post- Pandemic Legal Industry and the mission of the program was to educate students for their career success with the view of transforming lives and communities through learning.

Nava Wilson LLP Law Office is a well-known leading law firm in Toronto, Ontario, providing services in Real Estate, Corporate Law, and Litigation. The firm is committed to

increasing access to, and awareness of, the justice system. And it does this by increasing its clients' and communities' knowledge of their legal rights and responsibilities.

Legal processes are constantly evolving and are often a part of particularly significant and/or challenging circumstances. Recognizing this, Nava Willson LLP strives to make them transparent and accessible, while advocating on behalf of those they represent.

Nava Wilson Law office appreciated and enjoyed being a part of a prestigious college event, making Law Day 2022 a great success for them.

(Picture taken at the event)



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Amid intractable challenges, solutions are 'within sight': UN rights chief

Speaking in Geneva, after returning on December 9th from a four-day tour of war-ravaged Ukraine, Volker Türk, United Nations High Commissioner for Human Rights confirmed that he had been forced to take shelter in a bunker during a shelling attack.

His experience was what Ukrainians and UN colleagues, encountered "on a regular basis", the High Commissioner said, before insisting that he read nothing more into the incident, other than the fact that "it is a war that needs to stop".

Quoting from the Universal Declaration of Human Rights, which was adopted by the UN General Assembly 74 years ago to prevent the horror of two world wars from being repeated, Mr. Türk insisted that it was the "disregard and contempt for human rights" that "have resulted in barbarous acts which have outraged the conscience of mankind".

In a message of hope, he continued that "even where the challenges seem intractable, if the leaders in politics and society would only centre their responses on human rights, the solu-

tions will be always within sight".

"My focus is on following up on the recommendations that are contained in the report and for me it is also very key; of course we will - and I will personally continue engaging with the authorities," Mr. Türk said, adding that "hope springs eternal for changes".

To mark the 75th year of the adoption of the Universal Declaration of Human Rights (UDHR), Mr. Türk announced a year-long campaign "to recall the consensus this Declaration envisaged".

The initiative will be coordinated by the Office of the High Commissioner with partners and involve activities, actions and "ways to renew people's awareness of and commitment to human rights, especially among young people".

One of the aims is "to rekindle the spirit, impulse and vitality that forged the UDHR 75 years ago and to rejuvenate a worldwide consensus on human rights - one that unifies us in the face of so many challenges", Mr. Türk explained.

- via UN. Org

Canada Historic Milestones

December

It has been 33 years since the murder of 14 young women at the École Polytechnique in Montréal on December 6, 1989.

This act of violent misogyny shook our country and led Parliament to designate December 6 as the National Day of Remembrance and Action on Violence Against Women.

Geneviève Bergeron, Hélène Colgan, Nathalie Croteau, Barbara Daigneault, Anne-Marie Edward, Maud Haviernick, Barbara Klucznik-Widajewicz, Maryse Laganière, Maryse Leclair, Anne-Marie Lemay, Sonia Pelletier, Michèle Richard, Annie St-Arneault, Annie Turcotte.

What is beautiful is moral,
that is all there is to it.

- *Gustave Flaubert* - (12 December 1821 - 8 May 1880) French novelist

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A
Happy Hanukkah - Dec 18 - Dec 26
Merry Christmas - Dec 25
and
A Happy New Year - January 1, 2023

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CANADA DENTAL BENEFIT

- The Government of Canada has implemented the interim CanadaDental Benefit.
- This is the first stage of the Government’s plan to improve dental carecoverage in Canada among families with an adjusted net incomeunder \$90,000. It will allow children under 12 with no access toprivate dental care insurance to get the dental care they need whilethe Government develops a comprehensive, long-term, national dental care program.
- The temporary Canada Dental Benefit gives parents up-front, direct-Paymentstotalling up to \$1,300 per eligible child under 12 (up to \$650 per year)to help cover the costs of dental care services.
- Applications open in the Canada Revenue Agency’s CRA MyAccount on December 1, 2022, for dental care received by eligiblechildren between October 1, 2022, and June 30, 2023.
- Applications for the second benefit year will open on July 1, 2023 andwill be for dental care received by eligible children between July 1,2023, and June 30, 2024.
- Applications for the Canada Dental Benefit are on the CanadaRevenue Agency’s (CRA) My Account – it’s a quick, easy and secureway to apply. If you apply online and are signed up for direct deposit,you can get your payment within 5 business days.

- Did you know that you can also securely access CRA’s My Account-from your My Service Canada Account without having to sign in againor revalidate your identity? The link will take you directly to your CRAMy Account within a single secure session.
- To receive the Canada Dental Benefit, you need to make sure youhave filed your 2021 tax return.
- When applying, you’ll need to provide: the name, address andtelephone number of your child or children’s dental care professional;the name, address and telephone number of your employer and yoursouse’s or common-law partner’s employer; and the date (orexpected date) of your child or children’s dental appointment
- To receive your payment quickly, ensure your address, direct depositand child information are up to date in CRA’s My Account.
- If you are unable to apply for this new program online, call 1-800-715-8836 to get your application started. Before calling, check theapproximate wait times on Canada.ca. In order for CRA to validateyour identity, make sure you have your SIN, address, date of birth,and a copy of your most recently assessed tax return.
- The CRA is leveraging its experience and best practices in delivering-essential benefits to Canadians to administer the Canada DentalBenefit on



behalf of the Government of Canada.

- The CRA is ready to deliver a seamless, secure and user-friendlyexperience, to make it as easy as possible for eligible Canadians toget the money they need for their children’s dental care.
- The CRA will use its full suite of existing compliance tools to verify anapplicant’s identity and eligibility, including an up-front verification ofthe applicant’s income, child’s age, and family relationship andconfirmation that they are in receipt of the Canada child benefit forthat child.
- Having access to quality dental care is an integral part of our over-allhealth, but it can be expensive. We

know that a third of Canadians donot have dental insurance and, as a result, many go withoutnecessary dental care because it costs too much.

- It is estimated that more than 500,000 children in Canada will benefitfrom this targeted investment of up to \$938 million.
- The Canada Dental Benefit is a temporary benefit that’s in place tosupport families who need it most, giving children under 12 who have developing teeth and gums the opportunity to get much-neededdental care.

Information: Courtesy of Office of Gary Anandasangaree, Member of Parliament for Scarborough-Rouge Park.

Sri Lanka increases Visa Fees and other charges

As per the 2023 budget proposal, the Immigration and Emigration Department in Sri Lanka has decided to increase the fees of visas, and other charges with effect from December 1.

A special notice in this regard has been issued by the Department’s Controller-General.Accordingly, the fee for issuing dual citizenship has also been amended to USD 2,000, the Department said in a notice.

The fee for issuance of dual citizenship to a spouse or child under 22 years of age who is entitled to dual citizenship has been amended to USD 500.

The fee for obtaining certified copies of certificates issued under Citizenship has been increased to Rs. 2,000. The administrative fee related to the bond

signed by merchant seamen on landing was amended to USD 25.

The fee for obtaining electronic travel authorization online for tourists will be USD 50 and for businesses will be USD 55.

The fee for obtaining electronic travel authorization on arrival will be USD 60 for tourists and USD 65 for businesses. The fee for the issuance of a visa under the “My Dream Home Visa” program will be USD 200.

The fee for the issuance of a visa under the Resident Guest Scheme (RGS) Visa program will be USD 200.

The age group is not considered when charging a fee for the issuance of a visa for children of Sri Lankan parents with foreign passports, which will be USD 150.



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SPECIAL FEATURE



MORALITY IN A WORLD OF UMPTEEN CHALLENGES

By: J A Rajah

Morality is the ability to see the difference between good and evil. Morality defines what is good or bad. Philosophical ethics is the study of what makes something moral or ethical; good or bad, unethical, or improper conduct. According to the Bible sin originated in the world due to the disobedience of Eve. When God provided everything in the garden of Eden, Eve disobeyed only one commandment of God and led to immoral ways. God gave the 10 commandments to Moses on the Mount of Sinai- which could be taken as a definition of morality. The first four commandments relate to our relationship our with others and the rest to those with our fellowmen. All good morality stems from the training given by the parents. One should not murder anyone, he or she should not commit adultery, lying to each other should not be done, one should not take possession of other's belongings. Immoral deeds lead to bad conduct and bring eternal damnation to humanity- originally created with the moral turpitude of God. Morality depends on conformity to the rules of right conduct, moral or virtual conduct. It means moral quality or character. It could also include virtue in sexual matters, chastity, or a doctrine or system of morals.

A. The Essence of Morality :

There are three essential elements to a system of morality. A shared community, moral

values and a moral code. The moral life of a community consists shared pursuit of non-material values: this is what that distinguishes morality from economics. The pursuit is carried out within the framework that excludes certain types of behaviours: it is this that distinguishes morality from aesthetics. Moral laws are created by the moral community in a way similar to the way in which grammar and syntax are created by the linguistic community.

B. The Basis of Morality:

Idea of morality varies from person to person, but it makes one feel good if one feels he is morally right. Prophet Isaiah says that one should be aware of what is good and what is evil. The Ten Commandments state that the love of God is the basis of all morality in the first four commandments. The fifth commandment asserts that the parents have the responsibility infuse morality from the tender age in the formative period. If the child learns to honour its parents, it becomes attuned to cultivate moral habits. The other five commandments are in relation to how one should relate to his fellow human Fellow human beings. One should not murder or take away the life of another. One should not commit adultery. In current lifestyle the environment and activities including the media have several traps and situations in which one could resort to violence. In

most modern films as well as TV serials, murder is shown as the panacea for all problems. Viewing such films or serials will have a psychological effect on the viewers. In America we see reports about movements escalating in recent times. Adultery is common because of the media-films, pornography and parties encouraging closer contact between sexes. Sexual orgies have become part of some extreme, the current day dresses day are designed with sex appeal in mind. Girls wear short skirts mini- blouses exposing their private organs under the guise of fashion and keeping up the seventh commandment becomes a severe problem. Stealing is also rampant in a society where poverty has become a common problem. Many films show modern techniques of stealing without getting caught. Though films and TV serials are sheerly meant for entertainment, they lead to incidents of immorality. People also resort to lies to avoid conflicts. Coveting is also rampant in a society of want as it is an easy way of getting out of deprivations. The modern world has umpteen traps for luring people into acts of immorality and hence we live in a world of continual problems.

C. The Eternal Values of Morality:

Morality is the end product of right conduct. It has to be cultivated and preserved with the right resolve and attitude. Valluvar the exponent of worldly

wisdom asserts that good conduct will lead to goodness but immorality leads to utter ruin. Kamban, the greatest of Tamil literary maestro wrote the block-buster Tamil epic called the Ramayana which tells the story of Rama and Ravana. Rama was the avathar of Lord Vishnu to demonstrate to the world the quality of noble living. Ravana, who had all the gifts, valour and riches lost everything as he coveted the wife of Rama. Kambar in his profound poetic phraseology said 'Ravana lost his chest that fought the elephants, shoulders that shook the mountain, the sword that was given to him by Lord Siva and went back to Ilangai empty handed. It highlights how noble aspects of human nature are born. Immorality brings ruin to the person who becomes a slave to his passions and greedy desires. Times may change and ultra-modernism may engulf the world, but the standards and values of morality will continue to exist and only people who value morality can really succeed in life and exalt humanity from the degradation of sin and folly. Jesus Christ whose birthday, the world is going to celebrate this month lived and preached morality and lived a life defining morality in all its aspects. "Aranthal Varuvathe inbam mattellam, purattha, puharlum illa". Virtuous or righteous deeds alone give true happiness. All else is inglorious and bring about unhappiness. A blemish less pure heart is the basis of all moral values.

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

Phyllis Diller



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SPECIAL FEATURE

Freedom of speech in **Canada**



By: Jenny Rangithkumar

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Freedom of speech allows us to express our opinions. In doing so, we are able to learn about one another. This can include our achievements and goals. In Canada, there is also freedom of speech. In today's society, this is very important because one values his/her opinions and behavior. This can be discussed by the importance of freedom of speech, the role it has in Canada, and how it affects this country.

First of all, freedom of speech is when it allows one to express his/her opinion. Even in public places and settings, one has the right to express his/her opinion with respect. An opinion is the position that one agrees or disagrees with. This opinion includes a variation of things such as, likes/dislikes, favourite foods, events etc. An opinion can express anything that is necessary. Also, to speak the importance of ethics is a freedom of speech. When we speak, we can discuss how ethics plays a role in our everyday lives. This includes the role of both right and wrong things conducted. Although one may not choose to talk about this topic, it allows another person to express any concerns or opinions. Freedom of speech only allows for certain topics to be discussed. Although we have the right to freedom of speech, there are several limitations to what would not be allowed. This would include inappropriate or harmful language. Instead, we can talk about topics that are appropriate, positive, and important. Overall, freedom of speech allows one to prove his/her expressions and opinions.

Secondly, freedom of speech plays a big role in Canada. One example of freedom of speech is equality rights. In Canada, it is to be believed that everyone should be treated equally. This is true because everyone's values and opinions equally matter, no matter the status, own opinions, or culture. Although some people may not be following this in this country, it is important that we value it. Another example is legal rights. There are several legal rights for one to remember. For instance, a person would be innocent until proven guilty. This is one of the important rights because legal rights allows us to have a better insight of our financial and social status. There are also multiple languages that are spoken. In this country, English and French are the primary languages. These languages are spoken in in order to communicate effectively with ease. This includes speaking in public places, like restaurants and shopping malls. All of these components play a big role in freedom of speech.

Lastly, communicating effectively will definitely affect Canada in several ways. This plays an influence because it allows one to communicate with thorough understanding. With the benefit of freedom of speech, one can communicate in a meaningful way. In addition, one can connect by meeting new people. By expressing our opinion, we are able to share it with people who may share similar interests. By doing so, we can meet new people. We can also convey our concerns related to Canada. This is important because we want

to think about the place we live in and how it affects our everyday lives. Therefore, freedom of speech is thoroughly conveyed throughout Canada.

As it can be seen, our freedom of speech is importantly valued by every individual. Through different moments, it allows us to express both opinions and concerns. However, some people may believe that it is not conveyed in their valued countries. This can be due to unfair rules. However, this can be influenced to be changed by the residents. Their voices matter which implies the importance of each individual. In conclusion, freedom of speech plays a big role in everyone's lives.



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TRIO OF SCIENTISTS WIN NOBEL PRIZE FOR CHEMISTRY

Molecule-Building Innovators Win Nobel Prize in Chemistry



The chemists Morten Meldal, Carolyn Bertozzi, and K. Barry Sharpless were recognized for developing click chemistry and bioorthogonal chemistry. The Nobel Prize for Chemistry 2022 has been awarded to a trio of researchers. K. Barry Sharpless and Morten Meldal, for their independent development of click chemistry, and Carolyn Bertozzi, for her development of bioorthogonal chemistry.

Introduction



Click chemistry revolutionized chemists' options for creating the desired molecules. Bioorthogonal chemistry made it possible to monitor the chemical processes inside living cells without harming them. "It's all about snapping

molecules together," said Johan Åqvist, chair of the Nobel Committee for Chemistry, during the announcement. He told the audience that you could attach small chemical buckles to different molecular building blocks and then link these buckles together to produce complex molecules. That idea, put forth by Barry Sharpless of the Scripps Research Institute about 20 years ago, later became a reality when he and Morten Meldal of the University of Copenhagen independently found the first perfect candidates for the job. Their buckles quickly snapped together and wouldn't link onto anything they shouldn't.

In 2003, Carolyn Bertozzi proposed that click chemistry could be used in studies of biological systems to make it easier to observe vital cellular processes without interfering with them. Bertozzi called this "bioorthogonal" chemistry in a paper she and her colleagues published that year. The term has since been widely adopted in the field.

The ability to perform complex reactions in living systems without interfering with natural biological responses made it possible to study molecules and cellular processes in cells and inside complex organisms such as zebrafish rather than in laboratory dishes. It has already helped scientists understand a vital protein processing reaction called glycosylation, helped to develop molecular imaging molecules that could detect disease in living organisms, and opened up the possibility of selectively delivering drugs to particular tissues in the body.

These findings have "led to a revolution in how chemists think about linking molecules together and how to do it in living cells," Åqvist said. Today's announcement marks the second time that Sharpless has won a Nobel Prize in Chemistry. In 2001, he shared the prize with William Knowles and Ryoji Noyori for developing asymmetric catalytic synthesis.

Click Chemistry

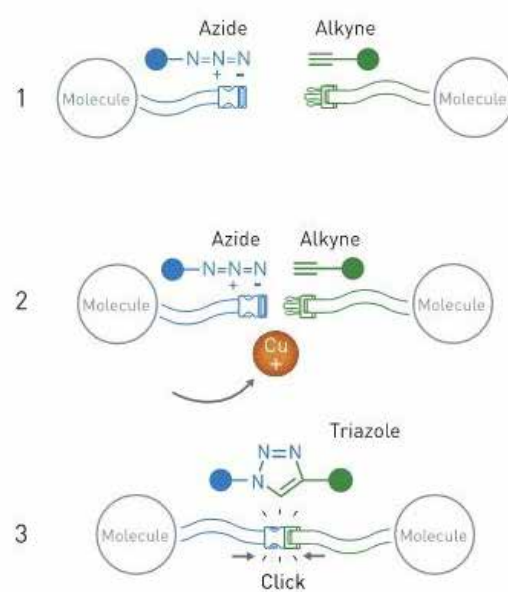
Sharpless spent much of the 1990s considering the need to find less cumbersome ways to synthesize complex molecules. His thinking culminated in a 2001 paper in which he and his co-authors proposed the term "click chemistry" to refer to any reaction that links together molecular building blocks efficiently, specifically,

and quickly. Shortly after the paper's publication, Meldal and Sharpless discovered the first click chemistry reaction: a beneficial one called the copper-catalyzed azide-alkyne cycloaddition.

On one side of the reaction is an azide, a molecule that has three nitrogen atoms in a row. On the other side is an alkyne, a molecule in which two carbon atoms are bonded with a triplet bond. These two building blocks aren't very reactive: Mixed, they are slow to react and yield a mixture of products. But Meldal and Sharpless realized that if they added a bit of copper to the

The click reaction that changed chemistry

Azides and alkynes react very efficiently when copper ions are added. This reaction is now used globally to link molecules together in a simple manner.



©Johan Jarnestad/The Royal Swedish Academy of Sciences

mix, the reaction accelerated dramatically and led primarily to a stable creation, non as a triazole.

By strategically adding azide and alkyne "tags" to molecules, chemists can use this copper-catalyzed reaction to link them precisely into much larger molecules with specific structures. The copper-catalyzed reaction immediately gained "enormous interest" across chemistry, and related fields, said Olof Ramström of the Nobel committee during the announcement. Although other click chemistry reactions have been found, "this particular reaction has almost become synonymous with the click chemistry concept and is also often called the click reaction," Ramström said. "You can say that it's still the crown jewel of click reactions."

Bioorthogonal Chemistry

In 2003, Bertozzi forged the term "bioorthogonal chemistry" for any chemical reaction occurring within a living system without interfering with it or damaging it. It clicks chemistry that can be applied to living organisms.

The seeds for this idea sprouted in the 1990s when Bertozzi began studying a particular glycan, or complex sugar, found on the surface of cells. Researching this glycan wasn't easy with the chemical techniques available to her at the time. But after hearing another scientist give a seminar on coaxing cells to produce a synthetic sugar molecule, Bertozzi was inspired to consider whether she could do something similar to map the glycans on cells. That's when her work on bioorthogonal chemistry began.

Bioorthogonal Chemistry & Living Systems

Bertozzi came up with a simple way to track glycans in a cell. First, she grew cells near a modified sugar linked to an azide. The cells took

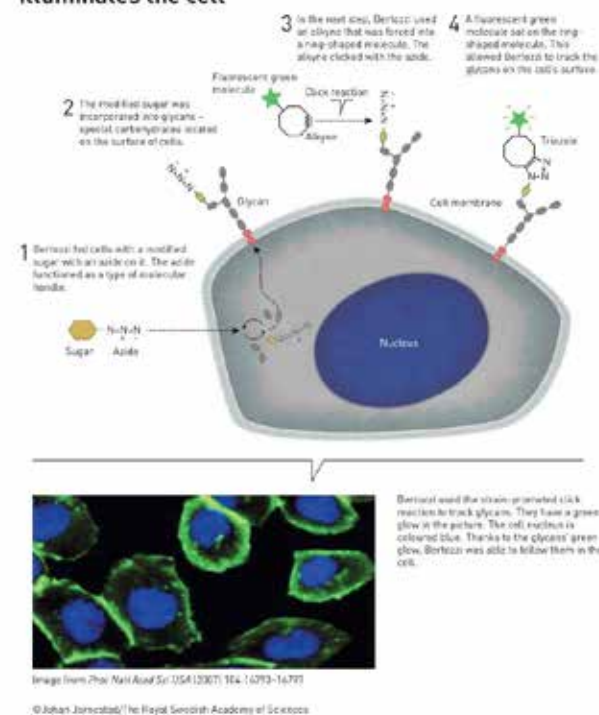
up the modified sugar and incorporated it into glycans on their surface. Then Bertozzi added an alkyne with a fluorescent molecule attached to the mixture. The alkyne underwent a click reaction with the modified sugar and attached the fluorescent molecule to it. With that simple reaction, the glycans glowed green, allowing Bertozzi to track their movements across cell membranes under a microscope.

Today, Bertozzi, a professor at Stanford University, tracks glycans found on the surface of tumor cells. This work enabled her to discover that certain glycans protect tumor cells from the body's immune system. Her findings have opened up avenues for cancer immune therapy, with many researchers working to find "clickable" antibodies to target different types of tumors. Bertozzi and her team are also working on this problem. They have created a new drug, currently in clinical trials, that targets and destroys glycans on the surface of tumor cells.

Other applications

Tracking the movements of molecules through and across cells is just one of many applications for click chemistry and bioorthogonal chemistry. A significant advantage of the techniques is that they don't introduce unwanted byproducts into reaction mixtures — they function with a clean efficiency that allows scientists to carefully craft complex molecules for various purposes. Click chemistry has enabled massive strides in drug development, DNA sequencing, synthesizing "smart" materials, and almost any other application chemists need to connect pairs of building blocks, Ramström said. Researchers can now easily add functionality to a wide range of materials, for example, by clicking on chemical extensions that can conduct electricity or capture sunlight. Bioorthogonal reactions are used widely

Bioorthogonal chemistry illuminates the cell



©Johan Jarnestad/The Royal Swedish Academy of Sciences

to investigate vital processes in cells, and those applications have enormously impacted biology and biochemistry. Researchers can probe how biomolecules interact with cells and image living cells without disturbing them. In disease studies, bioorthogonal reactions help study not just the cells of patients but also those of pathogens: The proteins in bacteria can be labeled to follow their movements through the body. Researchers are also starting to develop engineered antibodies that can click onto their tumor targets to deliver cancer-killing therapeutics more precisely. "These significant accomplishments and fantastic discoveries from our three laureates have made an enormous impact on chemistry and science in general," Ramström said. "For that, it's been to the greatest benefit of humankind."



SPECIAL FEATURE

HINDUISM AND HINDU TEMPLES IN SINGAPORE

Compiled by : KIDAMBI RAJ

INTRODUCTION

Hindu religion and culture in Singapore can be traced to the 7th century AD, when Temasek was trading post of Hindu-Buddhist Srivijaya empire. A millennium later, a wave of immigrants from southern India were brought to Singapore, mostly as colliers and indentured labourers by the British East India Company and colonial British Empire. As with Malay peninsula, the British administration sought to establish a reliable labour force in its regional plantation and trading activities; it encouraged Hindus to bring family through the *kangani system* of migration, settle, build temples and segregated it into a community that later became Little India.

By the 10th century, Tamil Chola influence arrived. With Islam's expansion in the region from 14th through 17th century, the Hindu-Buddhist influence, in and around Singapore, faded. The colonial era brought major changes in the seats of power and religious influence in the region. The early 19th century saw a wave of Hindu immigrants to Singapore from southern India, mostly Tamils, brought in to work as coolies and labourers by the British East India Company in Singapore. These immigrants brought along their religion and culture. Their arrival saw the building of temples throughout the island in the Dravidian form of architecture, and the beginnings of a vibrant Hindu culture.

Though the labourers were mostly responsible for introducing and preserving their religion in their new home, in later times, monetary contributions were made by the richer Hindu merchants to build up the makeshift shacks that served as their place of worship. The temples also served to hold the community together, being a source of comfort to those far away in a foreign land.

There are currently about thirty main Hindu temples in Singapore, dedicated to various gods and goddesses from the Hindu pantheon. There were an estimated 173,000 Hindus in Singapore according to the 2020 census constituting to 5% of the Singapore

population. Almost all Hindus in Singapore are ethnic Indians (99%), with some who have married into Hindu families.

In Singapore, the Hindu festival of Deepavali is recognized as a national public holiday. Some non-Indians, usually Buddhist Chinese participate in various Hindu activities. Unlike various states of Malaysia and Indonesia, Singapore places no restrictions on religious freedoms of Hindus. The Hindus have also urged the government to make Thaipooam, a formal public holiday, as the Christian and Muslim religions each have two public holidays. To or from visiting nearby Chinese temples. Some of the major Hindu festivals celebrated every year include Deepavali (Diwali), Thaipooam, Pongal, Tamil New year or Varusha Pirappu, Holi, also known as Festival of Colours and Theemithi or otherwise known as Fire Walking Festival.

Different communities have also established their own temples in Singapore. For instance, the Sri Lankan Tamil community established the Sri Senpaga Vinayagar Temple in Ceylon Road and the Chettiar community set up the Sri Thendayuthapani Temple at Tank Road. The North Indian Community also established their Sri Lakshminarayan Temple, built in the North Indian style.

In Singapore, a number of non-Indians, such as Buddhist Chinese participate in a variety of Hindu activities, including praying to Hindu deities, donating money to the temple funds and participating in Hindu festivals like Deepavali and the fire-walking ceremony and Thaipooam. Certain temples, such as the Sri Krishna Temple in Waterloo Street or some of the Hindu temples in Yishun have also built-up substantial followers among the Chinese community, who often visit these temples on their way

The first verifiable Hindu temple, Sri Mariamman Temple in Chinatown, was built as early as 1827 by Narayana Pillai, a clerk to Sir Stamford Raffles and it was dedicated to the Hindu Goddess Mariamman, an incarnation of the Mother Goddess. He first erected a wooden, thatched hut on

this site that he had purchased in 1823. The present temple was completed in 1863. The Hindu temples of Singapore are built in the Dravidian style, mainly the Tamil style found in Tamil Nadu, India. This style is known for its imposing Gopurams or entrance towers, complex friezes, intricate carvings and paintings or murals done on the walls and ceilings. Two government bodies deal with all Hindu affairs. They are The Hindu Endowments Board and the Hindu Advisory Board.

There are Three Hindu temples that are gazetted as national monuments of Singapore. They are: The Sri Mariamman Temple, the first Hindu Temple to become National Monument in 1973, the Sri Srinivasa Perumal Temple in 1978 and the Sri Thendayuthapani Temple in 2014.

Before the independence of Singapore in 1965, each religious group was having one to three religious public holidays with both Hindu festivals of Deepavali and Thaipusam as national public holidays.

After the independence of Singapore, each religious group were asked, with the exception of the Buddhist religious group as there was only one Buddhist religious public holiday, to choose a religious public holiday of their own to be removed to reduce the overall number of public holidays in Singapore for Singapore to be competitive in the global market. Thaipusam was chosen to be removed as a public holiday by the Hindus.

After the 1968 amendment of the 1966 Holidays Act, two public holidays were designated each for the Christian (Good Friday and Christmas) Muslim (*Eid al-Fitr* and *Eid al-Adha*) religions while only one public holiday was designated to both the Hindu (Deepavali) and Buddhist (Vesak Day) religions.

Subsequently there were calls from the Hindus to reinstate Thaipusam as a public holiday. In 2015, a petition was launched by educator Sangeetha Thanapal which attracted nearly 20,000 signatures. A rally was also planned in Hong Lim Park but was cancelled by the police.

SPECIAL FEATURE

The Ten Most Beautiful Hindu Temples in Singapore

1. Sri Thendayuthapani Temple



Built in 1859 and recently gazetted as a national monument, Sri Thendayuthapani Temple was constructed by the Nattukottai Chettiar community, who are devoted Shaivites. Thendayuthapani (also known as Murugan, Subramaniam and Kartikeya), is a popular deity amongst the Tamil population. During the festival of Thaipusam, this spot is packed, as it's the final stop of the procession. The temple itself is stunning, with an arched and colourful gopuram (ornate gatehouse tower) and steps that lead you ominously toward the central shrine of the chief deity.

2. Sri Senpaga Vinayagar Temple



The most striking feature of Sri Senpaga Vinayagar Temple is the gopuram that contains elegant gold and white shades. Devoted to the god Ganesha, famous for his elephant head, there's a bit of mystery behind this shrine's construction. It is believed that a statue of Ganesha (also known as Vinayagar, and the brother of Murugan), was discovered beside a pond. In response, the Hindu community, specifically the Ceylonese (Sri Lankan) Hindus, built this temple due to the significance of this mysterious discovery.

3. Sri Vadapathira Kalamman Temple



Located within the Little India neighbourhood, Sri Vadapathira Kalamman Temple started out as a humble shrine (believed to be dated as far back as the 1830s), and then became the impressive temple it is today. It is unique due to its less elaborate gopuram, which is smaller but contains larger figures of deities. There are also carved figures at the front entrance near the doorway that are larger than those at most temples. A deep teal hue is plastered over the walls of this temple that's dedicated to the goddess Kalamman.

4. Sri Srinivasa Perumal Temple



Built in honour of the deity Vishnu, this gazetted national monument is popular for being the starting point of the annual Thaipusam festival that celebrates Lord Murugan, the God of War and son of Shiva. The building of Sri Srinivasa Perumal Temple was a community effort, and people raised money to construct this spot. Often, gopurams tell a story. This temple's gopuram depicts Vishnu's various avatars. Entering the site, you will encounter different statues that depict someone who is important to Vishnu, like Garuda, a bird-like deity.

5. Sri Veeramakaliamman Temple



Sri Veeramakaliamman Temple was consecrated in honour of Kali, one of the more ferocious Hindu deities and a consort of Shiva. It is no wonder that Bengali immigrants built this shrine, as Bengal has historically been linked to Kali. However, what stands out is the Dravidian design of this temple. This style is likely connected to the Tamil influence on the island and its impact on Hindu temple design. This temple showcases how a particular design can be adapted.

6. Sri Sivan Temple



Sri Sivan Temple is one of the few temples that experienced a massive transformation since its development, after being moved several times. Currently located in the Geylang area (with the present look dating back to 1993), it was constructed with the help of skilled artisans, craftsmen and architects from India, who blended various regional Hindu traditions. The temple stands out because of its calm, cream shade and wide-open halls, opposed to having a closed-off interior and bright colours, like other Hindu sanctuaries. The design illustrates how Hindu architecture often focuses on innovative designs that cater to various deities.

7. Sri Siva Durga Temple

Built specifically for Shiva and Durga, the Goddess of War, Sri Siva Durga Temple is another stunning representation of Dravidian architecture. The gopuram has gold panelling at the top, which contrasts other parts of its design.



The interior is a sight to behold, with numerous shrines and motifs that represent the intricacies of Hindu mythology.

8. Sri Mariamman Temple



As the oldest Hindu temple in Singapore, Sri Mariamman Temple has been serving worshippers as far back as 1827. It is also one of most important temples in Singapore. Besides being a significant temple for South Indian Hindus, it was also a social space for new immigrants, who did not have housing or jobs when they first landed in Singapore. The temple is dedicated to Mariamman, Goddess of Rain, who is believed to be the South Indian incarnation of the goddess Kali.

9. Sri Ruthra Kalamman Temple

Built to respect Kali, the presiding deity, this hallowed sanctum has an overwhelming presence. The high ceilings and domineering entrance encapsulate this fierce goddess, who destroys evil forces. The temple looks archaic, with its harsh pillars below the multi-hued gopuram, which shows the key figures in Kali's story.



10. Sri Krishna Bagawan Temple



Adjacent to the Kwan Im Thong Hood Cho Temple, a popular traditional Chinese Buddhist temple, this is the first Hindu temple that was built for Krishna in Singapore (one of the avatars of Vishnu, and his consort Rukmini). Sri Krishnan Bagawan Temple has a bright blue front entrance, featuring various avatars of Vishnu and Garuda. The top of the arched entrance also depicts a wedding, with two large deities standing at different sides of the entrance. This temple is a good representation of the rules that are described in *Agama Sastra*, a Hindu guide on temple construction.

TRIBUTE



By: Kane Siva

In the Northern Province, in a small hamlet Kondavil, to a son was born in 1949 to late Saravanamuthu and Nallamma. Parents named him Kugathasan who always had a twinkle in his eyes and his eyes smiled before he did. I crossed his path maybe way back in 1958 or so when he joined my alma mater Jaffna Central College. We were classmates and collegemates for a long time. College days memories are fond and still, it plays like a video. Kuga, my friend Janarthasingh and many others would travel from Kondavil by the morning train to Jaffna railway station and walk from there on the Point-Pedro road to our school while I used to walk from Athiady road and team up with them to walk to school. Hardly any school bags in those days, books mostly carried in hand with a belt tied to hold the books together. Those were the memorable days of our school life. After school mostly we walk back and Kugathasan and other mates travel back by train to their abodes. Kugathasan was in the Advance level class with me too and entered medical college in Colombo in 1968 after passing the examinations with good results, I could not and went to Aquinas University College in Borella to study for the examinations again and stayed at Borella, as a result of this, practically every day I used to meet Kuga. He passed out as an MBBS, Medical doctor in 1973 and was doing his internship at the Colombo eye hospital and we used to meet on and off. After I joined Airline lost touch with him but it was kind of fate, that almost after 50 years I managed to contact him two months before he breathed last. When I was informed my sister was admitted to Jaffna General Hospital with a heart condition, manged to contact Dr. Kuga, through my friend Janarthasingh. His immediate message is "Siva remember you well and will do the needful, don't worry. Few days passed another message from Kuga, Siva already spoke to the cardiologist and you have nothing to worry about at all.

This was what the late Eye Surgeon and Doctor Kugathasan, whom I am blessed and privileged to call a friend, classmate, and schoolmate. We are really unfortunate not to have this genial person of a loving heart not in our midst as he passed away after a brief illness on the 13th of September. He passed away after his beloved wife's visit in the evening, when he requested her to recite a particular Hindu scripture before she left and breathed his last in the morning hours according to Janarthasingh. I can't remember ever seeing him get angry with anyone. He was

The Hand that Shone Light to Numerous People is no more.

DR. S. KUGATHASAN

a really calm, duty conscious, and a religious person. A devout Hindu. After his internship he served in various parts of Sri Lanka finally moving to Jaffna Hospital, to work as an eye doctor since his passion was to serve the people where he grew up, realising the difficulties in finding a duty-conscious doctor like him. After a few years he specialized in eye-surgery in India and served at the Jaffna General Hospital. He was asked by his relatives to travel to Canada or England, but point blankly refused, his passion was to serve the people where he grew up. He never went to private practice to offer his medical knowledge for big cash rewards but always served untirely

After retirement he served his community in so many different ways, was involved with the Kondavil Hindu temple activities, and devoted most of his time to developing a charitable institution called "Siva Poomi" and its school. This school helps children who are differently able to hone their knowledge and in developing their mental well-being. Dr. Kuga undertook to serve in this school with his wife to attain meaning in their lives. He was really happy in devoting his invaluable time for the benefit of these children, a gesture that no words of appreciation can match and I know this well since I spoke to him two months before his passing. In fact, his last words to me "Siva do



till his retirement at the Jaffna hospital. He would always work till late and get home. Even during the civil war when lots of professionals left the country he vowed to stay there and serve, even traveling by bicycle to the hospital, performing eye surgeries in even in the teaching room of the hospital. During the worst period in the civil war when he was displaced and living at Manthikai, performed an on-the-spot eye surgery for a war victim with bare minimum facilities, in the most difficult circumstances and restored his eyesight. His dedication to the field of medicine has no boundaries and lived up to the Hippocratic Oath he took in serving people to the best of his ability till his final days at the Jaffna hospital. He was very good at imparting knowledge to others and was a part-time lecturer at the Jaffna Medical faculty or teaching hospital.

He was well respected by his batchmates. This was greatly evident in 2020 when I accompanied my friend T. Tennakoon to the Hemas Hospital Eye Clinic for consultation with his eye surgeon Dr. Mallikarachi. Casually I enquired from Dr. Mallikarachi, 'you must have studied with Kugathasan', he was so happy to hear that we were classmates and spoke fondly about Dr. Kugathasan. Dr. Kugathasan was held in high esteem because of his nature of being a good, honest, and sincere human being.

not forget to meet me when you come to Jaffna" but I was not fortunate to do so.

Dr. Kugathasan was a really simple man with lots of humor, and no arrogance, and willing to serve the people in any form as he always believed in its nobility. Dr. Kuga will be missed immensely by his beloved wife Kalivarnni, daughter Lishayini son Snajeewa and his beloved grandchildren and above all by all the folks at Jaffna Hospital and the whole community since everyone came to know him, and by his classmates and friends who live in Canada and other parts of the world.

Dr. Kugathasan's passing left a big void in the medical profession in Jaffna, a good teacher, a great community server, a devout Hindu, and an absolutely honest human being.

Finally I am sure Dr. Kugathasan finally wanted these words inscribed besides his name:

"My name, and my place, and my tomb all forgotten,

The brief race of time well and patiently run,
So let me pass away, peacefully, silently,
Only remembered by what I have done.
Good night Sweet Prince!

K.N. Sivagnanasunderam (Blue)

Former Flight Operations Officer

AirCeylon Ltd.

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The Aircraft That Revolutionized the Aviation Industry



Legendary. Engineer late Joe Sutter.

I remember the very first book that caught my eye and the first book I read in aviation in 1972 on the first day, a book called "The Aircraft That Changed the World" in our flight operations, Katunayaka, about the evolution of the Douglas company, which made the aircraft called DC 1, DC2, DC3 and so on which was born in 1939. But the aircraft that was built in 1969 by Boeing Company, made a landmark in aviation. When Bill Boeing, a wealthy timber heir, with an engineering degree from Yale University thought of building a better engine plane with Westervelt, an engineer, and assembled a plane called B&W Model 1, a Seaplane, the late Bill Boeing flew it and thus Boeing was born in 1915. Sadly Bill left Boeing early and its chief counsel William Allen took control and flew Boeing into a formidable aircraft



Singapore Airlines Boeing 747-400 (9V-SPQ) DSC0239 | Flickr

manufacturing company. They never stopped dreaming after B 17 Flying fortress bombers which helped WW2. Boeing had headstrong men, designers, and engineers who were motivated by WW2 aircraft and determined to keep commercial aviation alive and thriving soon after the war. These headstrong men were personified by a legendary engineer who joined Boeing after the war, served on a Navy destroyer, son of a meat packer, grew up in Seattle, and pursued a degree in Aeronautical Engineering. He was the

aerodynamics chief for Boeing 707 aircraft and the brainchild of B 747, none the other than the great Joe Sutter, who passed away at 94 years in 2016, and the man behind B737 too, but his greatest design was the B 747. I would bet this aircraft still mesmerizes the world of aviation as the Anglo-French Concorde but 747, is still the JUMBO, named for its huge size. Before flying with the B747 in detail, like to narrate my first-hand experience with this aircraft in 1973/1974. German's second carrier Condor was the first to fly B747, to BIA in Colombo. It was welcomed by huge elephants and Kandyan dancers organized by late Anton Wickremaratna and was a festive atmosphere at BIA that day. Managed to have a tour of the aircraft by the courtesy of the Condor flight staff and was amazed by its size and its double-decked cockpit. My first impression was utter disbelief, and seeing this aircraft every week gave me real energy. Boeing's birth in Seattle belongs to its "father" Joe Sutter and his colleague, Jet Engine engineer Peter Morton. Joe Sutter and his men of vision started to build the 747 in 1967 with an army of 50,000 staff, a collection of engineers, technicians, and all kinds of tradespeople. They rolled out the aircraft and its first flight was in 1969, almost 28 months after starting the project. Normally it takes about 4 years to build an aircraft. Joe Sutter's team earned the nickname "Incredibles" because of this. B747 rewrote the travel industry in the late 20th century. It is twice the size of the B707 and travels faster and farther than other jets. An aircraft with a humped-back fuselage, 231 feet long 196 feet wing span, cruising speed of 600 miles per hour, carries 375 passengers and could fly nonstop for more than 14 hours. Its heavy weight is supported by 4 main landing gear legs. The double-decker design, with a raised cockpit, was planned to convert the passenger aircraft into a freighter. B747 has 4 powerful Pratt & Whitney engines for increased performance and to lift a heavier aircraft with a maximum takeoff weight of 830,000 pounds. The first version B 747 -100/200 had 3 cockpit crew members and its inaugural

flight from Paine Field in Everett in 1969 with Pilot Jack Waddell, copilot Brien Wygle, and flight engineer Jesse Wallick. Soon after the flight, captain Jack said "this is a Pilot's dream and" a two-finger" aircraft to fly. He was so fascinated. Pan American Airlines was the launch customer in January 1970 for the 747, and Boeing made history in



aviation. Pan Am Clipper flew its inaugural flight from New York to London in 6 hours & 45 minutes with 335 passengers and a crew of 20. B 747 held the passenger capacity record for 37 years. Boeing produced so many modified versions of the 747 over the years, the last version being 747-8. Amazing to see still 10 airlines around the world are flying passengers, and cargo too. It is being touted in the aviation household that 1572 Boeing 747 were built and still flying high after 54 years.

This aircraft has gone into the books of aviation for many reasons. This aircraft earned the nickname "Queen of the skies". NASA used this 747 to fly Space Shuttles on it is Piggyback from California to Florida. When entrepreneur Richard Branson started Virgin Atlantic, B747, became his first plane. Since 1990, the 747 has had the honor of being the official aircraft for US Presidents', Airforce 1.

This aircraft has many made many portray it as the greatest aircraft ever built even now, though Concorde took the crown for a period of time. You



can say easily it was one of the most ambitious projects of the aerospace industry and an Iconic aircraft that came out of

Joe Sutter's army of dedicated staff. I met on a weekly basis the pilots flying 747 while working for Condor German Airlines from 1979 to 1981, but never occurred to find out about this "Beauty" till I checked with my friend Gerad Janz who was flying 747, with Singapore airlines as a flight engineer and described it as a 'one of its Kind' of aircraft he has flown which speaks volumes. I remember Singapore Airlines said the 747 was the bedrock of their fleet for 39 years. B747 was born from the explosion of air travel and made possible the concept of the "Global Village". I remember way back in the late 80s a British Airways 747 was flying over Indonesia and sucked the volcano dust, 3 engines shut down but the aircraft managed to fly on one engine and land in an airport without any incident.

My personal nostalgia for seeing this aircraft first time in 1973/74 left an indelible impression on me and still



cherish the memory and doing the flight operations for this aircraft every week in the late 1970s at Katunayaka, BIA. I always loved climbing to the upper deck and watching the amazing Cockpit and its beauty. I always made sure to stand near the airport terminal door and was awestruck by its roaring take-off into the blue skies which always gave me an incredible feeling.

The words of Joe Sutter in his 90s, Sum up his apprehension "The real concern for me was landing something really large" Which needs no more words to appreciate.

Hats Off To Late JOE SUTTER.!

K.N. Sivagnanasunderam (Blue)

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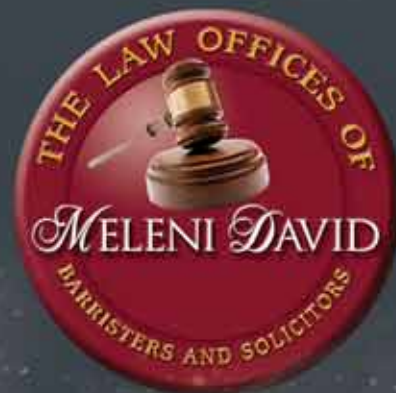
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Maenusha Raguvarnan
Nurse



Four hospitals coming together to help address critical care nursing shortages



Toronto, ON (December 1, 2022) -- Four GTA hospitals are combining recruitment efforts to create a special team of critical care nurses who can be deployed to help fill staffing gaps, and provide additional patient care capacity.

North York General Hospital, Michael Garron Hospital, Scarborough Health Network (SHN), and Sunnybrook Health Sciences Centre, received support from the Ministry of Health to launch the pilot project, which will recruit and orient nurses to work across the critical care units of the four partner hospitals.

“Nursing vacancies continue to be one of our greatest challenges across the system and in critical care, in particular, where vacancies continue to be high,” said Susan Woollard, VP, Clinical Services, Quality and Long-Term Care & Chief Nursing Executive, North York General Hospital. “Critical care is one of the safety-nets of our health system and we cannot afford to have this area short staffed. The specialized critical care team across our four hospitals will be one of many solutions we’re implementing to ensure patients have access to life-saving care during this extraordinary time.”

Each hospital will recruit five nurses for the team, for a total of 20, who will receive training and orientation to the critical care units across

the four organizations. Staffing levels on the units are monitored daily and when a need arises, members of the team can be assigned to work at whichever hospital needs help.

“We are pleased to collaborate with our fellow partner hospitals who share a one-team vision and approach to caring for patients and their loved ones during their greatest time of need,” said Kevin Edmonson, Director of Michael Garron Hospital’s (MGH) Critical Care and Emergency Departments. “As we navigate increasing pressures and demands on Ontario’s healthcare system, we recognize that it takes the collective efforts of all our inter-professional teams and health system partners to care for our communities and each other. We look forward to the opportunity to expand our exceptional critical care team together with our partners.”

When the nurses are not needed in other hospitals, they will work as a member of the critical care teams in their home institution, where they were recruited initially.

“This is a tremendous opportunity for nurses to get a wide range of experience working with other teams and hospitals,” said Ru Taggar, EVP and Chief Nursing and Health Professions Executive, Sunnybrook. “An important part of the program is the hands-on mentoring and

career coaching that will be provided for every member of the team. There is also an emphasis on wellness for the team that ensures there’s not only a focus on skill development but also, the emotional well-being of each nurse is a key element of success.”

“Our patients are acutely ill. Proper staffing levels ensure we can provide a level of care for patient conditions that can change rapidly - in a matter of minutes, in most cases,” said Sam Michael, a frontline nurse at SHN’s Centenary ICU. “The complexity of the patient’s condition also must be considered when determining appropriate staffing levels and how impactful it can be when even one team member is missing. The ICU depends on a full team environment for exceptional, life-saving care.”

Recruitment for the team began in November and interested applicants should refer to the Human Resources department of the participating hospitals. The pilot will run for a period of two years and it is hoped this model could be replicated for other professions.

For more information contact:
Laura Bristow, Communications Advisor
Sunnybrook Health Sciences Centre
416-480-4040

MEET SHN RESEARCH INSTITUTE’S NEWLY-APPOINTED SCIENTIFIC DIRECTOR

As we recently shared, Scarborough Health Network (SHN) has made exciting strides towards the development of the new Scarborough Health Network Research Institute (SHNRI). Now, we are thrilled to introduce you to SHNRI’s Scientific Director.

A staff psychiatrist with SHN since 2020, Dr. Adriana Carvalhal was drawn to our health network’s bold ambitions. Given her professional background, Dr. Carvalhal saw SHN as a natural fit for her own aspirations — to cultivate novel research and solutions that will help us to achieve better and more equitable health outcomes.

Originally from Brazil, Dr. Carvalhal came to Canada for her post-doctorate study on HIV.

“I was fascinated with research aimed at trying to understand and explain why patients would present with such a variety of symptoms,” said Dr. Carvalhal. “For my post-doctorate study, I had the opportunity to be involved in implementing the knowledge we gained from research in real-world cases. We identified and treated mental health in HIV patients since some psychiatric conditions can put people at risk of having worse outcomes from the infection or a higher likelihood of getting infected in the first place.”

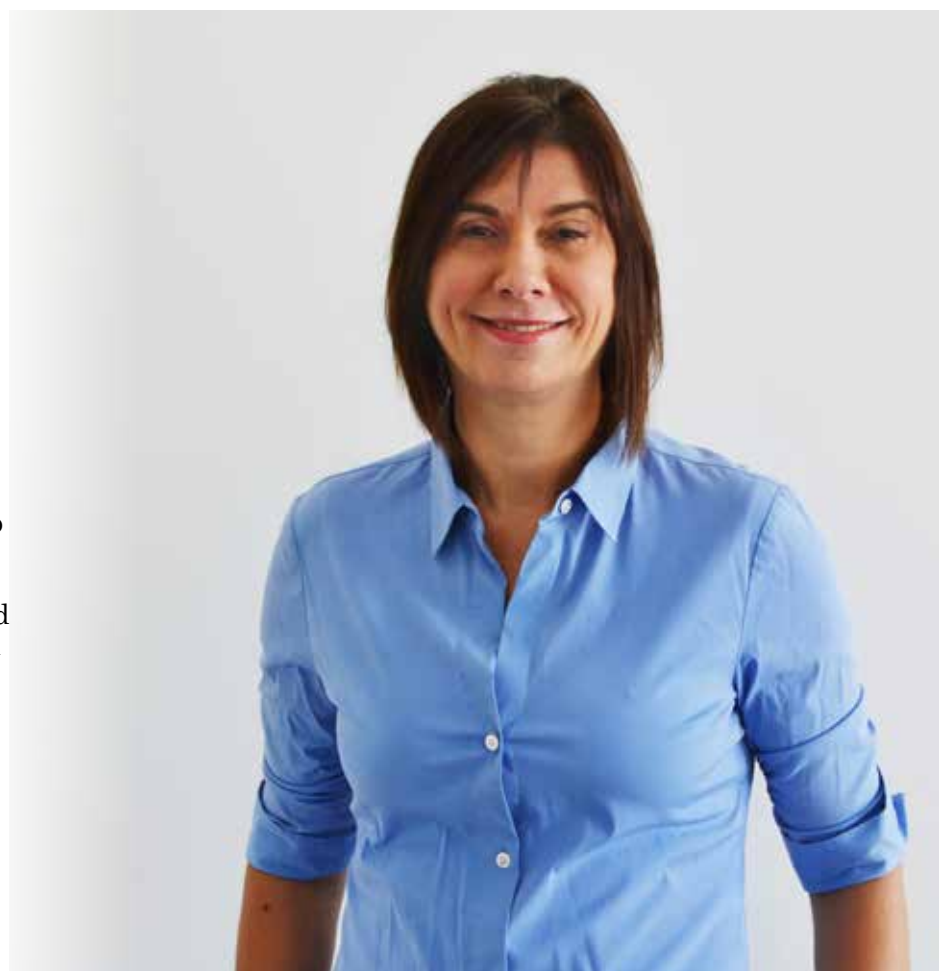
This multidisciplinary approach sparked Dr. Carvalhal’s passion for looking at the full range of determinants of health — from diet, to housing, to income, to social support, to genetic predisposition, etc.

“This helps us to consider all the healthcare services necessary to impact the outcome of the illness in a more proactive,

beneficial way. In Scarborough, this is what is needed for our outsized rates of ailments like kidney disease,” said Dr. Carvalhal.

Dr. Carvalhal now looks forward to bringing this approach to SHNRI. Through clinical, health services and population health research, SHNRI will help to better evaluate and develop integrated models of care, and translate research findings and knowledge to clinical practice and health policy.

“I am committed to making SHNRI a tool for disease prevention and promotion of healthy lifestyle and overall wellness in our communities, and a means to address barriers to health care within our diverse community,” said Dr. Carvalhal. “This includes working closely with an activated and engaged community in research that matters to them. SHNRI will partner with Scarborough to generate and apply new knowledge and innovative



Dr Carvalhal

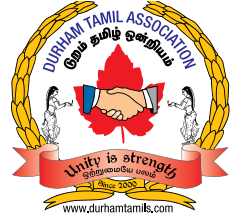
solutions that make healthcare more equitable, accessible, and relevant.”

SHN thanks Dr. Carvalhal for the commitment she has made and looks forward to a bright and productive future under her direction.



COMMUNITY WATCH

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 GramaSevaka. 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

Incredible 21st annual Youth Festival Event! on Saturday November 19th. Spectacular performances amazing guests! It was a night to remember! A Heart felt thank you to all DTA Youth Choreographers, Dance school teachers, and all performers. Well done!!!

Sincere thank you to all youth volunteers & parent volunteers who helped us to run the event smoothly.

A special thanks to youth leader Sveta Mano & our youth subcommittee who did an amazing job. Well done youth team!

Heartfelt thank you to all parents for your strong support and cooperation!

Thank you to our executive team and special thanks to Mano Pancharatnam for excellent technical & digital help.

Special thank you to Jays Creative images (Photos) and Rega Video pro (Video) for their support.

Thank you to all our guests who attended the event and encouraged the youth - your support truly means a lot to our volunteers.

Seniors Culinary Session!!!

DTA hosted a gentle session for the seniors to come out and show their culinary skills. This gave the opportunity to share their delicious and secret recipes and win our hearts.

Canadian Mental Health Association - Stress Management

On Nov 21, DTA hosted a mental health workshop. What is stress, what are the common causes of stress and how can it be better managed? This workshop will give you techniques toward building and maintaining personal resiliency and mindfulness. Learn how to identify signs of stress and gain the tools and mechanisms to help cope.

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

COMMUNITY WATCH 

City of Toronto extends COVID-19 Vaccine Engagement Teams to March 2023

(December 8, 2022) Mayor John Tory, joined by the City of Toronto’s Medical Officer of Health, Dr. Eileen de Villa, announced that the City of Toronto is extending the operation of its COVID-19 Vaccine Engagement Teams (VETs) until the end of March 2023, ensuring continued support for COVID-19 vaccine equity and access for all residents.

The VETs operate across the city in 17 geographic and population-based consortiums made up of more than 150 health, community and faith-based organizations. This includes more than 720 community ambassadors who reflect the diversity of Toronto’s equity-deserving groups and have roots in the communities where they work to build trust and help residents learn about the importance of COVID-19 and flu vaccination.

Since the program’s launch in March 2021, the VETs have spent more than 136,000 hours building vaccine confidence. VETs have engaged with Torontonians more than 4.4 million times in more than 40 different languages. VETs continue to help people navigate the COVID-19 vaccine registration system and find a vaccine clinic in their neighbourhood with door-to-door visits, community events, phone calls, online social media campaigns and virtual events.

More information about VETs is available on the City’s COVID-19 Vaccine Engagement Teams webpage.

VETs have been a key component of

the world-leading success and impact of the City’s COVID-19 vaccine campaign. A program evaluation found that the teams have been an effective strategy for increasing vaccine confidence, providing access to vaccine resources, and amplifying public health messaging. VETs promote vaccine uptake among diverse communities across Toronto and reduce socioeconomic barriers to government services. The work of the VETs was acknowledged at a special presentation at Toronto City Council in April 2022.

VETs funding was extended twice since the initiative first launched in March 2021; the first extension occurred in January 2022 and the second in July 2022. The current extension ensures that this vital work continues beyond this calendar year to the end of March 2023.

Toronto residents are encouraged to receive all COVID-19 vaccine doses as soon as they are eligible, including all booster doses, for the best protection against the virus. Data consistently indicates that residents who have kept up-to-date with their vaccinations are better protected against serious consequences linked to the virus, compared to those who are unvaccinated or under-vaccinated.

The ModernaSpikevax® Bivalent (50mcg) COVID-19 vaccine is available to adults and the Pfizer-BioNTech-Comirnaty BA.4/5 Bivalent (30 mcg)



mRNA COVID-19 vaccine is available for individuals age 12 years of age and older. Appointments to receive a bivalent booster can be booked now through the provincial booking system. More information is available on the City’s COVID-19: About the Vaccines webpage.

Residents will be able to get vaccinated by Team Toronto partners, including City-run immunization clinics, primary care offices, Indigenous-led vaccination clinics, and more than 525 pharmacies. A full list of clinic locations and hours is available on the City’s COVID-19: Where to Get Vaccinated webpage.

Quotes:

“The Vaccine Engagement Teams are an excellent reflection of our city’s diversity and have done a terrific job building trust in communities to get more Torontonians the information they need to get vaccinated. This program was recognized by City Council earlier this year, deservedly so, as trusted

leaders within neighbourhoods with low vaccine uptake who worked hard to help their communities. These efforts were key in helping people who communicate in languages other than English, and who require more information about vaccines, about the proven and essential benefits of vaccination.”

– **Mayor John Tory**

“Toronto’s Vaccine Engagement Teams and community ambassadors perform critical work in Toronto’s neighbourhoods by providing credible information about vaccination in a variety of languages. Their work has not only increased vaccine uptake, but provided key public health information that has protected communities and protected the most vulnerable.”

– **Dr. Eileen de Villa**, Medical Officer of Health

Toronto is home to more than 2.9 million people whose diversity and experiences make this great city Canada’s leading economic engine and one of the world’s most diverse and livable cities. As the fourth largest city in North America, Toronto is a global leader in technology, finance, film, music, culture and innovation, and consistently places at the top of international rankings due to investments championed by its government, residents and businesses. For more information visit the City’s website or follow us on Twitter, Instagram or Facebook.

Quotable Quotes - 2022

By: Siva Sivapragasam

“They said it”



“My commitment to quality, sustainable journalism remains absolute”

– Toronto Star new owner, Jordan Bitove



“We don’t see any practical evidence today in the U.S intelligence community that he (Russian President Putin) is moving to actual use, that there is an imminent threat of using tactical nuclear weapons.”

– CIA Director William Burns on Putin’s threat of using nuclear weapons



“The British public deserve a proper say on the country’s future. They must have a chance to compare the Tories’ chaos with Labour’s plans to sort out their mess....We need a general election now”

– Keir Starmer, Labour Leader



“Canadians are cutting down on costs and so too is our government”

– Canada’s Finance Minister, Chrystia Freeland



“I am a fighter not a quitter”

– Former British Prime Minister Liz Truss, a day before her resignation





SPECIAL FEATURE



GREATNESS: IT'S ESSENCE

By: J A Rajah

Greatness consists in aspiration for noble achievement, the very thought of living without it, is the essence of littleness. It is one's greatness that stays on even after death.

*“Pirappokkum ella uyirkkum sirappovva,
Cheytholil vettumay yaan”.*

பிறப்பொக்கும் எல்லா உயிர்க்கும் சிறப்பொவ்வா
செய்தொழில் வேற்றுமை யான்

All men are born equal, but distinctions arise only on the basis of performance, in the respective occupations they take on. It is the performance in whatever position one is placed that counts. Even if placed high by accident of birth, persons without character are not really noble, so too low born persons with character will not remain low.

*“Mel irunthum mel allar mel allar keerl
irunthum,
keerl allar keerl allavar”*

மேலிருந்துத் மேலல்லார் மேலல்லர் கீழிருந்தும்
கீழல்லார் கீழல் லவர்

Even as a lady of good family safeguards her chastity by her own behaviour, greatness is ensured by man's unsullied conduct. Men of acknowledged greatness perform rarest deeds of virtue, even in adversity, which others would find impossible of achievement. The idea is similar to the lines of Naaladiyar which goes as:

*‘Isai eninum isaiyaatheninum,
Vasai theera ennuvar saanror! visayin
Narima ullangkilitha ambinin theetho,
Arimap pillaipeythak kol’ (152)*

Whatever is done should be done in an honorable manner-for men of honour. It is creditable to even unsuccessfully aim a dart at a lion than using it successfully to kill a fox.

It is not the nature of small men to honour and benefit from emulating the standards and practices of great men. If fortune falls to a lot of the little-minded, their insolence will know no bounds.

*“Paniyumam enrum perumai sirumai,
Anniyamam thannai viyanthu”.*

பணியுமாம் என்றும் பெருமை சிறுமை
அணியுமாம் தன்னை வியந்து

Greatness gently bows its head, always in modesty. Littleness revels in self-praise. The Bible tells of the same idea in St. Luke of the desirability of modesty as against presumption: ‘Whoever exalteth himself shall be abased and he that humbleth himself shall be exalted’. True greatness is a lack of pride, meanness on vanity will stride. All religions set much store by humility as an abiding virtue. Valluvar sums up his ideas on greatness with his profound Kural by saying:-

*“Attam maraikkum perumai-sirumaythan
Kttame koorividum”*

அற்றம் மறைக்கும் பெருமை சிறுமைதான்
குற்றமே கூறி விடும்

The high-minded cover up even the faults of others from public view, but little men revel in publicizing other's faults. Greatness has consideration for all around him but littleness is consistently arrogant and exhibits itself in finding faults in others.

(Kural: 971-980)



Valluvar's Views



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OMA once again recognized as a top GTA employer

TORONTO, Dec. 9, 2022—The Ontario Medical Association has been named one of the Greater Toronto Area’s Top Employers for the third year in a row, an annual honour that recognizes organizations with outstanding workplace practices.

This year’s winners were announced in a magazine published by The Globe and Mail. The OMA highlighted the following policies and initiatives to be considered:

- Conducting monthly town halls with physician members to hear their feedback on practice management and education
 - Ongoing promotion of continued learning through internal and external education programs and maternity leave supports
 - Fulfilling new initiatives around diversity and inclusion, with 60 per cent of managers being women
 - Promoting the OMA’s extensive Prescription for Ontario: Doctors’ 5-Point Plan for Better Health Care, based on the largest consultation project in the organization’s history
- “The North Star of all our employees



is to advocate for physicians to better enable them to care for our families, our neighbours and our communities,” said OMA CEO Allan O’Dette.

Winners of the yearly competition are based on eight criteria: physical workspace; work atmosphere and social; health, financial and family benefits; vacation and time off; employee communications; performance management; training and skills development; and community involvement.

“I’ve got my project management certificate and I’m currently enrolled in a business innovation course at the University of Toronto,” said Jackie Noel, the OMA manager of practice management and education. “And when I had my kids, the OMA supported me to work and be a mom at the same time. Being a mom is a job in itself. We have great leadership here, they’re my mentors. They’ve helped me immensely in my career.”

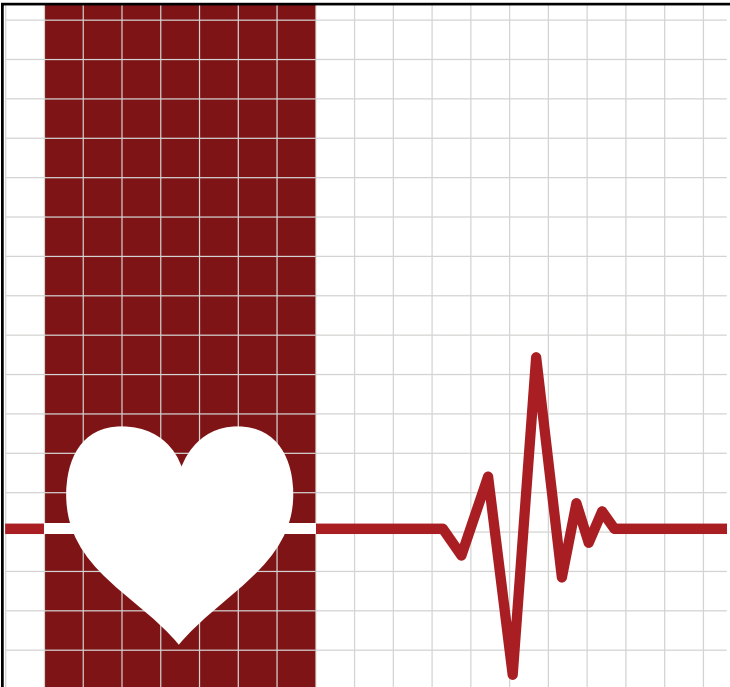
The Greater Toronto Area’s Top Employers competition is managed by Toronto-based publisher Mediacorp Canada Inc.

About the OMA

The Ontario Medical Association represents Ontario’s 43,000-plus phy-

sicians, medical students and retired physicians, advocating for and supporting doctors while strengthening the leadership role of doctors in caring for patients. Our vision is to be the trusted voice in transforming Ontario’s health-care system.







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Supporting gender equality by addressing barriers to employment

December 9, 2022—Halifax—The Government of Canada is committed to the full and equal participation of all women and girls, which is essential to Canada's economic growth and prosperity. That's why Immigration, Refugees and Citizenship Canada (IRCC) is making it easier for racialized newcomer women to find a job by providing the support and services they need to succeed.

As part of Canada's 16 Days of Activism Against Gender-based Violence, Lena Metlege Diab, Member of Parliament for Halifax West, announced the Government of Canada's intent to renew up to \$5.8 million in funding until 2025 for 10 projects supported under the Racialized Newcomer Women Pilot. This announcement was made on behalf of the Honourable Sean Fraser, Minister of Immigration, Refugees and Citizenship, and is in addition to the \$15 million over 2 years that was allocated in Budget 2021 to extend support for this pilot.

IRCC's Racialized Newcomer Women Pilot supports the delivery of targeted employment-related settlement services, including work placements, mentorships and job counselling. The Pilot aims to help racialized newcomer women find meaningful work in Canada and progress in their careers. The Pilot supports organizations that deliver programs designed to address the barriers faced by racialized newcomer women, such as gender- and race-based discrimination, unstable employment, and lack of affordable childcare.

As part of the announcement, Lena MetlegeDiab visited MetroWorks, a Halifax organization that created the Deep Roots job readiness program. Through this program, participants gain practical work experience and develop their skills and abilities in a Canadian work context, while being supported with job readiness training, employment-related workshops and job counselling to help break down barriers to finding a job.

The Government of Canada also continues to work collaboratively with organizations across Canada dedicated to ending gender-based violence for all newcomers. To help support this goal, the Gender-based Violence Settlement Sector Strategy project was created. This project is a unique coordinated partnership between the settlement and anti-violence sectors that works on gender-based violence prevention by facilitating more action, awareness and multi-sectoral collaboration. The project builds the capacity of front-line settlement sector workers to effectively respond to gender-based violence and offers enhanced services for newcomers and refugees through information, training and tailored resources



related to gender-based violence. Over the next 4 years, the project will keep developing a common base of knowledge on gender-based violence across the settlement sector while offering a promising model of trauma informed gender-based violence prevention programs for clients accessing services, including those in smaller cities and rural areas.

Quotes

"Racialized newcomer women face significant challenges in entering the workforce. This isn't just about getting women jobs, it's also about providing a sense of dignity and belonging. This support is integrated within the work the Government of Canada is doing to prevent and end gender-based violence by ensuring that gender equality is supported across all sectors. Canada's gender equality is for all women."

— The Honourable Sean Fraser, Minister of Immigration, Refugees and Citizenship

"It is a pleasure to visit MetroWorks again to hear about their Deep Roots program that helps newcomer women learn skills, get job-ready and find a rewarding career in Canada. We know there are barriers to break down to ensure all immigrants can work in jobs that align with their skills and experience. Programs funded by the Racialized Newcomer Women Pilot Program are taking important steps to combat gender- and race-based discrimination, and I'm proud that the Government of Canada can be a partner in this work."

— Lena MetlegeDiab, Member of Parliament for Halifax West

"We are extremely pleased the Government of Canada is supporting our work with Racialized Newcomer Women. We have seen tremendous growth in the skills, confidence and self-sufficiency of the women in the Deep Roots program. Their connections to community and contributions to the Nova Scotia labour market strengthen as they move through the program. We are very proud of the work of the women and MetroWorks' role in their journey."

— Dave Rideout, President and CEO of MetroWorks Employment Association

Quick facts

- The Racialized Newcomer Women Pilot supports 21 projects overall, some of which have been completed.
- The pandemic significantly exacerbated existing labour market barriers—and created new challenges—for racialized newcomer women. Labour Force Survey data from January to June 2021 shows that a significant unemployment gap persists between recent immigrant women and Canadian-born women (15.2% vs. 8.0%).
- Between 2019 and 2022, partners under the GBV Sector Settlement Strategy project—Canadian Immigrant Settlement Sector Alliance, Ending Violence Association of Canada, Ontario Council of Agencies Serving Immigrants and YMCA—conducted an environmental scan of GBV supports across the settlement and anti-violence sectors in Canada, hosted a series of webinars, workshops and training sessions, and launched

Bridges to Safety, an online course. They also released a Gender-Based Violence Policy and Protocol resource, as a framework for supporting staff working with newcomer, immigrant and refugee clients.

- With the GBV Settlement Sector Strategy project investments, funded organizations and settlement sector staff receive nationally consistent training and information to respond to issues of gender-based violence. In turn, this allows front-line settlement workers to better identify cases of gender-based violence and provide appropriate supports and referrals for newcomers who come forward as experiencing, or as being impacted by, gender-based violence.

- Canada is leading on a number of initiatives that support gender equality around the world. As a Champion country of the Global Compact for Safe, Orderly and Regular Migration (GCM), encouraging a gender-responsive approach to migration management is a key priority for Canada. Given the impact the COVID-19 pandemic has had on women—especially racialized migrant women—this lens becomes even more important as we continue our pandemic response and recovery. This is why Canada actively promotes and engages on the gender-responsive implementation of the GCM, and has committed to continue supporting the activities of the Canada-funded Gender+Migration Hub, which aims to help countries undertake gender-responsive programming in immigration and integration.



Canada's First All-Electric Vehicle Manufacturing Facility Opens in Ontario

December 05, 2022, INGERSOLL — The Ontario government is celebrating the opening of General Motors of Canada's (GM Canada) first full-scale electric vehicle (EV) manufacturing plant in Ingersoll and the first BrightDropZevo 600s to be made at the facility. With support from the province, GM Canada has transformed its CAMI manufacturing plant into an all-EV manufacturing facility, the first of its kind in Canada. This project helps secure the province's position as a global automotive hub with the vehicles of the future being built in Ontario by Ontario workers, from start to finish.

"Today's exciting, made-in-Ontario milestone is more proof that there is no better place to build the cars of the future from start to finish than right here in Ontario," said Premier Doug Ford. "From the critical minerals in the north to our manufacturing excellence in the south, Ontario has every advantage and will continue to build on our legacy as a global automotive leader for decades to come."

The CAMI plant will be GM Canada's designated EV hub for its new all-electric commercial vehicle brand BrightDrop. As part of today's grand opening, the first BrightDropZevo 600s also rolled off the CAMI EV line, marking a new chapter in EV production in Ontario.

In April, GM Canada announced an investment of more than \$2 billion to transform its CAMI and Oshawa manufacturing plants and improve oper-



ations across all of its manufacturing and R&D facilities in Ontario. This investment was supported with \$259 million in funding from the province.

"This is truly an exciting day for Ontario as we celebrate the grand opening of GM Canada's transformed CAMI manufacturing plant and the first all-electric vehicle manufacturing facility in Canada," said Vic Fedeli, Minister of Economic Development, Job Creation and Trade. "Watching the first BrightDrop vehicles roll off the assembly line, it is clear that Ontario will build the cars of the future. Our government continues to attract transformative investments by creating the right economic conditions and reducing red tape."

The size and scope of this investment will accelerate the speed of Ontario's 10-year vision for the Driving

Prosperity — The Future of Ontario's Automotive Sector plan. Phase 2 of Driving Prosperity is an important part of the government's plan to transform the province's automotive supply chain to build the cars of the future, including the production of hybrid, battery EVs, EV battery production and increasing exports of Ontario-made auto parts and innovations.

Over the last two years, Ontario has attracted \$16 billion in transformative automotive investments by global automakers and suppliers of EV batteries and battery materials. This includes more than \$12.5 billion in EV and EV battery-related manufacturing investments.

Quick Facts

- GM Canada's investments in Ontario include vehicle assembly, engine manufacturing, R&D, and vehicle

testing.

- BrightDrop is an example of Canadian innovation, with BrightDrop's Trace electric carts developed and tested in large part by GM Canada's CTC engineering team in Ontario.

- Ontario is the only place in North America where five major automakers build vehicles — Honda, Toyota, Ford, General Motors and Stellantis — as well as truck manufacturer Hino. Ontario's auto supply chain comprises over 700 parts firms and over 500 tool, die and mold makers.

- Vehicle assembly and auto parts production directly supports nearly 97,000 Ontario jobs, with hundreds of thousands more spin-off jobs in communities across the province.

Quotes

"Congratulations to GM CAMI on the launch of the BrightDrop electric vehicle. It makes me proud to say that this new technology and innovation is happening right here in Oxford."

- **Ernie Hardeman**, MPP Oxford

"I am especially proud of the BrightDrop and CAMI teams working together to take the Zevo 600 from concept to commercialization in less than two years, making this the fastest launch in GM's history. Electric-vehicle manufacturing in Canada is no longer something that's happening in the future. It's here and it's now. That's good for Canada, and good for the planet."

- **Marissa West**, President and Managing Director of GM Canada

Prevent or Thaw Frozen Pipes

The pipes in your home can freeze in cold weather. This can leave you with no water or cause your pipes to burst, leading to expensive property damage. Take steps to protect your pipes from freezing and learn what to do if they freeze.

Understanding Your Water Service Pipe

Water service pipes are owned by you and the City

The part that the City owns runs from the watermain on the street to the property line.

The part that you own runs from the property line into the home.

Steps to Help Prevent Frozen Pipes

- Know where to find your main water shut-off valve, in case your pipes burst.

- Insulate pipes most prone to freezing, especially near outside walls and in crawl spaces, the attic and garage. This can be done with foam pipe covers available from building supply or home improvement stores.

- Seal air leaks in your home and garage to stop cold air from getting in. Check around windows and doors,



electrical wiring, dryer vents and pipes.

- Outdoor faucets are the first to freeze. Unscrew any hoses, turn off the outdoor water supply and let the taps drain.

- If your pipes are prone to freezing, there may be a problem you cannot see. Consider contacting a plumber

for advice on how best to protect your home.

- Commercial water customers — protect fire lines by wrapping all lines exposed to the cold.

What to do When the Temperature Drops Well Below Zero

Keep all areas of your house warm, especially near the water meter, even

when you're away.

Keep garage doors closed if there are water supply lines in the garage.

Open kitchen, bathroom and laundry cabinet doors to allow warm air to circulate around the plumbing.

If leaving for an extended period of time:

Close the main valve that supplies water to your internal plumbing. It is typically located in the basement on the foundation wall where the drinking water pipe enters your home. Once the valve is closed, open a cold water tap in the basement to drain any remaining water from the pipes.

You may also wish to have someone check your home regularly.

For your own peace of mind, you can choose to run a pencil-thin stream of water to ensure some movement of water in the pipes. However, you will be charged for the water used if you choose this step.

Run cold water from the lowest point in the house, usually a laundry room sink or tub.

Ensure the drain is kept clear of debris to prevent overflowing or flooding.



WORLD NEWS

Anwar Ibrahim becomes Malaysia's new Prime Minister



Anwar Ibrahim, a longtime politician, has been sworn in as Malaysian new prime minister, after the Southeast Asian nation's palace appointed the opposition leader ending a protracted election deadlock.

Ibrahim was the opposition leader, and his new appointment ends his long-wait to become the Prime Minister for two decades amidst jail terms and political coups. Anwar was deputy to former prime minister Mahathir Mohamad in the 1990s before being thrown into jail for corruption and sodomy. Following a meeting with state rulers and in line with the Malaysian constitution, the king appointed An-

war as the Southeast Asian nation's 10th prime minister.

"Those who have won, have not won everything and those who have lost, have not completely lost ... I ask that you stand together for our beloved country," the king said. It is not fair that the country is burdened with a crisis that does not end. Our country needs a strong and stable government to build the nation and strengthen the economy."

He has asked elected members of parliament to serve the nation well and extended gratitude to state rulers for their assistance as well as insights toward the resolution of the crisis.

Sri Lanka seeks Diaspora support to develop Tourism



Sri Lanka's tourism industry is looking at a revival by generating foreign direct investment (FDI) through its diaspora.

Sri Lanka Tourism Development Authority (SLTDA) Chairman Priyantha Fernando told a media briefing held at the Government Information Department on Thursday that they would be looking at generating investment to the tourism industry through the Sri Lankan diaspora.

He pointed out that already in this regard they have held discussions with the Canadian diaspora to bring in investments for the sector.

In this respect, the Canadian diaspora has agreed to the creation of a tourism zone in the North. The inves-

tors are said to have already visited the sites in the North to establish this sector that would bring about development to this part of the country as well.

The chairman also pointed out that in line with the opening up of the North the Palaly airport will fly out five flights per day to India.

Authorities are now looking at establishing a duty free facility at the airport in a bid to generate more income through this shopping centre.

With a target of achieving 1.5 million travellers in 2023 and doubling this figure by 2024, the minister said they need to develop new tourism products to attract visitors to the country.

Ukrainian President Volodymyr Zelensky is Time Magazine's 2022 Person of the Year

Time Magazine has named Ukrainian president Volodymyr Zelensky and "the spirit of Ukraine" as its 2022 Person of the Year.

The award goes to an event or person deemed to have had the most influence on global events over the past 12 months.

Other finalists included protesters in Iran, China's leader Xi Jinping and the US Supreme Court.

The magazine's editor said the decision was "the most clear-cut in memory". He added that the "spirit of Ukraine" referred to Ukrainians around the world, including many who "fought behind the scenes". This includes people like Ievgen Klopotenko, a chef who provided thousands of free meals to Ukrainians and medic Yuliia Payevska who was captured, then released after three months in Russian captivity.

The magazine said Mr Zelensky had inspired Ukrainians and was recognised internationally for his courage in resisting the Russian invasion.

"Zelensky's success as a wartime leader has relied on the fact that courage is contagious," it said.



BBC's 100 inspiring and influential women from around the world in 2022

India's film actress Priyanka Chopra one of them

The BBC has revealed its list of 100 inspiring and influential women from around the world for 2022.

Among them are global music phenomenon Billie Eilish, Ukraine's First Lady Olena Zelenska, actresses Priyanka Chopra Jonas and Selma Blair, the 'tsarina of Russian pop' Alla Pugacheva, Iranian climber Elnaz Rekabi, record-breaking triple jump athlete Yulimar Rojas, and Ghanaian author Nana Darkoa Sekyiamah.

This is the 10th season of 100 Women, so BBC is taking the opportunity to explore what progress has been made over the last decade. While there have been huge steps forward for women's rights - from the number of female leaders to the MeToo movement - for women in many corners of the world it still feels like there is a long way to go.

The list also reflects the role of women at the heart of conflict around the world in 2022 - from the protesters bravely demanding change in Iran, to the female faces of conflict and resistance in Ukraine and Russia. For the first time this year BBC had also asked previous 100 Women to nominate others who they felt deserved a place on the 2022 list.





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Dress For Success Toronto and the Initiative for Women in Business at the Rotman School of Management Partner to Help Women Re-enter Workforce



(Toronto, December 2022) Dress for Success Toronto and the Initiative for Women in Business at the University of Toronto's Rotman School of Management have proudly partnered to support women returning to the labour market. Back to Work Digital is a specialized online learning program focused on job search and networking skills development. There will be an annual offering of the program, starting in January 2023, with ten spots for participants subsidized by Dress for Success Toronto in each offering over a three-year commitment.

"We aim to provide participants with a competitive advantage in the development of immersive job search skills," said Dr. Beatrix Dart, Academic Director of Back to Work Digital and the Executive Director of the Initiative for Women in Business at the Rotman School. "This program will increase each participant's confidence level and give them a better sense of career direction."

Program highlights include:

- Behavioural interviewing and

salary negotiations

- Leading practices for resumes on LinkedIn profiles
- Executive Coaching on networking and career management

Eligible applicants must have a minimum of five years' work experience, have been out of the paid workforce for six months or longer and possess undergraduate or advanced degrees. Included in the course curriculum is an onsite Boutique Experience Day hosted by Dress for Success Toronto. Participants will access professional attire for interviews and a professional head shot for LinkedIn profiles.

"Our partnership with Rotman beautifully complements and elevates the way we serve our community. Many of the women we meet are highly skilled, motivated, and ready to get back to work - an overwhelming goal to navigate alone after being out of the paid workforce. This program offers our clients the time and encouragement to build the skills, networks, and knowledge of the current labour market to step back into their careers with

confidence and optimism." ~ Harriet Goodman, DFS Toronto Board Chair

For more information visit the Rotman online application:

www.rotman.utoronto.ca/B2WDigital

About Dress for Success Toronto

Dress for Success Toronto® is a local affiliate of an international not-for-profit organization with a mission to empower women to achieve economic independence by providing a network of support, professional attire and the development tools to help women thrive in work and life. Since 2009, Dress for Success Toronto has helped over 15,000 women in the GTA transition from unemployment to economic independence through their professional suiting and career development programs. We work with agency partners, corporate sponsors, individual donors, and over 300 dedicated volunteers to create a real impact on women's lives.

About the Rotman Initiative for Women in Business

The Rotman School of Management

remains the only business school in Canada to have an Initiative dedicated to strengthening the female talent pipeline. From the classroom to the boardroom, the Rotman Initiative provides leadership development opportunities, new ways of thinking and vital connections with like-minded professionals.

For more information about the Back to Work program, visit

www.rotman.utoronto.ca/b2wdigital

About the Rotman School of Management

The Rotman School of Management is part of the University of Toronto, a global centre of research and teaching excellence at the heart of Canada's commercial capital. Rotman is a catalyst for transformative learning, insights and public engagement, bringing together diverse views and initiatives around a defining purpose: to create value for business and society. For more information, visit www.rotman.utoronto.ca.



3 Things Business Owners can do to Maintain Normalcy in Uncertain Markets



By: **Muraly Srinarayanathas**

Uncertainty is part of every business since there is no reward without risk. However, if there isn't a risk management strategy to help withstand the storm and save the ship, things can get more difficult. Every company is different and comes with its benefits and risks. But there are certain fundamental principles that business owners may follow to prepare themselves for the future.

How Do Poor Economic Conditions Affect Businesses?

A poor economy has several adverse consequences on businesses. Changes in interest rates may have an impact on a company's capacity to borrow money. During economic uncertainty, people may decide to spend less, which may result in fewer clients for the business. In fact, some industries might even reach a standstill if the market drops far enough.

Here are three aspects of your marketing plan you can adopt to maximize opportunities during challenging times.

Strategies to Adapt in Uncertain Times

1) Expand Your Offering to Work with the Market

In the current market, new or different products, services, and offerings could be more tempting. Even though you may think of marketing as being solely dependent on the goods and services you are offering, the market, purchasers, and messaging influence the offering, especially in times of transition.

2) Tweak Your Messaging

Companies can improve their communications to better connect with their prospective or current target market. A messaging exercise can help you identify your target market, the messages they need to hear, and how your business should position itself to suit those needs. This is crucial, especially if your company has executed the first strategy.

Most modifications or additions to your product or target market will necessitate a change in your messaging.

3) Examine and Choose Your Primary Marketing Channels.

In times of ambiguity, new or modified strategies can aid in gaining traction. Even in the most stable

circumstances, marketing channels, tactics, and best practices are constantly changing. So it is not surprising that many businesses are experimenting with new methods and reaping the rewards. If you're aiming for a new target audience, what worked previously might not be as effective now.

The transition from prioritizing events and in-person selling to digital lead generation is a wonderful illustration of this. Webinars on a wide range of subjects are particularly in high demand.

You can reap the benefits of your customer's shifting behaviour by having your marketing team redirect your digital efforts in some ways. Develop a plan that is effective right now and positions you to effectively entice new prospects and retain existing clients.

Besides these measures, business owners should also take other necessary steps:

- Concentrating on what will pay off the most
- Creating worst-case scenarios and formulating a risk management strategy
- Not compromising on quality

• Thinking globally and acting locally

• Other critical steps as the market demands

Businesses that can successfully strategize, develop, pivot, and execute can better position themselves for success in a constantly shifting environment.

To learn more about adjusting to shifting market conditions, please subscribe to my blogs! You can connect with me on social media for more information and great recommendations for improving your business operations.

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



Total Consumer Debt Climbs to \$2.36 Trillion as Consumers Lean on Credit Cards

Equifax Canada Market Pulse Quarterly Credit Trends Report

TORONTO, Dec. 06, 2022 (GLOBE NEWSWIRE) -- Total consumer debt has climbed to \$2.36 trillion, an increase of 7.3 per cent in Q3 2022 compared to last year according to Equifax Canada's most recent Market Pulse consumer credit trends and insights report.

Average non-mortgage debt per consumer rose to \$21,183, the highest level since Q2 2020. Following a 3.1 per cent rise in the number of credit-active consumers, overall non-mortgage debt surpassed pre-pandemic levels and stands at \$599.9 billion, up 5.3 per cent from Q3 2021 and up 1.4 per cent from Q3 2019.

"Factors including population growth from immigration combined with pent-up demand from the pandemic on things like vacations will be contributing to the overall rise in credit active individuals," explained Rebecca Oakes, Vice-President of Advanced Analytics at Equifax Canada. "This is a story of two sides though, as consumers also tend to rely on credit more during tough times. Part of the new credit uptake we're seeing is likely from people who are feeling financial stress from sustained increased living costs and are taking on more debt as a result."

New-to-credit consumers (those with less than one year of credit participation) increased by 37.4 per cent when compared to the same period in 2021, and rose 16.7 per cent when compared to pre-pandemic Q3 2019.

Credit card demand and balances continue to increase

Over the last quarter, almost 1.5 million new credit cards were issued, an increase of 22.5 per cent from Q3 2021 and up 6.2 per cent from the pre-pandemic period of Q3 2019. Credit card spending is at an all-time high when compared to the same period in previous years. For consumers with a credit card, average monthly credit card spend was almost \$2,447 in Q3, up by 17.3 per cent compared to Q3 2021 and 21.8 per cent from the pre-pandemic (Q3 2019) period. Credit card balances rose close to pre-pandemic levels, up 13.8 per cent in Q3 2022 compared to the lows of Q3 2021.

"Credit card demand has risen aggressively after being low for more than a year. New card growth was seen across all consumer segments, including sub-prime segments," added Oakes. "Consumers have been making strong payments, but we are starting to see a shift in payment behaviour especially for credit card revolvers — those who carry a balance on their card and don't pay it off in full each month. Average payment rates are at a lower level than 12 months ago for this group."



Housing market slowdown continues

The pace of mortgage debt growth has slowed due to reduced home sales and the resultant fall in new mortgage volume. New mortgage volume dropped by 22.7 per cent when compared to Q3 2021 and by 14.6 per cent when compared to Q3 2019. Mortgage origination dropped below pre-pandemic numbers for the first time this quarter when compared to the same time period in 2019. Ontario and B.C. saw the biggest drop in new mortgage originations, 23.6 per cent and 19.7 per cent respectively, when compared to Q3 2019.

"Higher interest rates not only impact consumers opening a new mortgage, but can also impact those reaching the end of agreed mortgage term periods who are looking to renew or refinance," said Oakes. "More than 1.2 million mortgages are currently three to five years old, and 37 per cent of these have an outstanding balance of more than \$250,000. If these consumers do have to renew their mortgage over the next 12 to 18 months, they may experience significantly higher payments than they currently have."

The number of first-time home buyers dropped by 28.1 per cent in Q3 when compared to the same period in 2021, but their average loan amounts remained two per cent higher than in 2021. Increasing interest rates have had a large impact on monthly pay-

ments for this group, rising by 31.4 per cent year-over-year. First-time home buyers are now paying over \$500 more in monthly payments for almost the same loan amount as first-time home buyers in Q3 2021.

Car payments being missed, delinquencies rising

Despite being the peak season for new car purchases, both new auto finance and comparable bank loans** decreased by 19.3 per cent and 3.1 per cent respectively in the third quarter compared to 2021. Auto leasing continues to be a key contributor to this decline, with new leases down 36.9 per cent since Q3 2021.

"On top of the decline in activity, more consumers have started to miss payments on their auto loans," said Oakes. "In particular, auto loans opened since late 2021 have higher than expected delinquency levels after six months but overall, the financial stress is visible as auto delinquencies are fast approaching pre-pandemic levels."

Across all non-mortgage lending, delinquencies are up from the lows of 2021. The 90+ day non-mortgage balance delinquency rate increased to 0.93 per cent, up from 0.87 per cent in Q3 2021. The biggest increase in delinquency in Q3 2022 is seen in younger consumers (aged 35 and under) who also had the biggest drop in arrears during the peak pandemic period (Q3 2021). Overall, insolvencies remain

well below pre-pandemic levels, however, consumer proposals are rapidly increasing and are moving closer to 2018 and 2019 levels.

"Overall insolvency volumes have jumped compared to twelve months ago, but this movement is from a relatively low start point. One area we are concerned about is the rise of consumer proposals taken by seniors aged 65-plus. This was a similar trend to what we saw in 2018 when interest rates started to rise," added Oakes. "Higher interest rates pushed delinquencies and consumer proposals to the peak right before the pandemic in Q1 2020. The true impact of interest rate hikes could be visible by the end of 2023."

About Equifax

At Equifax (NYSE: EFX), we believe knowledge drives progress. As a global data, analytics, and technology company, we play an essential role in the global economy by helping financial institutions, companies, employers, and government agencies make critical decisions with greater confidence. Our unique blend of differentiated data, analytics, and cloud technology drives insights to power decisions to move people forward. Headquartered in Atlanta and supported by more than 14,000 employees worldwide, Equifax operates or has investments in 24 countries in North America, Central and South America, Europe, and the Asia Pacific region. For more information, visit Equifax.ca.



CAN I GET OSAP WHILE IN BANKRUPTCY OR CONSUMER PROPOSAL?

by **Ajay Oberoi** | Bankruptcy, Consumer Proposal, Student Loan



It is very common for people that when they filled a bankruptcy or consumer proposal. That many people have filed the bankruptcy and after that, return to finish their studies. If a person when files a bankruptcy or consumer proposal and getting funding through the Ontario Student Assistance Program (OSAP). Then they have to provide some additional details in order to apply for the OSAP scholarship. So, there is nothing such a case that stops anyone from applying for an OSAP scholarship. After filling the bankruptcy or consumer proposal, they just need to provide additional details for the purpose of the application review process.

And if a person doesn't provide the additional details, then their application will be considered incomplete. No further actions will be taken on that application. So, it is better to fill out all the application form very carefully and provide all the necessary documents with it. And also, the additional details of filing the bankruptcy or consumer proposal. In order to get the loan. Only those applications will be considered whose applications are complete and provided all the necessary documents.

THE SITUATION IS AN IMPORTANT THING IN THE APPROVAL OF THE LOAN

The situation plays a vital role in the approval of the loan. The committee will decide the students of whom they want to give the loan. And the basic

thing is first they will look for a complete application. And after that, they will look up to the situation of the student. So, if the student is applying for the first time then their chances are high that they will get the loan. And if someone has some default loans which are not being paid. Then the chances are less of getting the loan.

PROVIDE ALL THE DOCUMENTS ABOUT BANKRUPTCY OR CONSUMER PROPOSAL

It is a very important thing in order to get the loan approved. And in section 610, the application asks the applicant that "Have you ever filed for bankruptcy or initiated a relevant event?" so, it becomes important for all the students to mention it correctly. And if the answer is yes then enclosing all the documents with it needed.

TAKE THE HELP OF PROFESSIONALS

Many companies in the market can help students in such cases. Just ask for their help, and they will give the best advice on such topics, and get relief from such problems are prevailing.

**In case you have credit or debt issues
visit www.gtacredit.com or call 416 650 1100**

Words of Peace

SPECIAL FEATURE



Prem Rawat's New Year Message



**It is going to be consciousness, understanding,
that is going to see us through**

Hello, everyone, this is PremRawat,
I wish you the best for this New Year.
And I'd like to point out something. And that something is,
"What can we do that is a little different?
What can we do that is a little bit of some learning
that has taken place in our lives?"

It is about learning the basic skills of being a human being.

If nothing else that you accomplish in the year, accomplish the basic skills of
being a human being, being comfortable with yourself—regardless of the situa-
tion, becoming comfortable with yourself.

Being kind, not only to yourself, but to the ones around you.

Having empathy. Understanding people's plight in a person's situation—as
they navigate these hard and difficult times.

The generosity needs to come through. And to remember that generosity that
you have in you.—these are the basic human skills.

To be aware that you have this existence.

And that this existence is the most wonderful, most incredible gift that you
have.

And that you have the power in this gift to make this life the way you want it.

Because it has been too many years that people look at their circumstance
and they blame everybody else for what they have, for their situation.

But maybe you can flip that—and you can see that what you have been given -
instead of pre-forged tools, you have been given raw tools that you can forge

into anything you want.

These are the things that we have to remember
and we have to learn how to make the most of the year.

Many people will make their pledges
of what they want to do, what they want to accomplish, but I pray to you
that you include in your commitment yourself, your being, your person.

And allow that joy, that kindness, that clarity, that peace to manifest for you
from the inside, the one that you carry in your heart.

Whatever happens, be strong—but from inside, from within.

That whatever happens on the outside of you,
that you are strong. This is what's important.

The strength isn't against one certain thing.

The strength is against whatever might come;

that's the true strength: "Whatever might come."

I don't know to whom yesterday belongs.

But the today and the tomorrow will belong to those

who have the inner strength, who have the inner peace, who have the inner joy,
who can be the real human, in the midst of the crisis—those who can hold onto

a lit candle in the middle of vast darkness.

I wish you the best of the New Year.

Thank you very much.

Excerpts. www.premrawat.com www.timelesstoday.com



MONSOON KITCHEN

GENIE SISTERS

SAMAYAL
SANTHAI



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

Eat more, learn more!

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

Winter spices and herbs

All over the world, the onset of winter brings with it a whole host ailments, be it achy bones, coughs and colds or sinus issues. Spices used in Tamil food are excellent at combatting these seasonal issues, so as we wrap up the year, we thought we'd bring to you our very own spice guide to help you get through this winter. Please be advised that if you have any pre-existing health conditions, you should always consult a medical professional before trying anything new, especially with young children.

Coughs: They may seem harmless, but are not only bothersome, but can also make you the target of people around who still appear uneasy as we continue to deal with the coronavirus.

Dry cough: Boil 2 cups of water with ½ tsp of dry ginger (sukku), reduce to one cup and sip throughout the day. You can also sweeten this with honey or jaggery if needed.

Phlegmy cough: Boil 2 cups of water with 1 inch of pounded ginger, reduce to 1 cup, add 1 tbsp of lemonjuice and 1 tsp of honey.

Cold: Garlic rasam made with lemon and thipli would be our first recommendation. However, to keep a cold at bay spices such as black pepper, thipli (long pepper), ajwain (omam) and reducing the amount of chilli powder used, may help boost your immune system.

Seasonal Affective Disorder: For mild SAD, or the occasional winter blues, some might find food or drinks made with saffron may help as a mood booster and to also boost your immune system.

Finally, kollu or horsegram is an excellent pulse that can be made into a rasam, chutney or lentil curry (featured in our Monsoon Journal Samayal Santhai May 2021 edition) is great for both weight loss and to keep your core body temperature warm during these cooler months.

Try using these spices this month and hashtag #monsoonjournal on Instagram and send us your pics, comments and feedback. Spread the love (and our tips!) :



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. **

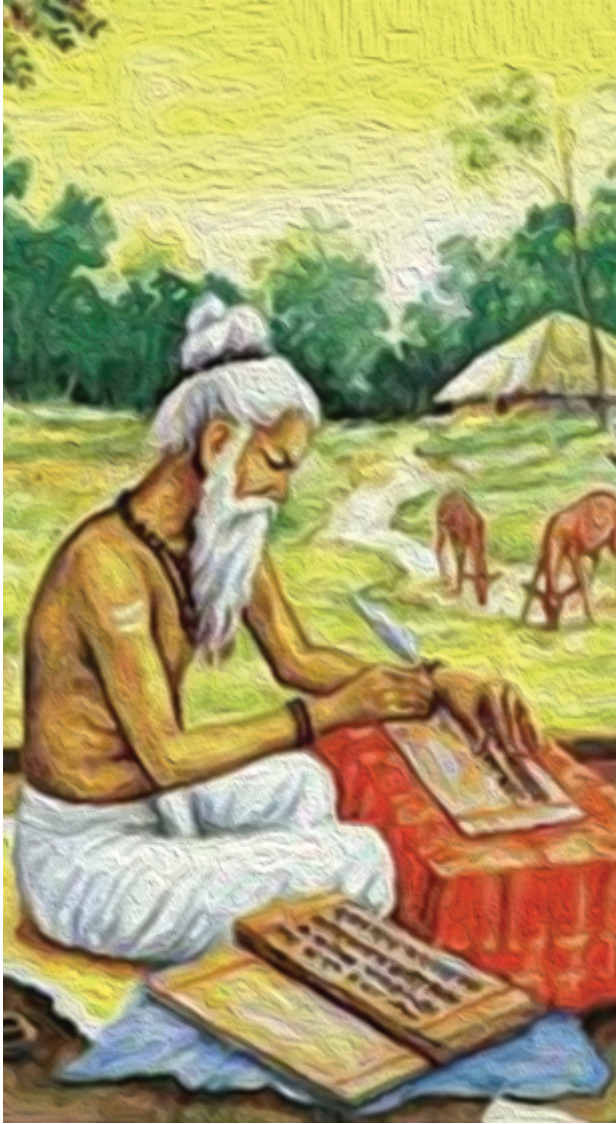
*Prior experience **not required**, the Samayal
Santhai team will mentor and guide you.
**This is not a paid position.

SPECIAL FEATURE



Path to Heaven

By: Kumar Punithavel



It has become the vogue for people to talk about environmental awareness these days as global warming has increased the need for this awareness. Two thousand years ago when man was still in the formative stage of environmental abuse, a poet with great awareness composed a verse in Tamil focusing on the need of acting in a manner to conserve water to the humanity, plant more trees, etc. Man's motive is to bring the humanity together. But instead, they end up fighting to gain more turf to promote their own. Around two thousand years ago lived an average Tamil poet who took initiative to advocate the need to save the planet. When religions were proclaiming that building of places of worship, and praising the God is the easy path to heaven, this Tamil poet gave an easier and nobler way to reach heaven. Recently I was snooping through an ancient Tamil literature of Sangam era which is more than two thousand years old, and stumbled on a verse of a poem that made me raise my eyebrows. The whole poem is of one hundred and three verses inclusive of the first verse of invocation.

Pathinen keelkanaku (பதினெண் கீழ்க்கணக்கு) is an anthology of eighteen poems of various authors, and is considered a part of Sangam literature which dates more than two thousand years. The name of the author was Maakaariaasaan (மாகாரியாசான்) Kaari must have been his birth name and Aasaan (ஆசான்) was added to point out he was a teacher by profession as Aasaan literally

means teacher in Tamil. The letter Maa(மா), literally means great. Thus, his name.

The title of the whole poem of 103 verses is *Sirupanchamoolam* (சிறுபஞ்சமூலம்). The literal meaning of Sirupanchamoolam is five small roots. In ancient Tamil medicine, there were five selected roots were frequently used and was collectively referred by this name. Similar to how medication preserves the health of a person, each of the verses of this poem enlighten the life of a person. Thus, the title for this poem.

Though each verse had only four lines, they discussed five different activities. And it was categorically mentioned only in 15 verses of the 103-verse poem about the five actions.

The verse # 64 in particular illustrate the actions to be performed to reach the heaven. However, no mention of building place of worship or praising the God. Instead, he suggests environmentally friendly activities to be performed to reach the heaven. Let us read the lines one by one.

The poet on the first line suggests to build reservoirs to store the water that comes as rain and flows as rivers into the salty oceans going waste. When the rest of the world was totally depended on rainfall cultivation, this poem points the fact there must have been irrigation based on reservoirs, two thousand years ago. Incidentally, in the traditional Tamilian nation is pockmarked with reservoirs.

Today due to the warming of the planet earth, has made the humanity aware of the need for tree planting, and reforestation is done in various parts of the world. Two thousand years ago, Maakaariaasaan, had realized the value and need of planting trees, he mentions about tree planting next, on the poem.

The poet thirdly mentions about the need of good roads, which of course will bring different communities together and communicate. These three activities he mentions as follows on the first line of the verse;

Building reservoirs, planting trees, paving roads,

குளம் தொட்டு, காவு பதித்து, வழி சீத்து,

Thus on the first line of the verse our bard after mentioning about conserving the rain water, planting trees, he had gone on to paving the way to make different communities to meet mix and mingle by building roads, and in the second line of the verse he goes on to mention about the need to make field out of the fallow lands which was unproductive to become productive fields.

Barren fallow land ploughed made to field,

உளம் தொட்டு உழு வயல் ஆக்கி, வளம் தொட்டுப்

One more action remains for a civilization to flourish. Make use of the other source of water which is the ground water. In the third line of the poem our bard mentions about building wells to fill up the further need of water. Until recent times when the foreign

rulers subjugated, the Tamilian home land in Ceylon it was a tradition when a woman dies at the time of childbirth to build a monument by digging a well on a lonely road side between villages and build a structure where one could unload the weight carrying on the head, so that the passerby can unload his weight safely and drink some water from the well. These structures are called *Sumaithangi* (சுமைதாங்கி). The prime purpose is to provide the people using the path will be able to unload the weight quench their thirst and bless the women who died during child birth. After all the woman lost her life while delivering her load, the baby!

Sumaithangi (சுமைதாங்கி)



A person must focus their attention to build wells to use the ground water, thus making five critical actions to reach the heaven. Not praising the God or building places of worship. Here is the third line;

Digging deep wells, if one focus in life,
பாகுபடும் கிணற்றோடு என்று இவை பாற்படுத்தான்

He mentions on the last line such a person shall reach the heaven. Here is that last line of the verse:

Shall reach heaven happily ever.

ஏகும் சுவர்க்கம் இனிது.

Let us read the verse 64 of the poem Sirupanchamoolam written by bard Maakaariaasaan (மாகாரியாசான்), all in one;

Building reservoirs, planting trees, paving roads,

Barren fallow land ploughed made to field,

Digging deep wells, if one focus in life,

Shall reach heaven happily ever.

குளம் தொட்டு, காவு பதித்து, வழி சீத்து,
உளம் தொட்டு உழு வயல் ஆக்கி, வளம் தொட்டுப்

பாகுபடும் கிணற்றோடு என்று இவை பாற்படுத்தான்
ஏகும் சுவர்க்கம் இனிது. 64

The Tamilian race had been way ahead of their contemporaries around the world with a much-cultured advanced society in agriculture too. Since the advent of enslavement things have changed a lot. Hope it will rise to its fallen glory.



THE PROP ROOTS OF TREES



C. Kamalaharan

Prop literally means a pole or beam used as a support or to keep something in position especially not one an integral part of the thing supported. In Botany we come across the words prop roots in plants doing a similar function of supporting the branches of trees above. These roots sprouting only on the branches above the ground are referred as aerial roots. As the tree grows these roots become tall and slender. Later they descend as they hang and settle firmly in the ground.

Their main purpose is to provide mechanical support to the branches above. These roots hanging from

the aerial branches and settling in the ground provide a pillar - like appearance and so they are described as pillar roots. The roots also increase the absorption capacity of the tree after being firmly rooted in the soil. They are also referred as hygroscopic roots as they absorb water from the surrounding air. These roots also have lenticels that allow gas exchange between the atmosphere and the plants internal tissue. They grow on another plant or object merely for physical support having no attachment to the ground below. They are not parasitic as they derive their moisture and nutrients from the surrounding environment.



HEALTH & WELLNESS



Chinese community comes together to show support at Markham Stouffville Hospital Foundation's inaugural The Fortune Ball



(L-R) Kenny Wan, Gala co-chair, David Ho, Gala co-chair, Gordon Chan, Gala co-chair, Jo-anne Marr, President & CEO, Oak Valley Health, Suzette Strong, CEO, MSH Foundation, Steven Li, Gala co-chair and Alan Kwong, Gala co-chair.

Markham, ON (November 29, 2022) – On Saturday, November 26, 2022, Markham Stouffville Hospital (MSH) Foundation hosted its inaugural The Fortune Ball presented by TD. Six hundred guests came together at the Hilton Toronto/Markham Suites to celebrate the modern tradition of Chinese culture during an enchanting evening filled with elegant charm and outstanding entertainment. The evening featured emcee, Jennifer Hsiung, host of CP24 Breakfast, along with other special guests including Sun Ling School of Dance.

Thanks to Entertainment Sponsor, Flato Developments Inc., Wushu Project kicked off with a lion dance followed by North America's premiere tribute band, Bee Gees Now, who brought the musical experience of the



(L-R) Elsie Lui, grateful patient family member and Manager, Health information Management, Coding, and Data Quality, Oak Valley Health shares her story with Jennifer Hsiung, emcee and CP24 Breakfast host.

original Bee Gees to The Fortune Ball's stage in a captivating live tribute to the multi-platinum kings of disco.

MSH Foundation aims to promote community pride within the local Chinese-Canadian population and inspire Chinese business and philanthropic leaders to help bring abundant



North America's premiere tribute band, Bee Gees Now brought the musical experience of the original Bee Gees to The Fortune Ball's stage.

blessings to MSH through the sharing of their good fortune and prosperity.

"Generous support is essential for Oak Valley Health's Markham Stouffville Hospital to be able to remain on the cutting-edge of patient care, and prepared to provide life-saving treatment to every patient, in any scenario," said Suzette Strong, CEO, MSH Foundation. "Government can't fund all equipment and other priority needs. That is why events like The Fortune Ball are so important."

Community leaders and founding members of MSH Foundation's Fortune Leadership



Mongolian bowl dance performed by Sun Ling School of Dance.

Council (FLC) have taken on the role as co-chairs of this inaugural gala. These members include Kenny Wan, Alan Kwong, Gordon Chan, David Ho and Stephen Li. FLC is a network of local Chinese business leaders who came together in 2016 with a mission to give back to the hospital.

"All families, no matter young or old, need medical services," said Alan Kwong, MSH Foundation's Fortune Leadership Council Co-Chair and Past Board Director, MSH Foundation. "Making a lasting impact on the hospital benefits the entire community."



Powerful Lion dance performed by Wushu Project.

Access to the most state-of-the-art equipment is essential for MSH to continue providing the exceptional, patient-centred care the community needs and deserves, close to home. Urgent and emerging needs within surgery, diagnostic imaging and emergency medicine are directly related to the rapidly expanding and aging population that MSH serves. Community support is the reason patients can count on MSH for exceptional, life-saving care, regardless of what brings them through the doors.

Elsie Lui shared how her family has seen first hand the difference MSH makes as she recounted her father's run with heart disease as well as her sister's long history of care, having been diagnosed with McCune Albright Syndrome, a condition that made her bones very brittle.

"We have lived in this community for over 30 years. MSH has always been our family hospital," said Lui, grateful patient family member and Manager, Health information Management, Coding, and Data Quality, Oak Valley Health. "The clinical team at Oak Valley Health always ensures patients are sincerely and genuinely cared for. Being able to access all the services right here close to home allowed both my dad and sister to have a fulsome quality of life."

Thanks to the generosity of our sponsors, volunteer committee, and the entire community – over \$550,000 has been raised to date! Re-live moments of the evening or donate at www.mshfortuneball.ca

Markham Stouffville Hospital Foundation exists to enable the growth of Oak Valley Health's Markham Stouffville Hospital (MSH) by raising funds and awareness for its ongoing priorities and needs. Donations from the community fund life-saving medical equipment that helps to ensure the delivery of first-class health care at MSH.



Be Aware and Stay Safe on Mississauga Roads this Winter



December 8, 2022

Mississauga roads will be busier than ever this December with people shopping, getting together with family and friends and celebrating the many holidays. With the higher activity comes a higher risk for collisions. That's why the City is reminding all road users to stay alert and be safe when moving around the city.

"With fewer daylight hours, weather conditions that decrease your visibility and more people out and about for holiday celebrations, it's especially important to be alert when using our roads this time of year," said Mayor Bonnie Crombie. "We want to make sure everyone gets where they're going and home again safely. If you're driving, please avoid distractions. Slow down and stay alert. If you're walking, cycling, taking transit or using another mode of transportation, please remember it's important to be visible and give yourself extra time to get to your destination."

According to Peel Regional Police, impaired driving and distracted driving continues to be a concern in Mississauga. Impaired driving is driving under the influence of drugs or alcohol. Distracted driving is the use of any handheld communications device and display screens like a phone, tablet or gaming console.

"Impaired driving is the leading cause of criminal death and injury in Canada. This holiday season, our Reduce Impaired Driving Everywhere (R.I.D.E) program will be out checking for drivers impaired by drugs and/or alcohol throughout Mississauga," said Inspector Wendy Sims, Road Safety Services, Peel Regional Police. "We remind all drivers that the consequences of distracted driving and impaired driving are devastating. Stay focused on the road at all times, and don't drive impaired. Road safety is everyone's responsibility. If you suspect that someone is impaired, call 9-1-1. You may save a life."

The City is also prepared to keep City roads clear this winter to ensure routes are safe and accessible.

"Whether you're working or playing this winter season, our crews are ready to clear roads, priority sidewalks, on-street bike lanes, bus stops, pedestrian crossings and paved trails to keep you safe," said Geoff Wright, Commissioner, Transportation and Works. "Please be patient as we work to clear roads of ice and snow. If you're driving, remember to clear snow off your car and give room to snow clearing equipment."

For more road safety information and additional safety tips, visit mississauga.ca/roadsafety.

For more information about the

City's winter maintenance program, visit mississauga.ca/snow

To learn more about impaired driving and distracted driving, visit peel.police.ca/en/safety-tips/road-safety.aspx

Winter Road Safety Tips:

Practise safe winter driving behaviours by remembering to:

- Plan a safe way home: Don't drive impaired (alcohol or cannabis). Rely on a safe transportation option instead.
- Clean off your car: Clear snow and ice from all windows, the roof of your car and headlights to ensure you have an unobstructed view and others can see you clearly.
- Avoid distractions: Focus on the road when driving. Send text messages or make phone calls before you get in your car or once you reach your destination.
- Drive for the road conditions: Slow down in bad weather like snow or ice. Give snow clearing equipment room to do their job.
- Give yourself more time: Get to your destination safely by planning extra travel time.
- Look for pedestrians and cyclists: Evenings get darker sooner this time of year, so it's important to do a scan for pedestrians and cyclists before turning, when entering/exiting driveways or roadways and in park-

ing lots as they are busy this time of year. Be cautious when making turns around snowbanks as they can impact visibility.

If walking, cycling or using another mode of active transportation:

- Give yourself extra time: Getting to your destination may take longer with icy and snowy conditions on roads. Make sure to plan ahead and leave earlier. If cycling, consider reducing your speed, especially around corners.
- Travel according to conditions: Slow down in icy and snowy conditions.
 - If walking, shoes with good treads and rubber or neoprene soles provide extra traction.
 - If cycling, try changing the tires on your bike – thick ones have better grip on snow. Give yourself extra space whenever you brake. Avoid metal surfaces and roadway paint markings as they can be slippery.
- Help increase your visibility: Use a crosswalk or crossride when possible. If cycling, use reflectors and bike lights – a white light in the front and a red light and/or reflector in the back.
- Be aware of your surroundings: Make sure to watch for cars when passing snow banks.

Seven Free Things to Do in Mississauga this Holiday Season That You Didn't Know About

December 5, 2022

It's almost winter, which means the temperature is dipping and Jack Frost is nipping at our noses. Turn those frozen frowns upside down because the cold can be fun. Check out the below list of free, fun winter-inspired activities and events fit for the entire family to enjoy.

• Skating at Mississauga Celebration Square (MCS)

The City's largest outdoor rink is now open until mid-March 2023 (weather permitting). Stay cozy in one of the heated lounges located in the Amphitheatre or next to the skate rental cabin. The Square also boasts glowing public art works and amenities, including Passage – a massive immersive tunnel of light and sound that responds to movement. Download the site map. Be on the lookout for upcoming outdoor rink schedules happening around the city. View the MCS rink hours of operation.



• Lights! Camera! Empowerment! at Bradley Museum

Stop by to view an art exhibit that draws inspiration from The Conference of the Birds picture book by Alexi Lombard, adapted from the poem by Persian poet Farid Uddin Attar. This exhibit has been provided by DEEN Support Service



• Festival of Trees

Take a stroll through the light-filled Small Arms Inspection Building and experience beautiful tree and woodpile art installations, live local entertainment, artisan/culinary markets and workshops.

• Virtual Programs for Older Adults

Looking for something low key that you can participate in from the comfort of your home? Join us on weekdays for virtual activities, programs and fitness classes. Programs are designed for adults ages 55 and up.

• We Are Resilient Travelling Exhibit

Inspired by the City's Climate Change Action Plan, view compelling photos and stories created by Mississauga residents, perspectives from international scientific leaders and learn how you can take climate action today.

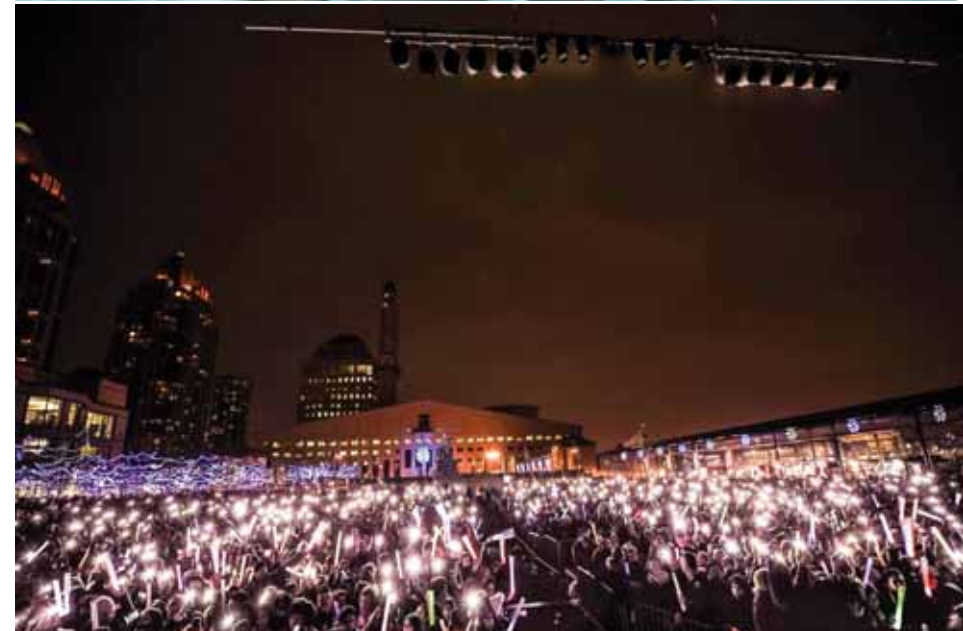
• Free Fitness Classes

Join the fun with special online fitness classes throughout the month of December. From Yoga to Zumba® and seated chair exercise, there's something for everyone. Classes are 45 minutes and are designed to keep you active. These virtual classes also provide a sneak peek into upcoming classes that will be included in the new virtual fitness membership launching in January 2023.

• New Year's Eve on the Square

Ring in 2023 at Celebration Square! Come hungry to sample treats from tasty food trucks, skating, live entertainment and a fabulous firework finale – plus an early, exciting confetti countdown for the kids.

Whatever you decide to do this holiday season, have fun! For more information on upcoming activities and programs, visit mississauga.ca





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You are invited!

JAFFNA TOASTMASTERS CLUB

Educational Meeting

AMERICAN CORNER NO.23 ATHIADY ROAD NALLUR,JAFFNA	4TH DECEMBER 2022	3.30PM
		ALL ARE WELCOME

Jaffna Toastmasters Club



Picture of the day.

I tried hard to find God in my youth.
Found Dog instead.
And all that I was looking for.
Unconditional love and acceptance .
Every time I see a street pooch, I think
that's an untapped powerhouse of love.

Momma & Tomma's Happy Mutt is at நம்ம ஊரு யாழ்ப்பாணம்.
Northern Province, Sri Lanka

Three more beautiful souls rescued on today
Always love to look after them and save their innocent lives and try to give them a better life join our cause, if you wish
If anyone loves to adopt one of these angels, please inbox us

#PLEASE DONT DUMP INNOCENT SOULS ON STREETS
#charity #lovedogs
#savelives #every soul matters #JoinOurCause
Momma & Tomma's Happy Mutt



Yeah, enforce it on Male teachers for a change.



COMMUNITY WATCH

Waterloo Region Police swear in new Police Chief

KITCHENER — Mark Crowell was sworn in as Waterloo Region’s new chief of police Thursday, receiving his badge from his father, Gary Crowell, the retired police chief in Halton Region.

“It was very touching,” said the new chief, about receiving the badge from his dad. “We’ve celebrated him for his career and we’ve sort of overlapped over time.”

Ontario Court of Justice judge Karey Katzsch, interim Chief John Goodman and Geraldine Stafford, the force’s manager of equity, diversity and inclusion, were among those who spoke at the almost hour-long ceremony at the Crowne Plaza hotel in downtown Kitchener, which was attended by politicians, community members and police officers.

“To note that this is a job that comes with immense responsibility in the midst of unprecedented, turbulent times would be a gross understatement,” said Katzsch.

“When I learned that (Crowell) would be appointed as the new chief of police for Waterloo Region, I was extremely pleased.”

Crowell has been with Waterloo Regional Police for 22 years, most recently as deputy chief of police for administration and member services. He is the service’s first new chief in eight years.

In his speech, Crowell spoke of the need to engage with the community and his goal of making Waterloo Regional Police the most efficient service in the country.

The speech got some laughs, but Crowell became serious as he spoke of the principles of Sir Robert Peel, considered the father of modern policing. “The notion that the police are the public, and the public are the police. We can all agree that partnerships and authentic collaboration are essential to tackling our greatest challenges,” Crowell said.

“And we all know with certainty that the best way to improve the lives of our citizens is to invest deeply in social determinants of health and wellness, to address the root causes of crime and social disorder,” he said.

Defining community policing is hard, he said. “But we know it when we see. And we know it when we feel it.”

When policing is done right, Crow-

ell said, it is “like lighting a fire that warms an entire room.”

As Crowell finished, the crowd rose in a standing ovation.

“The community doesn’t know how lucky they are to have a man like him as the next chief of police,” said Goodman.

“What he said up there, is what he’s going to do.”

Crowell will oversee a police service that has about 1,200 uniformed and civilian personnel and a 2022 budget of \$195.8 million.

He previously said that his priorities are to address violence in the region and balance the 2023 budget.

Right now, Crowell said he wants to connect and listen to the needs of the community. “That takes a lot of work — to get around and connect. But that’s part of the role and I look forward to that,” he said.

Over the past few years, there have been calls to defund the police and limit police involvement in mental health crisis calls.

Crowell said “creative solutions” are already underway. The force, for instance, recently began a crisis call diversion program that can divert 911 callers to non-police.

“We’re working collaboratively with partners to offload any demand on our service. We’re at the table, ready and willing to embrace those challenges and changes. But we have immense demands upon us,” he said.

His role as an ambassador for the service is the greatest privilege and honour, he said.

“Today’s about celebration and recognition, but then it’s time to get down to work,” he said.

“Yes, there’s one chief of police. But I represent so many leaders — 1,200 dedicated members — that are working tirelessly everyday. That’s the honour of today.”

Local Tamil community was represented by members of Tamil Cultural Association of Waterloo Region. Mr. Dennis Loyola, the president and Sivakumar Somasundram attended the event. They personally extended their wishes to the police chief Mark Crowell. They also met Bryan Larkin, Deputy Commissioner, Specialized Policing Services of RCMP and former Waterloo Police chief.

Cheyenne Bholla is a Waterloo Region-based reporter at The Record.



COMMUNITY WATCH



Waterloo community celebrates Deepavali festival

Waterloo, ON. The Hindu Festival of Deepavali or Diwali was in full swing in the region of Waterloo at WPL on Saturday October 22nd. This is the first deepavali celebration after the opening of COVID19 restrictions. Last two years, the event was held online.

Tamil Cultural Association of Waterloo Region and Waterloo Public

Library (WPL) came together once again to be part of the event.

There are certain key ingredients needed to celebrate Deepavali: the warm yellow glow of diyyas, the splash of colourful rangoli or Kolam designs and, most importantly, the togetherness that comes from being with family.

The first two are often easily within reach for people celebrating Deepavali in Waterloo Region. But that third ingredient — family — is harder to find for first-year international students and new immigrants spending their first Deepavali away from home.

Indian classical dance, BharathaNatyam, Miruthangam program, Deep-

avali story time and dance workshop was part of the program.

The event closed with deepavali sweets and food sponsored by local Indian restaurateur Senthil Raja. Local dignitaries and Members of Parliament also attended the event.



A longtime Cambridge doctor has made history as the first person of colour to be named president of the Ontario College of Family Physicians

Dr. Mekalai Kumanan is a family doctor at the Two Rivers Family Health Team in Cambridge and has been practicing medicine in the city for over 14 years. She is the current chief of family and community medicine at the Cambridge Memorial Hospital and has been a member of the OCFP board since 2017.

Having seen the toll the shortage of family doctors has had on the community and the province, she wants to take advantage of her new role and implement strategies to combat this crisis; easing the pressure on the healthcare system.

“The shortage is a multi-factor issue,” said Dr. Kumanan. “There is an aging workforce, a lack of people going into family medicine and high burnout rates.”

Dr. Kumanan said two out of three family doctors are reporting moderate to high burnout from their amount of workload. A doctor can spend over 25 hours a week in administrative duties that take them away from their patients and puts an extra strain on doctors already working long hours, she added.

An estimated 385 doctors left the profession at the start of the pandemic, more than any years prior to 2020, a new report finds. It's estimated more than 170,000 patients lost access to their primary health care provider due to the exodus from healthcare.

Family practices are also feeling the burden of the staffing shortages that are currently plaguing hospitals; they are all fishing out of the same pool of administrative and nursing staff, Kumanan said.

The lack of hospital staff is increasing wait times in emergency departments and pushing more people to family doctors, adding additional stress on the smaller practices.

As the new president of OCFP, Dr. Kumanan proposes a three-pronged approach to easing some of the pressures on the healthcare system.

The first will be to look at how they recruit and retain family doctors and come up with a solution to ensure all Ontarians have a family physician.

The second will look to increase the amount of time family doctors provide direct patient care. To do so they need to reduce the administrative burden to free up time.



Then finally is the goal of expanding team based care across the province, so that family doctors are working with a team of professionals, and patients are able to access care from the right person at the right time.

“If we can bring all of those three solutions forward, and see those come into play, I think that will make a really big difference in terms of the numbers that we're seeing,” said Dr. Kumanan.

In her new role, she looks to be a champion and a role model for women of colour and other marginalized communities. Being the first person of colour to be named president of the college, she is taking on this responsibility with pride.

“As a woman of colour, I really see this as a privilege to be leading our organization. And I will be championing our equity, diversity and inclusion markets,” said Dr. Kumanan. “We

have a diverse membership of 15,000 family doctors across the province and it's important that we include that diverse voice in everything that we do. I look forward to the challenge.”

As of now, 1.8 million patients across the province don't have a family doctor; trends are showing that number is very likely to increase to three million by 2025, said Dr. Kumanan. She is part of local Tamil community and originally from Sri Lanka.



**TAMIL CULTURAL ASSOCIATION
PRESENT**

**CHRISTMAS & NEW YEAR CELEBRATION
SATURDAY, DEC. 17 5.30PM**

2022

POT LUCK DINNER | FREE ADMISSION | FREE PARKING | FREE GIFTS FOR KIDS

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இலங்கையில் வசிப்பவர்கள் இலங்கை ரூபாவில் கட்டணங்களை செலுத்தலாம்.

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Canadian Tamils'
Chamber of Commerce
கனடியத் தமிழர் வர்த்தக சங்கமன்றம்

2022 / 2023

UPCOMING EVENTS

14 December
Christmas Mixer

18 January
Pongal Celebration and
First Quarterly Meeting

08 March
Women's Day Event

12 April
Second Quarterly Meeting

22 April
CTCC Gala

06 September
Golf Tournament

13 September
Third Quarterly Meeting

26 September
Radiothon

28 October
Annual General Meeting

