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# TN CM Stalin, AIADMK's Palaniswami greet team 'RRR,' docu makers for Oscar win

Chennai: Tamil Nadu Chief Minister M K Stalin and AIADMK interim general secretary Edappadi K Palaniswami on Monday praised team 'RRR' and makers of the Tamil documentary 'The Elephant Whisperers' for bringing Oscar glory to the nation.

On his Twitter handle, Stalin said: "NaatuNaatu has created history by becoming the first Indian & Asian song to win the Oscars. Congrats MM Keeravanigaru, Chandrabose, Rahul Sipligunj&KaalaBhairava, SS Rajamouli, Jr NTR, Ramcharan and the whole team of RRR for this stupendous achievement." On the documentary's win, the TN CM said: "Congrats to KartikiGonsalves&guneet on winning the Oscar. No better news to wake up to than two women bringing the first ever Oscar for an Indian Production. The patient making & the moving story of The Elephant Whisperers deserve all the praises & accolades it's getting." AIADMK top leader Edappadi K Palaniswamitweeted,"Congratulations to @mmkeeravaani, @boselyricist& Team RRR for Best Original Song #NaatuNaatu. Such a proud moment for Indian Cinema to be recognised in the world platform.

On the win of Elephant Whisperers, he said: "Congratulations to @EarthSpectrum, @guneetm of 'The Elephant Whisperers', a Tamil Short film for winning the #Oscars95 highlighting Culture of the land and importance of sustainable development. - via PTI



"The Elephant Whisperers"  
Directed by Kartiki Gonsalves  
Wins Best Oscar in 2023 for  
Best Short Subject  
Documentary Film



"Naatu Naatu" Song from "RRR" film wins Best Original  
Song Award at 95th Oscar Event; song written by  
Chandrabose, Music Composed by  
MM Keeravani and sung  
by Rahul Sipligunj  
and Kaala Bhairava

Federal, provincial and territorial immigration  
Ministers meet to plan for the future of  
Canada's immigration system Full story on page 35...

## Anton Sinnarasa Philip (December 16, 1952 - 26 February, 2023)

**March 10, 2023:**  
Ottawa: Today I rose in the House of Commons to honour the life of Anton Philip Sinnarasa, whose passing last week has devastated the Eelam Tamil nation.  
In 1981, he documented the burning of the Jaffna Public Library that housed ancient Tamil text, and rare collection of Tamil literature. He was

a political prisoner at the Wellikadai prison during Black July where thugs were sent to kill the Tamil inmates.  
Anton Philip, who was once ordained a catholic priest, continued to be true to his faith, and spent a lifetime supporting the many clergy and churches who were at the forefront of the struggle for Tamil self-determination and equality.

In Canada, he started the Centre for War Victims and Human Rights - documenting the atrocities committed during the loss, trauma, and displacement of his people.  
As we mark the 40th anniversary of Black July this year, we lost a survivor, human rights defender and an inspirational leader who served us to the end.  
Please join me in extending my deepest condolences to his wife Devi, children Edward and Veena, his large family, and friends.  
- Gary Anandasangaree MP



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# Why is Canada accepting so many immigrants?

Vimal Sivakumar

Published on February 21st, 2023

As of 2021, “people who were, or had ever been, a landed immigrant or permanent resident in Canada” — grouped together for simplicity as “immigrants” — represent 23% of this country’s total population, the highest proportion recorded since Confederation in 1867.

The highest among all G7 countries, Canada has also now topped its previous record set in 1921, when immigrants made up 22.3% of the country’s population.

According to population projections from Statistics Canada, if current demographic trends continue, “immigrants could represent [anywhere] from 29.1% to 34.0% of Canada’s population by 2041.”

Such projections are further reinforced by Canada’s annual Immigration Levels Plan for 2023-2025, which was released on November 1, 2022. According to current immigration targets, Canada is aiming to welcome 465,000 immigrants in 2023, 485,000 newcomers in 2024 and a milestone 500,000 new Canadian permanent residents in 2025.

Seeing all these significant numbers, you may wonder: why is Canada accepting so many new immigrants?

Let’s look deeper into this subject, starting with an understanding of current Canadian population trends.

To appreciate why immigration is becoming so prolific across Canada, two crucial factors — the aging of Canada’s natural population and the country’s low fertility rate — must be understood. These demographic trends are causing Canada’s labour market to shrink, negatively impacting the country’s economy in many ways.

Canadians are aging quickly

According to the 2021 census, from 2016 to 2021, the number of children under the age of 15 grew at a pace six times slower than the number of people aged 65 and older. Moreover, the percentage of persons aged 65 and over in Canada has risen to 7 million, representing an increase of 18.3% between 2016 and 2021. This age group of Canadians now represents 19% of the total population. This reality,

**Canada requires increased immigration to offset labour shortages created by an aging population and low birth rate. Explore what’s happening with the Canadian labour market and why immigration might be the answer**



along with the fact Canada’s largest-ever five-year increase in persons aged 65 or older (+20%) came in the census reporting period immediately preceding the most current census (2011 to 2016), signals that Canada’s population is clearly aging rapidly.

Canadians are having fewer children Adding to the concern surrounding downward trends in natural Canadian population growth is the reality that Canada’s fertility rate is below the population replacement level. The current population replacement level stands at 2.1 children per woman. Following a trend that has continued steadily since 2009, Canada’s fertility rate has steadily declined over time, reaching a record low of 1.4 children per woman in 2020. In 2020, Canada also experienced the lowest number of births since 2007 and the greatest year-over-year decrease in births (-3.6%) since 1997.

Solution: Canada needs immigration in order for the country to thrive

Canada needs immigration for continued economic development and growth.

A country’s inhabitants are what drive national spending and consumption, for which every country requires a strong labour force to ensure consistent production of goods and delivery of services. A weak population and

lacking labour force will constrain production and subsequent spending, which is detrimental to a country’s economic wellbeing.

Thankfully, heightened immigration can help Canada better avoid such problems in this country.

Due to the issues addressed above, Canada relies heavily on immigration for population growth. In fact, nearly 80% of the country’s population growth during the last census reporting period (+1.8 million between 2016 and 2021) “was attributable to new arrivals to Canada either as permanent or temporary immigrants.” Over that time, Canada’s population “grew ... almost twice as fast as other G7 countries.”

This immigration-driven population growth has been significantly beneficial for Canada’s labour force, as evidenced by the reality that immigrants in this country accounted for 79.9% of national workforce growth between 2016 and 2021. Heightened immigration also means that Canada will be able to work toward addressing what the Financial Post argues is a “historic” employment shortage.

Citing a report from RBC economists Nathan Janzen and Claire Fan, the Financial Post notes that Canada’s current labour market circumstances are “limiting over half of [all] Canadian businesses from increasing production compared to 40% before the pandemic and 30% a decade ago.” Thankfully, “an influx of immigration”, including a focused effort toward “putting newcomers’ skills to work and integrating this talent into the Canadian workforce” can provide a much-needed boost to workforce productivity.

Ultimately, as a result of the boon that immigration will provide to Canadian labour force growth, immigration will consequently help accelerate economic growth across the country. As more new immigrants become employed, earn money, and subsequently spend money that goes back into the economy, Canada’s economy will continue developing positively. Additionally, as more newcomers to Canada continue to join Canadian citizens in paying taxes and spending money on housing, transportation, and other necessities, heightened levels of immigration will directly contribute to national economic growth.

Via cicnews.com

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# International Day to Combat Islamophobia 2023: From our Canadian government to the classroom, call out and combat Islamophobia and other forms of racism and discriminations in Canadian society

By **Harrish Thirukumaran**

Recently, on January 26, 2023, Prime Minister Trudeau announced Amira Elghawaby as Canada's first Special Representative on Combatting Islamophobia.

Ms. Elghawaby, herself, is an award-winning journalist and human rights advocate. A founding board member of the Canadian Anti-Hate Network and past board member at the Silk Road Institute, she has had an extensive career supporting initiatives to counter hate and promote inclusion. These include roles with the Canadian Race Relations Foundation as well as the National Security Transparency Advisory Group.

As Canada's Special Representative on Combatting Islamophobia, Ms. Elghawaby will serve as a champion, advisor, expert, and representative to support and enhance the federal government's efforts in the fight against Islamophobia, systemic racism, racial discrimination, and religious intolerance.

This is a timely announcement as the United Nations marks International Day to Combat Islamophobia on March 15.

Accordingly, the UN defines Islamophobia as a fear, prejudice and hatred of Muslims that leads to provocation, hostility and intolerance by means of threatening, harassment, abuse, incitement and intimidation of Muslims and non-Muslims, both in the online and offline world. Motivated by institutional, ideological, political and religious hostility that transcends into structural and cultural racism, it targets the symbols and markers of being a Muslim.

The first International Day to Combat Islamophobia was marked in 2021. UN Secretary-General António Guterres has stressed that anti-Muslim bigotry is part of a larger trend of a resurgence in ethno-nationalism, neo-Nazism, stigma and hate speech targeting vulnerable populations including Muslims, Jews, some minority Christian communities, as well as others. "As the Holy Quran reminds

us: nations and tribes were created to know one another. Diversity is a richness, not a threat," he added.

Many Governments have taken steps to combat Islamophobia by establishing anti-hate-crime legislation and measures to prevent and prosecute hate crimes and by conducting public awareness campaigns about Muslims and Islam designed to dispel negative myths and misconceptions.

Moreover, in response to the alarming trend of rising hate speech around the world, Secretary-General António Guterres has launched the United Nations Strategy and Plan of Action on Hate Speech.

Along these lines, here in Canada, this policy direction by the Prime Minister enables Ms. Elghawaby to promote awareness of the diverse and intersectional identities of Muslims in Canada and provide advice to the government in the development of inclusive policies, legislative proposals, programs, and regulations that reflect their realities.

Based on these latest Canadian developments, this has become a significant issue that very much gets at the points highlighted by UN Secretary General Guterres. Apart from this appointment, it speaks to a larger issue of racism in not only Canada, but the rest of global society, that can be addressed, first and foremost, in the classroom.

Teachers and educators can themselves create an environment of acceptance and celebration. A way at this, as emphasized by the UN, is recognizing that interpersonal styles can be driven by culture, as well as personality, is key. Readers themselves can learn more about Islamophobia through the NCCM Recommendations National Summit on Islamophobia, and advocate towards their political representatives from all levels of government.

From our Canadian government to the classroom, call out and combat Islamophobia and other forms of racism and discriminations in Canadian society.

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Mon, Mar 20, 2023 - Wed, Jun 21, 2023

**Easter Sunday - April 9, 2023**

**Sobakiruthu & Sinhala New Year**

April 14, 2023

## Canada Historic Milestones

Pier 21, an immigration shed in Halifax, opened in March 1928.

Today we have a service point in what is now the Canadian Museum of Immigration / Musée canadien de l'immigration at Pier 21.  
- via Library & Archives Canada



I like to pay taxes.  
With them, I buy civilisation.

- Oliver Wendell Holmes Jr. - (March 8, 1841 - March 6, 1935), Justice of the US Supreme Court

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CANADA NEWS 

# Government of Canada invests \$798,500 to support the mental health of educators

From: Public Health Agency of Canada

**NEWS RELEASE**

**Funding commitment will address posttraumatic stress disorder and trauma in those most affected by COVID-19**

March 2, 2023 | Ottawa, ON | Public Health Agency of Canada

The COVID-19 pandemic has created significant challenges for educators, who have faced school closures, isolation, and a constantly changing work environment while rising to the challenge of teaching our children and youth. This has had a profound impact on their mental health and well-being, which is why the Government of Canada is committed to investing in

educators' mental health throughout our recovery and beyond.

Today, the Honourable David McGuinty, Member of Parliament for Ottawa South, on behalf of the Honourable Carolyn Bennett, Minister of Mental Health and Addictions and Associate Minister of Health, announced \$798,500 in funding for the Canadian Teachers' Federation (CTF) to promote mental health and prevent mental illness for essential workers in K-12 schools, including educators and administrators, most affected by the COVID-19 pandemic.

This project will help to enhance the capacity of individuals, staff networks, and school leaders to address mental illness and trauma. The CTF will



deliver and assess the project at three pilot sites across Canada, and deliver a virtual group intervention through webinars and community discussion boards. Wellbeing will be assessed

through a survey with all education workers and teachers, which will integrate standardized mental health assessment tools.

Today's investment builds on the important announcement the Government of Canada made in February of \$198.6 billion over 10 years to improve health care services for Canadians, reduce surgical backlogs, support health workers, and improve integrated mental health and substance use services. We will continue to do whatever it takes to ensure that all Canadians have the mental health and substance use supports they need – wherever they live and wherever they need them.

[Viacanada.ca](http://Viacanada.ca)

# Affordable housing is top priority for provinces and territories: looking to federal government for meaningful engagement and investment

March 02, 2023

**Municipal Affairs and Housing**

Issued through the Chair of the Provincial-Territorial Forum on Housing, Minister Responsible for Saskatchewan Housing Corporation Gene Makowsky, on behalf of all Provincial-Territorial Ministers Responsible for Housing.

Provinces and territories (PTs) are calling on the federal government to increase funding in a long-term, flexible, and collaborative manner to support the delivery of affordable housing programs both now and into the future.

Communities across Canada continue to face elevated home prices, increased rates of homelessness, and challenges related to housing affordability, adequacy, and supply. Rising costs in the construction industry have also significantly increased the cost to build and repair homes. While these challenges have strained PT resources, PTs remain committed to working with the federal government to maintain and expand affordable housing in



their jurisdictions.

The Parliamentary Budget Officer estimates that the federal government will spend \$45.9 billion over ten years on housing until the end of Canada's National Housing Strategy in 2027-28 in new and pre-existing spending. In comparison, PT governments have invested approximately \$20.1 billion over the last four years in housing, including building new homes, making improvements to existing affordable housing, providing services and supports to keep people in their homes,

and addressing homelessness.

PTs are on pace to surpass federal investments in affordable housing by the end of the National Housing Strategy in 2027-28. While the federal National Housing Strategy has been marketed as a "\$82+ billion plan", this figure includes both loans and cost-matched spending by PTs, neither of which are true costs to the federal government. In addition, federal funding supports often lack operational funding to keep housing viable after it is built, leaving PTs and other housing

partners responsible for ongoing costs.

PTs are the largest providers of affordable housing in Canada. With their understanding of local needs and circumstances, PT governments are best positioned to identify and allocate funding to areas that will have the greatest impact. PTs call on the federal government to work with them and provide financially sustainable and flexible funding that is responsive to local needs.

To support better outcomes on the funding and delivery of affordable housing, PTs request:

- Increased and more flexible federal funding to complement existing PT programs and address local priorities to meet Canada's current housing challenges.
- Meaningful and proper engagement to develop housing solutions and outcomes that meet the unique needs and priorities of each jurisdiction.

Accessing affordable housing is a challenge for many Canadians. PTs welcome improved collaboration, greater flexibility, and increased funding, which will enable them to respond to this growing need.

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

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# Ontario Investing in Critical Infrastructure

Public-private partnerships strengthening communities and supporting economic growth

March 01, 2023

## Infrastructure

TORONTO — The Ontario government is investing more than \$159 billion over the next decade to support infrastructure, including transit, highways, schools, hospitals, and long-term care projects. To build many of them, the government is leveraging Infrastructure Ontario's (IO) public-private partnership (P3) delivery model and other innovative approaches to help strengthen communities and support economic growth. IO's latest Market Update, released today, lists 38 major infrastructure projects, with an estimated value of \$35 billion (in design and construction costs).

The Market Update is a list of public projects in the pre-procurement and procurement stages for which Ontario has committed investments. The list helps potential local and global private-sector partners organize their

time and resources to make sure Ontario gets robust, innovative, and competitive bids for its public infrastructure projects.

"The challenging work being done by the province's construction sector has been critically important, and our government appreciates and values how partners are working together to help us build Ontario," said KingaSurma, Minister of Infrastructure. "Our government is continuing to invest in the delivery of major infrastructure projects that are crucial to this province and that are supported by the hard-working people of Ontario. We continue to engage with key stakeholders to identify solutions to overcome challenges and together we will bring these projects to life to help create great jobs and support our economic future."

Highlights from the March 2023 IO Market Update include:

- Garden City Skyway Twinning,



a new 2.2 km bridge – now in active procurement

- Ottawa Hospital's New Civic Redevelopment, a new campus that will be one of the largest and most modern teaching hospitals in Canada – now in active procurement

- Ontario Place Site Servicing, to upgrade infrastructure such as sew-

age, water, electrical and gas services – now in active procurement

In addition, the following projects have advanced to partnership stages:

- Scarborough Subway Extension – Stations, Rail and Systems
- Weeneebayko Area Health Authority – Health Campus
- Niagara Health's New South Niagara Hospital Project

"Infrastructure Ontario is pleased to present our first Market Update of 2023," said Michael Lindsay, CEO, Infrastructure Ontario. "We continue to work with our partners to address challenges in the global marketplace and to build on our momentum to further advance the provincial government's efforts and historic commitment to modernizing the province's public assets, including highways, public transit, hospitals, children's treatment centres, schools and correctional facilities."

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

# Working together to improve health care for Canadians

February 7, 2023

Ottawa, Ontario

As Canadians, we place a lot of value in our universal, public health care system. Unfortunately, it hasn't been living up to expectations. Across the country, patients seeking emergency care are finding their emergency rooms overwhelmed or even closed. People are waiting for surgeries that are postponed or cancelled. The health care system and the workers who uphold it are under enormous strain, a situation that was exacerbated by the pandemic, and needs immediate action to deliver better health care for Canadians.

Today, the Prime Minister, Justin Trudeau, and his provincial and territorial counterparts met to work together on improving Canada's health care system. Prime Minister Trudeau and premiers discussed shared health priorities to deliver real results for Canadians as well as the importance to uphold the Canada Health Act to protect Canada's publicly funded health care system. Canadians must have equitable access to medical care based on their needs, not their ability to pay.

At the working meeting with premiers, the federal government announced it will increase health funding to provinces and territories by \$196.1 billion over 10 years, including \$46.2 billion in new funding. This funding includes the following elements:

- An immediate, unconditional \$2 billion Canada Health Transfer (CHT) top-up to address immediate pressures on the health care system, especially in pediatric hospitals and emergency rooms, and long wait times for surgeries. This builds on previous CHT top-ups that total \$6.5 billion provided throughout the pandemic.

- A 5 per cent CHT guarantee for the next five years, which will be provided through annual top-up payments as required. This is projected to provide an additional \$17.3 billion over 10 years in new support. The last top-up payment will be rolled into the CHT base at the end of the five years to ensure a permanent funding increase, providing certainty and sustainability to provinces and territories. With this guarantee, the CHT is projected to grow by 33 per cent over the next five years, and 61 per cent over the next 10 years.

- \$25 billion over 10 years to advance shared health priorities through tailored bilateral agreements that will support the needs of people in each province and territory in four areas of shared priority:

- o family health services;
- o health workers and backlogs;
- o mental health and substance use; and
- o a modernized health system.

These additional federal investments will be contingent on continued health care investments by provinces and territories. This funding builds on the \$7.8 billion over five years that has yet to flow to provinces and territories for mental health and substance use, home and community care, and long-term care.

- \$1.7 billion over five years to support hourly wage increases for personal support workers and related professions, as federal, provincial, and territorial governments work together on how best to support recruitment and retention.

- \$175 million over five years for the Territorial Health Investment Fund in recognition of medical travel and the cost of delivering health care in the territories.

In addition, the government will

work with Indigenous partners to provide additional support for Indigenous health priorities:

- \$2 billion over 10 years to address the unique challenges Indigenous Peoples face when it comes to fair and equitable access to quality and culturally safe health care services. The government will work with Indigenous partners to prioritize investments.

These investments, on top of already significant funding, will help build a health care system that includes:

- access to high-quality family health services when they need them, including in rural and remote areas, and for underserved communities;
- a resilient and supported health care workforce that provides high-quality, effective, and safe health care services;
- access to timely, equitable, and quality mental health, substance use, and addictions services to support Canadians' well-being;
- access to a patient's own electronic health information that is shared between the health professionals they consult; and
- access to home care and safe long-term care so Canadians can age safely and live in dignity.

While provinces and territories are already taking steps to advance work on these shared priorities, Canadians expect more concrete actions to improve health care services. The funding announced today can help accelerate progress.

Canadians deserve to know what progress is being made. That is why to access their share of the federal funding, including the 5 per cent CHT guarantee, provincial and territorial governments are asked to commit to improving how health information is collected, shared, used, and reported to Canadians to promote greater

transparency on results, and to help manage public health emergencies. Canadians should be able to access their own health information and benefit from it being shared between health workers, across health settings, and across jurisdictions. That is why provinces and territories are also asked to agree to adopt common standards and policies related to data.

The Government of Canada recognizes that provinces and territories have their own unique circumstances. As such, bilateral agreements are intended to be flexible, and provinces and territories will have options to tailor these agreements to address the unique needs of their populations and geography. As part of these agreements, provincial and territorial governments are asked to develop action plans that will outline how funds will be spent and how progress will be measured. Investments are to be centered around the following four shared health priorities: family health care; health workforce and backlogs; mental health and substance use; and modernizing the health care system with standardized information and digital tools. Each province and territory will have flexibility in designing their action plans, including the addition of targeted results with indicators that are tailored to their realities.

During the COVID-19 pandemic, we showed that we can work together to tackle big challenges. The Government of Canada will continue to work in collaboration with provinces and territories on next steps, in the best interest of Canadians, their families, and health care workers. We will work to deliver concrete outcomes for Canadians and improve the health care system that Canadians value and depend on.

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

# Nava/Wilson Law Office helps to launch Youth Hub at Malvern Family Resource (MFRC)

“Scarborough, and our greater community in general, would thrive further if we could create nurturing environments and spaces to engage our youth to become contributing members of our society.”, says KubesNavaratnam, Managing Partner of Nava/Wilson Law Office

By Siva Sivapragasam

Growing up in Scarborough, a city of diversity, like many other youth, KubesNavaratnam, Managing Partner of Nava/Wilson Law Office had a passion to engage youth in this city to become contributing members of our society.

Malvern Family Resource Centre (MFRC) launched its Youth Hub at 1321 Neilson Rd, Scarborough. It is a part of city operations property initiatives around the city in libraries and recreation centres as the result of a rapid expansion of the area. This hub acts not only as a safe space for teens but is also important as it is located in a part of the city often lacking dedicated resources.

It is located at just a 7 minute walk from a broader community area at the Malvern library that has been under closure since covid.

The youth hub received funding from local Real Estate Law firm Nava Wilson LLP and the space was outfitted to be more Gen Z friendly, decorated with coloured LED lights, filled with games and activities and was done using the input of children themselves who put forward their views

On the day of the launch, the hub was vibrating with people, which included children of all ages doing crafts, playing Super Smash Bros. on a Nintendo Switch projecting on a new flat-screen TV, playing with the Oculus Rift virtual reality machines and others chatting with their mentors and MFRC volunteers. To show support for this launch, the event was also attended by Jennifer McKelvie- Deputy Mayor of Toronto, Councillor- Jamaal Myers and Gary Anandasangaree- Member of Parliament, and the sponsors- Nava Wilson team.

KubesNavaratnam, Managing Partner at the law firm Nava Wilson LLP, said he grew up in Scarborough as did several of their staff members.

“We love Scarborough and all the diverse people and places it has to offer,” he said. “But Scarborough, and our greater community in general, would thrive further if we could create nurturing environments and spaces to engage our youth to become contributing members of our society.”

Navaratnam said he was “blessed” to have access to such youth spaces, which had a lasting impact on him. “Reflecting back to my teenage



**Kubes Nava,**  
Senior Partner,  
Nava/Wilson Law Office

years, I have fond memories of spaces that my friends and I used to spend together. Those spaces have had a lasting impact on me. As a business, we try to find like-minded community organizations that have are customer focused and have the entrepreneurial spirit to evolve. We saw that in the the Malvern leadership team - they brought youth to the table and co-created this space. We’ve seen them do that through their “Earned Income” programs as well.

“So when we thought of how to support our community’s youth, working at MFRC was our first choice as they have been championing youth for decades,” he said. “MFRC’s leadership team brought youth to the table and empowered them to co-create this space. We are excited to see how this space will incubate our community’s next leaders.”

The new space is close to the Malvern Town Centre, a popular after-school hangout. The team hopes some of those teens will gather at the new space as word spreads.

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The youth hub received funding

## Gary Anandasangaree, MP, Scarborough-Rouge Park participates in 5-year \$1.4 million funding announcement to @LegalAidOntario

Today, I joined MP @IqwinderS-Gaheerto announce funding of \$1.4 million over 5 years to

@LegalAidOntario. The funding will support Legal Aid Ontario to prepare Impact of Race and Culture Assessments reports for Black persons & members of other racialized minority groups in ON.

This funding is essential to help courts consider the impact of #racism & #discrimination on a racialized offender’s life trajectory during sentencing in criminal matters & improve access to #justice for Black & racialized people in #ON.

**More here:**

<https://www.canada.ca/en/departement-justice/news/2023/03/federal-funding-to-help-sentencing-judges-in-ontario-understand-impacts-of-race-and-discrimination-on-offenders.html>

**via twitter.com**

Gary Anandasangaree, MP, Scarborough-Rouge Park hosts Scarborough Rouge Park Youth Council on Federal Budget 2023 proposals

Through #CYC, I have the opportunity to hear from aspiring youth about issues that matter most to them & to future generations. It was great to



hear their 2023 #budget proposals at our most recent meeting, where they addressed many of the current challenges #Canadians are facing.

**via twitter.com**

Gary Anandasangaree, MP, Scarborough-Rouge Park joins Minister-Jean-Yves Duclos to hear the impact of the Canada Dental Benefit

Access to quality dental care is essential to our overall health. Minister @jyduclos & I had a great time visiting @drsheridancyrus & hearing firsthand from Dr. Cyrus about how the #CanadaDentalBenefit has been making a difference for families.

**Visit: <http://canada.ca/dental> via twitter.com**



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## WORLD NEWS

### Gina Lollobrigida "World's most beautiful woman" dies at age ninety-five

"A woman at 20 is like ice". "At 30 she is warm. "At 40 she is hot. "We are going up as men are going down." – Italian actress Gina Lollobrigida



By Siva Sivapragasam

Italian film actress Gina Lollobrigida, well-known for her sultry looks and described as the "World's most beautiful woman" died recently at age ninety-five.

Her chiseled frame coupled with her beautiful looks made her famous as one of most sought - after actresses in Hollywood where she partnered with great male actors like Burt Lancaster, Frank Sinatra, Rock Hudson, Tyrone Power, and Sean Connery.

She was often targeted by journalists for her frank and candid comments. Talking about women, she once said "A woman at 20 is like ice," she declared. "At 30 she is warm. At 40 she is hot. We are going up as men are going down." She was certainly not short of admirers.

Prince Rainier of Monaco was one, despite his marriage to Grace Kelly. "He would make passes at me in front of her, in their home," she claimed. "Obviously, I said no!"

She was a guest in Havana at the invitation of Cuban leader Fidel Castro and spent a week with him. "We spent 12 days together," she said. "He didn't interest me as a political leader but as a man. He realized that I hadn't gone there to attack him, and he readily accepted me."

In 1960, she moved to Canada - for lower taxes and a promise of legal status for her Yugoslav husband. One magazine gushed that it was "the most fetching argument ever advanced for liberal immigration policies".

Lollobrigida died in a Rome clinic; her former lawyer Giulia Citani told the Reuters news agency. When the Media asked her how she felt turning 90 in 2017, she said it was feeling like "30 plus 30 plus 30".

Italy's Culture minister Gennaro Sangiuliano wrote on Twitter: "Farewell to a diva of the silver screen, protagonist of more than half a century of Italian cinema history. Her charm will remain eternal."

### President of Sri Lanka Ranil Wickremesinghe felicitates Kumar Nadesan, Managing Director of Express Newspapers and Chairman of the Sri Lanka Press Institute

By Siva Sivapragasam

President of Sri Lanka Ranil Wickremesinghe felicitates Kumar Nadesan, Managing Director of Express Newspapers and Chairman of the Sri Lanka Press Institute for winning India's prestigious Pravasi Bharatiya Samman Award (PBSA), 2023

The 'Imagine' 32nd Rotary District Conference was held at the Taj Samudra in Colombo under the patronage of Sri Lankan President Ranil Wickremesinghe. The President felicitated Mr. Kumar Nadesan, Managing Director of Express Newspapers and Chairman of the Sri Lanka Press Institute for winning India's prestigious Pravasi Bharatiya Samman Award (PBSA), 2023.

Mr. Nadesan was the only Sri Lankan among 27 distinguished individuals to receive this award. Express Newspapers are the publishers of the "Virakesari" Tamil newspaper in Sri Lanka. "Virakesari" is Sri Lanka's leading Tamil daily in print and online editions with over a million readership in Sri Lanka and the world over.

Mr. Nadesan and the Board of Directors of Express Newspapers were instrumental in making "Virakesari" attain a high standard in Sri Lanka's



media world. It was during Mr. Nadesan's stewardship that Express Newspapers launched several new publications and introduced the new computer technology to increase the readership of the company's new publications.

Pictures shows Mr. Nadesan receiving the felicitation from Mr. Ranil Wickremesinghe, the President of Sri Lanka, for winning the Indian Award.

### The country cannot be divided based on race or religion, says Sri Lankan President Ranil Wickremesinghe



During an event at Royal College, Colombo, his alma mater, President Ranil Wickremesinghe urged all citizens, including politicians, professionals, teachers, those engaged in agriculture, the business community, and members of the security forces, police and civil servants, to work together to overcome the current economic crisis and promote reconciliation efforts.

The event was held to honour President Wickremesinghe, who is an alumnus of Royal College. The President called upon the present generation of Royalists to dedicate themselves to serving the country and transforming

it into a place where they would wish to reside. He urged young Royalists to take up the challenge and shape the future of the nation.

President Wickremesinghe also highlighted that Royalists are trained to live in harmony with all races and religions, emphasizing that the country cannot be divided on the basis of race or religion. He invited all politicians who are also Royalists to collaborate with the government in its efforts to revive the country's failing economy, emphasizing that it was not a political invitation, but rather a call for a collective effort to address.



# G20 Foreign Ministers Meet in India Under Shadow of Ukraine War

NEW DELHI —

Foreign ministers of the Group of 20 are convening in the Indian capital, New Delhi, amid deepening geopolitical tensions sparked by the war in Ukraine that pose a challenge to efforts at consensus among the world's biggest economies.

The scheduled attendees include U.S. Secretary of State, Antony Blinken, Russian Foreign Minister Sergey Lavrov and Chinese Foreign Minister, Qin Gang among others.

Besides the Ukraine war, tensions between Washington and Beijing have also flared after the U.S. shot down a suspected Chinese spy balloon over its east coast last month.

India's foreign ministry said the war in Ukraine will be an important part of the talks that will take place on Thursday.

"Yes, given the nature and the developing situation in the Russia-Ukraine conflict, naturally that will be an important point of discussions," India's foreign secretary, Vinay Kwatra, told a news conference on Wednesday. India holds the G-20 presidency this year.

However, analysts said the foreign ministers meeting could see a replay of tensions that overshadowed a meeting of the group's finance ministers hosted by India last week. That meeting concluded without issuing a joint statement following objections by China and Russia to language that sought to condemn Moscow's aggression.



Russian Foreign Minister Sergey Lavrov, center, arrives to attend the opening ceremony of exhibition "Leo Tolstoy - Mahatma Gandhi" on the sideline of G20 foreign minister's meeting in New Delhi, India, March 1, 2023.

At the foreign ministers gathering, the United States and its allies will push the group to adopt a firm stance on the Ukraine war.

The European Union said the success of the meeting will be measured by what it could do about the Ukraine conflict. "This war has to be condemned," Josep Borrell, the European Union's high representative for foreign affairs and security policy, told reporters in New Delhi. "I hope, I am sure that India's diplomatic capacity will be used in order to make Russia understand that this war has to finish.

Russia, for its part, said it considers the G-20 a prestigious forum "where balanced consensus decisions should be made in the interests of all

humankind."

A statement issued by the Russian Embassy in New Delhi late Tuesday slammed the U.S. and its allies, saying their "destructive policies" have already "put the world on the brink of a disaster, provoked a rollback in socio-economic development and seriously aggravated the situation of the poorest countries."

Analysts said that given the deep divisions, India faces a tough challenge in forging a joint position at the end of the talks.

"It looks like it is going to be a difficult ride. The meeting will see a greater contestation over Ukraine," according to Harsh Pant, vice president for studies and foreign policy at

the Observer Research Foundation in New Delhi.

Pointing out that China and Russia blocked the joint statement at the meeting of G-20 finance ministers last week, Pant said the presence of the U.S. foreign secretary along with the Russian and Chinese foreign ministers at the same forum "will call for a difficult balancing act by India to deliver a G-20 outcome."

Despite the diplomatic challenge it faces, India expressed optimism the meeting will focus on problems being faced by many countries such as food, energy and fertilizer security – issues New Delhi has been pushing during its G-20 presidency.

"What is the understanding they develop, not just on Russia-Ukraine conflict but also the impact of that on the rest of the world, the challenges the developing countries face, those are equally important to focus on," Kwatra said.

In all, representatives of 40 countries, including some that are not members of the bloc, such as Bangladesh, and multilateral organizations are due to participate in the meeting.

A gathering of foreign ministers of the Quad countries – the United States, India, Australia and Japan – is scheduled on the sidelines in New Delhi. The Quad is an alliance of countries that want to check China's growing assertiveness in the Indo-Pacific region.

Via voanews.com

## Jaishankar, Ali Sabry discuss Sri Lanka's economic recovery

PTI: New Delhi, Mar 4 (PTI) External Affairs Minister S Jaishankar on Saturday held wide-ranging talks with his Sri Lankan counterpart M U M Ali Sabry focusing on facilitating Sri Lanka's economic recovery as well boosting bilateral trade.

India extended financial assistance worth around USD 4 billion to Sri Lanka, including lines of credit for purchases of food and fuel, last year when it was reeling under a severe economic crisis.

New Delhi also provided guarantees to the International Monetary Fund (IMF) to help the country secure a USD 2.9 billion bailout package.

"Nice to catch up FM @alisabrypc of Sri Lanka. Thank him for his #RaisinaDialogue2023 participation," Jaishankar said on Twitter.

"We took stock of our cooperation that is focused on facilitating Sri Lanka's economic recovery. Discussions covered investment, trade and development partnership," he said.

Sabry described the meeting as "constructive".

"I met with @DrSJaishankar, Minister of External Affairs of India at Hyderabad House during my official visit to New Delhi. We had a constructive bilateral meeting and reviewed the current status of Indo-Lanka rela-

tions," he said.

Sabry was in New Delhi to attend the Raisina Dialogue.

The external affairs minister also held separate bilateral talks with his Canadian counterpart Melanie Joly, Slovak foreign minister Rastislav Kacer and Armenia's Ararat Mirzoyan.

"Wide-ranging conversation with FM @melaniejoly of Canada. Discussed the G20 agenda and global developments. Bilateral issues included trade, connectivity and people to people ties," Jaishankar tweeted.

While Joly was in India to attend the G20 foreign ministers' meeting, the Slovak and Armenian foreign ministers came for the Raisina Dialogue.

On his meeting with Kacer, Jaishankar said the two sides noted steady progress in political and economic ties and that the discussions also figured the Ukraine conflict and other global developments.

"Also pleased to sign Cultural Exchange Programme agreement with Slovak Republic," he tweeted.

In another tweet, Jaishankar said: "Glad to welcome FM @AraratMirzoyan of Armenia. Reviewed our bilateral and multilateral partnership. Discussed broad-basing the agenda of cooperation." PTI MPB RT RTRT

Via PTI

## SRI LANKA AMENDS POWERS OF ATTORNEY LEGISLATION

On October 25, 2022, Sri Lanka amended its existing Powers of Attorney law. According to the latest amendment, a Power of Attorney executed outside Sri Lanka before October 25, 2022 must be registered with the Registrar General in Sri Lanka within six months of the new amendment coming into effect. If not so registered, that Power of Attorney may become null and void.

Any Power of Attorney executed outside Sri Lanka after the said amendment coming into effect, must be registered with the Registrar General in Sri Lanka within three months of execution. The Power of Attorney has to be submitted for registration along with other documents as required under the new amendment.

The said amendments may also affect Powers of Attorney already granted to or to be granted to Financial Institutions in Sri Lanka.

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# Gaadi: Children of the Sun is a highly simple film with a highly complex take on social liberation

By Harrish Thirukumaran

Auteur theory is considered a school of thought in film making that considers the director as the major creative force behind a motion picture or film. This is something that immediately pops into the mind based on the feel and commentary on the film, Gaadi: Children of the Sun.

Released in 2023 and directed by Prasanna Vithanage, the film centers on a woman named Tikiri, played by actress Dinara Punchihewa, who is stripped from nobility and forcibly married to an outcast, Vijaya, acted by Sajitha Anuththara, by the monarchy in pre-colonial Sri Lanka in 1814. Born and nurtured into nobility, she fights to keep her dignity by rejecting to succumb to the destiny that falls onto her.

The film truly captures the essence of an auteur at work in Prasanna Vithanage purely based on the acting itself. One clear observation is that there is little to no dialogue spoken throughout the film. Language is expressed through the raw actions, emotions, and facial expressions of its characters especially the two main characters leading us on a straight-away journey in the film.

There is a clash between two very different worlds based on the identities between Tikiri and Vijaya when they are forced to marry due to the dubious, complex politicking by the one of the leaders of the Kandyan aristocracy. One of these individuals coming from a place of high social standing, whereas the other occupies low social standing or caste as commonly known in this part of the world. Even the scheming of Ehellapola Adigar, an aristocrat aligned with the British Empire, played by Ravindra Randeniya, from his short dialogues demonstrates his manipulative ways. Both Adigar and Shyam Fernando, who plays the aristocratic husband of Tikiri, speaks little as he boosts himself for power in the Kingdom as an exchange for ridding their land of a king with South India ancestry.

These emotions and the lack of dialogues showcase the cold, harsh realities for both characters from the start in this predicament. Yet, the auteur brilliantly utilizes both editing, conducted by Sreekar Prasad, and cinematography as film techniques to present a slowly budding relationship.

Although not specifically focused on the relationship, the fear and anxiety illustrated from the facial expressions of Tikiri and the other noble women was excellent. One could even say the fear jumped off screen and onto the viewer too. The pounding on the door of the home by the soldiers of the current Kandyan kingdom sounded real to the point where I as a viewer turned to look if someone was actually knocking on something in the theater



or outside of it. The sound edits here during this scene were just that creative by the auteur, Vithanage.

Despite the heavy subject matter, there were lighthearted moments in the film such as when Vijaya talks to the buffalo he successfully hunts about the trials and tribulations he experiences in this forced marriage. It may seem out of place, but, based on the laughs from some members of the audience, signals Vithanage's attempt

to find just the right balance between seriousness and lightheartedness so as not to depress the viewer too in a film such as this that demonstrates the full potential of the medium being an extension of art.

The cinematography of pre-colonial Sri Lanka, handled by Rajeev Ravi, evoked a feeling of immersion in the jungles of Sri Lanka through its unique sounds. This was paired with a very selective use of music by the

director to highlight a subtly growing relationship of love between Tikiri and Vijaya. The film is a protest, a spark of social commentary for the viewer to contemplate on the ills of social prejudice, discrimination, and injustice during this period in Sri Lanka and being human rather than being defined by identity. These techniques bring in the audience as inhabitants of the world projected to them onscreen, where they can hopefully empathize with a message that identity is a narrow tribal mentality and how we are all human looking for some form of social liberation.

One can see this as the film comes full circle in detailing the injustice to the outcast community in general and in both pre- and colonial Sri Lanka from beginning to end. It changes from an escapist attitude of Tikiri, seeing the outcast label as a prison to an attitude that fully embraces this new identity label upon witnessing the beauty of it through her husband, Vijaya. A motif to this end was her choice of clothing at the beginning of her forced marriage where she keeps herself clothed as a form of protest against the outcast community. But towards the end of the film, she deliberately removes them, which, at the same time, indirectly symbolized the corruption of the Kandyan aristocracy, towards the look of her new identity, a truer sense of liberation, rather than imprisonment. In other words, she saw value in the lifestyle and culture of the outcast community in pre-colonial Sri Lanka that both she and Vijaya could progress.

The auteur, Prasanna Vithanage, is having a conversation with audiences to criticize the concept of caste and identity overall based on how it pushes us into a game of divide and conquer. An issue that is seen in politics today in Sri Lanka and in various countries across the globe. It is used as a smokescreen to blind us from how we are all human beings who can rise above the politics driven by identity labels, and be a part of something greater.

This film was produced by Sandya Salgado. It is currently being screened in Sri Lanka and worldwide. I had the opportunity to see it in Whitby, Ontario. Even though I have Sri Lankan ancestry, I cannot understand Sinhalese, but was grateful for it being subtitled in English. It allowed a viewer like me living in Canada feel connected to a slice of the culture and history of Ceylon and Sri Lanka overall. I highly recommend people to see this film for both its faithfulness to film as an art form and its relevance on Sri Lankan culture, history, and society.

Via <https://dbsjeyaraj.com/>

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

*Phyllis Diller*



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Dr. Crystal Pallister (right) meets with her patient, Diana Ip (left), for a follow-up appointment in one of the new exam rooms at the hospital's Breast Health Centre.

# Compassionate Care

Markham Stouffville Hospital's Breast Health Centre demonstrates the importance of patient-centred care. **BY GLYNIS RATCLIFFE**

**D**iana Ip and her husband had been trying to conceive for years—first naturally and later through fertility treatments—when she found a lump in her breast in October of 2021. The discovery came at an especially precarious time: she had one embryo left and was six weeks away from her final fertility treatment.

Like many women, Ip was in the shower when she first felt the small, hard lump just under the skin of her right breast. It didn't hurt, but she was sure it hadn't been there the day before. Concerned, she called her doctor and booked an ultrasound. "Initially my doctor told me, 'You're young, you don't have a family history [of breast cancer],'" Ip recalls, adding that the results came back as "likely benign."

But Ip continued to worry about the lump, subconsciously feeling for it, the same way you keep going back to a loose tooth. According to Statistics Canada, one in eight Canadian women will be diagnosed with breast cancer in their lifetime, so it was only natural for Ip's anxiety to kick into high gear.

Then, a friend, who is a breast cancer survivor herself, recommended seeing Dr. Crystal Pallister, a general surgeon at the Breast Health Centre at Oak Valley Health's Markham Stouffville Hospital (MSH), to get a second opinion. That's how Ip discovered that the lump was, in fact, malignant.

"I am so grateful that [Dr. Pallister] was willing to look at it," she says.

#### PATIENT-CENTRED CARE

If Ip hadn't been referred to the Breast

Health Centre at MSH, she likely would have had to see one doctor, get a mammogram or ultrasound, wait for results, then get a biopsy and wait for those results—all at different clinics. It's a weeks-long process that would be anxiety-inducing for any person. That lengthy, complicated process is what motivated Dr. Pallister, in 2007, to advocate for patient-centred care at MSH and create a one-stop-shop model for breast cancer care.

The newly relocated Breast Health Centre opened its doors in May 2022 and is a welcoming space meant to help patients remain comfortable and calm during challenging times, and to further support the care model Dr. Pallister created. Its construction was made possible by the generosity of MSH's donors, especially the Wright family, and the important work of the MSH Foundation.

"[Patients] can come in and see the surgeon [and] the nurse practitioner and get all the necessary X-rays and a biopsy that same day, and then be seen within a week for results and a surgical plan if necessary," explains Dr. Pallister. The short turnaround time between appointments is in stark contrast to the more common experience of waiting for weeks between the initial diagnosis and seeing a surgeon, she adds.

Another unique element of the Breast Health Centre is its design and layout.

Located on the main floor of the hospital, the centre features natural light and beach-like floor tiles, with a fireplace in the waiting area and nature-themed murals in the exam rooms.

"We tried to create a relaxing space for patients," says Poobica Kumaran, a breast cancer nurse navigator at MSH. "I've had great feedback from patients telling me they feel like they're at their cottage."

#### LISTENING TO CONCERNS

When Ip first met with Dr. Pallister in January 2022, she relayed her worries about simply monitoring the lump every six months, especially given her upcoming final fertility treatment and what a cancer diagnosis might mean if she became pregnant. "I didn't know if it was me overreacting, or if it was anxiety," she says.

Dr. Pallister was sympathetic to Ip's fears. She agreed to remove the lump that day and send it for testing. "I said no problem, let's just do it. I was very surprised that it was cancer, but my experience is that you never know," she explains. "If someone says, 'This doesn't feel right,' who am I to say keep it in?"

Ip received the news that it was stage one invasive ductal breast cancer the day before her 40th birthday, which was just a week after her lumpectomy. She remembers sitting in an exam

room, wiping tears from her eyes and thinking about how her friend had reassured her that Dr. Pallister would take care of her.

#### NAVIGATING THE SYSTEM

Once Ip received her diagnosis, the experts at MSH's Breast Health Centre launched into action. Kumaran, who is the main point of contact for all patients at the centre, guided her through the hospital journey.

"As the nurse navigator, your role is to educate, navigate and make sure you're there to support your patients," Kumaran explains. "It's like a maze, and there are lots of things going on in the patient's mind with a diagnosis of breast cancer, so it's nice to have someone say, 'This is tough but we're going to help you through the journey.'"

Kumaran scheduled Ip for a second surgery in February 2022 with Dr. Pallister to confirm the cancer hadn't spread. They were all relieved to find out it hadn't. And after additional consultation with her oncology team and husband, Ip, who is now cancer free, decided to opt out of radiation, in the hopes that when she had her final fertility treatment it would be successful.

It turned out she didn't need it after all, as Ip and her husband conceived naturally in May. Dr. Pallister, Kumaran and the entire team at the Breast Health Centre celebrated this development and can't wait to meet her baby, due to arrive in the new year.

"This is a miracle baby," Ip says quietly. "And I do consider Dr. Pallister to be like our angel." ■

#### BY THE NUMBERS

**28,600**

Estimated number of Canadian women diagnosed with breast cancer in 2022.

**5,500**

Estimated number of Canadian women who died from breast cancer in 2022.

**25%**

of all new cancer cases in women were breast cancer in 2022.

## Embrace Equity with the City of Brampton this International Women's Day

### INTERNATIONAL Women's Day



Monday, Feb 27 2023

BRAMPTON, ON (February 27, 2023) – Spend International Women's Day learning about and celebrating women leaders, entrepreneurs and artists at Brampton City Hall.

The City of Brampton will honour the many achievements and contributions of women and individuals who identify as women Bramptonians who, throughout history, have done so much to make Brampton the liveable, compassionate, and prosperous city that it is today.

On International Women's Day, March 8, Brampton City Hall will host a series of events as the City focuses on embracing equity and working toward creating an inclusive world.

Participants will have the chance to shop a retail market, featuring all local women-driven small business owners, partake in fireside chats with local leaders and enjoy musical and dance performances with women artists and creators, while taking concrete actions to educate ourselves and others on the impact of systemic inequalities and our collective responsibility to address them.

Hosted by Brampton writer Jael Richardson, the fireside chats will feature women leading Brampton, as they

share their experiences of embracing equity. Speakers include:

- Rowena Santos, Regional Councillor, Wards 1 and 5
- Navjit Kaur Bar, Regional Councillor, Wards 2 and 6
- Sonia Sidhu, Member of Parliament, Brampton South
- Kathy McDonald, Peel Region School Board Trustee, Wards 3 and 4
- Clare Barnett, Director, Economic Development

At the December 14, 2022 City Council meeting, Councillors Santos and Brar moved a motion that was passed by Council to establish an employee resource group for empowering women in leadership, identify career developmental and mentorship opportunities available to all individuals who identify as women in the City, and provide a safe space for authentic conversations.

Since 2019, the City has a policy on Gender Identity and Expression Protocol, and is committed to go beyond commemoration of these days of significance and be intentional in its efforts to provide support and empowerment opportunities for women.

This event is generously sponsored by Coke Canada Bottling and Toronto Pearson.

Via [brampton.ca](http://brampton.ca)

## Applications now open for the George Hitchcock Memorial Endowment Fund Brampton residents pursuing a career in fire services encourage to apply

BRAMPTON, ON (March 1, 2023) – Are you interested in pursuing a career in the fire service? Brampton Fire and Emergency Services' George Hitchcock Memorial Endowment Fund is now accepting applications.

The fund was created in honour of the late Division Chief George Hitchcock, who guided and encouraged many people in their pursuit of a career in the fire service.

A bursary of \$1,000 toward the post-secondary tuition fees of those pursuing a career in the fire service is available. Applicants must be pursuing an Ontario Post-Secondary School diploma in a fire-related program.

### Process

Application forms are available online at [www.bramptonfire.com](http://www.bramptonfire.com) and must be submitted to [firelife@brampton.ca](mailto:firelife@brampton.ca). The application period will close on April 14, 2023, or upon receipt of 30 applications.

Shortlisted candidates will be interviewed, and one applicant will be selected for the bursary, valued at \$1,000, to be paid directly towards course enrolment. The successful applicant must provide proof of acceptance to an Ontario Post-Secondary School program.

Via [brampton.ca](http://brampton.ca)

## Mississauga Businesses Receive Over \$900,000 in Tourism Recovery Support

### Business and innovation

Today, Tourism Mississauga, the City of Mississauga's Destination Marketing Organization, announced financial support for tourism businesses and organizations from Regional Tourism Organization 5 – Greater Toronto Area (RTO5) to help them position themselves for a strong and resilient economic future.

RTO5 received \$12 million through the Government of Canada's Tourism Relief Fund, delivered by the Federal Economic Development Agency for Southern Ontario (FedDev Ontario), to help local tourism organizations and businesses safely welcome back visitors, recover from the impacts of the pandemic, create jobs and prepare for future growth.

Tourism Mississauga, a member of larger RTO5 group along with Destination Toronto and Experience Brampton, received nearly \$922,000 to provide 15 local tourism stakeholders with the support needed to recover from the COVID-19 pandemic, welcoming future visitors, and planning and preparing for future tourism activity.

The Mississauga projects receiving this tourism relief funding, include:

- Hub Climbing Mississauga – receiving \$100,000 to expand climbing offerings to include spiderwebs, floating walls, floating steps and slides within the facility. The upgrades will enhance climbing tournament options and expand the sports tourism sector within the city.
- Carassauga Festival Inc – receiving \$20,000 to enhance production of the three-day Carassauga Festival. The in-person event will have indoor and outdoor activities featuring 23 pavilions representing various countries. Outdoor events feature family-friendly fun including a parade, fireworks and performances from local musical artists.
- Clarkson Village BIA – receiving \$48,518 to enhance the beautification and streetscaping of the Clarkson Business district. Upgrades will include new street-art installations and holiday decorations.
- CreativeHub 1352 – receiving \$99,800 to support execution of the Mississauga Festival of Trees, which will include 10 family activities and workshops, two culinary markets and three days of live entertainment from local artists.
- Luxe Convention Centre – receiving \$30,000 to support and improve sustainability initiatives of the Convention Centre. This includes overall improvements to event spaces and installation of additional recycling and compost stations.
- World of Barbie – receiving \$100,000 to support 'World of Barbie' installation, which attracted over 200,000 visitors in 2022.
- GYGO – receiving \$100,000 to



help revitalize the Playdium space at the Square One Mall, including renovations to the Go-Kart track and mini golf courses.

- Mississauga Italfest – receiving \$84,500 to support the execution and expansion of quality entertainment shows of Mississauga Italfest, which took place in August, 2022 in Mississauga Celebration Square.
- Mississauga Music – receiving \$24,000 to support the launch of Mississauga Music Week and add a new Mississauga Music Awards.
- Visual Arts Mississauga at Riverwood – receiving \$20,000 to update the website revitalization by adding digitization features to better serve newcomers.
- monstrARTity Creative Community – receiving \$25,160 to deliver the #BollywoodMonster Mashup festival, with an expected 60,000 attendees.
- The Egyptian Museum in Mississauga – receiving \$100,000 to develop a multi-media, self-directed tour of the museum for patrons and help the museum secure new and rare artifacts.
- Muslim Fest – receiving \$50,000 to expand MuslimFest from Mississauga to multiple cities across southwestern Ontario.
- Metalworks Institute – receiving \$100,000 to support a development program designed to expedite training for technicians in the music and entertainment industry.
- Gymnastics Mississauga – receiving \$20,000 to deliver a Fun Fair to promote the City of Mississauga as a preeminent destination for world-class gymnastics and bolster future demand for Provincial, Canada-wide and international competitions.

Mississauga is Canada's seventh largest city, located in southern Ontario on the beautiful waterfront of Lake Ontario. As one of the most diverse cities in Ontario, Mississauga offers a wide range of amenities, attractions and entertainment options for all. With hundreds of must-see experiences, plenty of gorgeous scenery, world-class eats and events, Mississauga has something for everyone.

Please see the backgrounder for information on all projects in Toronto, Mississauga and Brampton that are receiving support.

Via [mississauga.ca](http://mississauga.ca)



# SHN part of world-first trial for new surgical technology

Scarborough Health Network (SHN) is leading the way when it comes to diagnostic and screening procedures.

The Network is one of two sites in the world to take a cutting-edge piece of technology currently used in operating rooms and trial it in a new clinical setting: endoscopy. The aim is to improve the quality of care for patients not only here in Scarborough, but across hospitals that provide this service.

Called the “Neptune S,” the new machine from medical technologies company Stryker is the only completely closed fluid waste management system, designed for hands-free clean-up, and streamlined and failsafe specimen collection. This means there is zero risk of patients or staff being exposed to the contents inside of the system. It has developed a strong track record as a tool in surgery, but has never before been used in endoscopy.

Currently, SHN offers a full range of upper gastrointestinal (GI) and colorectal procedures across three hospitals (Birchmount, Centenary, and General) to provide a full spectrum of GI care. Through several leading inpatient and outpatient services and endoscopic procedures, SHN provides an innovative and refined endoscopy program that delivers advanced diagnostic and therapeutic intervention.

Daniel Smith, manager of endoscopy, day surgery and surgical clinics at SHN’s General Hospital, emphasized the importance of trials in medical advancement, explaining patients travel to SHN from across the province to receive these types of diagnostics and screening procedures.

“SHN is committed to staying at

the forefront of providing the safest, highest quality care. It speaks to our level of expertise and our dedication to patient results and outcomes,” he said.

During a typical endoscopy procedure, a doctor can view and take samples from the inside of a patient’s body by using a flexible tube with a camera and biopsy tools on the end of it. Currently, the specimen is collected using a wall-mounted suction device, where nurses must stop the flow of suction to collect the specimen as it comes out of the body and risk missing it, which means having to manually go through the fluid contents of the suction bag to find it.

“Neptune S” eliminates this problem, while at the same time reducing disposable waste. It only

requires users to throw away the “manifold,” a machine insert (like a filter) that collects the samples, rather than the bag containing the full fluid contents of the procedure as with conventional suction devices. This is possible because post-procedure, the machine is connected directly to the septic lines of the hospital building for cleaning, providing a benefit to nurses who do not have to interact with any fluids.

“This technology was built by nurses, for nurses, and it shows,” added Smith.

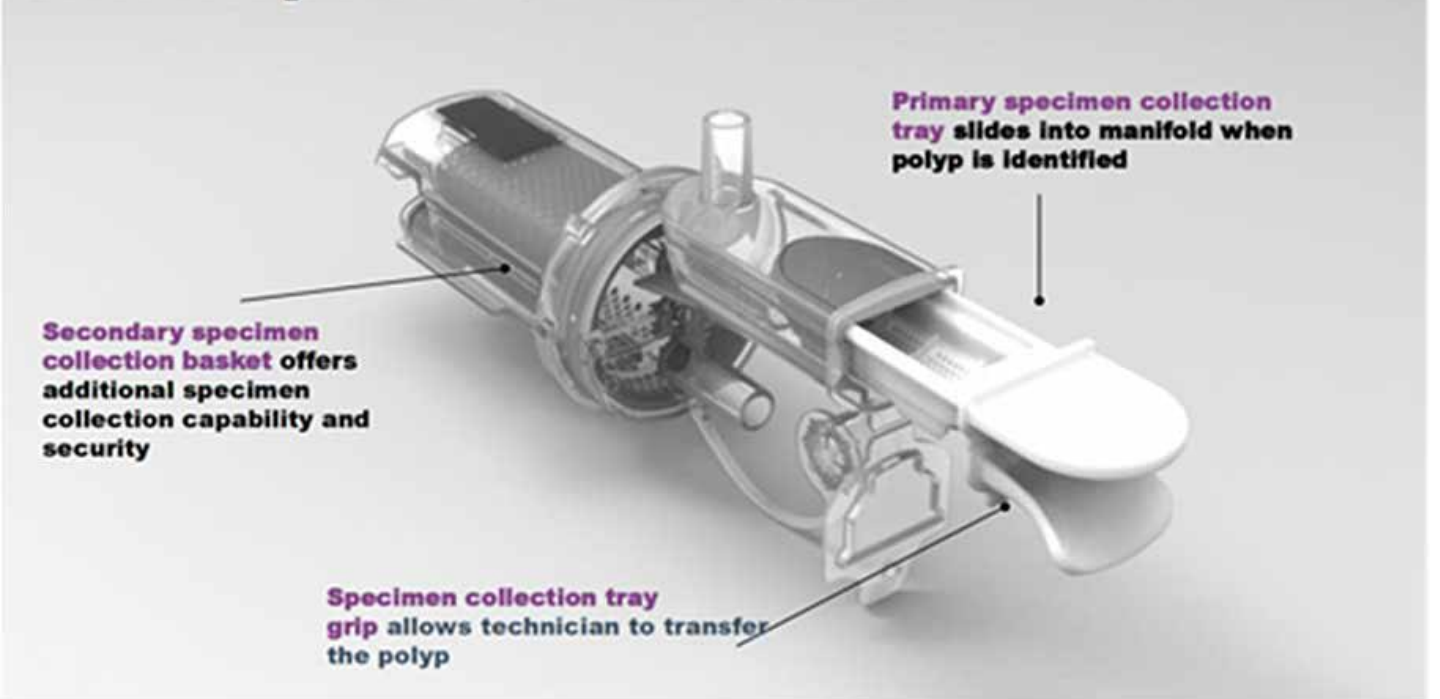
“In trialling this equipment, my staff are reporting greater suction that helps move the scope through the patient’s body, and are relieved with the built-in trap’s ability to eliminate the possibility of losing a

sample and the cross-contamination that occurs by doing anything manual.”

Sabrina Alves, product manager of surgical technologies at Stryker Canada, noted the company will take SHN’s learnings from using these machines to perfect the next generation of the machine.

“The opportunity to perform this limited launch at SHN enabled us to observe over 100 procedures in a real-world setting and gain valuable knowledge on the work process of endoscopy suites. We look forward to applying our insights to future product development to make surgical procedures more streamlined and efficient for everyone.”

## Small specimen manifold



## Scarborough Health Network’s Birchmount Hospital Redevelopment Community Forum on March 8

Join us to learn about the Scarborough Health Network (SHN)’s Birchmount Hospital redevelopment project and discuss the exciting future of healthcare in Scarborough!

SHN has big plans underway for expanding and renewing our hospital facilities and community sites. We are building into the future to meet our diverse and growing community’s evolving needs and transform care for all of Scarborough.

The first phase is a redevelopment of our Birchmount Hospital which will:

- Double Birchmount’s current capacity by adding new beds and operating rooms
- Expand services for medicine, surgery, critical and emergency care, mental health and addictions care and stroke care.

SHN is inviting all patients, families,

donors, community partners, and Scarborough residents to register for our upcoming Community Forum to explore our Birchmount Hospital’s redevelopment project:

### Event details

**Date:** Wednesday, March 8

**Time:** 6 – 7:30 p.m.

### Location:

Markham Convention Centre  
(2901 Markham Road, Scarborough)

Visit [shn.ca/birchmount-redevelopment](http://shn.ca/birchmount-redevelopment) to register

Light refreshments will be served. Free parking on site.

Other important work happening at SHN includes:

- Redevelopment of SHN – General Hospital diagnostic imaging space and a new operating suite
- Development of the Bridletowne Neighbourhood Centre and associated dialysis units
- Redevelopment of SHN – Centenary Hospital Emergency Department, including new fracture, cardiac diagnostics, and arrhythmia clinics
- Creation of the Scarborough Academy of Medicine and Integrated Health (SAMIH) education centre at our Centenary Hospital

Together, you are helping us to realize our vision of being Canada’s leading community health network and transforming the health and patient care experience.

We look forward to your participation as we embark on the exciting redevelopment of our Birchmount Hospital, and the future of healthcare in Scarborough.





# SHN INTRODUCES CLOSER-TO-HOME, HOLISTIC CLINIC FOR PATIENTS WITH AORTIC VALVE DISEASE

Scarborough Health Network (SHN) has launched a new Structural Heart Disease Clinic, providing heart valve disease patients in the eastern Greater Toronto Area (GTA) and surrounding communities with access to highly-specialized cardiac care closer to home.

Located at SHN's regional cardiac care centre at Centenary Hospital, the Structural Heart Disease Clinic supports patients suffering from aortic stenosis – one of the most common and serious heart valve disease problems – throughout their journey of care, including:

- Consultation and specialized diagnostic testing;
- Valve repair treatment, known as a transcatheter aortic valve implantation (TAVI), which is performed by an SHN cardiologist at a cardiac facility at Sunnybrook Health Sciences Centre;
- Post-procedure care and recovery (at Centenary); and
- Ongoing follow-up care.

Leading the clinic is a multidisciplinary team with extensive expertise in interventions, imaging, and clinical cardiology. This includes Dr. Ram Vijayaraghavan (Medical Director of SHN's Cardiac Catheterization Lab), CT imaging cardiologists Dr. Paul Galiwango, Dr. Nisha D'Mello, Dr. Natalie Ho, Diagnostic radiologists, Dr. James Woo, Dr. Nancy Jiang and nurse practitioner Janet Traverse.

Aortic stenosis is the narrowing of the heart valve that opens and closes to let blood pump out of the lower left heart chamber and into the aorta, which is the main artery that carries blood to rest of the body. While aortic stenosis may be caused by birth defect or infection, it generally affects older people due to ageing and the build-up of calcium deposits over time. As the valve becomes narrower and unable to work properly, there is reduced or blocked blood flow from the heart to the aorta and throughout the body. This can bring about symptoms such as chest pain, rapid heartbeat, trouble breathing, feeling dizzy, swollen ankles or feet, difficulty sleeping or doing normal physical activities, and could possibly lead to heart failure.

Previously, patients in Scarborough and the GTA East would have to go out of region for care. Now, through SHN's Structural Heart Disease Clinic, they have access to several diagnostic investigations to assess the state of their aortic valve and root, aortic arch, abdominal aorta, iliac and femoral vessels, and determine options for treatment. Specialized testing is done to view inside the body and map out the aorta and blood vessels – including a computerized tomography (CT) scan of the heart and possible repeat aortograms (a kind of catheterization procedure).

In November, the clinic team achieved an incredible milestone, performing SHN's first TAVI CT scan, which helps cardiologists with determining suitability and planning for a TAVI valve replacement procedure. This diagnostic imaging test requires an advanced CT machine with sophisticated software in order to get images of high enough quality to obtain accurate measurements and mapping.

Cardiologist Dr. Paul Galiwango praised the team and new clinic, which made this diagnostic procedure possible more locally for patients.

"At SHN, we're lucky to have a state-of-the-art CT scanner that can do cardiac imaging, and have invested in the right software and technology to be able to perform TAVI scans," explained Dr. Galiwango.

"Historically, this type of scanning has not been available in our region. But now with our structural heart program, we are doing the workups here at Centenary, including echocardiograms and the TAVI CT scans."



Dr. Nancy Jiang, Dr. Paul Galiwango and Dr. James Woo with the TAVI CT scanner

For Dr. Galiwango, CT scans are a critical part of this treatment and care journey – without it, the TAVI procedure itself would not be possible. "It helps us to determine if the patient is a candidate for TAVI, and also plan the procedure in terms of the type and size of valve implant, and what the safest access route will be to get to the heart."

Then through a partnership between SHN and Sunnybrook Health Sciences Centre, patients under consideration for TAVI will have their case reviewed by a joint team. Appropriate patients will be booked for their TAVI intervention procedure, which happens at Sunnybrook a few weeks after their CT scan at Centenary.

The TAVI procedure is performed by Medical Director of SHN's Cardiac Catheterization Lab Dr. Ram Vijayaraghavan, who is an interventional cardiologist and has trained with his counterpart physicians at Sunnybrook Hospital.

we're giving patients their lives back," said Dr. Ram Vijayaraghavan.

"There was a time when patients living with valve disorders faced two difficult options: deteriorating heart health or high-risk surgery. But that's changing. TAVI is now the most common way to treat aortic stenosis. It's a minimally-invasive procedure as opposed to the alternative open heart surgery, and the recovery for TAVI is much shorter. People are going home the next day and feeling better within a couple of days."

To date, the Structural Heart Disease Clinic has cared for over 80 patients – accelerating their assessment, diagnosis, and treatment, and supporting their care journey closer to home. Looking ahead, SHN will continue to develop, hone, and expand both local expertise in advanced cardiac imaging and our cardiologists who have the skillset to do TAVIs at partner hospitals, like Sunnybrook – with an aim of ultimately being



Dr. Paul Galiwango and Dr. Ram Vijayaraghavan

"Our incredible partnership with Sunnybrook on training and performing TAVI procedures speaks to SHN's commitment to enhancing our expertise and better meeting the needs of patients in Scarborough and the GTA East. Together,

able to do these procedures on-site at our regional cardiac centre.

To learn more about SHN's Structural Heart Disease Clinic and referring aortic valve disease patients, visit [shn.ca](http://shn.ca).



# UNPRODUCTIVE WEALTH



By: J A Rajah

He who hoards wealth and does not enjoy it or utilise it for the benefit of others, is good as dead and his wealth is a waste. The miser, for whom wealth is all, does not share it with anybody around; he will surely be a born a demon in his next birth. He is oblivious to all the blessings that flow from his wealth if he uses it properly.

*“Eeddam ivary isai venda aadaver,  
Thottam nilaikkup porai”*

ஈட்டம் இவறி இசைவேண்டா ஆடவர்  
தோற்றம் நிலக்குப் பொறை

Men, who concentrate only on hoarding wealth, to the total exclusion of fame, are born only as a burden to the mother earth. A person who has not earned affection and goodwill from people all around, by good deeds when alive, will not be able to leave behind any reputation or good remembrance.

*“Koduppathuum thuipathoom illarku  
adukkiya, Koodi undayinum ill”.*

கொடுப்பதூஉம் துய்ப்பதூஉம் இல்லார்க்  
கடுக்கிய கோடியுண் டாயினும் இல்

Persons, who neither give to others, nor enjoy wealth themselves, have nothing worth the name- even if they possess crores on crores. A charitable generosity is a great virtue, than legitimate personal enjoyment one's own wealth. A wealthy man, who neither gives to the deserving, nor enjoys it himself is a plague or pest on his own wealth. A man of wealth, who gives away nothing to the needy is like a beautiful lady who grows old in her obsinate loneliness. The wealth of a miser, who is not loved by his community is like a poisonous tree, bearing fruit in the middle of the village. Such a tree will be cut way and destroyed. If one does not give his wealth compassionately to others deserving it, such wealth will only

go to strangers. The beneficial generous acts have to be planned and performed well in time when one is alive and alert. Otherwise, such wealth would be a waste. A generous man who gives away all his money for others will only be poor for a short period as his coffers would be replenished in a short period like the fleeting dryness of a rain-bearing cloud. Valluvar drives home the idea with a meaningful metaphor in a convincing manner. Naaladiyar (263) uses a picturesque metaphor to describe the unproductive giver by bringing in the waters of the ocean which are never sought after by people who want to quench their thirst due to its repulsive saltiness. Whereas the well water, though not easily accessible is much wanted and is eagerly sought after by all those who want to quench thirst.

(Kural: 1001-1010)



Valluvar's Views



## WAS IT A MYSTERIOUS AIRCRASH OR A PREMEDITATED ACT, IS STILL A MYSTERY???

By: Kane Siva

People may laugh at my insinuation but what happened 40 years back, on this day February 1983 over Straits of Malacca has been still a mystery and is personal to me. When something happens in your backyard it becomes more personal. Lots of pundits had written so many articles on this but this is on a different note.

Upali Wijewardena was a maverick, flamboyant and an unorthodox Sri Lankan businessman, born with a silver spoon to well connected family. But his entrepreneurship, business acumen and THE WILL to succeed made him a millionaire at the age of 26. I would say a rising star and appropriately used "SUN" as his logo. I had spoken to him twice at Katunayaka airport when he used to fly out on Singapore Airlines in 1974. His face was like the SUN, radiated lots of energy and as the saying goes "Face is an index of Mind". That was my impression of this maverick. He had the typical American Dream,



Philip Upali Wijewardena was a Sri Lankan business magnate. Considered one of the best-known entrepreneurs in Sri Lanka, he had accumulated a net worth of US\$50 Million by 1983. He was the founder and chairman of Upali Group, the first multi-national business in Sri Lanka. [Wikipedia >](#)

**Born**  
February 17, 1938,  
Kamburupitiya, Sri...

**Died**  
February 13, 1983,  
Malacca Strait

and a Midas touch in his endeavours. As his business enterprise took wings globally, so did the founder. He started Upali aviation initially with the Bell Helicopters, Cessna Citation and expanded. Upali tired of flying on commercial airlines, bought his own private plane in the early 80s, Lear Jet 35A, made by Canadian Aero space company, of Bill Lear, out of Wichita, Kansas. Captain S. Yogendran, late captain T.S. De Soysa and wing commander Noel Anandappa joined Upali as his personal pilots, and under went their training in USA. Commander Noel was with Air Ceylon for two years, flew as a co pilot on our DC8 aircrafts. I still remember what Yoga told me in 1980. When they flew the Lear Jet from USA after purchasing it with Upali, stopped at Bahrain and resumed the flight to Colombo, Upali walked into the cockpit and presented each one with Gold plated Rolex Watch, and that was Upali. I have/had known Yoga and Soysa about 8 years and been my friends, Noel too, the reason this was personal to me. All 3 of them had sterling qualities and will cherish their memories forever. It was an irony of fate for Noel, he was not scheduled to fly that night but Yogendran was to be the captain, and since had something else planned, requested Noel to operate the flight.

Twin engine Lear Jet is a 6/ 8 seater, long range aircraft with a cruising speed of 528 miles per hour. Upali's flight departed on the 13th at 840 pm Kuala Lumpur time with capt. Noel in

command and De Soysa as his co-pilot. According to records Capt. Noel requested to climb to 27,000 feet and around 8.52 pm, when the aircraft was over the Straits of Malacca, disappeared from the radar and no contact was established after that. A search and rescue were initiated by ATC and various purported eyewitness accounts were published. The most important, that the fisherman in the area had seen a fireball in the sky and later found pieces of wreckage, a portion of a wing and various items but most of it drifted away because of the dangerous currents. This was what published in the newspapers. There was a multinational search and no trace of any more debris or lives. All on board presumed died instantly. This was the official version.

There were lots of theories. Malaysia and Mystery, look synonymous. There are two or more mysterious disappearances of aircraft from this country's airports. This country is having a bad track record by design or accident. If Upali's aircraft exploded in the sky, it was a premeditated act, with a timer device so it would disintegrate over Malacca Straits which would not give any clue as to the cause of the crash. A device could have been planted at the airport where it was parked, when there was no security. No one will know whether there was any security for this aircraft. Money speaks in any country. If there was an emergency, May Day could have been raised. If it



could have been a structural failure, whether it could explode in to a fireball and disintegrate? If it would have crashed in to the straits because of mechanical failure, the Black Box would have been found. If there was a fuel leak in the engine, explosion was possible, but the crew would have noticed it. If it was pilot's error, then a warning message would have come. The circumstances surrounding this crash is still a mystery and get goose bums when I think of the final moment for all of them. The crew might have paid a price for no reason or rhyme. We cannot expect transparency from the authorities where the flight took off from. The truth will never be known as with flight MH370, from Kuala Lumpur

to Beijing. There is a Veil of secrecy surrounding MH370, but authorities are tight lipped. So based on these I address, there is a lot we don't know about Upali's flight and it is a shame. There are lots of "Unknown Unknowns". I would like to add this to the credibility of people



Upali Wijewardena



Upalis' private Learjet35A

who profess that this was a mysterious accident of some sort. Lear Jet aircraft had its fair share of accidents and incidents but in most of these cases, authorities manage to retrieve the Black Boxes, find out the cause and improve the technology of the aircraft. But this particular crash drew a big "Fire Wall" and who were the people behind this & either from where the flight originated or where it was registered, is still a mystery? It is interesting to note in the media, the government where the aircraft was registered wanted the search to be cancelled at one stage (I don't believe it). I don't think any accident report was published by either country's DCA as to the cause which is the norm (Maybe I am wrong).

Since really passionate about aviation and lives, especially of the three crew members and the enterprising business man and his associates, it was and still the biggest tragedy to the "Pearl OF THE Indian Ocean" of unfathomable proportions. It is so unfortunate that Upali's life was cut down at a young age, he was a dreamer. His aim was to achieve the highest pedal in life.

I am sure Upali believed in this. "AIM HIGH—SUCCESS LIES, NOT IN ACHIEVING WHAT YOU AIM AT, BUT IN AIMING AT WHAT YOU OUGHT TO ACHIEVE, AND PRESSING FORWARD, SURE OF ACHIEVEMENT HERE, OR IF NOT HERE, HEREAFTER".

FOR the beautiful souls who were wiped out by a CRUEL HAND on that fateful night, WE SAY A BIG PRAYER ON THIS ANNIVERSARY FOR ALL OF YOU AND A PERSONAL HEARTFELT GRATITUDE TO MY GOOD FRIENDS NOEL & TS. DE SOYSA.

GOD BLESS ALL OF YOU.

**K.N. Sivagnanasunderam (Blue)**  
Former Flight Operations Officer,  
Air Ceylon Ltd,  
Kanesiva6@gmail.com



# IF You Want to Win

**If you can in your life embrace that which is good, then that's all you need to do. You don't need to go chase the wrongness and say get out of here, you don't need to do that**



**A clear and simple way to win in this life is by turning inside.**

Everybody gets caught up in "This is wrong, and this is wrong, and this is wrong." And of course, things are always going to be wrong. Always.

You cannot destroy wrongness. That would be wrong.

It's always there.

And that's not the point. The point is, so is that which is good. And if you can in your life embrace that which is good, then that's all you need to do.

You don't need to go chase the wrongness to say "Get out of here." You don't need to do that.

A lot of people think, "Oh yeah, I have to remove all the darkness in my life, all the things that are wrong in my life." You can't do it. It's not possible. It's not physically possible. You can't push it out.

You look at people, and what do they get affected... What do you get affected by? Most trivial thing; somebody said something bad about you so you get affected by it. Don't you? "Oh, how can he say that!"

So have you been affected? No. But do you feel affected? Yes.

And how long does that game go on? It goes on forever. Forever.

How do you win? How do you win? How do you teach somebody

to win in this world? Because the winning is losing in this world. And if you want to win, you have to turn inside. That's the only way. You can't go anywhere else. You've got to turn inside.

Everyday to live this life consciously, to be real.

**We Are The Doers**

It is what we have been so busy in doing that is preventing the peace from being felt in our lives.

How many of you think something has to be done to have peace? A few! There's more. Come on, there's a lot more. Because we are the doers! We're the doers.

If we want to make okra, it has to be made; it has to be cut. It doesn't come that way from the okra plant. You have to pick it; you have to cut it; you have to clean it. Then you have to put it in the frying pan. "Do something to have something"—except for peace.

It is what we have been so busy in doing that is preventing the peace from being felt in our lives. And what has to happen is, please, let peace emerge. Emerge. Emerge. Not create. Not think. Not sit there and go, "Now, I am in peace." And then

somebody there, going, "Yes, yes, now you're in peace." It's all we need, right? No! Peace has to be real. Do you think peace is an option?

If you think peace is an option, how many of you are busy in your daily lives and think it's kind of not possible to sit there and pursue peace because you're so busy from morning till evening? You're getting your education; you have to go to college; you have to go to your shop; you have to go to your business; you have to go to your job, your government job, your, you know, whatever! How many of you think, "No time for peace"?

Nobody? This is what people say: "I don't have time! I'm busy! I am busy being miserable. I have no time for happiness." Then all I can say is, "Will you please reconsider? This is your life. Reconsider your priorities of what is important to you."

But we sit in the grand illusion, thinking that it is so. And this is what I said: "All is not as it seems to be. All is not as it seems to be."

– PremRawat  
[www.timelesstoday.com](http://www.timelesstoday.com)  
[www.premrawat.com](http://www.premrawat.com)

## What This World Needs

Earth is 4.5 billion years old.

We have been on this earth as modern human beings, only as "modern human beings" for around six thousand years.

What have we done?

On one hand, we stand at the brink of extinction.

As human species created this problem created by ourselves, not by somebody else, not by Martians, not by people from moon, but by us.

And on the other hand, we are here today to talk about "Kindness".

We're not here to discuss war.

We're not here to discuss the extinction of mankind.

We are actually here

to talk about the very fundamental thing that can make a huge difference in this world.

What this world needs is kindness, compassion, understanding.

And as Datuk said, the word that hit him is 'noble'.

And that indeed is noble.

Because those people who understand the necessity of compassion carry a bigger burden on themselves than those who don't.

And this is what I mean.

There is a law, a very fundamental law of nature.

And you really have to understand this law because this is the law behind that one word called 'kindness', of what it means.

There are so many NGOs here, so many people with good wish and will to help humanity.

And I know that sometimes it's very disappointing. You make your effort, day after day after day . and nothing happens.

Or seemingly nothing happens.

Another war takes place, more innocent people get killed.

Stupidity!

And you wonder, is it going to make a difference?

I started speaking about peace when I was 4 years old.

I started taking this responsibility of spreading the peace,

first in my native India when I was 9.

I was around 13 years old when I went to the west, to England, America and brought this message to outside of India.

So, here I am,

and I'm sure there's a lot of people: "Oh, Ambassador of peace..."

What does "Ambassador of Peace" mean anyway?

You're all Ambassadors of Peace, don't you know it? I'm not the only one. You're Ambassadors of Peace.

And it is your responsibility too, to make sure that the peace spreads in this world.

Because what other option do we have, by the way? What other option is there?

So, what is this law that I am talking about?

This is what gives me heart.

My effort that has been going on for such a long time.

This is what gives me heart.

And what is this law?

Here's the law.

If you take two candles, a lit candle and an unlit candle, and bring them together.

Guess what happens?

The lit candle will light the unlit candle

not the other way around.

That's the law of nature.

A lit candle will light the unlit candle, not that the unlit candle will put out the lit candle. No.

Not even 50-50. Every single time, the lit candle will light the unlit candle.



## WAS IT A MYSTERIOUS AIRCRASH OR A PREMEDITATED ACT, IS STILL A MYSTERY???

By: Kane Siva

People may laugh at my insinuation but what happened 40 years back, on this day February 1983 over Straits of Malacca has been still a mystery and is personal to me. When something happens in your backyard it becomes more personal. Lots of pundits had written so many articles on this but this is on a different note.

Upali Wijewardena was a maverick, flamboyant and an unorthodox Sri Lankan businessman, born with a silver spoon to well connected family. But his entrepreneurship, business acumen and THE WILL to succeed made him a millionaire at the age of 26. I would say a rising star and appropriately used "SUN" as his logo. I had spoken to him twice at Katunayaka airport when he used to fly out on Singapore Airlines in 1974. His face was like the SUN, radiated lots of energy and as the saying goes "Face is an index of Mind". That was my impression of this maverick. He had the typical American Dream,



Philip Upali Wijewardene was a Sri Lankan business magnate. Considered one of the best-known entrepreneurs in Sri Lanka, he had accumulated a net worth of US\$50 Million by 1983. He was the founder and chairman of Upali Group, the first multi-national business in Sri Lanka. [Wikipedia](#) >

**Born**  
February 17, 1938,  
Kamburupitiya, Sri...

**Died**  
February 13, 1983,  
Malacca Strait

and a Midas touch in his endeavours. As his business enterprise took wings globally, so did the founder. He started Upali aviation initially with the Bell Helicopters, Cessna Citation and expanded. Upali tired of flying on commercial airlines, bought his own private plane in the early 80s, Lear Jet 35A, made by Canadian Aero space company, of Bill Lear, out of Wichita, Kansas. Captain S. Yogendran, late captain T.S. De Soysa and wing commander Noel Anandappa joined Upali as his personal pilots, and under went their training in USA. Commander Noel was with Air Ceylon for two years, flew as a co pilot on our DC8 aircrafts. I still remember what Yoga told me in 1980. When they flew the Lear Jet from USA after purchasing it with Upali, stopped at Bahrain and resumed the flight to Colombo, Upali walked into the cockpit and presented each one with Gold plated Rolex Watch, and that was Upali. I have/had known Yoga and Soysa about 8 years and been my friends, Noel too, the reason this was personal to me. All 3 of them had sterling qualities and will cherish their memories forever. It was an irony of fate for Noel, he was not scheduled to fly that night but Yogendran was to be the captain, and since had something else planned, requested Noel to operate the flight.

Twin engine Lear Jet is a 6/ 8 seater, long range aircraft with a cruising speed of 528 miles per hour. Upali's flight departed on the 13th at 840 pm Kuala Lumpur time with capt. Noel in

command and De Soysa as his co-pilot. According to records Capt. Noel requested to climb to 27,000 feet and around 8.52 pm, when the aircraft was over the Straits of Malacca, disappeared from the radar and no contact was established after that. A search and rescue were initiated by ATC and various purported eyewitness accounts were published. The most important, that the fisherman in the area had seen a fireball in the sky and later found pieces of wreckage, a portion of a wing and various items but most of it drifted away because of the dangerous currents. This was what published in the newspapers. There was a multinational search and no trace of any more debris or lives. All on board presumed died instantly. This was the official version.

There were lots of theories. Malaysia and Mystery, look synonymous. There are two or more mysterious disappearances of aircraft from this country's airports. This country is having a bad track record by design or accident. If Upali's aircraft exploded in the sky, it was a premeditated act, with a timer device so it would disintegrate over Malacca Straits which would not give any clue as to the cause of the crash. A device could have been planted at the airport where it was parked, when there was no security. No one will know whether there was any security for this aircraft. Money speaks in any country. If there was an emergency, May Day could have been raised. If it



could have been a structural failure, whether it could explode in to a fireball and disintegrate? If it would have crashed in to the straits because of mechanical failure, the Black Box would have been found. If there was a fuel leak in the engine, explosion was possible, but the crew would have noticed it. If it was pilot's error, then a warning message would have come. The circumstances surrounding this crash is still a mystery and get goose bums when I think of the final moment for all of them. The crew might have paid a price for no reason or rhyme. We cannot expect transparency from the authorities where the flight took off from. The truth will never be known as with flight MH370, from Kuala Lumpur

to Beijing. There is a Veil of secrecy surrounding MH370, but authorities are tight lipped. So based on these I address, there is a lot we don't know about Upali's flight and it is a shame. There are lots of "Unknown Unknowns". I would like to add this to the credibility of people



Upali Wijewardene



Upalis' private Learjet35A

who profess that this was a mysterious accident of some sort. Lear Jet aircraft had its fair share of accidents and incidents but in most of these cases, authorities manage to retrieve the Black Boxes, find out the cause and improve the technology of the aircraft. But this particular crash drew a big "Fire Wall" and who were the people behind this & either from where the flight originated or where it was registered, is still a mystery? It is interesting to note in the media, the government where the aircraft was registered wanted the search to be cancelled at one stage (I don't believe it). I don't think any accident report was published by either country's DCA as to the cause which is the norm (Maybe I am wrong).

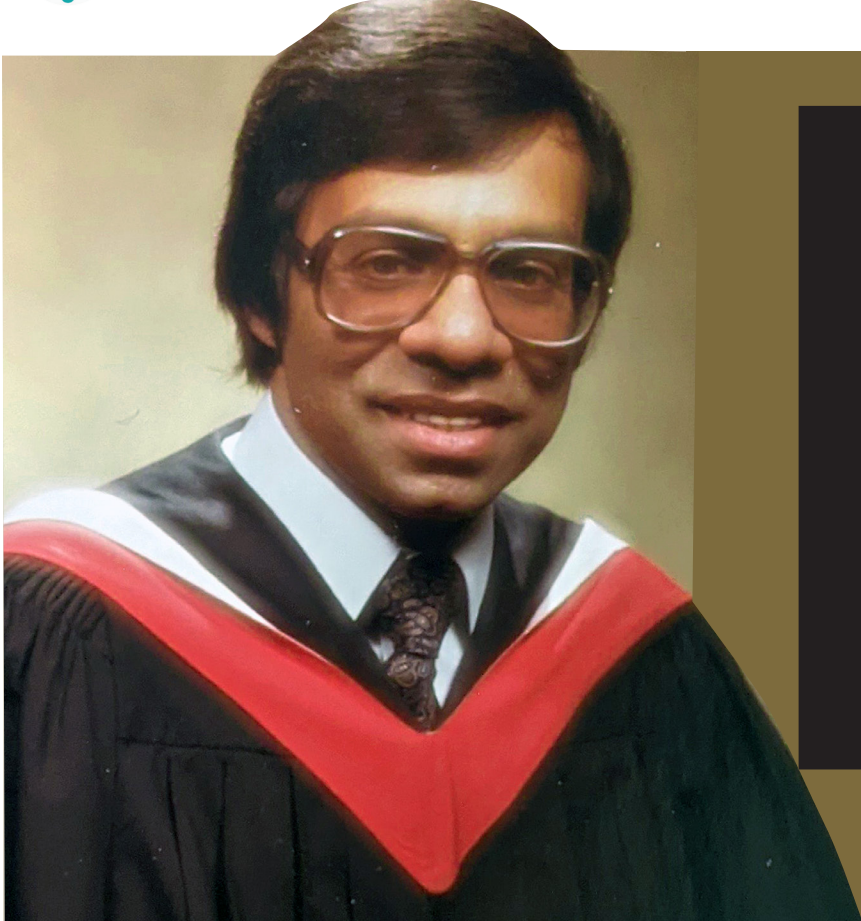
Since really passionate about aviation and lives, especially of the three crew members and the enterprising business man and his associates, it was and still the biggest tragedy to the "Pearl OF THE Indian Ocean" of unfathomable proportions. It is so unfortunate that Upali's life was cut down at a young age, he was a dreamer. His aim was to achieve the highest pedal in life.

I am sure Upali believed in this. "AIM HIGH—SUCCESS LIES, NOT IN ACHIEVING WHAT YOU AIM AT, BUT IN AIMING AT WHAT YOU OUGHT TO ACHIEVE, AND PRESSING FORWARD, SURE OF ACHIEVEMENT HERE, OR IF NOT HERE, HEREAFTER".

FOR the beautiful souls who were wiped out by a CRUEL HAND on that fateful night, WE SAY A BIG PRAYER ON THIS ANNIVERSARY FOR ALL OF YOU AND A PERSONAL HEARTFELT GRATITUDE TO MY GOOD FRIENDS NOEL & TS. DE SOYSA.

GOD BLESS ALL OF YOU.

**K.N. Sivagnanasunderam (Blue)**  
Former Flight Operations Officer,  
Air Ceylon Ltd,  
Kanesiva6@gmail.com



# Tamil Community in Toronto loses a Community Leader

**Mahendran Thurai**

(Jan 29, 1936 – March 12, 2023)

Beloved father, husband, brother, uncle, grand-uncle, teacher, and community leader Mahendran Thurai passed away on Thursday, March 12th at the age of 87. He is survived by his dear daughter, Lakshmi Thurai, and his loving wife of nearly 50 years, Dr. Indrani Thurai.

Mahendran was born in Udivil, Jaffna on January 29th, 1936. His three brothers and sister, all of whom he was very close to, spent their childhood in Colombo, Moratuwa, and Jaffna, Sri Lanka. He emigrated to Canada in 1967, where he became a pillar of Toronto's early Tamil community. Throughout the 1970s and 1980s, Mahendran played a key role in establishing the first foundations of Tamil presence in the city.

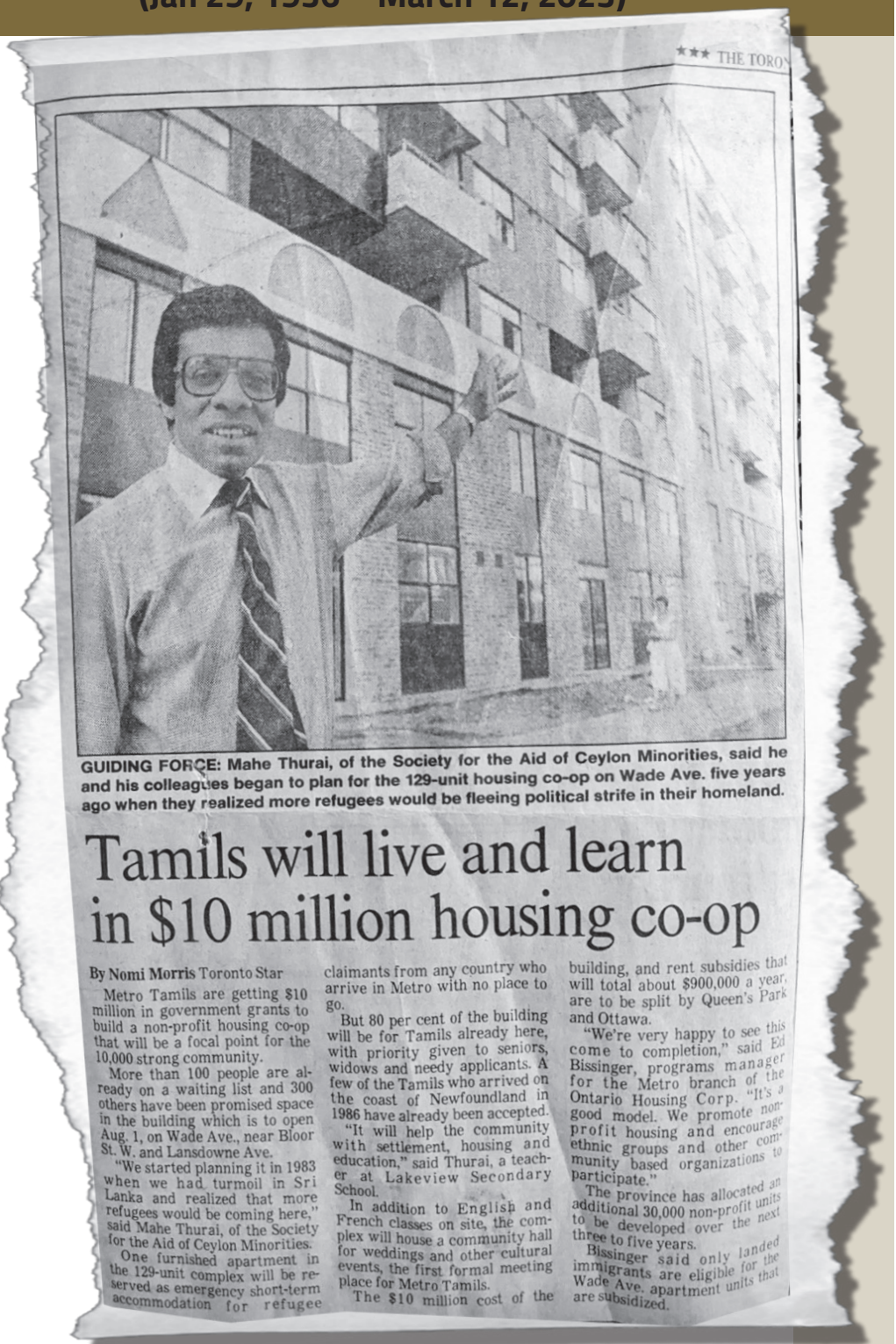
Mahendran's efforts to help his community has had a lasting impact on Toronto's rich multicultural heritage. As one of the leaders of the Society for the Aid of Ceylon Minorities (SACEM), he helped secure 10 million dollars in federal and provincial funding to construct one of Toronto's first housing co-operatives at Lansdowne & Bloor in the early 1980s. Eighty percent of the 129-unit building was reserved for Tamil refugees, Tamil emigrants to Canada, and Tamil-Canadians. At a time when our community was still finding its footing, the Tamil Co-op Homes provided essential services in Tamil, assistance navigating government services, advice on settling in Canada, English and French lessons, and a community event hall. It was, and still is, a place where Toronto's growing Tamil population could build a community together.

While the area around the Tamil Co-op Homes has since gentrified, the building still provides affordable housing for Tamils in a historically-diverse neighborhood. Mahendran's efforts were key to the establishment of this important historical site for Toronto's Tamil community and Tamil-Canadian identity. The Co-op, and all the lives it has supported and changed, are a part of his legacy.

In 1983, Mahendran was part of a delegation of Tamil community leaders who lobbied the federal government to relax the visa requirements for Tamils fleeing the rising unrest in Sri Lanka and looking to settle in Canada. His commitment to his community contributed to the Canadian government's more welcoming stance towards Sri Lankan Tamils in the early 80s, and laid the building blocks for how far our Tamil-Canadian community has become today.

Mahendran was a teacher for the Toronto District School Board for 26 years, teaching automotive engineering and switching to English Literature after acquiring his Bachelors of Arts from York University in 1988. He was a giving and devoted teacher, supporting the students' extracurricular activities by coaching track & field after school.

After retiring in 1998, Mahendran spent several years teaching at the City Adult Learning Centre, a secondary



- Featured in Toronto Star in 1988

school for adults wishing to earn their high school diploma. There, he taught English as a second language to newcomers to Canada, supporting their journey towards creating a home in a new country.

Mahendran was the kind of person who never stopped giving back. He was warm, welcoming, and loved by all who were lucky to know him. Through his professional and volunteer work, he shaped countless lives for the better, helped to define the early Tamil-Canadian experience and identity, and made Toronto's Tamil community what it is today.

# Leaders for Change Award: Arul S Aruliah

Canadian Tamil Congress (CTC) held their Thai Pongal & Tamil Heritage Month Celebration on January 28, 2023. At this CTC's 16th annual event, Lifelong community activist Mr. Arul S. Aruliah was presented with the year 2022's Leaders for Change Award.

Honouring the award recipient and recognition, CTC's annual publication "Voice 2023" also published at the event, carries the following profile and contributions of Mr Arul S Aruliah:

This year marks the 40th anniversary of Black July, and correspondingly the exponential growth of the Tamil community. The community grew from a modest 3,000 Tamils in 1983 to the current 300,000 strong community from coast to coast. This growth is, in part, due to the work of Mr. Arul S. Aruliah and his colleagues, who worked tirelessly, to first shed light to the anti-Tamil pogroms, and then worked with the government of the day to establish a Special Measures Program that allowed over 1,880 Tamils to settle here. This year, CTC is proud to recognize Mr. Arul S. Aruliah, with the Leaders for Change Award.

Mr. Aruliah is an unassuming leader within the Tamil community. He volunteered to support his community by every means possible. After establishing the Special Measures Program for Tamils, he worked with his colleagues to support Tamil refugees as they arrived in Canada in droves. He would often go to the Toronto Pearson Airport and help release new refugees who arrived seeking asylum. He would have a roster of established Tamil-Canadians to support the release of new commers.

From 1983 to 1990, Mr. Aruliah continued to volunteer in the area of refugee and immigration settlement. He held several leadership roles with the Tamil Eelam Society of Canada, the



major organization of the time. He undertook many of the refugee assistance projects through its immigration and refugee affairs committee. He was instrumental in transforming the role of the Tamil Eelam Society of Canada from primarily an advocacy organization in the 1980s into a settlement agency in the 1990's.

Mr. Aruliah was also one of the first points of contact in the 1980s for the media in representing the Tamil community. Solely focusing on the human rights abuses in Sri Lanka, the community was seen through persons like him and his colleagues through frequent meetings with government officials, politicians and media. He was continuously on the frontlines offering a Tamil- Canadian perspective on issues specific to the community.

Many observers of that era credit his efforts to be continuously available for the people,

including his work on the introduction of the Minister's Permit process in May 1986 that availed protection for many. He volunteered assistance to hundreds of individuals for their release from immigration detention until the introduction of the minister's permit process.

tainable government assistance to the organization to attend to service needs of the community. One of his most memorable achievements was his efforts to lobby the provincial government in Ontario to allow all accepted refugee claimants, not just members of the Tamil community, to pursue post-secondary education by waiving the fees differential fees required while they wait for formal landed status. This facilitated those who were accepted but yet-to-be-landed students gaining access to post-secondary education from 1989. His work on refugees continued as he joined York University's Centre for Refugee Studies as managing editor of Refuge, its marquee publications until 1995.

Mr. Aruliah was born in the island of Pungudutivu, Northern Province. He went to the United Kingdom for higher education. After completing his undergraduate degree, he came to Saskatoon in 1973 for higher education. He moved back to England to study Process Engineering and Economics at Loughborough University, and worked for Rank Xerox at Welwyn Garden City, before returning to Canada. He worked at the Ontario Research Foundation, Mississauga, and later as a research engineer at the University of Toronto on its Fuel Cell-Hydrogen Project in the mid-1980s.

In the summer of 1986 after the arrival of Tamil refugees who were rescued off the shores of Newfoundland by the fisher folk, he went there, with his colleagues from Montreal, to provide assistance. The Canadian government's response then, under Prime Minister Brian Mulroney, was swift and principled and unrivalled.

Mr. Aruliah continues to support the efforts of new generation of Tamil community leaders. He continues to motivate, inspire and counsel many in our community. For five decades, he has been a humanitarian, a community builder and an advocate for the Canadian Tamil community and fellow Canadians.

Mr. Aruliah started worked in the early 1990s in founding a co-operative home in Mississauga, an 80-unit cross cultural co-op building, Yarl Co-operative Homes, that opened in 1995.

Mr. Aruliah and his partner, Pathma – who was recognized by the Peel District School Board for teaching of the Tamil language for 35 years --have been life partners for over fifty years and they have two children, both practicing as legal counsels, and a granddaughter.

Mr. Aruliah, along with his colleagues advocated to obtain sus-



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Feb 10

### Girls' Education Project of the British Council

So happy to be part of a collaborative team investing in girls' education.

This is a pilot project of the British Council, rolled out across many South Asian countries.

Because they noticed girls' education was not as prioritised as boys'. Started out in Bangladesh and was

so successful, they took it to other countries in the region as well.

Sri Lanka is one of the last. Afghanistan was due to start too, but unfortunately plans there have had to be shelved. Proving the point as to precisely why we need to prioritise girls' education.

Feb 11

### Not all those who wander are lost

I'm working as a report writer with the NGO FAIRMED currently. They are an organization that started out working with leprosy patients and eventually expanded into other health issues; their mandate is to ensure that even the most marginalized people in the most under-developed of places, have recourse to adequate health care. They are currently in

a reconnoitering mission in Sri Lanka to identify what our specific issues across these regions are. I'll be travelling with them over the next 10 days in the North and North Central Provinces. Today we went to Kayts and Pt. Pedro. Met some interesting people on the trip.



A group of young women involved in batik making



They draw out the designs by hand



Heating wax for the print



Some of their dyed cloths being dried





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# In a sylvan setting of abundant palmyrah trees, guess what you'd find.

Women making a living from Palmyrah products, The craft seemed to be in danger of dying out for a while, but is reviving again now. Locals who switched to the plastic and stainless steel stringhopper and puttu moulds are switching back to the healthier natural products now.

Nobody buys baskets and hats in the region made of palmyrah - they are sent to Jaffna and perhaps eventually Colombo to be sold.



Sprightly 76 year old aachie came in with a cane to do her share. She said she learnt palmyrah product weaving from her grandmother but attended a training last year too, at the age of 75 to learn some more.

She apparently won an award at an exhibition last year for



her mat weaving skills. "I can make a stringhopper mould in 15 minutes and sell each at Rs.40. We sell sets of 10 of these, so that would be Rs.400.

The puttu mould (Neethu petti) doesn't fetch much. Just Rs.50."



This disabled young man runs his own cycle repair workshop from home. He uses his hands to move speedily across the floor as his legs are shriveled and cannot function.

His mother apparently fell into a bunker and hurt herself while pregnant with him, damaging his development in utero.

Very positive attitude. When asked about feeling left out at school, sports, bullying etc, he said he participated in sports like

shot put, had friends at school who cared for him and his teachers were all good to him.

Either he has a uniquely Sri Lankan experience of school life or he chooses to ignore the negatives.

Asked for his ambitions in the future, he said he wanted to expand his business and employ fellow disabled people. He is a member of a disabled persons society in his area that has 340 members.



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## Tribute

By: J A Rajah

A service of thanksgiving for the life and work of Kanthimathi, wife of Rev. Isaac Selvaratnam was held at the Tamil Christian Church of Canada, Scarborough recently. She entered glory on the 31st of October 2022. Giving his tribute, David Jeyasingh, former Principal of the Deaf and Blind School,

Kaithadi said that Pothagarammah was the backbone of the family, and that she was of tremendous help to her husband and children and laid the foundations for their success. David had known the family well when Rev. Isaac ministered at the Anglican Church at Kopay.

Another tribute was paid by Rathinee Sebastian a family friend

who related the talents and capabilities of PothagarAmmah who never showed her abilities but downplayed them and helped to boost up the members of her family.

Pastor Jebbi who preached the sermon asserted that those who have faith in God will face all calamities that confront their lives without fear. Rev. Selvaratnam who spoke briefly at the end told how his wife helped him in many ways, denying herself of all comforts.

His success as minister for Christ

was greatly due to the support given by her. The Choir of the TCCC gave a meaningful Tamil lyric-'Oruvaart-haisollumkarthavey'; and the grand children too sang a special song.

Besides his ministry as an Anglican priest in Sri Lanka, Pothagar served as the Pastor in charge of the Tamil Christian Church of Canada for ten years and remarkably contributed to its reputation as the most recognised Sri Lankan Tamil Church in Canada.

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# Tribute to PROFESSOR RATNAM VIGNESWARAN

**Former Vice Chancellor, Professor of Mathematics, University of Jaffna**



## C. Kamalaharan

It is with a heavy heart I settle down to pen this tribute to one of my close relatives Prof. Ratnam Vigneswaran who left us thunderstruck on hearing his untimely demise. Vigneswaran was not born with a silver spoon in his mouth. Brought up in an agricultural environment he lost his father at a young age. Through sheer hard work and under the constant care of his mother he had reached the level of academic excellence.

He began his primary education and part of his secondary education at Inuvil Hindu College. In order to enhance his educational career further he was admitted in grade eight at Jaffna Hindu College one of the leading National Schools in the country. It was in this acclaimed institution his educational programme began to blossom. Being an assiduous student he studied diligently burning the midnight oil performed well in the A/L exam and gained admission to the physical science course in the University of Jaffna. On the basis of his creditable performance in the first two years he was admitted to follow the mathematics special degree course his long felt desire and passed out as a mathematics special graduate.

He got his first appointment as a temporary lecturer in statistics

in the Eastern University (1982-1983). Later he was appointed as a temporary lecturer in mathematics (1984 – 1986). In 1987 he was appointed as permanent lecturer in the same field. Continuing further he won a scholarship to the University of Sussex and completed his Phd programme (1988 – 1991). Relentless in his quest to study further he won the

Commonwealth Scholarship (2001- 2002) and successfully did his Post Doctoral Studies.

On his return to SriLanka he resumed his services as lecturer in mathematics in the Eastern University in 1992. After successfully serving there for twenty years (1984 – 2004) he was transferred to the University of Jaffna in the same capacity as lecturer in mathematics. In 1992 he was promoted to the position of Senior Lecturer grade 2. Thereafter fortune continued to smile on him; he was appointed as the Head of the Department of Mathematics in 1994, Associate Professor in 2009 and Dean of the Faculty of Science in 2016.

Vigneswaran was always a simple, unassuming and easily accessible person. His doors always remained open for the staff and students of the university. Once during my visit to meet him in his department a batch of students arrived there to solve a problem. Vigneswaran received them polite-

ly, gave a patient hearing, discussed the problem and sort it out favourably.

Vigneswaran beside his educational pursuits is also a highly religious person. He was always a strong believer in his ingrained faith Saivism. His devotion to Lord Murugan is unsullied. I had seen him attending pooja daily at 5.30 am at Inuvil Kanthaswamy temple. Having full of faith in Lord Murugan he constructed an attractive 'Gopuram' (tower) in the southern entrance of the temple above the Arumuga Swamy shrine. I always admired the way he sported stripes of Viputhi (Holy Ash) on his forehead wherever he went. Through sheer hard work he had been successful in his educational pursuits and had risen to eminence as an educationist at the tertiary level. The way he was received, given a rousing welcome and taken in a grand procession by the people of Inuvil his ancestral home is ample proof of his popularity

Vigneswaran is no more. He has taken eternal rest at the Holy Feet of Inuvil Kanthan his chosen deity. His educational pursuits, his administrative ability, his simple nature and his impeccable faith in his religion will always remain edged in our memory.

*May his soul rest in peace.*



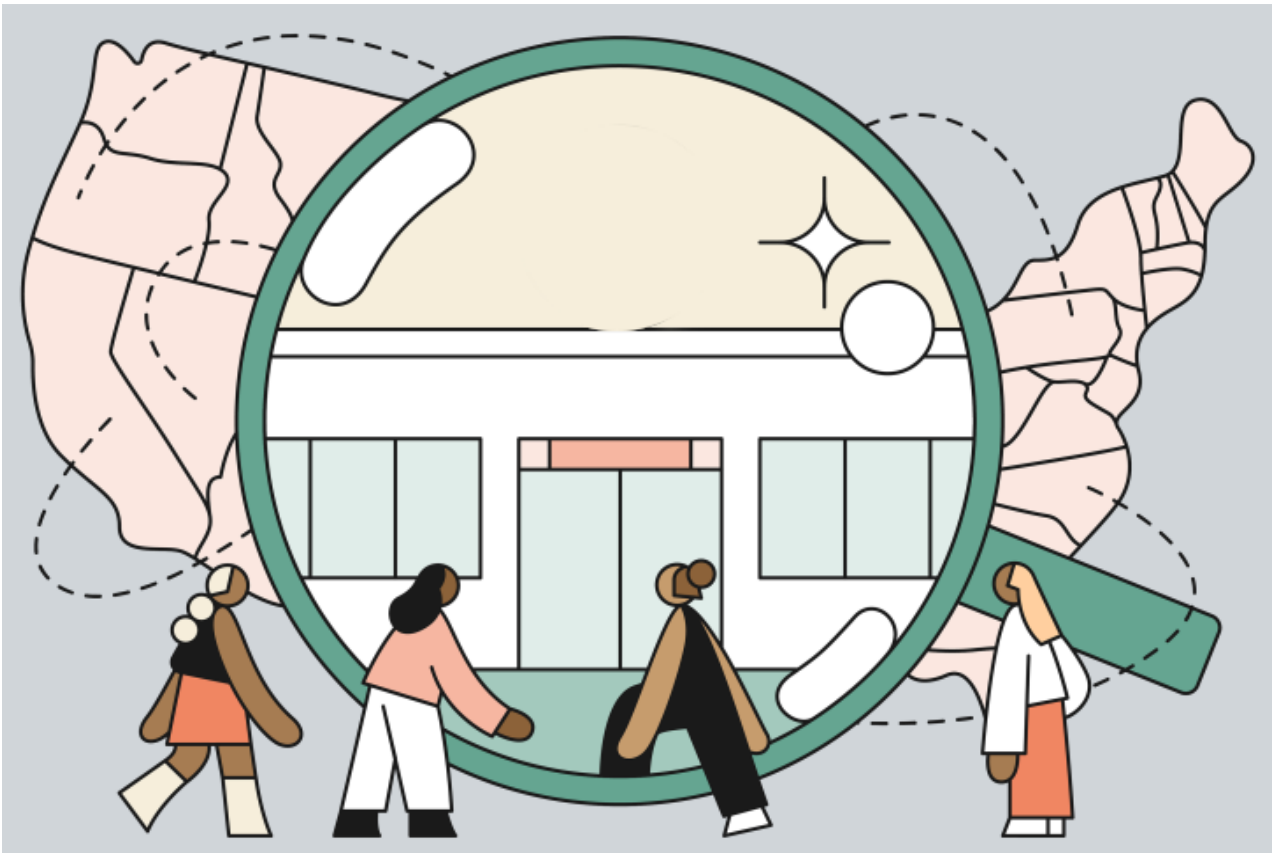
# Value of Life, Abortions and the Decline of Western Culture

By: J A Rajah

Western culture is sliding towards sodom due to the current lifestyle that promotes more intimate relationships between men and women. The social media provides all the necessary material that promotes these activities. Human beings tend to follow the crowd, no matter where it leads or who is leading. People turn to bloggers, podcasters and social media in general for information and validation. Much of the academia has been taken over by propagandists who promote casting off all restraint.

## A. Assisted Suicides:

Growing up has always been challenging, as individuals search for where they fit in the grand scheme. But today, it is worse, as there are plenty of peers and opportunists to show you the way, to validate you with social media, no matter how destructive. Many decry the devaluing of human life and worry about the growing culture of death in western civilization. Others celebrate what they see as a growing willingness to ensure death with dignity and embrace suicide as the ultimate display of human autonomy and free will. Choosing death is turning out to be an increasingly popular way of life in Canada. And this is even after Canadian lawmakers in 2016 restricted assisted suicides-made legal by Canada's Supreme Court the year before- to only those with terminal illnesses, for whom natural death was reasonably foreseeable. In just six years, from 2016 to 2021, the number of Canadians choosing assist those dying grew tenfold, from 1,018 to 10,064.-meaning that in 2021, individuals in Canada asked for assistance in killing themselves at a rate of 27 per day. Similarly in 2003, the rate of those dying via euthanasia in Belgium was 235 per year. That number has grown more than ten times greater in less than 20 years: In 2021, Belgium reported 2,699 cases of euthanasia-more than seven people every day-from a population about a third the size of Canada. Belgium law stipulated that those choosing death had to be legal adults, conscious and capable of making their own decisions, and suffering from a hopeless medical condition that involves constant and unbearable physical and mental suffering that cannot be relieved. But, over some time Belgian authorities felt that what qualifies as 'unbearable physical or mental suffering has expanded in troubling ways. In 2012, two deaf 45 year old twin brothers, diagnosed with glaucoma, were euthanized because regulators decided their fear of going blind constituted 'unbearable mental suffering. In 2014, the regulation was extended to include minors who with their parent's consent, wish to die. Since then children as young as nine years old have been euthanized.



## B. Increasing cases of Legalized Suicides:

Sure enough, Canada has followed the Belgian trend. Last year, the 2016 standard was replaced with the looser standard that the individual be experiencing "unbearable physical or mental suffering" that "cannot be relieved under conditions that you consider acceptable." Concerned observers have already noticed that an increase in suicides among Canada's poor or disabled who find the cost of living too high, such as the famous case of a 51 year old woman suffering from environmental allergies, who chose suicide because she could not get assistance to relocate. In the US too Dr. Jack Kevorkian, a Michigan doctor who in the 1990's started by assisting several dozen people in committing suicide- became emboldened enough to actually kill a patient, for which he served eight years in prison. Today assisted suicide is illegal in Michigan, but several states-including several that also legalize expansive rights to abortion, such as California, Oregon, and Washington along with Maine, New Jersey, and Vermont on the east coast- have legalized this practice, which many considered barbaric not long ago. New research released recently in the US adds to a growing evidence showing a link between more restrictive abortion policies and higher maternal and of mortality.

## C. The Right to Abort and the Right to Life:

Human rights activists believe that they have the right to abort. In February 2012, ethicists Alberto Giubilni and Francesca Minerva published an article demonstrating that ethical reasoning that would allow the murder of a child in its mother's womb grants the right to kill a child after it has been born and has become a growing infant. The idea of equating abortion with in-

fanticide infuriated many. The pro-abortion activists have vandalised and fire-bombed churches and crisis pregnancy centers, leaving spray painted messages such as "if abortions aren't safe, you aren't either". Many countries-especially Muslim countries take a different step to avoid unwanted pregnancy. For example in Indonesia extra-marital sex is deemed as a criminal offence. In Afghanistan, the Taliban insurgents are demanding that women must wear hijabs and even be prevented from going for higher education.

## D. The Value of Human Life.:

Though human life is priceless, terminal illnesses inevitably brings pain, debility and financial devastation. One should not deny the harsh reality that we should ease the burdens of those suffering from terminal illnesses. Valuing human life is morally essential for civilized livelihood. All human lives have value for each and every one. The sanctity of life is the idea that human lives are inherently more valuable than any material thing there is. The fact that we value human life is due to our religious traditions. Philosophers like Aristotle refer to human rationality as the reason for the value of human lives. Religions differ highly across geography and time, but a commonality is that most religions teach us that we should value life because it is either valuable to God or instrumental to re-birth. The sanctity of human life has great purchase across all world religions. Aristotle believed that all living beings weighed by the kind of soul they had. He said that we should value our human life due to our inherent capacity to reason. We teach each generation that human life is beyond all else. We establish it as the sacred myth of our time-a myth we need to constantly maintain if we want it protected. We should also safe-guard it from the ill-effects of contra-culturalism. Life is worth living -if lived well.



## SPECIAL FEATURE

# GNS IS A NEW MUSIC VENTURE



**GNS**, an up-and-coming brand in the music industry, has recently achieved a significant milestone by reaching 10,000 streams on YouTube for their latest hit single, “Glory.” The brand is the brainchild of Omi, who is on a mission to change the world through the power of music. The name GNS stands for Grind Never Stops, reflecting the founder’s tireless pursuit of excellence and relentless work ethic.

Music has always been a powerful tool for bringing people together and creating a sense of community. Omi is leveraging this power to spread positivity and inspire change in the world. The message behind “Glory” is a testament to this mission, showcasing the struggles and triumphs of pursuing one’s dreams. The song is a reminder that no matter what obstacles life throws your way, you should never give up on what you believe in.

The success of “Glory” is a significant step towards achieving Omi’s vision for GNS. The 10,000 streams on YouTube are a testament to the brand’s growing popularity and its impact on the music industry. Omi’s goal is to reach a larger audience and continue to inspire change through music. With his relentless work ethic and unwavering

commitment to his mission, there’s no doubt he will reach new heights and positively impact the world.

In conclusion, GNS is a brand that is changing the world through the power of music. With their recent success on YouTube, they are well on their way to achieving their goal of spreading positivity and inspiring change. If you’re a fan of music that has a message and a purpose, then be sure to check out GNS Records and support their mission. The grind never stops (GNS) is a new venture in the music industry.





## What is success? What forms does it take?

**By: Senkon Senkeeran**  
(Grade 11 student)

Success comes in many different forms. Some of them are outlined below. One form of success is having a lot of money. A lot of people think that money always equals success. For some people, success means to have a good education, and not having a LOT of money. A third form of success is to have a good job. A “good job” in most people’s eyes is one that pays pretty well, and is enjoyable. Maybe your dream job/career is to have your own business! A fourth form of success is to simply have happiness/just being happy. There are a lot of things that might make you happy, maybe even all 3 together makes you happy. If none of these mean success to you, don’t worry, since there are many other forms of success other than money, a good job, a good education, and/or happiness, such as physical success, family success, and so much more.

The most common and well talked about form of success is financial success. Financial success is different for everyone. Some people may say that financial success means to have billions upon billions of dollars. These people want to have so much money they don’t even know what to do with it. If you are one of these people, it isn’t always a bad thing, and you can help with a lot of things, such as contributing to technological advancements, or just simply donating a lot of the money to charities. You probably want to live the best possible way. If you only get one chance, having so much money you don’t have to worry about how much you are spending can greatly help that. Not needing to worry about costs such as food, etc. especially if you have a family with young children, can really help reduce the amount of stress you have, thus increasing your mental health, etc. For other people, financial success means to have “just the right amount of money”. Not too little, but not so much they don’t know what to do with it. They want to have more than needed, but not too much. These people like to live a little calmer, but more lively. This could mean owning a few comforts, and maybe a couple of cars, or 1 super-car such as a Ferrari or a Bugatti. You want to stay low, and not be on the news and be very well known like the mega-rich such as Jeff Bezos, Elon Musk, Bill Gates, Steve Jobs, etc., and living more of a calmer, normal life.

Even though financial success is the most common form of success, for some people, success means to have a really good education, not having a LOT of money. To get a good education, you need to go to university for the best education possible. There are many degrees in university to show how much you know/graduated with, such as a professional certificate, undergraduate degrees, transfer degrees, associate degrees, bachelor degrees, graduate degrees, master degrees, doctoral degrees, professional degrees, and specialist degrees. A professional certificate program focuses almost exclusively on skills development. An undergraduate degree is known as a postsecondary degree. They are earned after a complete secondary education, but before a graduate degree. A transfer degree is awarded by a regionally recognized community college, and the credits earned will usually fulfill many of the general education requirements of a 4-year bachelor’s degree. An associate degree is a two-year undergraduate degree awarded by community colleges, vocational schools, and very few colleges and universities. A bachelor degree is awarded at 4-year universities. A graduate degree is an advanced degree that focuses on a specific academic field of study or professional discipline. A master’s degree is a degree more rigorous than a bachelor’s degree, but it typically only takes about two years to complete, compared to the 4 years for a bachelor’s degree. A doctoral degree is a degree similar to a master’s degree but can take between two to six years to complete. Most doctoral programs are very challenging and need full time commitment. There are four types of doctorate degrees. There is a professional doctorate, research doctorate, higher doctorate, and honorary doctorate. A professional degree is another common degree. It is needed to become licensed to work in a specific field. For example, you need a



medical degree to become a medical doctor, or a law degree to practice law. Finally, a specialist degree is one someone pursues after completing a master’s degree. They allow professionals to get additional knowledge in a specific area. You can do a lot with a good education. Not only can you get a lot of knowledge, but possibly get an extremely good job too.

Speaking of a good job, some people think success is having a good job. A “good job” means very different things to different people. For most people, a “good job” means to have a well paid job. Preferably a job that gives you money to not only comfortably live off, but have a lot more extra to spend on things you want. Maybe a “good job” in your eyes is having your own successful business. A successful business for one person might be to be a really large one, such as Amazon, or Apple, and be a CEO and make unfathomable amounts of money. For another person, a successful business might be that it is sustainable, and grows on and on, without a random peak then going back down. The job you have must be enjoyable. You shouldn’t hate going or working at that job since you probably will be there every day for a few hours. You might not change jobs/careers for a while, and so being/working at a job you really hate can negatively affect your mental health and well being.

On the topic of happiness, many people think that success is happiness. Everyone has different ways that make them happy. Maybe even all 3 of the other “success forms” together will

make you happy (having a lot of money, a good education, and a good job). For some people, it might be just one, and for others, it could be something completely different, such as having fame, having a good family, or children. No matter what makes you happy, happiness is a form of success. If you don’t know, happiness is the feeling of joy, satisfaction, contentment, and fulfillment, although it can mean completely different things to different people.

In my opinion, money and happiness are the best forms of success. Money has a lot of benefits. Money is pretty much a necessity to life. Not having to worry about bills, or putting food on the table everyday can really take off some stress, increasing your mental health and well being. Happiness is also very important in your life. There is scientific evidence that suggests that being happy has major benefits for your health. For example, being happy promotes a healthy lifestyle. It may also help combat stress, boost your immune system, protect your heart, and reduce pain. Happiness can even increase your life expectancy.

These are just some of the shapes and forms success takes. Success might involve having a lot of money,

which was shown to be a necessity in life. Another form of success is having a good education. A good education can simply be having a normal university bachelor’s degree, or a more prestigious degree, such as a master’s degree. A good education can lead to a good job leading to an increased earning. A good job means a well-paid one, and you are happy to work at. Your dream job might be a doctor, lawyer, someone famous/well-known, or even wanting to start your own successful business. Finally, a fourth form of success, and in my opinion one of the most important ones, is happiness. There are countless numbers of scientific evidence that suggests being happy can have major benefits for your mental and physical success, even increasing your life expectancy<sup>1, 2</sup>. If what you think is not one of these four, don’t worry, since everyone has a different form of success. You might think that success is spiritual success, mental success, family success, physical success, personal development success, and much more. Whatever you think, success is what you should aim for to fulfill your happiness.

1. Robertson, D (2019). “If You Are Happy and You Know It... You May live Longer”. *Harvard Health*, 16 Oct 2019. <https://www.health.harvard.edu/blog/if-you-are-happy-and-you-know-it-you-may-live-longer-2019101618020>.

2. Science (2011). “Happiness Associated with Longer Life”. <https://www.science.org/content/article/happiness-associated-longer-life>


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# SOME REJECTED PAPERS WON THE NOBEL PRIZE

## The Peer Review and Rejection is Part of a Healthy Process but not the End of the Research

*OUE Research Institute*



There are few things more disheartening than spending several months or years working on a paper, only to have it rejected by your journal of choice - especially when you feel like you are onto something important. Plenty of world-famous researchers went through rejection before finally publishing their papers, including a few papers that later won a Nobel Prize. It is not to say the publication system failed these researchers. The rejection process is part of a good, healthy peer review. Peer review involves having a group of independent researchers reads every paper submitted to a journal to ensure that the methods and conclusions are solid. They will often suggest revisions and can only accept a paper if they think more work needs to be done or if it's not the right fit for the journal.

Following the rejection, the end product is usually better than it would have been or ends up in a more appropriate journal. Hearing about the renowned pieces of work that faced setbacks before going on to revolutionize the field is a comforting reminder that rejection is not necessarily the end of your research. Sometimes, it is just the beginning. The community does not always accept Nobel prize-winning ideas. By definition, they are paradigm-shifting and revolutionary. Accordingly, many breakthroughs that are in our textbooks today were initially rejected, if not ridiculed, by the scientific community.

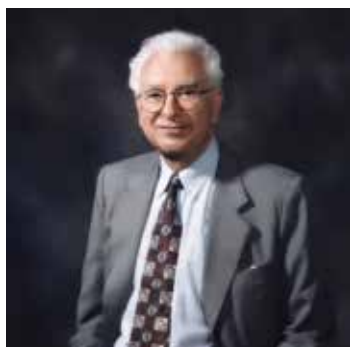
### Hans Krebs

Nobel Prize in Medicine (1953) awarded to Hans Krebs for discovering the citric acid cycle (aka the Krebs cycle). Rejection: Even scientists with textbook processes named after them have faced rejection. There wasn't anything wrong with Krebs' paper, but Nature had such a backlog of submissions at the time that they could not look at it. "This was the first time in his career, after having published more than 50 papers, he had rejection or semi-rejection," Krebs wrote in his memoir. The paper "The role of citric acid in intermediate metabolism in animal tissues" was published in the Dutch journal *Enzymologia* later that year.



### Murray Gell-Mann

Nobel Prize in Physics (1969) was awarded to Murray Gell-Mann for his contributions and discoveries concerning the classification of elementary particles and their interactions. Rejection: The title was "Isotopic Spin and Curious Particles." Physical Review rejected "Curious Particles." He tried "Strange Particles," and they denied that too. They insisted on: "New Unstable Particles." That was the only



phrase sufficiently pompous for the editors of the Physical Review. He said that he hated the Physical Review Letters, and almost twenty years ago, I decided never again to publish in that journal. Sometimes it's not the content of a journal article that has it rejected, but the headline. In the end, it didn't matter what the headline was, seeing as Gell-Mann was awarded the 1969 Nobel Prize in Physics.

### Rosalind Yalow

Nobel Prize in Medicine (1977) was awarded to Rosalind Yalow for the invention of the radioimmunoassay (RIA). Rejection: For years after winning the Nobel Prize, Yalow proudly showed the rejection letter in her public presentations. The letter indicates that "I regret that the revision of your paper entitled "Insulin metabolism in human subjects: Demonstration of Insulin transporting antibody in the circulation of insulin-treated Subjects" is not acceptable for publication in the Journal of Clinical Investigation. The Journal of Clinical Investigation sent it because the reviewers were suspicious that humans could make antibodies small enough to bind to things like insulin. She proved them wrong, and now RIA is a common technique used to determine body antibody levels. It releases an antigen tagged with a radioisotope and tracks it around the body.



### John Polanyi

Nobel Prize in Chemistry (1986) awarded to John Polanyi for elucidating the dynamics of elementary chemical processes. Rejection: Physical Review Letters rejected the paper as lacking scientific interest. Shortly after, they rejected Maiman's report of the first operating laser on the same grounds. Polanyi read about this second rejection, quite by chance, while holidaying on an island in Georgian Bay. On returning to Toronto in September of 1960, he submitted the identical manuscript to the Journal of Chemical physics, where it was promptly published.



### Richard Ernst

Nobel Prize in Chemistry (1991) awarded Richard Ernst for developing high-resolution nuclear magnetic resonance (NMR) spectroscopy. Rejection: "The paper that described our achievements was rejected twice based on invention was insufficient. by the Journal of Chemical Physics and finally accepted and published in the Review of Scientific Instruments." NMR spectroscopy revealed details about molecules' structure and dynamics - something convenient for chemists and biochemists. The first paper outlining the technology, "Application of Fourier Transform Spectroscopy to Magnetic Resonance," received little attention.



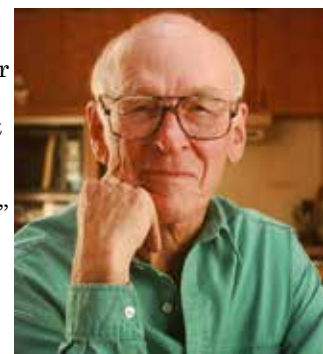
### Kary Mullis

Nobel Prize in Chemistry (1993) was jointly awarded to Kary Mullis for his invention of the polymerase chain reaction (PCR) method. Rejection: the first paper describing Science rejected it. No

word on why, but the journal was upset to miss out on that knowledge. PCR was three years later proclaimed Molecule of the Year." PCR is used daily in labs worldwide to amplify DNA strands.

### Paul Boyer

Nobel Prize in Chemistry in 1997 was awarded to Paul Boyer for identifying the mechanism for synthesizing adenosine triphosphate (ATP). Rejection: Boyer had been greeted with disbelief when he theorized that the previously mysterious process is the work of a "beautiful little machine" that operates within enzymes on the molecular level. His proposed resolution of a significant unsolved problem in biochemistry threatened to "change the paradigm," Boyer remembers, and "the leading journal" in his field, "The Journal of Biological Chemistry," declined to publish his work.



### Herbert Kroemer

Nobel Prize in Physics (2000) was awarded to Herbert Kroemer for "Developing semiconductor heterostructures used in high-speed and optoelectronics." Rejection: He wrote up the idea and submitted the paper to Applied Physics Letters, where it was rejected. He was talked into not fighting the denial but submitting it to the Proceedings of the IEEE, where it was published but ignored. He also wrote a patent, a better paper than the one in Proceedings of the IEEE."



Today, authors can upload their manuscripts to places and communicate their ideas before formal publication. This allows new and potentially breakthrough ideas to be discussed transparently. Good science is a science that can be scrutinized transparently. Journal rejections are typical, irrespective of the researcher's academic career. Information about individual journals' acceptance or rejection rates is seldom available. Thomson Reuters completed a study in 2012 on this aspect of journals in the publishing industry, the global averages across manuscripts, and it included data about over three million manuscripts submitted in 2005-2010. The overall acceptance rate decreased slightly from 40.6% to 37.1%. Nobody likes to have an article rejected. Even if you dislike it, you get used to it since it is common for most researchers who want to publish in indexed scientific journals. This article indicates rejection is only sometimes correct, and your work is valuable. It is essential to believe in yourself and not take it personally.



"laureate" - Gold Medal



# The Road to Navigating a New Business Venture



The world of business is filled with possibilities that budding entrepreneurs can take advantage of. However, it can be difficult to navigate the various options available to you and choose the right path when you're first starting out. Luckily, there are handy guides—such as this one—that you can use to create a plan of attack to guide you on your way to starting a new business venture.

Read on for tips on how best to approach a new business venture.

## Analyze Your Market

Once you decide what market you wish to build your business in, it's best to take a look at what is currently available within it. This can mean analyzing existing gaps in your target market and even looking at the top brands to see what works for them and what you could do better with your own business. By analyzing the market, you can go about refining your own business plan to make it that much more effective. Know what makes you special and capitalize on

it while making sure you provide a service that is not already available—or provide it in a better way to draw in the existing business.

## Assess Your Finances

A business costs money to start, and while you've likely already saved up some money to do so, it's best, at this point, to look at exactly how much you have and how much you might still need. If this business venture is going to be your only source of income, ensure you have enough saved up to support yourself until you make your first profits. You should also consider if you want to look into getting a loan. Startup costs can be high, but if you plan for it properly, you won't run into any trouble when you finally start on your new path. Remember: it's better to save too much money than not have enough, and if you're financially stable currently, perhaps save up a bit more as a safety net before starting the venture.

## Look into Assistance

You can find help when it comes

to new business ventures from many sources. This could be from federal, provincial, and municipal governments or even outsourcing parts of the business you might not have time for, such as marketing, to businesses that offer such services. There are even companies out there that specialize in helping new businesses get their footing. Remember to be practical, not proud—there's nothing wrong with seeking out those with experience to give you a hand, especially when you're just starting a new business venture.

## Remember the Bigger Picture

Like many things, starting a new business venture can be messy. If you expect everything to go according to plan, you will face disappointment; the best entrepreneurs are aware that Plan Bs might be necessary and can pivot quickly to reduce loss. Your new venture is something you started because you're passionate about the business itself, and showing that to your potential customers will help

strengthen your business overall. Customers are looking for authenticity from businesses, and when you're just starting out, being open and upfront can be a great way to build trust and draw in more clients.

If you're interested in trade issues and business, you can follow my blogs! Feel free to reach out to me as well to share your thoughts and opinions through my social media today.

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**Appointments & Achievements - by Siva Sivapragasam****Professor Raguram appointed Dean of the Faculty of Arts, University of Jaffna**

Professor Raguram has been appointed Dean of the Faculty of Arts, University of Jaffna.

He obtained his PhD Using Tamil Folk Media in Development Communication' - Gandhigram Rural University, India)

He obtained Master of Journalism and Mass Communication (Madurai Kamaraj University, India), B.Sc. in Visual Communication (University of Madras, India).

**Dr. Kadirawel Iswara of Sri Lankan origin is the recipient of the 2023 Distinguished Clinician Award in Private Practice given by the American Gastroenterological Association (AGA)**

Dr. Kadirawel Iswara of Sri Lankan origin is the recipient of the 2023 Distinguished Clinician Award in Private Practice given by the American Gastroenterological Association (AGA). This prize honors a member of the practicing community who combines the art of medicine with the skills demanded by the scientific body of knowledge in service to their patients. Dr. Iswara has been a clinical leader at Maimonides Health for many years.

**Sri Lankan- born Lakmal Ferdinandez emerges as one of top three Mortgage Advisors for Canada's oldest bank, Bank of Montreal (BMO)**

Sri Lankan- born Lakmal Ferdinandez has emerged one among top three Mortgage Advisors for Canada's oldest bank, Bank of Montreal (BMO). Ferdinandez, hailing from Moratuwa, began his career at HSBC Colombo, handling personal loans and high- end corporate commercial accounts for nearly six years. Later he migrated to Canada and found employment at HSBC Toronto as a premier relationship manager. "I worked for HSBC for nearly three years in the personal banking and Housing market sales segment, he said.

**Austral Accountants Founder and Partner Vajira Jayasooriya wins "Accountant of the Year National Award"**

Austral Accountants Founder and Partner Vajira Jayasooriya, won the "Accountant of the Year – National Award" at the recent National Congress of the Institute of Public Accountants (IPA) held in the Gold Coast, Australia. He also received the "Accountant of the Year - Queensland State Award" at the same event. The Institute of Public Accountants (IPA) is recognized as one of Australia's oldest representative professional bodies for accountants, having been formed almost 100 years ago.

**Quotable Quotes - 2023**

By: Siva Sivapragasam

**“They said it”**

“

“Being the Mayor of this city is the best job anyone could ever have. But leaving it is the right thing to do.”

– Three times Mayor of Toronto John Tory on his resignation

”



“

“The soul of this nation is strong, because the backbone of this nation is strong, because the people of this nation are strong, the state of the Union is strong”

– U.S President Joe Biden

”



“

“I have confronted death and defied it several times in the past because destiny and fate have smiled on me. I only pray that I have more than the proverbial nine lives of a cat.”

– Former Pakistan President Musharraf who died recently

”



“

“We know that these are challenging times for many, but the most vulnerable are the ones that feel the impact of rising prices”

– Peter Bethlenfalvy, Ontario Finance Minister

”



“

“Canadians are making daily sacrifices on essentials like food and utility bills, while the super rich have outdone even their wildest dreams.”

– Lauren Ravon, Executive Director of Oxfam, Canada

”



## COMMUNITY WATCH

# New to Waterloo region, this woman says she's excited to celebrate Pongal with her new community

SyamalaSubashini T Sivasankaran remembers celebrating Pongal in Chennai, India, "with great excitement."

This year, that excitement remains even though it will be Sivasankaran's first time marking the new year in Canada.

As a new resident in Waterloo region, having moved to the area in the summer of 2022, she says she did have concerns about the celebration being different in Canada compared to India.

"I did have a thought: What if I don't see my community? How do I celebrate? I had all those questions, but I was lucky enough to find the community over here," she said in an interview with Craig Norris, host of CBC Kitchener-Waterloo's The Morning Edition.

"I was so happy to know that every single festival is celebrated with the same energy, with the same

excitement."

Pongal begins Saturday and ends on Tuesday. It is a Hindu harvest festival celebrated by the Tamil community.

RajiviNadaraja, the secretary of the Tamil Cultural Association of Waterloo region, says local events are a great chance for the community to participate in traditions taking part in India, where some family members may still live.

"But it's also to show our community and build that inclusive community that knows and understands what our culture is and what beautiful traditions and culture that we have," Nadaraja said.

January is Tamil Heritage Month

Pongal celebrations are also part of how the community marks Tamil Heritage Month, which Nadaraja says is a chance for all people in the region to learn about their culture.

"Our culture is beautiful and it's

incredibly diverse. There's so many forms of art, music. So it's very nice for our children to understand that we're part of that heritage," Nadaraja said.

It's nice to be able to mark these events, too, Nadaraja said, because many Tamils were forced to leave their home countries due to civil unrest.

"There's lots of struggles coming to Canada, building a life here and trying to still have our culture and experiences, but then build a new life here for our children so that they can then contribute to the landscape of Canada," Nadaraja said.

Sivasankaran says the festival is food-focused and a chance to thank farmers for the food on their tables. Pongal is also the name of a rice and lentils, similar in texture to a porridge, which is served for meals but also given as an offering.

"It's a way of saying thank you to the farmer and the sun," she said.

"You need to be thankful every single stage of your life, every single meal that you get," Sivasankaran added and said that's a message she tries to instill in her children.

"It's not easy coming here. It has been challenging for me as a new immigrant coming all the way from India. I keep telling them if you don't get what you have eaten back home ... try to be thankful of what you get here, because that's again being grown by a farmer, it doesn't come just like that on a tree," she said.

"It's someone's hard work."



**Aastha Shetty**  
for CBC Radio, Kitchener-Waterloo.

# Fact Check-Video showing Tamil celebration in Waterloo, Canada, does not involve UK government officials and staff

By Reuters Fact Check

A video being shared on social media shows celebrations of Pongal - a Hindu harvest festival celebrated by Tamil communities in south India and Sri Lanka, and by the Tamil diaspora - taking place in the Canadian city of Waterloo, Ontario. It does not involve officials or staff from Britain's defence ministry or the UK Prime Minister's office.

One Facebook user, whose video has been viewed more than 18,000 times (here), posted footage of a group of people sitting at a long table eating food off what appears to be banana leaves. Some are wearing suits and two are seen in police uniforms.

The caption reads: "Viral Video of UK defense & PM's office staff celebrating Pongal/MakarSankranti festival. A welcome change."

Similar posts can be seen on Facebook (here, here and here) and Twitter (here).

However, the celebrations did not include British defence officials, nor staff from Prime Minister Rishi Sunak's office. Rather, the video shows a celebration among officials in the Canadian province of Ontario.

The earliest version of the clip Reuters found was in a Facebook group named Tamil Culture Waterloo Region. The caption says it shows a Tamil Thai Pongal celebration involving "region of Waterloo politicians, regional chair city mayors, councilors and police chief and staff" (here).

More on Pongal here: (here and here).

The man in glasses at timestamps 0:08 and 0:13 is Mayor of Kitchener - Waterloo's neighbouring city

- Berry Vrbanovic, while Tim Louis, an MP from the area, can be seen at 0:18. Both have mentioned the event on their respective verified Twitter accounts (here and here from 0:52 onwards).

Chief of Waterloo Regional Police Mark Crowell, seen in uniform at 0:21, also posted a photo on Twitter (here).

Other outlets have also addressed the claims (here, here and in Hindi here).

**VERDICT**

Miscaptioned. The video shows celebrations taking place in the Canadian city of Waterloo, with no British government officials or staff attending.

This article was produced by the Reuters Fact Check team. Read more about our fact-checking work here.

Our Standards: The Thomson Reuters Trust Principles.



# Federal, provincial and territorial immigration Ministers meet to plan for the future of Canada's immigration system

March 10, 2023

Halifax, Nova Scotia

The Forum of Ministers Responsible for Immigration (FMRI) met today at the Canadian Museum of Immigration in Halifax, Nova Scotia to continue their discussions on the future of immigration in Canada. Ministers focused on advancing joint initiatives to respond to pan-Canadian immigration priorities and were pleased with progress made towards improving the effectiveness of Canada's immigration system to meet economic and regional needs.

In follow-up to the meeting last July, Ministers discussed increasing provincial/territorial (PT) involvement in economic immigrant selection, increased allocations in the Provincial/Territorial Nominee Programs (PNPs), finding ways to improve application processing times, reducing duplication and providing greater agency over PNPs. Ministers welcomed IRCC's first ever Multi-Year Allocation Plan, which includes an unprecedented 44% growth in PNP allocations for 2023. The plan also includes notional allocations for 2024 and 2025. Ministers also had productive conversations about settlement and integration efforts, Foreign Credential Recognition (FCR) and Canada's humanitarian response to the developing situation in Ukraine.

Canada's Immigration Ministers condemned Russia's invasion of Ukraine and discussed how Ukrainians and their family members who are fleeing Russia's aggression and violence have been welcomed and supported. Ministers reviewed the initial results of the Ukraine Rapid Impact Evaluation, taking stock of the policies and supports put in place related to Canada's immigration response. Ministers discussed the impacts of the response on PTs, communities and municipalities, as well as immigration stakeholders. Ministers continued to emphasize the need for a collaborative multilateral approach to cost and information sharing to ensure newcomers are welcomed in a coordinated and comprehensive manner. PT Ministers urged Canada to clarify the timeframe of the Canada-Ukraine Authorization for Emergency Travel (CUAET) and to extend temporary measures, including the Canada-Ukraine Transitional Assistance Initiative and temporary hotel accommodations, to assist displaced Ukrainians arriving in Canada. Ministers raised the need to have future discussions on pathways to Permanent Residency for Ukrainians for those who seek to remain in Canada or are unable to return home to Ukraine.

Some Ministers raised the high volumes of asylum claimants crossing into Canada between ports of entry and reflected on their capacity to manage the new arrivals. The importance of



continuing to work together in supporting vulnerable people who come to Canada to seek asylum was noted.

Ministers discussed collective priorities on FCR, particularly as it relates to internationally-educated healthcare professionals (IEHPs), with a focus on the important role of immigration and the FMRI in responding to labour shortage issues, with PTs collaborating towards better credential recognition for new Canadians. Ministers agreed to collectively focus on key areas including in the selection stage, understanding the complex regulatory environment, advancing the quality of FCR pre-arrival information sharing and enhancing federal, provincial and territorial (FPT) collaboration, particularly with the Forum of Labour Market Ministers.

Ministers recommitted to working together to deliver a more agile, client-centered economic immigration system where there is increased PT involvement in the selection of economic immigrants. Ministers noted the distinctive and essential FPT government roles and responsibilities that contribute to Canada's immigration system, and the need to maintain complementary and flexible programs. PT Ministers received updates on the development of category-based selection through the Express Entry economic immigration platform and joint opportunities to reduce duplication in application processing, including streamlined assessments of PNP applications. Ministers discussed the necessity of improving federal immigration processing times for both temporary and permanent pathways. The FMRI placed a collective focus on ensuring the effectiveness of the immigration system in meeting economic and regional needs and continued to recognize that PT knowledge of regional labour market needs is an advantage that must be leveraged.

Ministers considered how to continue to advance FPT collaboration on immigration targets and regional economic immigration, including



key programs such as the PNP and Atlantic Immigration Program (AIP). The PNP remains the primary tool for regional immigration and addressing employers' labour market needs. Ministers agreed that the regionalization of immigration remains important and that, as immigration targets increase, absorptive capacity of communities to welcome newcomers needs to be examined.

Ministers reflected on past service delivery models, the current approach, and what may be needed in the future for the delivery of settlement services, with an emphasis on exploring opportunities to better support outcomes and retention, including greater PT involvement and enhanced funding. Ministers took stock of current federal and PT roles in settlement services, recognizing both successes and challenges, as well as opportunities going forward. Ministers noted the value of locally-informed, flexible and responsive services that support immigrants' integration and retention in their PT of landing. Ministers agreed to discuss service delivery models and the role of the federal, provincial, territorial governments at the next FMRI meeting.

Ministers agreed to take steps to ensure public support for immigration remains strong, and to continue to work together to ensure that long-term FPT immigration and settlement goals contribute to Can-

ada's current and future prosperity. Minister Fraser invited his colleagues to contribute to the recently launched Strategic Immigration Review.

Note: As requested by the Government of Quebec, the Quebec minister responsible for immigration holds observer status at the Federal-Provincial/Territorial Ministers' Table. Under the Canada-Québec Accord, Quebec assumes sole responsibility for establishing immigration levels, and for the selection, francization and integration of immigrants. In areas under its responsibility, Quebec develops its policies and programs, and legislates, regulates and sets its own standards.

Prince Edward Island officials participated as observers due to a provincial election.

*About the FMRI: The Forum of Ministers Responsible for Immigration is an FPT decision-making body with the goal of supporting a flexible, timely and effective immigration system for Canada. In 2020, FPT Ministers established a vision for immigration to Canada and a mission for the FMRI. The vision articulates a co-ordinated strategic plan for a system that strengthens the positive economic and social benefits of immigration in all parts of Canada. The FMRI's mission is to advance joint immigration priorities and to enhance Canada's immigration policies and programs. - via: Canada.ca*



## 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.

Broccoli is a versatile vegetable that is packed with nutrition and now with this recipe, you can make a delicious recipe that can be made with other vegetables too.

# Baked broccoli



### Method:

Mix all the ingredients barring broccoli together until it forms a thick mixture. Meanwhile, steam the broccoli florets until fork-tender. Once steamed, allow to cook. Coat 1/4 mixture all over the broccoli, spreading it around as much as possible.

In a baking dish, spread the rest of the mixture at the bottom of the dish. Layer the florets of broccoli on top of this spread mixture and bake in an preheated oven at 200 degrees Celsius for 20 mins.

Enjoy as a quick and easy side dish, or use it as a filling in your salad bowls, wraps and more! Feel free to replace the broccoli for any veg of your choice - this mixture goes with a whole host of veggies!

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!)

### Ingredients:

- ✓ Half a broccoli head, cut into florets
- ✓ 1 tsp salt ✓ 1/2 tsp black pepper powder
- ✓ 25g grated Parmesan ✓ 1-2 tsp fried Kashmiri chilli flakes
- ✓ 1 tsp garlic powder ✓ 1 tsp dried mint ✓ 1 tsp dried oregano ✓ 2 tsp dried parsley
- ✓ 3 cloves of garlic, finely minced ✓ 4 tbsps olive oil

At the Monsoon Kitchen,  
Samayal Santhai

# WE'RE LOOKING FOR...

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

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

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



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COMMUNITY WATCH

# Tamil Heritage Month celebration at Parliament Hill, Ottawa

Ottawa, Jan 30: Annual Tamil heritage month celebration at the Canadian parliament in Ottawa was held on Monday, January 30th. It was inaugurated by Prime Minister Justin Trudeau. Several ministers including Minister of defence Anita Anand, Foreign Minister Melanie Joly, Attorney General of Canada and Justice Minister David Lametti, Waterloo MP Bardish Chagger and leader of the opposition Pierre Poilievre were part of the attendees. Tamil Cultural Association of Waterloo Region executive member Shyamala Ramachandran represented the Kitchener-Waterloo Tamil community.





# Waterloo Region's growing Tamil community celebrates Tamil Heritage Month

## A successful turn out at the celebration in Waterloo region

Kitchener, Jan 14 2023: The event hall was filled with music, families and new immigrants to the community connecting with each other, teenagers and children running around dressed in beautiful traditional attire, some, rehearsing for their performances. For most of us it felt like we were home in Tamil Nadu or Sri Lanka. Well, the locals its the celebration of TAMIL HERITAGE MONTH in the Waterloo region.

Tamil Cultural Association of Waterloo Region (TCA) has been organising Tamil Heritage month since 2016, when the government of Canada proclaimed the month, January dedicated to reflect the rich cultural and heritage of Tamil Canadians. It was indeed an initiative by Canadian MP, Gary Anandasangaree of Scarborough—Rouge Park, Ontario.

2023 marks the first year of a normal Tamil Heritage month after the Covid19 pandemic. The Region of Waterloo has seen a significant growth in migration of families and students during this period. Our previous Christmas event gave us a glimpse of the growing community and the need everyone felt to meet in person and connect. In anticipation of this growing need, TCA booked a larger venue at Woodland Christian High School in Breslau to accommodate about 600 people. The hall entrance was decorated with Kolam and stage with beautiful garlands around Pongal banner. Volunteer Ramya Joseph decorated the pongal table with white rice powder and Rajagopal the frame stand. Dharini Sivakumar started to heat up the milk. During the festival time, Pongal is prepared in a very unique way- by allowing the contents of the dish to boil and spill out from the pot. This overflowing of the contents is symbolic of abundance and prosperity. In Sri Lanka and some South Indian states, Pongal is done in a particular manner. The making of the rice and lentils dish is both a ritual and a tradition. The ingredients of the dish, which include milk, lentils, rice, jaggery, dried fruits and nuts are all put in. Guests were allowed to put jaggery during the process.

Guests started to arrive by 5:30pm. And the event attracted a huge line up of dignitaries including Honourable Bardish Chagger, MP – Tim Louis, Karen Redman, Regional Chair - Waterloo, City of Waterloo Mayor - Dorothy McCabe, City of Kitchener Mayor Berry Vrbanovic, Waterloo Police Chief - Mark Crowell, Cambridge and Kitchener City councillors and Police officers made their presence.

The event started off with Canadian National Anthem / Tamil Thai Valthu by the students of TCA Tamil school of Cambridge and Carnatic music program by the students of Shyamala Ramachandran. This was followed by a long line up of events with participation from the whole community, including Bharathanatyam, Cine dances, Fashion Show, etc.

President of TCA, Mr. Dennis Loyola welcomed the guests and new members to the organisation and remembering the famous saying by KaniyanPungundranar; “YaadumOoreYaavarumKelir” meaning Every town is our home town; every man is our kinsman, signifying how our Tamil community is expanding across the globe and making the new place our home, yet maintaining our rich language, culture and heritage.

The event included dance performance by local students of Sri AbiramyNatiyalaya, Phoenix dance studio, JC Dance studio remix and Melody songs. Shyamala Ramachandran read the vote of thanks.

After the event followed the much awaited traditional Pongal dinner, with VenPongal, Sweet Pongal, Vadai, Idly, Sundal, Sambar, Chutney and banana served on a banana leaf which was the highlight of the event. Food was served in panthi style on the floor, with volunteers serving the guests. The dignitaries also joined the panthi and ate with their hands, a video of which became sensational and instant trending on social media.

At over 5,000 years old, Tamil is considered the world's oldest living language in use today. Its community encompasses people from India, Sri Lanka, Malaysia, South Africa, USA, Singapore and Canada.

Tamil Cultural Association of Waterloo Region was established in 1989 to serve the community of Waterloo Region and surrounding communities.





## COMMUNITY WATCH

# CAREER GUIDANCE WORKSHOPS FOR HIGH SCHOOL STUDENTS MARKHAM 2023

The annual Guidance for Higher Studies workshops for High School Students organized by the Association of Sri Lankan Graduates of Canada (ASGC) in partnership with the York Region District School Board (YRDSB) was held on Saturday February 11, 2023 to promote higher education among youths. This extremely useful event for high school students and their parents were conducted from 10 am till 2 pm at Milliken Mills HS. These workshops were designed to serve as a forum for dissemination of information, exchange of ideas, and sharing of academic and professional experiences. The moderators and the panelist are selected based on their success in their chosen profession and their ability to relate to youth. As usual, ASGC and YRDSB conducted the event free of charge and provided free lunch to about 200 students and parents who attended the workshop.

The plenary session of the workshop started with the welcome speech by Mr. Nelketharanathan, President of ASGC. Following the welcome speech, YRDSB officials, Mr. Ron Lynn (Chair) and Mr. Scott Yake (Interim Director) expressed their happiness in supporting such excellent workshops and thanked ASGC for organizing this as an annual event. Ms. Kartiga Thavaraj, a former student volunteer with ASGC and presently a lawyer with Paliare Roland Rosenberg Rothstein LLP delivered an inspirational keynote address which is geared towards the new generation of students at

the plenary session of the workshop. Following the plenary session students were divided into 4 groups – Health & Life Sciences, Applied Sciences & Technology, Creative Arts & Social Sciences and Business Studies & Entrepreneurship. These sessions took place in 4 separate classrooms. Each group consisted about 25 – 30 students. There were six or eight presenters and a moderator in each of the sections. At the same time parents were gathered in the auditorium for the Parents' session.

The high school students were able to receive vital information about the selection of courses and the career paths of different professions from the young graduates in the Tamil community. Similarly, parents collected very valuable information from university and college representatives and educators from YRDSB.

Finally, all the students and parents gathered in the main auditorium for summary and recap of the discussions. The moderators of each group presented a summary of the items discussed in their sessions. The panel of presenters and moderators answered the questions raised by the participants.

In talking with some of the students at the end of the event, it was very clear that they really appreciated having the opportunity to get presenter's advice and to listen to their experiences.

(Presented by Dr. V. Mannivanan, ASGC Executive member)





# COMMUNITY WATCH

## CAREER GUIDANCE WORKSHOPS FOR HIGH SCHOOL STUDENTS MARKHAM 2023





# RAJA RAM MOHAN ROY, A SOCIAL REFORMER

Compiled by : KIDAMBI RAJ

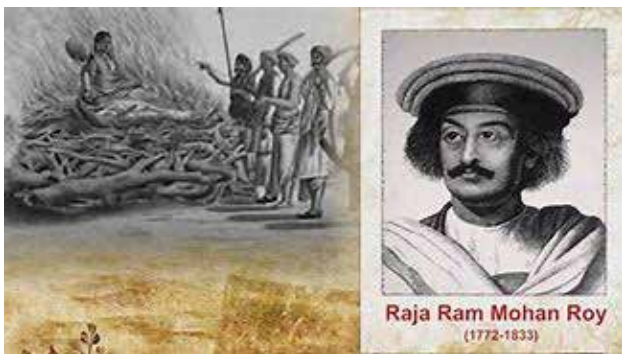


22 May 1772 to 27 Sept 1833

## INTRODUCTION

Raja Ram Mohan Roy was born in Radhanagar in Hooghly District in the present West Bengal, on May 22<sup>nd</sup> 1772. Ramakanto Roy and Tarini Devi were his parents. He was an Indian religious, social and educational reformer, who challenged traditional Hindu culture and pointed the way for the development in Indian society under the British administration. He been referred to as the founder of the modern India.

## EARLY YEARS



His father despite being a highly conservative man, encouraged his son to seek higher education. In his village school he studied Bengali and Sanskrit. His parents then sent him to Patna to enroll in a Madrasa to study Persian and Arabic, as they were the court tongues of the Moghul Emperors at that time and they were also in high demand. He read the Quran, the Arabic translation of the works of philosophers like Euclid, Plato, Aristotle and also, the works of Sufi mystic poets. By the age of fifteen, he had learnt, Bengali, Persian, Arabic, Latin, Tibetan, Greek languages and Sanskrit, besides Hindi and English. At the age of 14, he wanted to become a *sanyasi* and his mother vehemently opposed the idea and so he abandoned it. He then went to Varanasi and studied the Vedas and the Upanishads and Hindu Philosophy deeply. He also studied Christianity and Islam. At the age of 16, he wrote a rational critique of Hindu *Idol Worship*.

After finishing his schooling, Ram Mohan worked as a clerk for the East India Company. Under Mr. John Digby, he was employed at the Rangpur collectorate. Later, he was promoted to the position of Dewan, which was reserved for native officers in charge of revenue collection. From 1809 to 1814, he served in the Revenue Department of the East India Company and also worked as a personal Diwan to Woodforde and

Digby. He first encountered English considerably later in life and picked up the language to improve his work opportunities with the British. Being a voracious reader, he consumed English journals and literature, gleaning all the information he could. While ancient literature like the Vedas, Upanishads and the Quran had taught him to value philosophy, he felt he had not received a scientific or rational education. So, he pushed for the establishment of an English-language educational system that would cover, mathematics, physics, chemistry and even botany among other science topics. He went to Calcutta in 1815 and immediately, launched an English college with David Hare, in 1817, with the help his savings because he saw education as a tool for enacting social reforms. He opposed the government's decision to solely open Sanskrit schools and he wanted his pupils to acquire the English language and scientific topics. The college went on to become one of the top educational institutions in the nation and produced some of India's brightest minds. He asserted that if Indians are denied the opportunity to learn modern topics like mathematics, geography and Latin, they will fall behind. His idea was adopted by the government and put into practice, but not before he passed away. This revolutionized the Indian educational system. He founded the Anglo-Vedic school in 1822 and the Vedanta college in 1826 to blend the traditional theological principles with contemporary intellectual teachings.

## HIS ACCOMPLISHMENTS

Though he was born in a wealthy Brahmin family of Bengal. He felt that the society was trapped with social and religious inequities. He was a humanist and a democrat and couldn't tolerate the atrocities happening at that time against women. He became an activist foe education for women, widow remarriage, divorce and other social evils. So, from 1814 onwards, he devoted his life to religious, social and political reforms. Some of his untiring work in these areas lead him to achieve various social reforms. They include the **Abolition of Sati Pratha, Child Marriage, polygamy, Dowry system, Inheritance of property for women and Caste system.**

Ram Mohan Roy was appointed as an Ambassador to then Mughal Emperor to represent their cases to the East India Company and to the English King. In 1830, the then Mughal Emperor Akbar Shah II, bestowed upon Ram Mohan Roy the title of **Raja** to the court of King William IV. From that time on he was called Raja Ram Mohan Roy.

## ABOLITION OF SATI PRATHA

Sati Pratha was a Hindu custom in which the widow of the dead man immolated herself willingly or forcibly on his funeral pyre. The

practice of Sati in ancient times was voluntary, but during the medieval period, it might have been forced on some widows. There is no doubt that this custom was inhumane and barbaric, but many Hindu-haters used this to preach against Hinduism, conveniently ignoring the fact that many other cultures like Greek, German, Slav, Scandinavian, Egyptian and Chinese also practiced it.

Growing up Ram Mohan Roy had witnessed the heinous tradition of Sati where widows as young as 12 years of age were forced to jump on their dead husband's pyre. It all started when his sister-in-law got forcibly burnt at the pyre of his brother. He vowed to abolish the tradition and to do so he visited the cremation grounds to persuade widows against immolation. He formed watch groups to protect women, sought the support of other elite Bengali classes and published articles to show that *Sati* was not required by Hindu scripture but was a patriarchal practice that reduced the purpose of woman's existence to just being a wife. He even travelled to England to ensure that Lord William Bentinck's Sati Regulation Act of 1829 banning the practice of Sati was 19<sup>th</sup> century. He used his pen to emerge as a true changemaker for women in the Indian society of the 19<sup>th</sup> century. He published **Sambad Kaumudi**, a Bengali weekly newspaper that actively campaigned for the abolition of the Sati. Inheritance of property for women and inter-caste marriage were also some topics that were undertaken by him. The

efforts of Raja Ram Mohan Roy resulted in the freedom of Press and anatomy to newspapers in 1835.

This horrible behaviour repulsed Raja Ram Mohan Roy, who spoke out against it. He voiced his opinion openly and addressed the East India Company's top officials. Through the ranks, his persuasive argumentation and perseverance

eventually got to the Governor General Lord William Bentinck. The Bengal Code Regulation XVII, A.D., also referred to as the Bengal Sati Regulation, was passed in response to a great deal of opposition from the orthodox religious community and thanks to Lord Bentinck's sympathy with Roy's intentions and feelings. The law made it illegal to practice Sati Dahan in Bengal Province, and anyone found doing so would be prosecuted. Raja Ram Mohan Roy will thus be remembered as a genuine benefactor of women who not only worked to end Sati tradition but also spoke out against polygamy and child marriage and demanded that women have the same inheritance rights as men. He was a fierce opponent of the severe caste divisions that prevailed at that time.

## ABOLITION OF CHILD MARRIAGE

In the earliest known history of India from 200 BC to 700 AD, young women and men





## SPECIAL FEATURE



Sati-Painting

rejoiced a liberal concept of love and they had freedom to choose a partner and enter into romantic relationship with each other without any fear of scandal. However, from the Middle Age, as states and governments developed the political system elaborated and modified the Indian society gradually. It transformed the lifestyle and opinion of its people from a simple to more complex form, restricting significantly the notion of liberty. Women lost their rights and had

for a boy is 25 years or more and that of a girl is 18 years or more. However, from the Middle Ages to the present day the custom of child marriage against Vedas persists in India. There are many reasons to believe that this custom actually originated in the medieval time when the political climate was unstable and law and order were not yet fixed on the national level. Arbitrary powers were concentrated in the hands of a hierarchy led by a despotic monarch. Hence. Parents would seek to get over with the responsibilities of their daughters by getting them married very young.

More than 40 per cent of the world's child marriages take place in India, even though the legal age for wedding is 18, reported UNICEF. Child marriage is of course banned in India and the Indian government has taken a strong step to tighten laws against child marriage, but unfortunately this custom continues to exist in spite of legal interdictions. According to the new bill, Prohibition of Child Marriage Bill 2006, the



Child Marriage

a forerunner of the **Brahmo Samaj**. The three main tenets of this new movement were monotheism, disassociation from the scriptures and rejection of the caste system. Brahmo religious rituals were established following Christian or Islamic prayer customs after being completely cleansed of Hindu ceremonialism. With time, the Brahma Samaj developed into a potent force for social change in Bengal, particularly in the area of women's education. It is considered to be one of India's first socio-religious reform movements and believes in the fatherhood of God and brotherhood of mankind. It forbids idol worship and opposed to meaningless rites and rituals. Raja Ram Mohan Roy believed in one supreme God and preached to love human beings, stop animal sacrifice and offerings. Brahmo Samaj strongly fought against the caste system, dowry, racism, polygamy, infanticide, the seclusion of women and the purdah system.

### CONCLUSION

Raja Ram Mohan Roy used his pen to emerge as a true changemaker for women in the Indian society of the 19<sup>th</sup> century. He left the job of the East India Company and fought two battles. The first was for the independence of India and the other against the citizens of his own country. Though he was termed as the *chamcha* (friend) of the British by the people who possess half his intellect, Raja Ram Mohan Roy encouraged feminism, male feminist and free thinkers. His glorious deeds will be cherished now and for years to come. He was one of the key personalities of **Bengal Renaissance**. He re-introduced the Vedic philosophies, particularly the Vedanta from the ancient Hindu texts of Upanishads. He made a successful attempt to modernize the Indian society. In his address, entitled, *Inaugurator of the Modern Age in India*, the great Rabindranath Tagore referred to Raja Ram Mohan Roy as *a luminous star in the firmament of Indian History*. He visited England as an ambassador of the Mughal King Akbar Shah II, and petitioned the Imperial Government to raise the royalty paid to the Mughal Emperor. While there he passed away from meningitis on September 27, 1833, in Stapleton, Bristol. He was laid to rest in Bristol's Arnos Vale Cemetery. In honour of Raja Ram Mohan Roy, the British government recently named a roadway in Bristol as **Raja Rammohan Way**.



Statue of Rajah Rammohan Roy, Beside College Green in Bristol, England

to obey rules and respect the code of behaviour. They were now subject to family discipline and the honour of their clan. Since young women were considered irresponsible and irrational in love, parents married them early before they got caught into any scandal. Though, the age at which the girl was to be married differed and it was rare for girls younger than 12 to be married. Nevertheless, girl brides became younger towards the Medieval period, and it became increasingly common for girls as young as six or eight to be married in Indian society. As per the Hindu philosophy, marriage is not just a process of coming together of the individuals, but it is also a holy bond and a commitment which lasts a life time. Even the holy scriptures of the Vedas the sacred Hindu texts suggest that an individual should enter the phase of Grahasta (household) after his or her student life. Thus, it can be said that marriage is almost a mandatory custom in the life of all the Hindus. According the philosophy of the Vedas, there is a restriction on child marriage. The age

priests, the police or leaders will be jailed and fined if they are found indulged in this illegal practice, declared Renuka Chowdhury, Minister for Women and Children. This bill gives protection to many children forced into marriage every year in the rural parts of the country.

### BRAHMO SAMAJ

Among the countless achievements, Raja Ram Mohan Roy's greatest achievement was that of setting up the *Atmiya Sabha* in 1828. The Atmiya Sabha changed its name to **Brahma Sabha**,





# COMMUNITY WATCH

## Durham Tamils Association Serving Our Community



### 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 in 2023:

1. Hope for the homeland" initiative Project #5) Shop Development project Helping to purchase more items to an existing small shop, selling betel and fruits, in order to earn more money to look after her ailing mother and her daughter in high school. This request is made by a widow affected by war and lost her husband.. Rs 100,000

2. Hope for the homeland" initiative Project #6 - House renovation project This is to finance to renovate an existing temporary shelter like house. Requested by a woman with four members in the family .Son is an ashmatic patient. Both children are going to school.. They have been living for the last nine years in temporary shed like house. The house is leaking during rainy season and as a result they could not sleep or children could not study .They Need to have a roof with tin to avoid leakage. Rs 200,000/-

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

#### Seniors and Depression:

##### Canadian Mental Health Association workshop.

This presentation was given on Tuesday Feb 7th which gives the seniors and their caregivers the tools to identify and respond to feelings and behaviours of depression. With an understanding of the impact chronic diseases, medical conditions and medications can have on the mental health of seniors, you will learn techniques to increase mental wellness, prevent and cope with depression

#### Vocal Workshop:

Want to learn how to sing your favourite songs, come in for vocal training for Seniors & Older adults (Free sessions)

Day: Every Sunday

Start date: February 12th

Time: 4:00-5:00pm

Location: DTA Center

62 Harwood Avenue South

Unit #1, 2nd Floor

Ajax On:

Register online at durhamtamils.org

#### Tamil School

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

In-person or Virtual class options are available!

#### DTA's Seniors

DTA is keeping our seniors fully occupied with multiple free virtual classes and programs. We've introduced Tai Chi and Knitting work group for Seniors. We continue to 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.

Seniors don't forget to register online for the following seniors and older adults' free classes. Classes will be running from February to March:

REGISTER ONLINE AT DURHAMTAMILS.ORG

**Dance Class**

**Sewing Class**

**Culinary Sessions**

**Knitting Class**

**Chair Yoga - Ajax & Pickering Locations**

**Tai Chi - Ajax**

**Computer Literacy Class - Limited spots.**

**Day Trip to ROM**

**Badminton Sessions**

Beginners are welcome

## Free Knitting sessions

For Seniors  
Limited spots Available

EVERY FRIDAYS (JANUARY 6TH - MARCH 31ST)

TIME: 10 AM - 12 PM

LOCATION: PICKERING WELCOME CENTRE,  
1400 BAYLY STREET, UNIT 5  
PICKERING, ONTARIO L1W 3R2

REGISTER ONLINE AT DURHAMTAMILS.ORG  
Tel: 905-428-7007



Ontario

## DANCE CLASSES

Seniors & Older Adults  
Register online www.durhamtamils.org



Be Fit  
Be The Best Version Of You

Date: Mondays  
(Starting Feb.06.2023)  
Time: 6-8 PM  
Location: Christian Life Centre  
1030 Ravenscroft Rd, Ajax, ON  
L1T 4R9 (Gymnasium)



Ontario

## Sewing classes

Seniors & Older Adults

Date: Wednesdays  
(Starting Feb.08.2023)

Time: 5-7 PM

Location: 66 Harwood Avenue South, Ajax, Ontario  
L1V 0C1 (DTA Centre)



Ontario

Register Online  
www.durhamtamils.org

## SENIORS CULINARY SESSIONS

SUNDAY, FEBRUARY 5TH & 26TH 2023  
SUNDAY MARCH 12TH & 26TH 2023

TIME: 4 PM - 7 PM

LOCATION:  
EASTSHORE COMMUNITY CENTRE (PICKERING)  
110 LIVERPOOL ROAD SOUTH  
PICKERING, ON L1W 1B5  
1500 MEETING ROOM 3



Ontario

Register Online!  
905-428-7007  
www.durhamtamils.org

## French Reading Practice

Open to Members' Kids Only!

DATE: Tuesdays

TIME: 6:30PM - 7:30pm

ONLINE VIA ZOOM  
ID: 890 0692 0926  
PASSWORD: 909387

French Read-Along for Students  
- Grades 5 and up for Non-French Immersion Students  
Gr. 2 and up for French Immersion



Contact Us!  
905-428-7007  
www.durhamtamils.org

Ontario

## Tai Chi Classes

Seniors & Older Adults  
Register Online at www.durhamtamils.org (FREE CLASS)

Day: Fridays  
(Feb. 10 - March. 31.2023)  
The class will not be held on March 30th.

Time: 6:00-8:00 PM

Location: Southwood Park Public School  
(28 Lombard Cres, Ajax, L1S 1M5)

• March 17th- Class will be held at another location  
TBD



Ontario

# Reading / Storytelling

free virtual class (Open to Members' kids only)

One on One Reading Support and Reading Practice Run By DTA Youth

EVERY TUESDAY  
5:00 PM - 6:30 PM  
(VIA ZOOM)

GRADES JK-8

Join via Zoom

Meeting ID: 893 4386 5336  
Passcode: 856801

REGISTER ONLINE AT DURHAMTAMILS.ORG



# COMMUNITY WATCH



## Durham Tamils Association Serving Our Community



### DURHAM TAMILS ASSOCIATION SERVING OUR TAMIL COMMUNITY OVER 20 YEARS

**Thank you to DTA's Annual Sponsors**

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

For more information on all DTA's Community Support Programs and Sponsor contacts please visit [www.DurhamTamils.Org](http://www.DurhamTamils.Org) Tel 905.428.7007

**Unity Is Strength**



**AJAX LOCATION**

### FREE CHAIR YOGA CLASS

Seniors & Older Adults

**DATE: WEDNESDAYS (JANUARY 18TH - MARCH 29TH)**  
The class will not run on March 29th.

**TIME: 10 AM - 12 PM**

**LOCATION: Ajax Public Library Main Branch - Rotary Room**

55 Harwood Ave S, Ajax, ON L1S 2H8

Register Now  
[WWW.DURHAMTAMILS.ORG](http://WWW.DURHAMTAMILS.ORG)  
905-428-7007

**PICKERING LOCATION**

### FREE CHAIR YOGA CLASS

Seniors & Older Adults

**START DATE: Thursdays (January 5th - March 30th)**

**TIME: 10 AM - 12 PM**

**LOCATION: Pickering Welcome Centre, 1400 Bayly Street, Unit 5 Pickering, Ontario L1W 3R2**

Register online at [durhamtamils.org](http://durhamtamils.org)  
Tel: 905-428-7007

## Vocal Workshop

Senior & Older Adults  
குரல் வளத்தை மேம்படுத்த பாட்டுப் பயிற்சி (FREE CLASS)

**Date: Sundays (Start Date: Feb.12.2023)**

**Time: 4- 5 PM**

**Location: DTA Centre**  
62 Harwood Avenue South, Unit #1, (Second floor) Ajax, ON L2S 2H6

Register Online at [www.durhamtamils.org](http://www.durhamtamils.org)

# COMPUTER LITERACY CLASS

SENIORS & OLDER ADULTS

**1ST COHORT:**  
STARTS: JANUARY 14, 2023  
ENDS: FEBRUARY 4TH, 2023  
DURATION: 20 HOURS  
TIMINGS: 9 AM TO 2 PM ( SATURDAY ONLY)

**2ND COHORT:**  
STARTS: FEBRUARY 11, 2023  
ENDS: MARCH 11, 2023  
DURATION: 20 HOURS  
TIMINGS: 9 AM TO 2 PM ( SATURDAY ONLY)

**TRAINING LOCATION:**  
COMPUTEK COLLEGE, AJAX LOCATION  
100 WESTNEY ROAD S, AJAX, ON

**MAX 10 SPOTS AVAILABLE FOR EACH COHORT**

NOTE: NO CLASS ON FEBRUARY 19, 2023, BECAUSE OF THE FAMILY DAY LONG WEEKEND.

REGISTER ONLINE AT [DURHAMTAMILS.ORG](http://DURHAMTAMILS.ORG)

DURHAM TAMIL ASSOCIATION

# PENCIL ART CLASSES

**FREE VIRTUAL CLASS VIA ZOOM (MEMBERS ONLY)**

**YOU WILL NEED:**  
PENCIL  
ERASER  
SHARPENER  
BLANK PAPER  
COLOUR PENCILS

**INSTRUCTOR: DIRMITHA SUTHARANJAN**

EVERY SUNDAY: 10 AM - 11:30 AM

AGES : 5-13

**Join via Zoom**

Meeting ID: 857 9479 3968  
Passcode: 722900

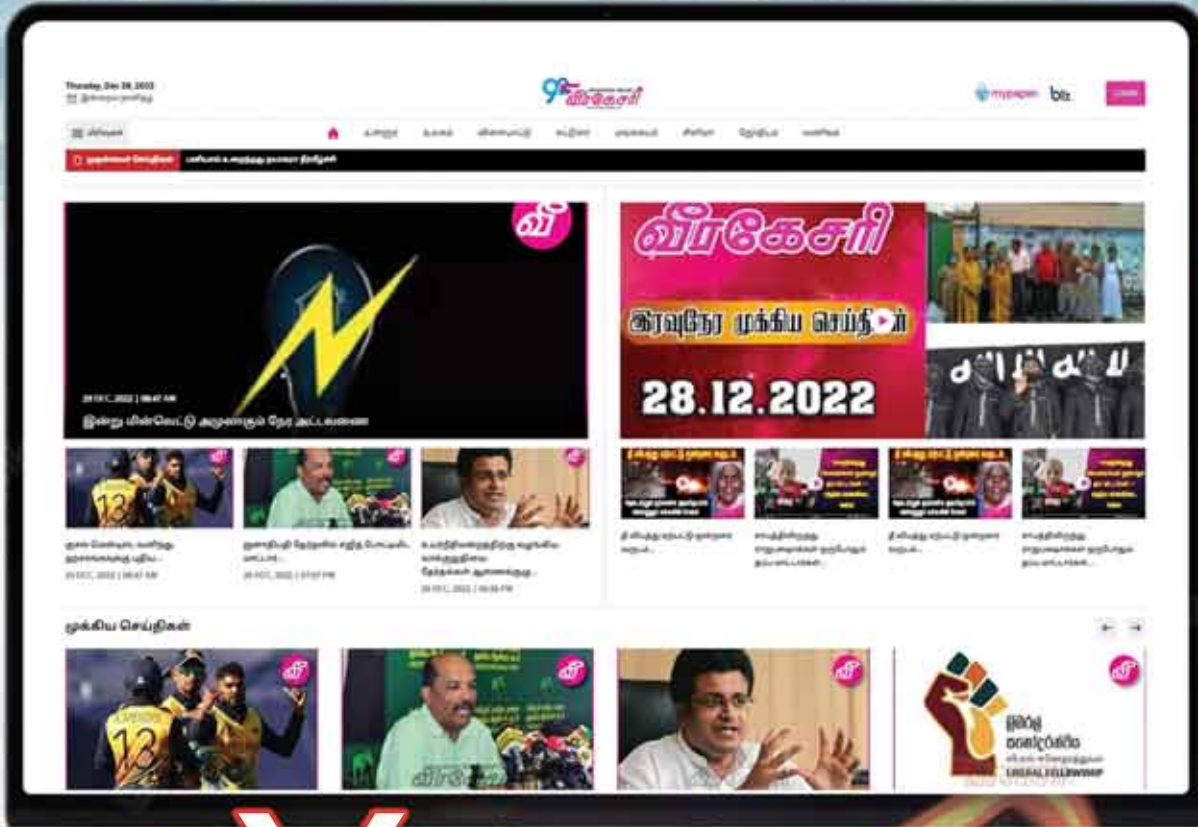
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\$10

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