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A parfait media publication

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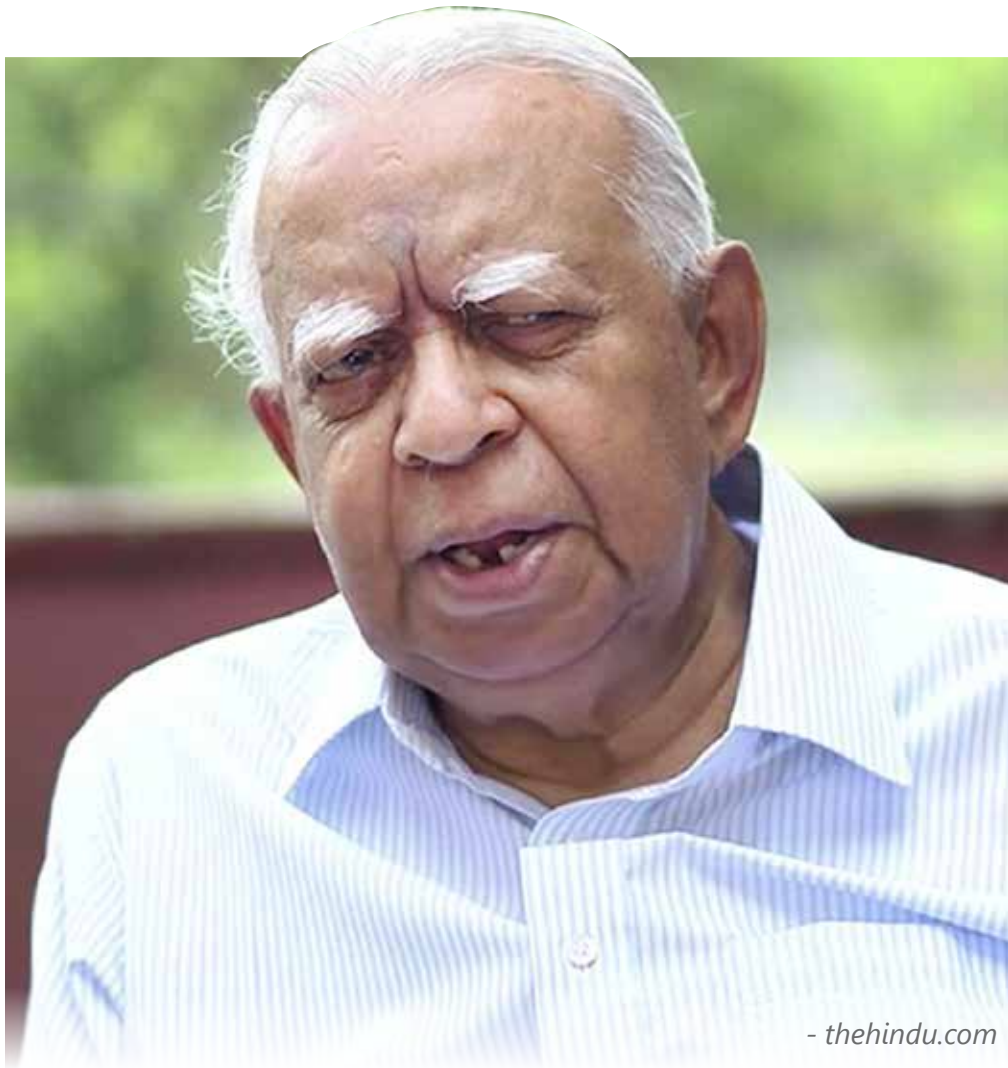
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VETERAN SRI LANKAN TAMIL POLITICAL LEADER R. SAMPANTHAN PASSES AWAY



Mr. Rajavarothiam Sampanthan
5 February 1933 – 30 June 2024

The veteran politician advocated for Tamil rights within a united Sri Lanka, and his demise leaves a void in the country's quest for reconciliation. Honourable Rajavarothiam Sampanthan was a Sri Lankan politician and lawyer who led the Tamil National Alliance from 2001 until his death on June 30, 2024. He was a Member of Parliament from 2001 until his death, and previously from 1977 to 1983 and from 1997 to 2000. He was the Leader of the Opposition from September 2015 to December 2018.

Please see page 9 for Tribute by Global Tamil Forum.....

UK GENERAL ELECTION The Labour Party has won a landslide victory in the July 4, 2024 General Election

The Labour Party has taken 412 seats giving it a majority of 174.

It is the worst Conservative result in terms of seats in history, with the party on 121. The Liberal Democrats have their highest tally since 1923, taking 72 seats.

The SNP have nine seats. Reform UK have five and Plaid Cymru and the Green Party have four each.

Some 23 seats were won by other parties, all in Northern Ireland, and independent candidates.

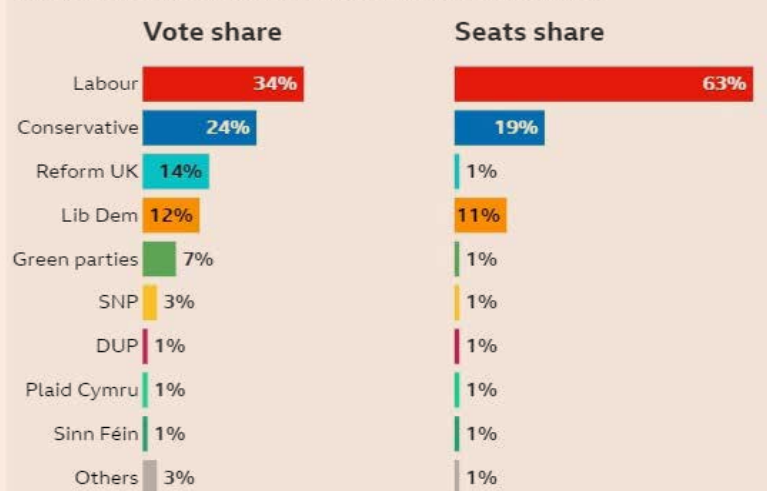
The biggest gap on record has emerged between the share of the vote won nationally by parties and the number of seats they have gained.

The Rt Hon Keir Starmer became Prime Minister on 5 July 2024. He was elected as the member for Holborn and St Pancras in May 2015. He was elected leader of the Labour Party in April 2020.

Please see Page 10 for News on First British-Tamil MP in UK Parliament....

General election results 2024

Share of the UK vote and share of seats in Parliament



The green parties for England and Wales, Northern Ireland and Scotland are separate. Their combined vote share is shown **BBC**

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Number of 'Struggling' Canadians on the Rise Despite Slowing Inflation: Report

A growing number of Canadians are struggling financially, with nearly half stressed by housing costs and other living expenses, according to a recent survey.

One-in-three Canadians (32 percent) now fall into the "struggling" category, up from one-quarter two years ago, said the Angus Reid Institute (ARI) in its July 9 report. In addition, the number of Canadians in the "comfortable" category has decreased to 23 percent, down from 29 percent in 2022.

Economic stress is not evenly distributed across the country, the report says.

Canadians experiencing economic distress are most prevalent in major western cities such as Regina, Saskatoon, Edmonton, and Calgary, as well as suburban Toronto, while Montreal residents are most likely among urbanites to be categorized as "thriving."

Nearly half (46 percent) of respondents in Saskatchewan and Newfoundland and Labrador were classified as struggling.

The findings come as the annual inflation rate stabilized, with the Consumer Price Index declining to 2.9 percent year-over-year in May, down from 3.4 percent in May 2023, according to Statistics Canada data.

The researchers attributed an unexpected increase in the inflation rate in May—to 2.9 percent, up from 2.7 percent in April—primarily to rising shelter costs. Despite a consistent downward trend in the inflation rate over previous months, Canadians continue to perceive that overall prices are climbing.

"While inflation may be decelerating, Canadians continue to feel that



everything is getting more expensive around them," the ARI report stated.

Concerns about housing affordability rank high among Canadians, with 33 percent surveyed by ARI expressing this view. Among those grappling with housing costs, over 44 percent say they are having a "tough" or "very difficult" time managing these expenses, marking a two-percentage-point increase from last year and a seven-point increase compared to 2022. This percentage increases to 47 percent among homeowners with a mortgage and jumps to 56 percent among renters.

Preceding housing cost concerns, three-in-five Canadians (60 percent) consider cost of living as their paramount worry, followed by health care at 41 percent.

Researchers noted that Canadians have also reported grappling with rising costs of essential goods and

services. Despite data from Statistics Canada showing a decline in fresh produce prices since January, 87 percent of Canadians believe that the cost of produce has actually increased, the report said.

The survey also showed widespread economic pessimism among Canadians, with only 18 percent expecting their financial situation to improve over the next year. In contrast, 34 percent anticipate their finances will worsen, while 39 percent expect no significant change.

ARI conducted the online survey from June 14-20, polling a total of 4,204 Canadian adults who are members of the Angus Reid Forum. The report carries a margin of error of plus or minus 1.5 percentage points, 19 times out of 20.

*Courtesy: Andrew Chen,
The Epoch Times*

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The 2024 Global Vote

By Harrish Thirukumaran

Happy July to the readers of the Monsoon Journal!

This month's issue is pleased to present a variety of stories that touch upon many recent elections and politics happening across the globe. For instance, the Conservative Party of the United Kingdom under Rishi Sunak were defeated by the UK Labour Party, led by Keir Starmer, in the UK parliamentary general election. France itself saw its highest voter turnout since 1981. Over in Europe, Emmanuel Macron, Prime Minister of France, is now encountering a highly sensitive political environment with the setup of a left-wing coalition after their parliamentary election results.

Here at home, Prime Minister Justin Trudeau has been dealing with internal disagreements and trailing the Conservatives nationally by a double-digit margin for the past year. Although Canada is not due for another general election until October 20, 2025, there seems to be much political enthusiasm among voters.

As seen in these recent elections, voters have a tremendous ability to create change, but only when working together. Coming off a by-election loss in the Toronto-St. Paul riding, the health of Trudeau's leadership and the Liberal Party will be seen in a future by-election for the vacant seat of LaSalle-Émard-Verdun riding in Montreal.

Another particularly interesting election to keep eyes on will be the US presidential election taking place in a few months' time on November 5, 2024. The electoral match between Joe Biden and Donald Trump will certainly test the pulse of voters as they not only decide their future, but also the impact of populism in today's politics. These elections serve as an example as to why voting is a right that should not be taken lightly. It really has a power of determining the kind of town, state, or country that voters, as people, want to make a life in.

The appetite for change is strong among voters, but, at the same time, it is important to educate ourselves on the issues that matter to us. As stated previously in past issues of the paper, voting is more of a duty, rather than a right, to your people, to society, and to the community. We all seek to strive towards something greater than ourselves through our elected representatives. Populism, in a way, does represent this idea on some level. However, it does not offer actual solutions that benefit our communities or societies. Voting should focus on electing leaders and candidates who offer practical solutions or paths forward, and those who that truly grasp the complexity of some issues we face today.

As individuals, we can read the platforms of candidates and parties such as websites or campaign literature to understand where they stand on issues, taking the time to register to vote, and contacting your local candidates. The sort of media you consume is also very important as they contribute to the strength of our democracy. In this sense, long-form media or journalism might give you a deeper understanding of the specific issues that may

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not be available in traditional media. These are a few of many ways to become an informed voter.

Apart from our election stories, this Monsoon Journal issue shall also continue to shed light on the great work being done by the Tamil community throughout places in the Greater Toronto Area. It is an opportunity for readers of Tamil and South Asian descent to grow with their communities and become well-informed voters with our election coverage of polls globally.

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CANADA NEWS 

Canadian Tamil Congress Signs MOU with Northern Chamber of Industries in Sri Lanka to Promote Local Products



The Canadian Tamil Congress (CTC) is thrilled to announce the signing of a Memorandum of Understanding (MOU) with the Northern Chamber of Industries in Sri Lanka. This strategic partnership aims to promote local products from Sri Lanka, particularly from the northern and eastern regions affected by the war, and introduce them to the Canadian market.

The foundation for this initiative was laid earlier this year when representatives from the CTC visited Sri Lanka. During this visit, they met with representatives of the Northern Chamber of Industries to discuss the potential partnership aimed at supporting local producers. The discussions were fruitful, leading to the establishment of this important collaboration.

Under this MOU, the CTC will actively promote these local products in Canada through its various events, including the largest annual street festival, Tamil Fest. The CTC will leverage its platforms, resources, and extensive outreach capabilities to highlight and market these products

to both the Tamil community and the broader public in Canada.

The CTC believes that this initiative will not only create a wide market for local products from northern Sri Lanka but also contribute to the sustainable development of these war-affected areas. By introducing these products to the global market, the CTC aims to foster economic growth and stability in the region, providing a much-needed boost to local industries and communities.

To experience and support this initiative firsthand, we invite everyone to visit Tamil Fest, happening on August 24th and 25th at Markham Road. Be sure to stop by the dedicated booths showcasing local products from war affected northern and eastern Sri Lanka. This is a unique opportunity to explore and purchase these products, learn more about their origins, and support the economic revival of the war-affected areas.

This MOU underscores the CTC's commitment to supporting the Tamil community both locally and internationally.

Elevate Your Brand at Tamil Fest 2024!



FOR NON-FOOD BOOTHS CONTACT:

416-240-0078 info@canadiantamilcongress.ca

Join us for the biggest celebration of Tamil art, culture, and cuisine in the world! With food booths already sold out, non-food vendors have a golden opportunity to shine at this premier event. Attract more than 300,000 attendees by showcasing your products or services at Tamil Fest 2024. This is your chance to connect with a vibrant community and boost your brand visibility. Whether you offer unique crafts, innovative services, or engaging experiences, Tamil Fest is the perfect platform to reach a diverse and enthusiastic audience.

Don't miss out on this incredible opportunity to market your business and be part of a cultural phenomenon. Secure your booth today!

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Canadian Tamil Congress (CTC) Elects New Board of Directors and President

The Canadian Tamil Congress (CTC), a leading non-profit organization representing Tamil Canadians nationwide, proudly announces the election of its new Board of Directors, signaling a significant step forward in its mission to advocate for the Tamil community's interests.

The newly elected board members collectively bring diverse skills, positioning CTC to continue its impactful work in collaboration with the Canadian Tamil diaspora, government bodies, and international organizations.

The board members include:

Kumar Ratnam - President
Dr. Shan A. Shanmugavadivel - Vice President
Piragal Thiru - Secretary
Dilshan Navaratnarajah - Treasurer
Nathan Veerasingham
Sahila Shankar
Ravi Ponnampalam

As President, Kumar Ratnam brings more than two decades of leadership experience. His leadership has helped successfully grow his IT firm to serve Fortune 1000 companies globally. A long-time member and contributor to CTC, and co-founder of the Centre

for Leadership and Innovation, Kumar will lead the board to amplify Tamil Canadians' voices, advocating for their interests nationally and internationally.

"We are delighted to welcome Kumar Ratnam as our new President. His experience and skill will play a crucial role in advancing CTC's mission to foster social, cultural, and political engagement among Tamil Canadians," said Sivan Ilangko, advisory council member, Canadian Tamil Congress.

The Board will initiate a series of public consultations this year to better serve the evolving needs of the Tamil Canadian community.

For more information, please contact: Kumar Ratnam, President, Canadian Tamil Congress - president@canadiantamilcongress.ca / 416-240-0078

About Canadian Tamil Congress (CTC):

The Canadian Tamil Congress (CTC) is a non-profit organization that serves

MEET *our* BOARD OF DIRECTORS 2024/2026



Kumar Ratnam
President



Dr. Shanmugavadivel
Vice President



Piragal Thiru
Secretary



Dilshan Navaratnarajah
Treasurer



Ravi Ponnampalam
Director



Sahila Shankar
Director



Nathan Veerasingham
Director

as the voice of Tamil Canadians. Headquartered in Toronto, the CTC advocates for the rights and interests of Tamil Canadians and promotes awareness of issues affecting the Tamil community. Canadian Tamil Congress (CTC) Elects New Board of Directors and President.

Future is Promising

A message from the President of CTC

Vanakkam!

It is with deep gratitude that I assume the role of President of the Canadian Tamil Congress. Since 2009, I've been a proud member and volunteer of the CTC, witnessing and contributing to many successes that have positively impacted our community.

However, the CTC has also faced challenges recently. I understand your concerns about efficiency, transparency, and the need for a stronger voice. Be assured, I'm committed to leading a new era built on open communication, collaboration, and impactful action.

Our Path Forward:

We're embarking on a transformative journey with these key priorities:

Amplifying Our Voice: By empowering the Board and team functions for greater efficiency, we will become a more powerful advocate for the Tamil diaspora in Canada, Sri Lanka, and around the world.

Transparency as a Cornerstone: Regular updates will be provided through our revamped website, social media, and a new email newsletter. Additionally,

your input will be actively sought through online forums, town halls, and surveys.

Building Sustainable Opportunities: We will work closely with partners to develop robust resource strategies, ensuring long-term sustainability and investment in initiatives that build economic opportunities for our community.

Continual Engagement with Members: Through active and ongoing communication, we will ensure our members are well-versed on all CTC initiatives and clarity on its mandate and trajectory.

Join the Movement:

This is a new chapter for the CTC, and we need your active participation. Here's how you can get involved:

Stay Informed: Connect with us through our revamped communication channels.

Share Your Voice: Participate in open forums, online discussions, and surveys.

Contribute Your Skills: We will be offering exciting volunteer opportunities to directly impact our community.

Together, with transparency and action as our guiding principles, we can build a stronger, more effective CTC that delivers real results. The Canadian Tamil Congress has a legacy of being a powerful advocate for the Tamil community. Its future is now in our hands to continue to build on that platform and amplify our voice for those whom we serve.

Please join us on this journey and feel free to reach out with your questions.

The future is promising.

Sincerely,



Kumar Ratnam
President, Canadian Tamil Congress
president@canadiantamilcongress.ca



CANADA NEWS

Jaffna Central College Old Boys Association of Canada raises funds for Heart & Stroke Foundation from their 22nd Annual Walk-A-Thon



On Saturday, June 29, Jaffna Central College Old Boys Association of Canada (JCCOBA, Canada) hosted their 22nd Annual Walk-A-Thon and Picnic at the Morningside Park located near the University of Toronto.

For the past 22 years, JCCOBA have been donating the funds raised from their annual walkathon to The Hospital for Sick Children (over \$50,000) and to The Heart & Stroke Foundation (Over \$30,000). This year's annual walkathon and picnic was well attended and raised a record amount exceeding the target for a noble cause.

JCCOBA selected Heart and Stroke Foundation, once again as the recipient of the funds raised this year. The

donation cheque in the amount of \$11,270 was presented after the walk.

JCCOBA President Esa Para thanked all the donors and fundraisers. A special thanks to the members of sister school Vembadi Old Girls Association (VOGA) for their participation, contribution and support this year and in the previous years.

Despite initial concerns over the weather, all planned activities were successfully executed and everyone had a great time, said the chairperson Mr. Krish Jeyanathan.

Some of the photos taken at the event can be seen here...



President's of JCCOBA (Present and Past)





GTF pays tribute to Tamil Elder Statesman Mr. R Sampanthan on his passing

The Global Tamil Forum (GTF) is deeply saddened by the passing of the Tamil elder statesman R. Sampanthan on June 30, 2024. We express our heartfelt condolences to the family and friends of the departed leader and all those mourning the loss of Mr. Sampanthan.

Mr. Sampanthan had a long and illustrious political career. He has been a Parliamentarian for nearly 50 years, the Leader of Opposition in the Sri Lankan Parliament between 2015 to 2018, and led the Tamil National Alliance for the last 23 years. Mr. Sampanthan was an ardent advocate for Tamil rights and dedicated his political life for pursuing a just solution for the Tamil national question.

From the time of Sri Lankan independence (1948), Tamil polity has been blessed with great elected leaders. From fifties to seventies, as the Sinhala Buddhist nationalism exerted its dominance at the expense of minority communities, Tamil community was ably led by late S.J.V. Chelvanayakam, who coalesced Tamils into a strong united front, adopted Gandhian methods of resistance against oppression, and made attempts at negotiating self-rule arrangements for the Tamil-majority Northern and Eastern Provinces. This tradition of strong, committed leadership continued under the late A. Amirthalingam during the seventies and eighties, a period during which armed resistance to state oppression and violence emerged and eventually dominated all aspects of Tamil politics. Mr. Sampanthan became the prominent, elected Tamil leader during this tumultuous war period.

The civil war that ended in 2009 presented unprecedented challenges for the Tamil community – the community lost, not only immense number of lives and property, but hope itself. The victorious majoritarian leadership did not waste time in using the opportunity to marginalize Tamils even further. The international community looked upon the Tamil leadership with ambivalence about their past and future



political agenda. This crucial period was ably navigated by Mr. Sampanthan, who solidified and rebuilt the Tamil political leadership through carefully calculated initiatives and a pragmatic political program. An important highlight of this era was the crucial role Mr. Sampanthan played in the political transition in 2015, which provided much needed breathing space for Tamils to recover from their losses and to regain a sense of normalcy.

Mr. Sampanthan's uniqueness comes from the fact that he could strongly articulate for Tamil interests, while fully conscious of the interest of the country and the concerns and fears of the majority community. There were innumerable occasions when Mr. Sampanthan eloquently argued for a political solution building on Sri Lanka's constitutional history and the many promises the Southern Sinhala establishment made in the past but failed to keep. In the same breath, his demands for equal rights for Tamils never left unsaid that they were within a 'united, undivided and indivisible' country.

When Sri Lanka showed no inclination of addressing the serious crimes committed during the war, it was Mr. Sampanthan who provided the pivotal leadership in ensuring that Sri Lanka would be subjected to UNHRC resolutions and oversight (from 2012 onwards) for promoting human rights and reconciliation in the country.

Equally, when Sri Lanka was paralyzed by a constitutional crisis (2018), Mr. Sampanthan provided

principled leadership to overcome the crisis with the interest of the country at heart.

It is such qualities that made Mr. Sampanthan a highly valued leader, both in Sri Lanka and among the international community. GTF have witnessed on many occasions the high praise bestowed on Mr. Sampanthan – by leaders of all communities in Sri Lanka, and by political leaders and diplomats from many countries.

A sentiment often expressed – both in Sri Lanka and internationally – was that the national question in Sri Lanka had to be resolved during Mr. Sampanthan's lifetime. Undoubtedly, that epitomises the respect and admiration with which Sampanthan was held, and will firmly place him in the pantheon of great elected Tamil leaders from Sri Lanka. But the hard fact is Mr. Sampanthan is no more, but Sri Lanka is yet to address its decades old national question to the satisfaction of all communities.

For many decades now, Sampanthan was the face of Sri Lanka's Tamil community and its struggle for recognition, justice and equality. After such a dominant presence, replacing him with a new and capable leader will be a huge challenge. GTF hopes the new leader will follow on the footsteps of Mr. Sampanthan – relentlessly articulating for Tamil interests, while integrating those with the wellbeing of the country as a whole.

On the other hand, all communities in Sri Lanka, and particularly those from the majority community, need to reflect deeply why they have failed to find a just and lasting solution to the national question over such a long period.

Perhaps the time is now. Working towards a just and equitable outcome with goodwill and honesty to what the late Mr. Sampanthan often referred as "the National Question" will be the ultimate tribute the country could pay to Mr. Sampanthan.

*Courtesy:
GlobalTamilForum.org*



Uma Kumaran, British Tamil, Elected MP for Stratford and Bow in the U.K.



In a landslide victory for the Labour Party, Uma Kumaran has been elected as the Member of Parliament for Stratford and Bow, following the General Election which took place on Thursday 4 July 2024.

Her election marked a significant milestone as she became one of the first British-Tamil MPs after a landslide victory for her party.

Ms. Kumaran, born in East London, has roots in Sri Lanka. Both her parents are Tamils who fled Sri Lanka in the '80s during the Sri Lankan civil



war.

Ms. Kumaran is a former Director of Diplomatic and International Relations for the Co-Chairs of the C40 Cities Climate Leadership Group. In this role, she collaborated with nearly 100 global mega city mayors, governors, their teams, the United Nations, Bloomberg Philanthropies, and several leading advocacy organizations to campaign for stronger, bolder action to tackle climate change.

Ms. Kumaran also served as the



Deputy Director of Parliamentary Affairs for the Leader of the Opposition, where she played a key role behind the scenes preparing for Prime Minister's Questions (PMQs). Additionally, she was an adviser to the Mayor of London, Sadiq Khan.

With over 16 years of experience in political strategy and high-level advisory roles, Ms. Kumaran has worked for the last Labour Government, in local government, and at the heart of London government in City Hall. Her early career included positions within the NHS and volunteering as a hospital radio DJ.

Ms. Kumaran first contested in the 2010 local elections in Harrow, London, as one of the Labour Party candidates, but was not elected.

A record number of 90 ethnic minority MPs have been elected to sit in the UK's most diverse parliament ever, an increase of 24, according to British Future's analysis of the 2024 general election results.

As per a quote from Sunder Katwala, Director of British Future;

▶ The 2024 election is a landmark for representation, with record diversity in our parliament, closer than ever to that of the electorate.

▶ "In the space of 40 years we have gone from zero to nearly 1 in 7 MPs being from an ethnic minority background".

▶ "The irony that it coincides with the end of Rishi Sunak's premiership as the UK's first British Asian Prime Minister only underlines how ethnic diversity has become a new norm across the main political parties".



▶ "Better representation doesn't guarantee better policies on inclusion. Our race debates can often feel as polarised as ever. But a stronger share of voice matters. When the new Commons raises issues of race, ethnic minority MPs will be there to bring their lived experience to the debate."

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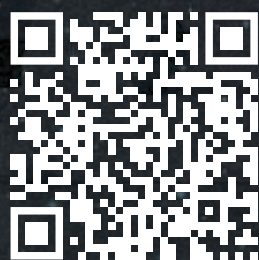
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Town of Stouffville hosts second annual 5K in support of Markham Stouffville Hospital



5k runners at the start line of the 2nd Annual Stouffville Main Street 5K

On June 16, 2024, over 1,300 community supporters came together for the second annual Stouffville Main Street 5K. The Town of Stouffville and the Office of Mayor Iain Lovatt held the event with Oak Valley Health’s Markham Stouffville Hospital (MSH) as the chosen beneficiary and raised \$113,245!

The Stouffville Main Street 5K is an annual family walk/run held on Father’s Day for both recreational and competitive participants. The purpose of the event is to bring awareness to the services that MSH offers to the

Stouffville community and raise funds for the hospital. “After the overwhelming success of our first walk/run in 2023, I am thrilled that it is now an annual event, raising much needed funds for our hospital, the Markham Stouffville Hospital,” says Mayor Lovatt.

In celebration of Father’s Day, Rajen Sanghvi, took to the stage to talk about his own experiences with fatherhood and expressed his gratitude for the care his dad received in his final days before passing away from brain cancer.

“My dad, Burt, was a volunteer at Markham Stouffville Hospital and when



he passed last year, I couldn’t think of any better way to honour him than to participate in this Stouffville 5K,” says Sanghvi. “From the time of my dad’s diagnosis through to his passing, he had a number of visits to Markham Stouffville Hospital, and as a family, so did we. Markham Stouffville Hospital is a wonderful hospital and we are lucky to have it so close to us.”

AUGUST 12, 2024

39th Annual MSH Foundation Golf Tournament





HEALTH & WELLNESS



Stouffville Mayor Iain Lovatt presents Markham Stouffville Hospital Foundation with a cheque of \$113,245 (and counting). L-R: Allan Bell, Vice President, Community Relations & Corporate Partnerships, Suzette Strong, CEO, MSH Foundation, Dr. Bear mascot and Mayor Iain Lovatt, Town of Stouffville



Mayor Iain Lovatt receives a gift of appreciation from Allan Bell, Vice President, Community Relations & Corporate Partnerships, Markham Stouffville Hospital Foundation



Stouffville Mayor Iain Lovatt and MSH Foundation, CEO, Suzette Strong present Team Burtman and the Sanghvi family with an award for top fundraising team



Dr. Bear cheers on the Kids 1K at the Stouffville Main Street 5K



Dr. Bear mascot of Oak Valley Health's Markham Stouffville Hospital with the Sanghvi family L-R: Rashmi, Sutuja, Rishi, Rajen and Siddharth

Today, health care's complex landscape is changing, along with our growing, diverse community. Government can't fund all of the hospital's priority needs.

MSH is committed to delivering the highest quality integrated care and community investment will make all the difference. Participation in fundraising initiatives like the Stouffville 5K helps equip MSH's award-winning staff with leading-edge technology to help provide the best patient outcomes possible.

"Generous community support is essential for Markham Stouffville Hospital to be able to remain on the cutting-edge of patient care," says Suzette Strong, CEO,

MSH Foundation. "Our hospital can only thrive with the help of the caring spirit of its community. Thank you to Mayor Lovatt, Council, and the Stouffville community for bringing a lifetime of care close to home."

About Markham Stouffville Hospital Foundation

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

About the Town of Stouffville

Nestled in the rolling hills of the Oak Ridges Moraine, the Town of Stouffville combines rural charm with urban convenience. Our diverse community of nearly 50,000 residents thrives on rich cultural heritage and modern amenities. Home to over 26,000 labor force members, our economy spans high-tech industries, manufacturing, agriculture, and tourism. We boast seamless connectivity to the Greater Toronto Area through major transportation routes and public transit.

Our vibrant, family-oriented town offers numerous programs, events, and attractions, including Nineteen on the Park, Bruce's Mill Conservation Area, and annual festivals like RibFest and the Strawberry Festival. Embracing both natural beauty and urban growth, Stouffville provides an exceptional quality of life for residents and a welcoming environment for businesses and

visitors alike. For more information : [visit townofws.ca](http://visit.townofws.ca)

AUGUST 12, 2024

39th Annual MSH Foundation Golf Tournament





Why Has Canada Slept ?

Wake Up Canada - The Aviation Industry



By: Kane Siva

The origin of Canadian Aviation dates back to 1840, to New Brunswick, St. John with the first manned flight in a balloon that began in 1840. The Wright Brothers's aviation thirst in 1903, at Kitty Hawk, North Carolina, inspired our Alexander Graham Bell, and the Canadian aviation industry took its first step, with Bell's Silver Dart in 1909. I believe there were no great strides till the end of the war, after the Silver Dart's flight.

As the war ended, and since lots of Canadians played a great role in the war, and the training they had with RAF, brought in a new passion and flavor for the Aviation industry. The timeline of the Aviation industry is phenomenal. 1915 saw the first production of aircraft in Canada, Curtiss Aeroplane, of New York, set up a small plant in Toronto, and started to make JN-4 training aircraft, built almost 20 planes, exported to Spain and the aerospace industry was born in Canada. Aviation played a major role in opening up the North. 1937 saw the birth of a subsidized national carrier "Trans Canada Airlines, which later became Air Canada". In a way, WW2 accelerated the aircraft manufacturing sector, and the aerospace industry started to evolve into a major component of our economy. Boeing's Jet age brought in a new mode of transport to Canadian's lives, and the airline industry started to garner more interest with Canadians. 1937 was a moment of pride for Canadian aviation, since the Government of Canada, formed Trans-Canada Airlines, and in 1964 this venture became Air Canada. Department of Transport Act was created in 1937, and thus aviation was placed under the DOT as in USA (FAA functions under DOT umbrella). 1937 was another memorable moment, as the first coast-to-coast passenger

service took place between Vancouver and Seattle. This was a flight of 55 minutes with 2 passengers and mail on board the Lockheed L-10A. Aviation activities and interest started to grow in aviation, which resulted almost soon after the war. An authoritative body was created by the United Nations, International Civil Aviation Organisation, ICAO, and is headquartered in Montreal to monitor the aviation sector of the world with a set of universal standards of rules and regulations. Canada is one of the original 52 member states and signatory for this convention. Another aviation big name too, is headquartered in Montreal, Quebec, IATA- International Air Transport Association. IATA is a trade association of the world's airlines founded in 1945 in Havana, Cuba. The year 1990 gave birth to the Transportation Safety Board which was created by the Canadian Transportation and Safety Board Act on March 29th. NavCanada was entrusted with the task of Air Navigation in Canada and The Canadian Aviation Regulations became a Law in 1996 for Air Navigation. Safety Management Systems, SMS was created in 1999, which sets Canada being the first in the world to implement SMS, as a new way to eliminate safety risks in civil aviation.

From the above profile of Canadian Aviation anyone can see how our aviation industry has evolved from 1909 and progressed to be the 5th largest aerospace industry of the world. I feel personally that what Canada has achieved is great, but why can't they strive to project themselves as a global leader in the aviation and aerospace industry? rather being complacent. Canada have people from over 160 countries who live here and call it their home. We are a multifaceted, multilingual, and multi-talented nation and should be able to pool all the resources and build an aviation and aerospace industry unparalleled to any

country. We should not be happy having only one small aircraft manufacturing company, Bombardier in Quebec. Why can't we build an aircraft with long range capabilities, and be better than the Boeing company? We should not be in the shadow of our Big Brother, as far as the Aviation Industry is concerned. We should strive to achieve more and more.

Boeing has been outsourcing its aircraft parts needs, and also the airlines, outsource their MROs, maintenance and repair overhauls, to South American Countries. If our Federal and the Provincial Governments can work together we could get them to move to Canada for all these services and they are bound to get the best of the best services, from our qualified technicians without the safety being risked or compromised. The Boeing company is in crisis because of substandard work. This could be avoided if Boeing Company works with our aviation experts through the government negotiations. This will increase employment and monetary benefits for us. Aviation industry is a big money spinner and we should use the full potential to attract major aircraft manufacturers to all the Provinces in Canada.

According to Dr. Suzane Kearns, PhD, an Associate Professor at the University of Waterloo for Aeronautics, Quoting her, "We will face a shortage of qualified pilots by or before 2036, which might jeopardize our aviation sector with far reaching consequences for our aviation industry, and economy. She forecasts, we may require more than 3000 new pilots by 2025". We have to start training more pilots and restructure the training programmes for the flying schools to attract more cadet pilots. The cost factor may play an important role to turn away lot of anxious youngsters who want to learn flying and make it a career. Federal and Provincial governments must weave a web, to lure more students





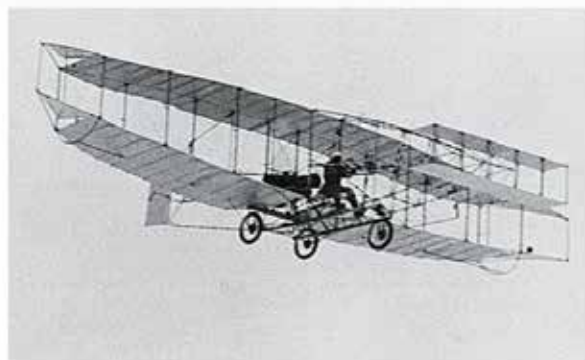
to take up flying and provide them loans payable after 10 or 15 years. Also, instead of the private flying schools, we must have government funded schools to train pilots, engineers, and other aviation professionals as soon as possible, if we want to be a leader in global aviation. If countries with less human potentials can rise up to this challenge why not Canada? I am selfish in suggesting this. Our Pilots who graduate here must serve with Canadian airlines at least for 10 years. They are attracted to other major carriers for attractive salaries and benefits. Mr. Mohan Nithy, a co-owner of MAP Aviation Flying School at Peterborough says, "all the pilots are attracted to other countries because of the lucrative salaries". Also I call upon all the CEOs of the Canadian airlines to bury their greed, pay handsomely to the Pilots and Cabin crew, who are real money spinners for this country and for the airlines.

I don't want to shy away from a strong criticism by a respected agency regarding our aviation portfolio. It is a scathing report, and downgraded our status from level A to C, which shows Canada's abject failure, not to consider aviation as of paramount importance to the second largest country, in the world Canada. After 115 years in aviation, this connotation is highly unacceptable. This confidential report by the UN agency, ICAO, was published by the Canadian press on Dec 7 2023, was written by Christopher Reynolds, Quotes "Canada has received a C grade on flightsafety oversight, down from A+, almost two decades back. The three areas the agency was concerned namely aircraft operations, airports and air navigation". They were critical of these areas, Air Navigation, is managed by NAV Canada, responsible for managing the 18 million square kilometers of Canadian civil airspace and the North Atlantic oceanic airspace. NavCanada is privately owned, and managed by a non profit organization, provides all the Air Traffic services, Aeronautical information, Air navigation technology, Train Air Traffic Controllers, and provides an excellent service. But they must be proactive and recruit more ATCs, reduce their workload, and hours of duty from 8 at least to 6 to 7 hours instead of 8 to 10 hours, to minimize fatigue which would eventually affect air safety. But the biggest concern of the report is about airport operations and the oversight of all these facilities. The shifting of oversight responsibilities to private management services will be a cancer to our aviation industry. DOT of Canada, must directly supervise all these functions rather than allocating to A,B,C,D, & other Aviation services as a cost cutting measure. This will put the quality of aviation to an abysmal level. Palming off the airport security, scanning the baggage, and the dangerous goods to private security is highly unacceptable. All the airport facilities should be managed by the Government of Canada, and with the assistance of the Provincial Governments. We remember the Gold Heist 2 years back from the AirCanada Bond room, with fake clearances. The present



system of management is alarming as successive Provincial Governments are more interested in cost saving \$, than in saving Human Lives and Humanity. Human Lives are not Expendable at any cost.

Being in aviation for 5 decades, and counting more by my passion, to uplift an industry that is dear to my heart, I always strive my best to speak my mind even if I am pilloried. Canada's largest airport, Malton Airport, renamed Lester Pearson in 1984, had the first passenger flight, a DC-3, an American Airways, from Buffalo New York, in 1938, August 29th, was a good one. Lester Pearson is in operation for more than 50 years, and I strongly feel and urge both the Governments, to consider having a brand new, real state of the airport, that



Canada's first aircraft, the AEA Silver Dart

could last for another century, with room for modifications at all times, even if we have to relocate the present one with a large landscape of 50 square kilometers or more. Look at the airports around the world that are inspiring, and our one is a "far cry" for me. In 1975 England's Heathrow had 3 terminals only, and started digging for the 4th and 5th, and witnessed while I was there. Singapore's Changi airport, was built on reclaiming the land from the sea which started in 1976, and happened to be there too on familiarization with Singapore Airlines Flight Operations, for 2 weeks, and witnessed it. It has 5 terminals, and has every facility, that a modern city should have. What a marvelous design by Netherlands Airport Consultants. I envision the day where we will have our Subway train docks into our airport terminals to provide easy access.

The Canadian Airlines that are operating here, also bring disrepute to our country's aviation industry to a large extent, by their callous disregard, Corporate greed, and avariciousness of the executives. This sort

of behavior should be rooted out and the Federal governments and the Provincial governments should impose strict laws to prevent the abuse of the flying public's rights. They should follow the dictum "That The Customer Is Always Right, Even If It Is Otherwise", this will enhance reputation, and will speak volumes of our aviation industry. The Government and the CEOs use the airlines as "Cash Cows", instead as a service to the flying public.

My humble submission is this. The FREE FALL of Boeing Company, had a cousin the FAA, who enabled it inadvertently, by relinquishing the oversight duties, for which the FAA was established in late 1950s. Our DOT and NAV must work, hand in hand to reboot the aviation industry to the highest level, and to regain the trust of the world. It is absolutely true we didn't have any major accidents, but incidents were there, that could have been fatal but, thanks to God. I don't want to envision that scenario. There were few, but the ingenuity, and the resilience of our pilots saved the day. Wright Brothers gave birth to aviation for the Right reasons, And The Bright Brothers Who Hold The Mantle Of Canada, Must Do It Right, Serve It Right, To Protect The Citizens Of Canada. Canada Pull Up Your Socks, and I don't want you to be Nose Diving. My Earnest Appeal, In The Name of Aviation, As We Proudly Celebrate 157 Years of Canada's Birth, I Don't Want the Aviation Industry Dying Slowly.

Canada Must Be A Beacon, and A North Star For Aviation In The World.

*Oh! Canada, Viva La "O Canada".
Cheers and Happy Birthday Canada.*



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



SPECIAL FEATURE

Words of Peace

Gratitude is the Highest Expression

Gratitude is the highest expression of a human being



You know, in our lives, we have learnt a lot of things. As we are today, this is not the way human beings used to be. We have learnt how to make buildings; we have learnt how to make airplanes; we have learnt how to make cars; we have learnt how to make this, have that—everything that you have in this world—even wars. We have learnt how to make wars. And we have learnt how to make the instruments for the wars, but we have not learnt how to be in peace...how to be in peace.

Not how to make peace. You have to be very careful what words you use, because if you have to make peace...? If human beings were responsible for making peace, they would do something so completely bizarre with it, that it would be unbelievable.

How to be in peace—because peace already is in the heart of every single human being. Being so close, and being so far.

But for those who are interested in peace, there is a whole another chapter. There's a whole other field. There's a whole other thing to understand, of how we can be fulfilled. That this life is not about just birth and death. That this life is about fulfillment; that this life is about peace; that this life is about understanding; that this life is about clarity; that this life is about feeling that gratitude.

Gratitude is the highest expression of a human being. But it can only happen when there is truly a reason for it. If you're not thankful...? Just by saying it, it's empty. What are you thankful for in your life? What are you thankful for?

Oh, see, it's very strange. You tell people...they sit down in a room. You ask them, "What are you thankful for?" And it's, "Oh, I am thankful for so many things. I am thankful for my family; I am thankful for my job; I am thankful for this, and I'm thankful for that, and I'm thankful for that, and I'm thankful for that, and I'm thankful for that." And all I have to say is, "Really? Really? Really? Really, are you thankful for being alive? Are you?"

How many times during the day do you say, "My goodness! I am alive. Thank you for this life"—during the day? Do you really, really, really, really—you get up in the morning and the first thing you say is, "Oh my God. I am alive." Or is it, "What time is it? What do I have to do?"

How many times during the day do you feel gratitude for being alive? How many? Once? Once a day? Twice a day? Three times a day? Four times a day? How many times a day do you feel thankful for being alive?

How many? Once a day keeps the doctor away? At least...and sometimes not even that? At least he's honest. If he is honest, he can learn! He can learn. Because that's the reality. Once is not enough; two times is not enough. Every time you feel alive, your heart will fill with gratitude. You see, you don't have to make your heart feel full of gratitude. It needs to be naturally filled with gratitude. And naturally being filled with gratitude only happens when there is a focus in your life.

Gratitude

One of the meanings of gratitude is fulfillment.

One special factor inspires gratitude to emerge automatically. Irrespective of the circumstances.

A lot of people want to be thankful. They want to have gratitude. But there is a problem. You cannot have gratitude without gratification. You have to have gratification. And you know what one of the meanings of gratification is?

One of the meanings: to be fulfilled. Fulfillment. If you want of feel gratitude in your life, great! How do people express that? Smile. Have a nice day! I wish it was that simple. Somebody says, "Have a nice day" And you go, "Oh! Great now I'm going to have a nice day."

See, real gratification is what you need. And when there is real gratification, gratitude is automatic.

People ask me what should we be thankful for? It's a trick question; it cannot be answered. If you don't have gratification, trying to pretend that you are grateful will never happen. But when you have gratification, when you have that fulfillment in your life, gratitude is automatic. You don't have to work on it. That just happens.

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- Prem Rawat



Romantic Love

letting others know



By: J A Rajah

To the forlorn lover, who has tasted love, but is now in pangs of separation, the final solution is the ride on the palmyrah horse. The aim is to get permission from the girl's parents to marry the girl. (in those days). Experiencing anguish and shame, which the body and soul cannot endure, it is better to mount the palmyrah horse as a remedy. there was, when delicacy and manliness were my prized possessions, but now the 'palmyrah' horse possesses my love-lorn self. The raft of manliness and delicacy, which really was my trusted strength, has been washed away by the torrent of my passion. The distress of my separation at eventide and palmyrah-horse are gifts to me, by the maiden of tender waste and tiny bracelets. With ceaseless thinking about my artless maiden, my eyes refuse to close, and so I consider midnight -riding on palmyrah -horse too.

"Kadal anna kaamam urlanthum madal erap Peunthkathu il".

கடலன்ன காமம் உழந்தும் மடலேறாப்
பெண்ணின் பெருந்தக்க தில்

Nothing is more sublime than the self-restraint of my woman, who will not ride the palmyrah-horse, even when passions go deep as the ocean. My passion knows bounds of modesty, no can it abide restraint, so the secret is out and love is publicly known. My all-absorbing passion would hold that no one else knows about it, and so roams the streets confusedly in public exhibition.

"Yam kannin aana nahupa arivillar illar, Yaam padda thaam padda vaaru".

யாம் கண்ணின் காண நகுப அறிவில்லார்
யாம்பட்ட தாம்படா ஆறு

Fools laugh at me to my very face for they have not felt all the pangs of love that I have left. Foolish characters laugh in jest at me because they have not experienced the pangs of love that have brought me to this state of desperation

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Valluvar's Views



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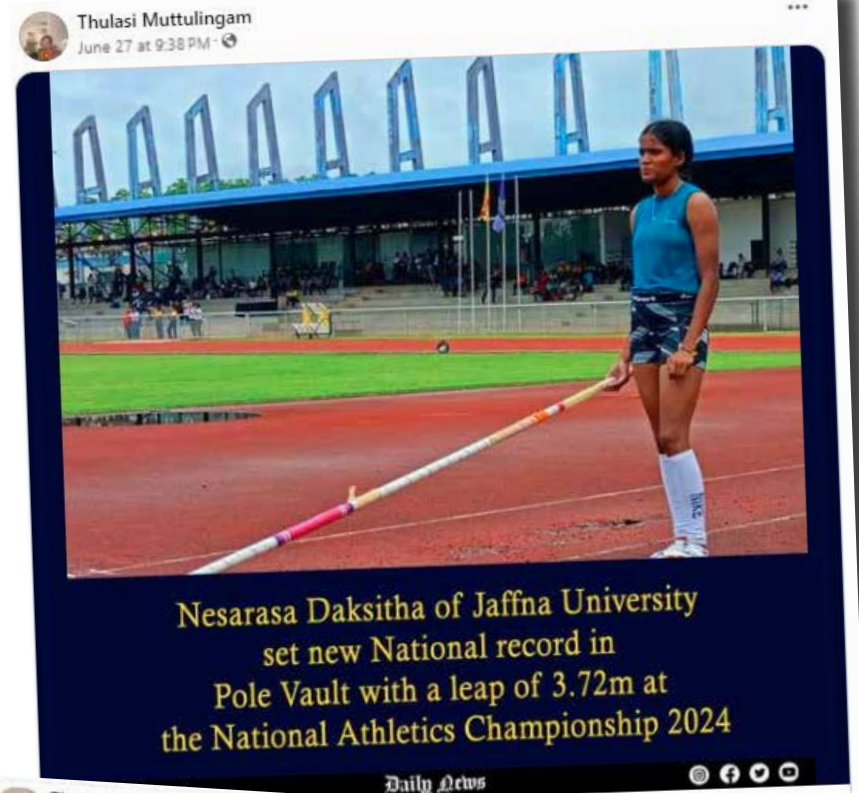
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Jekhan Aruliah

Yesterday (30/6/2024) we visited the newly formed "United Stars", who got together to compete in Sri Lanka's Got Talent. 25 young people, aged from 10 years mainly close to 20 years and up to 28 years old, and from Mannar Mullaitivu Killinochchi and Jaffna. They trained in less than 2 weeks to get through auditions to get into the televised stages of this competition. They tell me the only Northern dance group to get this far in the competition.

They asked for support for travel and other costs to compete. Message me if you want to contact the organiser, I will link you directly (and stay out of the loop!)





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SPECIAL FEATURE



As opposed to flame she is cool when near and hot when far



By: Kumar Punithavel

The word Kurunthokai in Tamil literally means collection of short ones, and it is a classical Tamil poetic literature of Sangam era, dated BC 300. It falls second in the Ettuthokai, meaning eight anthologies. The poems in this anthology fall into the category of *aham* meaning matters pertaining to emotions or personal relationships like love. These poems are short from four to eight lines except two of them have nine lines.

The poem number 95 Kurunthokai was authored by the poet Kapilar, who had composed 206 poems in Sangam literature. Interestingly another great saintly poet who is hailed as the lawgiver of the Tamil race and to the world, St. Thiruvalluvar, in his famed book Thirukkural, calls the lass as a wondrous fire of different nature, which cools when near and warms when she moves away, in his couplet 1104;

Withdraw, it burns; approach, it soothes the pain;

Whence did the maid this wondrous fire obtain

நீங்கின் தெறாஉம் குறுகுங்கால்
தண்ணென்னும்

தீயாண்டுப் பெற்றாள் இவள்.

In the above couplet St. Thiruvalluvar portrays a woman as a different sort of fire, and goes on to say this fire performs opposite of what happens in the presence of normal fire. We all will agree that normally when one gets closer to the fire they will feel the warmth, and as he moves away it will progressively become cooler. St. Thiruvalluvar says as opposed to that notion when the lad moves away from the lass his heart will burn with desire, and as he gets closer, he will feel way cooler as his thirst of his heart is quenched.

Likewise, to this couplet from Thirukkural, in the poem Kurunthokai # 95, poet Kapilar observes that the lass makes our hero cooled down when he gets closer to her. The episode of this poem is composed as if a young hero voicing to his friend about his feelings of love. The whole event of this poem is comparing the effects of inanimate substance to human feelings and presence. Like inanimate fire bows down to the might of water, the burning emotions of a youth bows to the countenance of a young lass. The poet makes the clash between water and fire, to flash in front of our eyes. The episode took place in Kurunji terrain, meaning mountainous region. He starts by describing the terrain with the first line saying from a sky-high mountain cascades the clear white stream of water.

From Sky high mountain cascades the clear white brook,

மால் வரை இழிதரும் தூ வெள் அருவி

Next the poet describes the scenery of the mountain sides where the water flows on a creek causing echo in the crevices of the mountain, the rest of the mountain sides are overgrown with a variety of flower bushes giving a beautiful sight.

Echoing in the rock crevices, mountain slopes with variety of flowers

கல் முகைத் ததும்பும் பன்மலர்ச் சாரல்

After describing the setting of the episode, the poet goes to describe the two characters of the event, by describing first a person from the tiny hamlet's comes a young lass, describing her as having broad shoulders. Interestingly in the modern age we may not much appreciate the beauty of broad shoulders, during the Sangam

era, people appreciated the broad shoulder that carried the family, further it is the shoulder of the lass that holds him tight to her breast!

Resident of small hamlet, broad shouldered young lass

சிறுகுடிக் குறவன் பெருந்தோள் குறுமகள்

However, he goes on to describe the lass as having the countenance like water, meaning her beauty is gentle like water. Probably the bard had remembered the brooks flowing down the sides on the hill;

Water like grace,

நீர் ஓரன்ன சாயல்,

It is interesting to note that just after mentioning the countenance as though strong shouldered was also soft like water, which had quenched the lad's carnal thirst.

Quenches my fiery strength.

தீ ஓரன்ன என் உரன் அவித்தன்றே.

Here is the full poem both in English and Tamil;

From Sky high mountain cascades the clear white brook,

Echoing in the rock crevices, mountain slopes with variety of flowers

Resident of small hamlet, broad shouldered young lass

Water like grace,

Quenches my fiery strength5

மால் வரை இழிதரும் தூ வெள் அருவி

கல் முகைத் ததும்பும் பன்மலர்ச் சாரல்

சிறுகுடிக் குறவன் பெருந்தோள் குறுமகள்,

நீர் ஓரன்ன சாயல்,

தீ ஓரன்ன என் உரன் அவித்தன்றே.....5



THE NEED TO LIVE AMICABLY WITH ONE'S FELLOWMEN

By: J A Rajah

*'Innar innayar emar pirar ennum chol,
Ennum illaram iyalpinal -thuunith
Tholai makkal thunpan therppare yaarmaadum,
Thalai makkalahap paalar'*

We should not think in terms of who a person is, his character, his strangeness but accept wholeheartedly whoever seeks our help. Only those who sincerely wish to reduce the toils of others are fit to be called great.

When we desire to help others, we should not have any pre-conditions or prejudice. We should only have humanitarian considerations. We should not give in to social differences or status. A genuine desire to help others should stem from a heart of immaculate

love. It is the righteous who yearn to relieve the sufferings of others who have the right to be called noble men. It is the philanthropic life that rejoices in sharing its hard -earned money that is considered worth living. It should be amazing love, divine love, it demands all your resources and abilities. "Love so amazing, so divine, demands my soul, my love my all'.

(Naaladiyar-205)

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SELF-THINKING ROBOTS

Self-thinking robots are one of the most anticipated inventions that are going to happen in human history. Although many people are excited about the potential invention of self-thinking robots, some are also worried about the negative effects that can occur with the invention of self-thinking robots. Firstly, I think that many people believe that self-thinking



Laxman Partheepan

Grade 8 Student

robots will soon become too powerful, and too independent, to the point where we humans will lose control of them. People fear that they will also begin to replace people's jobs. Although there are negatives to robots, there are also many advantages to having robots.

For good reason, people have feared self-thinking robots for a very long time. There is a good chance that eventually, we will lose control of these robots and they will have free will to do whatever they please. Most people fear that this will cause

war between robots and humans, due to the robots wanting to become a new free species instead of being attendants to humans. If the robots lose control, they could also cause businesses to have the chance of failing. This is because, if the robots have even the slightest error in their code, the entire business will be likely to suffer from it. Another disadvantage of having robots that are self-thinking is that many people around the world will end up losing their jobs. This is since having these robots is cheaper than paying actual people to do the work. Using robots is much more efficient since they don't need breaks, they don't ever need time off from the job, and they never have fights with other co-workers. Business owners realize this fact, so at the first chance that they get, they will go all in on the robots, since they are such a good investment for the companies.

While there are some hefty disadvantages with having self-thinking robots, there is also a major advantage, which is having comfort. Having self-thinking robots allows you to do so many things that you couldn't do before. It's like having a personal attendant at home that has no problem doing whatever you want no matter what. This takes a lot of stress off you since you no longer have to worry about chores, your schedule, and many other things. Also,

we can set these robots to a certain timetable, to the point where we won't even have to control every step that the robot takes anymore. We can program it to make breakfast every day at 8:30 am, then lunch at 1 pm, and dinner at 6 pm. This way, everything will be fully automated, and we could implement it into our daily lifestyle.

In conclusion, I believe that the disadvantages of having self-thinking robots in the future is that they could eventually lose control and create a lot of destruction, and they could also result in a lot of people losing their jobs. The advantage that could come from having self-thinking robots is the fact that they provide comfort and allow for time to relax. Also, they make our life so much easier by helping to take some of the burden off our shoulders.



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MARKHAM'S PARK AND PLAY FUN TOUR IS BACK AND BETTER THAN EVER



The City of Markham is thrilled to welcome back the Park and Play Fun Tour for a second consecutive year, a traveling recreational program bringing free activities and games to community parks across the city all summer long.

From July 10 to August 28, children aged 4 to 12 can enjoy giant board games, mini sports, inflatable ride-on animals, an ice cream truck and much more. This initiative, which began last year with the goal of providing fun activities for children during the summer months, aims to promote outdoor play and community engagement.

"We are delighted to bring back the Park and Play Fun Tour, bringing exciting and engaging activities directly to our community parks," said Mayor Frank Scarpitti. "This initiative underscores our commitment to providing enriching, free recreational opportunities for children and families in Markham. We look forward to seeing our parks filled with laughter and joy all summer long."

"This program reflects our commitment to fostering vibrant community connections and providing accessible recreational opportunities for all children," said Morgan Jones, Commissioner of Community Services. "The Park

and Play Fun Tour also gives our attendees an opportunity to learn more about other City of Markham services as there will be activations from various city departments."

The Park and Play Fun Tour will take place rain or shine. So, children and their parents are encouraged to grab their sunscreen and water bottles for some outdoor play. Keep an eye out for Markham's Park and Play Fun Tour at a park near you!

For tour dates, locations and times, visit markham.ca/ParkandPlay

About Markham :

Markham, an award-winning municipality with over 362,000 residents and the largest of nine communities in York Region, is home to over 650 corporate head offices and more than 1,500 high tech and life science companies. Markham is a leader in attracting foreign direct investment with more than 234 foreign companies located in the City. Founded in the 1790s, today Markham is Canada's most diverse community and enjoys a rich heritage, outstanding community planning and services, and a vibrant local economy.



Exhibition Guided Tours

July 6 to September 1

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English: Saturdays and Sundays

11 AM and 2 PM

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11 AM

Join our Gallery Animateurs, Jennifer Nguyen and Maeve Gorham, for free 30-minute tours of our 2024 Summer Exhibitions, To go boldly and Summer Solstice, every weekend throughout the summer.

Tours are available in English and conversational Cantonese.

The Gallery Animateurs program is funded by Canada Summer Jobs and the Varley-McKay Art Foundation of Markham.



RICHMOND HILL RECOGNIZED FOR EXCEPTIONAL CONTRIBUTIONS TO NATURE CONSERVATION

The City of Richmond Hill was recently recognized with the 'Lee Symmes Municipal Award' from Ontario Nature for its achievements in protecting and regenerating the natural environment.

Ontario Nature's conservation awards celebrate individuals, groups, government agencies and corporations whose efforts have helped protect some of Ontario's most vulnerable wild species and spaces. Richmond Hill was recognized for its efforts to protect, restore and grow its urban forest through City programs, policies and partnerships, as well as community tree planting and public education.

The City's collaborative programs and policies helped to increase tree canopy cover in Richmond Hill from 25% to nearly 30% between 2012 and 2022. That's a net gain of more than 100,000 trees and shrubs.

This achievement is significant as trees are vital natural assets that provide numerous benefits to the community. They are the green lungs of the city, cleaning and cooling the air, enhancing our health and wellbeing, reducing flood risk, and providing food and shelter for wildlife.

City staff presented the award to Mayor

David West and Members of Council at their meeting on June 19, 2024.

For more information on the urban forest in Richmond Hill, visit RichmondHill.ca/UrbanForest.

Quotes

"We are grateful to be recognized with this award from Ontario Nature and extremely proud of the progress we're making to protect and grow trees and woodlands in Richmond Hill. I look forward to continuing this great work with our partners and community and encourage everyone to get involved."

- Mayor David West

Quick Facts

► Richmond Hill has been recognized as a 'Tree City of the World' since 2020 by The



Arbor Day Foundation and the Food and Agriculture Organization of the United Nations (FAO) for being committed to growing and maintaining its urban forest.

► The City's Urban Forest Management Plan guides its efforts to protect and grow trees and woodlands in Richmond Hill to 2041

► Ontario Nature is a leading environmental charity that protects wild species and wild spaces through conservation, education and public engagement.

RICHMOND HILL'S TECH COMMUNITY SHOWCASED AT COLLISION

2024 COLLISION CONFERENCE INCLUDES TECH COMPANIES FROM VARIETY OF SECTORS

Smart people from all over the world come to Richmond Hill to build and grow innovative businesses. The City is home to over 5,000 companies, many of whom are designing and developing the next generation of cutting-edge products. At Collision, one of the world's biggest tech conferences, learn why companies like these are choosing Richmond Hill to grow their business.

Collision takes place June 17-20 at the Enercare Centre in Toronto. Visit Booth E223 to chat one-on-one with specialists from Richmond Hill's Economic Development team and hear first-hand about the innovative tech community, perfectly situated just north of Toronto.

Hear how Richmond Hill is home to a diversity of businesses focused on innovative applications of health technology, and how its fintech sector is thriving. Learn how the microelectronics sector is growing with computer system design and engineering jobs ranking amongst the highest for projected growth in the city as design engineering firms, component suppliers and manufacturers continue to make Richmond Hill home.

Whether you are relocating or looking for the most innovative tech talent, products and services, Richmond Hill is your top choice. Learn more at BusinessRichmondHill.ca.

Quote

"We're proud to showcase the innovative talent and diverse tech companies that call Richmond Hill home. Our participation at this year's conference provides an opportunity for an interactive exchange of ideas and to highlight opportunities for tech development in our own backyard. Our unparalleled talent, thriving professional services sector and our access to the second-largest information technology cluster in North America create the ideal conditions to build a business in our community and we welcome the next generation of knowledge economy leaders."

- Mayor David West



Quick Facts

Richmond Hill is a knowledge economy leader with

► One of the most educated workforces in Canada and highest number of STEM graduates per capita in Canada

► A local business cluster that ranges from startups to global leaders like Compugen and Epicor

► The United Nations University's Institute for Water, Environment and Health located in the community, and 22 colleges and universities within 60 minutes

The City offers a range of support services for business, including:

► The Centre for Local Innovation and Collaboration's Human-Centred Design program assists early-stage startups and scale-up businesses with their research, design and innovation challenges

► ventureLAB, a partnership with York Region's Regional Innovation Centre, offers assistance for innovative entrepreneurs in developing a business model, sales training, obtaining capital and sourcing talent

► TechConnex, a dynamic member driven community offering opportunities for peer education, networking and knowledge sharing for companies to develop their business and their people

About Richmond Hill

Richmond Hill is home to part of Canada's largest technology cluster and boasts one of Canada's most educated workforces. Its diverse, highly skilled talent pool, along with its prime location in the centre of the Greater Toronto Area with easy access to major highways, ports and international airports, makes Richmond Hill a strategic place for companies to locate and thrive.



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COMMUNITY WATCH



Durham Tamils Association Serving Our Tamil Community Over 20 Years

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

DTA'S HOMELAND PROJECTS

DTA is proud to announce that we have completed over 70 homeland projects as of Jun 30, 2024. Watch out more for this year as we wish to continue this momentum and provide more opportunities back home. Thank you to

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

DTA'S BBQ AND SPORT DAY

DTA hosted a BBQ and sports day for all ages on Sunday Jun 23rd at Greenwood Conservation area. It was a great event enjoyed by all ages. It was great fun with great food and activities. The weather worked in our favor for us to maximize the day and make it fun and enjoyable. A big thanks to the sports committee and all the Youth and Adult volunteers who made the event successful. As always thanks to the executive committee for lending a helping hand.

DAY TRIP TO SRI RAJARAJESWARI TEMPLE (ROCHESTER (USA))

DATE: Saturday , August 3rd

Time: 6 am

Cost: \$60 per person

Includes: Coach Bus Ticket, Breakfast, Coffee

REGISTER ONLINE:
<https://www.durhamtamils.org/day-trip-to-sri-rajarajeswari-temple-aug-2024.html>
TEL# 647-606-1222

DAY TRIP TO MIDLAND CHURCH

DATE: Saturday , JULY 20th

Time: 6 am

Cost: \$50 per person

Includes: Coach Bus Ticket, Breakfast, Coffee
 Bring your own lunch & snacks

REGISTER ONLINE: <https://www.durhamtamils.org/day-trip-to-midland-church.html>
TEL# 647-606-1222

FAMILY KARAOKE NIGHTS ON FRIDAY

Join us for every Friday night for family fun and music at our Family Karaoke Night! Bring your vocal talents as we gather for a memorable evening filled with laughter, singing, and bonding. Whether you're a seasoned performer or a first-time singer, there's a song for everyone to enjoy.

We will provide your favorite tunes so get ready to create lasting memories.

Don't miss out on this amazing opportunity to come celebrate your talents.



DTA EVOLVING ELDER CARE IN HOME SUPPORT

We are proud to announce that DTA will be providing Evolving Elder Care in Home support. This will allow us to provide these services to any Seniors in need in Durham. We can provide following service:

- Meal Delivery
- Transportation
- Volunteer Drop offs:
 - Grocery Assistance
 - Doctors Appointments
- Friendly Visits
- Light House Keeping Assistance

For more information please contact our office Mon-Fri (647) 968 9549 or (647) 286 9549. You can also visit our website @ DTAseniorsinhomesupport.ca

DTA and the volunteers have graciously given rides to our seniors to temples on auspicious days and have delivered hot meals to more than 300 seniors with this program.

DTA'S SENIORS

DTA is keeping our seniors fully occupied with multiple activities and programs. 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.

Durham Tamil Association Evolving Elder Care In-Home Support Senior /Transportation Service

Seniors Onboard: A volunteer-based service for eligible seniors with low-Income and vulnerable, aged 55 and up.

OUR SERVICE

- Temple Drop off (Drop off / pick up)
- Church Drop off (Drop off / pick up)
- Medical Appointment (Drop off/ pick up)
- Grocery shopping (Drop off / pick up)

CONTACT US

Office Hours: Monday through Friday 9:00am - 5:00PM

Contact Number:

- (647) 968-9549
- (647) 286-9549

For More Information Visit Our Website:

dtaseniorsinhomesupport.ca

Funded in part by the Government of Canada's Age Well at Home Initiative

DTA SENIOR'S MAY MONTHLY MEETING

DTA Senior's March monthly meeting will be held on Sunday Jul 28, 2024 at 5:00 pm at DTA Centre.

66B Harwood Ave S, Ajax L1S 2H6.

Event Time: 5-9 pm

Please all Senior (ages 55+) members attend the meeting. Register online - durhamtamils.org

Members who were born in March, please mention in the comments section to organize your cake-cutting at the meeting.

Durham Tamil Association Evolving Elder Care -in Home Support for seniors

Training

- Free Training and a certificate of completion from ComputeK College in Ajax
- 50 volunteer hours placement

Benefits

- Free Vulnerable Check
- Unlock valuable life skills with Free Standard CPR and First Aid Training
- Volunteer Travel Expense \$0.58/km
- Join us to make a positive impact on seniors lives while gaining valuable skills and experiences.

Contact US

Office Hours: Monday through Friday 9:00am - 5:00PM

Contact Number:

- (647) 968-9549
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Durham Tamil Association
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- Summer Gala 2024
- Winter Gala 2024
- Spring Gala 2025
- September Gala 2025

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CANADA DAY CELEBRATIONS

DTA proudly represented itself in many Canada Day celebration across Durham region. We proudly showed our Tamil Canadian heritage with many visitors to the booth and some great performances. It was a delightful and proud moment to be Canadian. Thank you to all the tireless help from the Youth and Adult volunteers, as well as the executive team who came out to support and help. *Oh Canada!*



COMMUNITY WATCH



THANK YOU TO DTA'S ANNUAL SPONSORS

DTA thanks our annual sponsors Computek College of Business, Healthcare & Technology Nava Wilson LLP. Chapel Ridge Funeral Home & Cremation, and all our sponsors for your continued support throughout the year. If you are interested in being annual sponsor please reach out to the below contacts.

For more information on all DTA's Community Support Programs and Sponsor contacts please visit:

[www. DurhamTamils.Org](http://www.DurhamTamils.Org)

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Durham Tamil association

ஆடி அமராவாசை

TRIP TO RAJARAJESWARI TEMPLE

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DTA TRIP TO NEW YORK AND NEW JERSEY

Durham Tamil Association is organizing a THREE-DAY TRIP TO THE NEW JERSEY HINDU TEMPLE AND NEW YORK CITY - AUGUST 16TH 17TH AND 18TH 2024

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- Four-person occupancy is **\$275/PER PERSON.**



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The Durham Tamil Association

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THREE-DAY TRIP TO NEW JERSEY HINDU TEMPLE AND NEW YORK CITY

AUGUST 16TH 17TH AND 18TH 2024

- BAPS SWAMINARAYAN AKSHARDHAM USA
- SRI GURUVAAYOORAPPAN TEMPLE
- TIME SQUARE, NEW YORK
- LIBERTY STATUE, NEW YORK
- EMPIRE STATE BUILDING, NEW YORK
- WALL STREET & DOWN TOWNE NEW YORK

Package Include:

- 3DAYS TOUR BUS
- 2 NIGHT ACCOMMODATION
- FRIDAY BREAKFAST, LUNCH AND DINNER
- SATURDAY & SUNDAY BREAKFAST

DOUBLE OCCUPANCY \$375/PERSON
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FOUR OCCUPANCY 275/PERSON

REGISTER AT: DURHAMDAMILS.ORG

CALL 647 606 1222

pick up locations:

DTA Centre 66 Harwood Ave. S, Ajax, ON
and
Wal Mart at Millner and 401 in Scarborough



City of Waterloo Museum presents Seeking Home

The Story of Black Settler Levi Carroll

In an exciting collaboration with local researcher Peggy Plet, the City of Waterloo Museum is thrilled to bring Levi Carroll's story to life in Waterloo Park this July and August, right within the cabin you pass on your leisurely walks.

Join us in Waterloo Park this summer to explore what makes a place a HOME and uncover Levi's inspiring story. Throughout the summer, we have planned a series of engaging hands-on activities, and our knowledgeable staff will be on site to answer your questions and share the rich history of Levi and his family.

Few are unaware of the log cabin's dual history in Waterloo Park or the fact that it was in Waterloo, moved to Berlin (Kitchener), and then moved back to Waterloo. Many have only known it as Ontario's earliest schoolhouse. However, these walls have more of a story to tell, and local researcher and author Peggy Plet is eager to share this story with the community. The unassuming log house in Waterloo Park, once nestled in Berlin (Kitchener), is the backdrop for the remarkable story of Levi Carroll and his family. Formerly an enslaved

labourer, his journey to freedom allowed him to cultivate crops for his own profit in the Waterloo Region. Carroll played a significant role in the settlement of this area, calling the cabin his home for over 50 years. Levi purchased the plot of land near the High School (Kitchener Collegiate Institute). The sale contained all the buildings on the property, including the log cabin he had lived in for 16 years. He raised his family here and was a well-known member of the community. Many remembered him as quiet, kind, well-liked and respected. Levi would live to be one of the oldest residents in the area.

What: Seeking Home: The Story of Black Settler Levi Carroll

Where: Waterloo Park, Log House

When: July 7 to August 28, 2024

Hours: Sunday to Wednesday

0 a.m. to 3 p.m.

Admission: Free admission

About the City of Waterloo Museum

Popular for ever-changing exhibitions and offering access to Waterloo's premier shopping centre (Conestoga Mall) at its doorstep, the City of Waterloo Museum explores the hometown history of Waterloo and the stories we have to share. The City of Waterloo Museum is the place to discover an array of historical objects, art and artifacts that tell the story of Waterloo from its founding in 1806 to the present day. The museum features a main gallery containing fabulous items from its sizeable holdings of over 20,000 objects, including the restored 1919 Pierce Arrow Seagram Whisky delivery truck, and provides various elements to learn about and celebrate all things Waterloo!

Museum hours for July and August: Tuesday to Saturday, 10 a.m. to 4 p.m. Admission is always free.

City of Waterloo hosts Community Conversation on Environmental Sustainability and Climate Action

On June 20, Waterloo Mayor Dorothy McCabe hosted experts and collaborators from across the community for a 'Community Conversation' on Environmental Sustainability and Climate Action.

The event brought together representatives from 17 partner organizations with expertise in sustainability, energy efficiency and climate change to share, learn and discuss opportunities to work together on climate change mitigation and adaptation in our community.

"Collectively, we face significant challenges - climate change and affordability being two," said Mayor McCabe. "We can find solutions when we use the experience, determination and expertise available within our own community. Community Conversations are helping to harness our local capacity to make real change and progress."

The Mayor was joined by Councillor Royce Bodaly, Councillor Julie Wright and staff from the City's Strategic Initiatives team to host the half-day of panels, presentations, and engagement opportunities. Topics included green development standards, climate adaptation at the home and community level, transformational change at City facilities, and a timely discussion on the impacts of climate change and costs of

extreme weather.

Staff from the City of Waterloo and the Region of Waterloo were joined by representatives from the City's school partners (University of Waterloo, Wilfrid Laurier University, Conestoga College, WRDSB, WCDSB), energy partners (Enova Power, Grand River Energy, Enbridge Gas, WR Community Energy) and local advocacy and non-profit groups (Sustainable Waterloo Region, ClimateActionWR, REEP Green Solutions, GreenWR, Grand River Environmental Network, Faith Climate Justice Waterloo Region).

The City took extra steps to ensure the event was hosted sustainably, including:

- reusable lanyards;
- a paperless agenda;
- no material giveaways or tokens;
- local vegetarian cuisine;
- take-home leftovers in compostable containers;
- reusable or compostable dishes and utensils; and;
- encouraging sustainable public transit options.

Environmental Sustainability and Climate Action is one of the City of Waterloo's strategic priorities: to become a leader in environmental sustainability

practices and climate action by making transformational changes related to City operations and services while working with the community towards climate change mitigation and adaptation goals.

About Community Conversations

Waterloo's Community Conversations are designed to connect the implementation of the City's Strategic Plan with the work that individuals, groups and organizations are doing across the community. Each Community Conversation will be focused on each of the City's five strategic priorities:

- Reconciliation, Equity, Accessibility, Diversity, and Inclusion (READI);
- Environmental Sustainability and Climate Action;
- Complete Community;
- Infrastructure and Transportation Systems; and
- Innovation and Future-Ready.

All feedback collected during Community Conversations will be summarized in the City's annual progress reports and form the basis for the 2027 to 2030 Strategic Plan.

Mississauga receives **ENERGY STAR®** Building of the Year Award as it rolls out its fourth Five-Year Energy Conservation Plan



The new five-year plan addresses climate change and energy usage in City buildings, after successfully completing its previous plan.

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July 4, 2024 - The City of Mississauga is pleased to announce that it has been awarded the ENERGY STAR® Building of the Year Award from Natural Resources Canada for Erin Mills Twin Arena, as it embarks on its fourth Five-Year Energy Conservation Plan: 2024-2028. The new five-year plan addresses climate change and energy usage in City buildings, after successfully completing its previous plan from 2019 to 2023, including:

- Decreasing overall energy consumption by five per cent
- Avoiding \$1,304,700 in total utility costs
- Receiving \$691,288 in total incentives from utilities due to cost savings; and
- Obtaining several awards and certifications, including achieving ISO 50001 certification for Frank McKechnie Community Centre

As the City looks towards the next five years, the new 2024-2028 plan will build upon the success of the previous plan and implement new initiatives, including:

- Expanding implementation of heat pumps in heating, ventilation and air conditioning (HVAC), and domestic hot water systems
- Expanding renewable energy generation through the installation of roof and wall-mounted solar panels
- Expanding heat recovery opportunities in our indoor pools and ice rinks
- Conducting ongoing commissioning to the City's main facilities using an

analytics/fault detection tool that collects, manages and analyzes data from various building systems

- Implementing control upgrades to HVAC and lighting equipment to optimize operation and match occupancy

The City is also pleased to announce that by advancing energy efficiency and leveraging ENERGY STAR tools, the City was one of 11 facilities to receive this prestigious award by Natural Resources Canada. Erin Mills Twin Arena has continued to advance its strategic energy management efforts and met ambitious energy efficiency goals in both 2023 and 2024.

Through the ENERGY STAR Canada Awards, ENERGY STAR Canada recognizes contributions made by outstanding businesses and organizations that advance energy efficiency nationwide. Each year, the awards honour and celebrate energy efficiency leaders who raise the bar on efficiency efforts.

Learn more about the City's Five-Year Energy Conservation Plan: 2024-2028 and Natural Resources Canada's ENERGY STAR Canada program.

Quotes

"We are delighted to be recognized nationally for our commitment to energy efficiency. Our new Five-Year Energy Conservation Plan builds on the great work we have done so far to help navigate climate change. I am proud of our achievements to date. The actions we are taking now and over the next few years – like reducing our carbon footprint, adopting renewable energy, and promoting sustainable practice – will help lessen the impacts

of climate change and enable a more resilient, greener and sustainable future for Mississauga."

– Mayor Carolyn Parrish

"We're proud to roll out the City's new five-year plan that complements our previous plans, adheres to ISO 50001 principles and aligns with our ambitious Climate Change Action Plan. Energy efficiency is essential to reducing emissions, helps residents save on energy costs and most importantly, is the key to driving transformative change in advancing our City's climate action goals. Our fourth plan will help us continue to make informed decisions as we move towards a net-zero emissions future. I'm incredibly proud of the team for all their hard work over the years to successfully complete each plan."

– Raj Sheth

Commissioner, Corporate Services

"We're pleased to receive this award and thank Natural Resources Canada for selecting Mississauga as one of the recipients. As a City, we're focused on being environmental leaders and tackling climate change. Part of this work includes identifying innovative solutions in finding energy efficiencies in how we run our facilities to reduce both costs and energy emissions. By focusing on a continuous improvement framework that systematically employs data-driven and fact-based processes, our dedication to ongoing enhancement of energy performance is truly reflected in this award and we're so grateful."

– Asad Qureshi, Director, Facilities and Property Management

City of Brampton shares next steps of the Residential Rental Licensing Pilot Program



The City of Brampton is providing an update on the next steps in the Residential Rental Licensing Pilot Program (RRL) since the initial registration fee waiver period has closed.

From July 1 to September 30, the RRL registration fee will be discounted 50 per cent from \$300 to \$150. To date, close to 2,000 registrations have been received. As part of the pilot, landlords in Wards 1, 3, 4, 5 and 7 are required to register their rental units to help create a safer community for everyone.

In the next phase of the pilot, the City will begin implementing measures to ensure compliance. City Council endorsed fines for non-compliance with the RRL pilot program as follows:

- ▶ \$600 for a first offence
- ▶ \$900 for a second offence
- ▶ \$1,200 for a third and subsequent offences

In addition, Brampton Enforcement and By-law Services and Fire Prevention will continue to focus efforts on community education and conducting inspections in response to residents' concerns or where there have been previous concerns of compliance with property minimum maintenance standards and or fire safety.

The City of Brampton will provide updates on the pilot program as it continues to be implemented.

About the Residential Rental Licensing Pilot Program

The City of Brampton is committed to creating safer places for renters to call home. Brampton's Residential Rental Licensing Pilot Program aims to maintain neighbourhood character, enforce property

standards and uphold the Ontario Fire Code for safety to create safer places for renters to call home. Landlords in Wards 1, 3, 4, 5 and 7 with one to four rental units must obtain a licence per property.

To register a rental unit and for more information about the program, visit Brampton.ca/rrl.

How to Submit a Service Request

If in need of By-law Enforcement assistance, residents can submit and track service requests by calling 3-1-1, through the 311 Brampton app or by visiting Service Brampton online at 311brampton.ca. In-person services are available

Recently, the City of Brampton announced the hiring of 38 additional By-law Enforcement Officers and two support positions who will support responding to service requests, enhancing the City's enforcement capacity.

The City of Brampton is committed to ensuring the safety, well-being and prosperity of the community through by-laws that help maintain a high quality of life for Brampton residents and businesses. Knowing and following by-laws helps everyone enjoy a clean, safe neighbourhood and shared public spaces. To learn more, visit Brampton.ca/bylaws.

About Brampton:

As one of the fastest-growing cities in Canada, Brampton is home to nearly 700,000 people and more than 100,000 businesses. People are at the heart of everything we do. We are energized by our diverse communities, we attract investment, and we are embarking on a journey to lead technological and environmental innovation. We partner for progress to build a healthy city that is safe, sustainable, and successful. Connect with us on X (formerly Twitter), Facebook, LinkedIn and Instagram. Learn more at www.brampton.ca

COMMUNITY WATCH



Good neighbours, stronger communities; noise by-law reminders for the summer season

Being a good neighbour means being mindful of the noise you create and its impact on those around you. With warmer weather bringing more opportunities to socialize and celebrate outdoors and undertake projects and renovations, to ensure a peaceful and enjoyable community for everyone and in accordance with By-law 93-84 and Public Nuisance By-law 136-2018, residents are reminded to keep noise at a reasonable level.

When hosting a social event, avoid playing loud music, especially during late hours. In addition, be mindful of dogs to ensure they do not bark excessively.

If undertaking home renovations or using loud equipment, do so during reasonable hours. The operation of heavy equipment, machinery or tools used in construction, drilling or demolition is not permitted between 9 pm and 7 am, except until 9 am on Saturdays, Sundays and statutory holidays. To minimize noise disruptions, power devices, such as lawnmowers, grass trimmers, drills, sanders, grinders or similar devices, are also not permitted for use outdoors within a residential area between 9 pm to 7 am, except until 9 am on Saturdays, Sundays and statutory holidays.

Vehicle mufflers or other devices which emit loud, explosive or unreasonable noises, including modified mufflers or exhaust systems, are prohibited. Vehicles cannot operate on a roadway if the exhaust outlet exceeds 92 decibels A (dBA) while the engine is idling. That is equivalent to the sounds of a hair dryer. Repetitive exposure to noise at this level without protection poses a risk of irreparable hearing damage. Excessive and unnecessary motor vehicle noise, such as sounding horns, revving engines or squealing tires, is also not allowed. In addition, residents should avoid repairing, rebuilding, modifying or testing any motor vehicle, motorboat, outboard motor or recreational vehicle outdoors within a residential area between 9 pm to 7 am, except until 9 am on Saturdays, Sundays and statutory holidays.

Residents are encouraged to contact Peel Regional Police to report noise disturbances related to fighting, screaming, shouting, swearing or the use of insulting or obscene language, as these activities may constitute criminal offenses. In cases of loud parties, Enforcement Officers may also refer complaints to the police.

About City of Brampton Enforcement and By-law Services

The City of Brampton is committed to ensuring the safety, well-being and prosperity of the community through by-laws that help maintain a high quality of life for Brampton residents and businesses. Knowing and following by-laws helps everyone enjoy a clean, safe neighbourhood and shared public spaces. To learn more, visit Brampton.ca/bylaws.

If in need of by-law assistance or looking for more information about Brampton's by-laws, residents can submit and track service requests by calling 3-1-1, through the 311 Brampton app or by visiting Service Brampton online at 311brampton.ca. In-person services are available at multiple locations, visit the web page for locations and hours. To report a noise violation, download the noise reporting package.

Quote

"As we enter the summer season, it is important for residents to be mindful of the noise they generate. Being a good neighbour means knowing and complying with the City's by-laws to maintain a peaceful environment for everyone. This ensures all residents can enjoy their homes and public spaces without disruption. Together, we can create a harmonious environment where everyone can enjoy the season responsibly and respectfully."

- Robert Higgs

Director, Enforcement and By-law Services, City of Brampton



SPECIAL FEATURE



SRI RAMANATHASWAMY TEMPLE IN RAMESWARAM TAMIL NADU, INDIA

Compiled by Kidambi Raj

INTRODUCTION

The world renowned Rameswaram temple also known as Sri Ramanathaswamy temple, is a glorious Hindu Temple at the southernmost edge of India. This temple is dedicated to the Hindu God Siva. Rameswaram, as its very name implies, is the holy place of Rameswara, i.e., Iswara installed by Rama. The presiding deity is known variously as Rameswara, Ramalinga or Ramanatha. This temple is considered a holy pilgrimage site for both Saivites and Vaishnavites. Mythological accounts depict the presiding deity, the Lingam of Ramanathaswamy (Siva), as having been established and worshipped by Sri Rama, before he crossed the bridge to the present-day island of Sri Lanka. Rameswaram is as old as Ramayana. Its importance as a place of pilgrimage is equalled by only that of Kasi (Varanasi). Pilgrimage to Kasi will be completed only after worship at Rameswaram besides a holy bath in *Danushkodi* (Setu) at the confluence of *Mahodhadi* (Bay of Bengal) and *Ratnakara* (Indian ocean). Setu is a Sanskrit word to denote a bridge or a causeway. It has now acquired a special significance to mean the bridge across the ocean constructed and used by Rama to reach Lanka. It is said that, at the request of Vibhishana, brother of Ravana and an ally of Rama, Rama broke the Setu with one end of his bow and hence the name Danushkodi (Dhanus means bow and Kodi means end).

LEGEND



According to Puranas, as advised by Rishis, Rama along with Sita and Lakshmana, installed and worshipped the Sivalinga here to expiate the sin of Brahmahatya for killing a Brahmin (Ravana was a Brahmin being the grandson of Brahma himself). It is said that Rama fixed an auspicious time for the installation of a Siva Linga and sent Anjaneya to Mount Kailas to bring a Lingam. As Anjaneya could not return in time Rama asked Sita to make a Lingam and she made one with sand and Rama, Sita and Lakshmana worshipped it. When Anjaneya returned with a Lingam from Mount Kailas and found that they had already installed a sand Linga and worshipped it, he was enraged and tried in vain to remove the Lingam of sand. To pacify Anjaneya, Rama had Anjaneya's Lingam (Visvalingam) also installed by the side of Ramalinga and ordered that all the pujas should first be performed for the Visvalingam brought by Anjaneya. Ramalinga is one of the twelve Jyotirlingams in India which include the ones; Viswanath Jyotirlinga in Varanasi (Kasi), Kedarnath Jyotirlinga in Rudraprayag, UP, Somnath Jyotirlinga in Gir, Somnath, Gujarat, Mahakaleshwar Jyotirlinga in Ujjain, MP., Omkareshwar Jyotirlinga in Khandhwa, MP., Vaidyanath Jyotirlinga in Deoghar, Jharkhand, Bhimashankar Jyotirlinga in Pune, Nageshwar Jyotirlinga in Dwaraka, Gujarat, Trayambakeshwar Jyotirlinga in Nasik, Grishneshwar Jyotirlinga in Aurangabad, and Mallikarjuna Jyotirlinga in Srisailem, Andhra Pradesh. Later Vibhishana installed a Jyotirlinga in the form of a Spatikalingam and that is by the side of Visalakshi shrine.

HISTORY OF THE TEMPLE

The temple in its current form is believed to have been built during the 17th century. The temple is said to have been sanctioned for construction by King Kizhavan Sethupathi or Raghunatha Kilavan. The contribution of Jaffna Kings of Pandya Dynasty to the temple were considerable. King Jeyaveera Cinkaiariyan (1380-1410 CE) shipped stone blocks from Koneswaram temple, Trincomalee



to renovate the temple's sanctum sanctorum. Jeyaveera Cinkaiariyan's successor Gunaveera Cinkaiariyan (Pararacacekaran V), a trustee at Rameswaram who also oversaw structural development of this temple and the promotion of Saivite beliefs donated part of his revenue to Koneeswaran. Especially to be remembered are the immense sums that were spent during the tenure of Pradani Muthirulappa Pillai towards the restoration of the Pagodas which were falling into ruins and the splendid Chokkattam Mandapam or the cloistered precincts of the temple at Rameswaram that he finally completed. The rulers of Sri Lanka also contributed to the temple. Parakrama Babu (1153-1186 CE) was involved in the construction of the sanctum sanctorum of the temple. Also, Sri Lankan King, Nissanka Malla, contributed to the temple's development by making donations and sending workers.

Pappakudi, a village was donated as a grant to Rameswaram Temple and one Deva Venkala Perumal Ramanathar in (1667 CE) by Perumal Servaikaran, son of Sockkappan Servaikarar who belongs to Pandiyur. They were local Cheftain under Tirumalai Regunatha Sethupathy Thevar Rein in Ramnad Kingdom.

The temple is one of the most famous pilgrimage sites and has several historical references about it. The Maratha Kings who ruled Thanjavur established Chatrams (Choultries) or rest houses throughout Mayiladuthurai and Rameswaram between 1745 and 1837 CE and donated them to the temple.

SPECIAL FEATURE



ARCHITECTURE OF THE TEMPLE



Like all ancient temples in South India, there is a high compound wall (madil) on all four sides of the temple premises measuring about 865 feet long from east to west and about 657 feet long from north to south with huge towers (Gopurams) to the east and west and finished gate towers on the north and south. The most striking feature of the temple is that there are long corridors in its interior, running between huge colonnades on platforms about five feet high. The junction of the third corridor on the west and the paved way leading from the western gopuram to Sethumadhava shrine forms a unique form of a Chess Board known as Chokkattam Mandapam, where the Utsava deities are adorned and kept during Vasantotsavam (Spring festival). The outer set of corridors is reputed to be the longest in the world being about 400 ft. each in the east and west and 640 ft. each in the north and south and the inner corridors are about 224 ft. each in east and west and about 352 ft. each in the north and south. The total length of these corridors is about 3850 ft. There are about 1200 pillars in the outer corridor. These pillars form the most impressive structure in the temple.



The colossal granite walls are marked by intricate carvings and depictions of Hindu deities. There are five main halls namely; Sukravara Mandapam, Anuppu Mandapam, Setupati Mandapam, Nandi Mandapam and Kalyana Mandapam. Inside the sanctum sanctorum lies the two lingams – the Ramalingam and the Visvalingam. One can also see a huge statue of Nandi, Siva's bull vehicle, which is a source of awe due to its 12 ft. long and 9 ft. high form.

There are separate shrines for Sri Ramanathaswamy and His Consort Goddess Parvathavardhini separated by a corridor. There are separate shrines for the Goddess Visalakshi, the utsava images, sayanagriha, Lord Vishnu and Lord Ganesa.

The samadhi of the great Yogi Patanjali is said to be in this temple and there is a separate shrine for him also.

INTERESTING FACTS ABOUT THIS TEMPLE

People from all the world flock to this temple because it is so majestic and grand. Some of other fascinating facts about this temple are:

- Among all the Hindu temples in India, this one has the longest corridor.

- The temple's interior features Extensive halls that span between massive colonnades on platforms more than five feet high.
- The intersection of the third corridor on the west and the paved path leading from the western gopurams to the Sethumadhava shrine forms a unique structure in the shape of a chess board, and so it is popularly known as Chokkattam Mandapam.
- The outer set of corridors is reputed to be the longest in the world being about 6.9 m in height, 400 feet in each east and west and about 640 feet in north and south and inner corridors are about 224 feet in the east and west and about 352 feet each in north and south.



- It is one of the 275 Paadal Petra Sthalams, and three of the most respected Nayanmars (Saivite Saints), Appar, Sundarar and Thirugnana Sambandar, have exalted it with their singings.
- This temple is one of the 12 Jyothirlinga temples, where Lord Siva is worshipped in the shape of a Jyotirlingam, meaning *Pillar of Lights*.
- This temple is one of the holiest *Hindu Char Dham* (four divine sites comprising of *Badrinath, Puri, Dwaraka and Rameswaram*).

THE THEERTHAMS INSIDE THE TEMPLE AND THEIR SIGNIFICANCE

Agni Theertham is the primary sea shore associated with this temple. It is submerged under the sea and hence the snanam ritual starts from taking a dip at Agni theertham. It is just a walking distance from the temple entrance. There are sixty-four Theerthas (holy water bodies) in and around the island of Rameswaram, Tamil Nadu. According to Skanda Purana, twenty-four of them are important. Bathing in these Theerthas is a

major aspect of the pilgrimage to Rameswaram and is considered equivalent to penance.

Twenty-two of the Theerthas are within the Sri Ramanathaswamy Temple. The number twenty-two indicates the twenty-two arrows in Sri Rama's quiver. These twenty-two theerthams are said to be dug by Lord Rama when he fired His arrows piercing the sand. The twenty-two theerthas that are within the temple are: 1. Mahalakshmi Theertham; 2. Savithri Theertham, (3) Gayatri Theertham, (4) Saraswathi Theertham, (5) Sethu Madhava Theertham, (6) Gandhamadhana Theertham, (7) Kavatcha Theertham, (8) Gavaya Theertham, (9) Nala Theertham, (10) Neela Theertham, (11) Sanku Theertham, (12) Sakkara Theertham, (13) Brahmahati Theertham, (14) Soorya Theertham, (15) Chandra Theertham, (16) Ganga Theertham, (17) Yamuna Theertham, (18) Gaya Theertham, (19) Siva Theertham, (20) Sadhayamirtha Theertham, (21) Sarva Theertham and (22) Kodi Theertham

Many devotees who have visited Rameswaram



claim that they felt an overpowering sense of relief washing over them during their entire visits. Some unique incidents that stand out are the ones related to the 22 holy theerthams of Rameswaram temple. Some devotees claim that whenever someone bathes in the holy waters of the first few theerthams, he is reminded of all his sins committed in his entire life. People asserted that they could see all



their wrong doings and blips in their characters running like a slideshow inside their minds. They say that once someone has bathed in the first few theerthams, these visions start fading off and his mind becomes still. The other theerthams then work to add elements of peace and happiness in the person's body. Although these are very tangible experiences, the large number of people who reported visions is quite





Honesty

A real story mixed with fiction



**By : Siva Sinniah
(Thuraiyooran)**

Mekala is telling her story:

30 years have passed since I settled in Canada. I graduated here and have a good job. I am leading a comfortable life with a spacious house and children, but no peace of mind. I know that you all will be asking the question as to why I don't have peace of mind. This is not a commodity you buy from a shop. This is a state of your mind, a feeling of the mind or a wishful thinking. Many Sages and Saints have written and spoken about this from time immemorial. Many of you may have listened to the movie song "Enge Nimmathi? (Where is peace of mind) written by poet Kannadasan. Whether he led a peaceful life is a big question. There are so many factors which influence one's peace of mind.

From the experiences I had from my early years and the way my parents and relatives lived their life, I learnt that the basics of a peaceful life are honesty, good behavior, love and responsibility. The main aim of most of our people in Canada is to

accumulate wealth, by a big house and a costly car. I think this may apply to other communities as well. This may be the natural aim of most human beings. But the fault lies in how we achieve this or go about to achieve it. This may be the factor which arises as a problem in your life and causes the disturbance of your peace of mind. This situation will lead to pain, agony, stress and disease in the long run. I thought that my life may be a lesson to others and hence decided to relate it here.

Our home phone was ringing during the weekends and at night. When I answered the phone the people who called asked me whether my husband was at home and when I replied in the negative, they told their names and asked me to pass the message to him. I took this casually at the beginning. When I told my husband about these phone calls, he took it lightly and said they have no work and called to find out about any possibility. But as the days passed by the calls were many and caused problems. Some of them told me that

my husband had borrowed money from them and never returned. Some of the calls were threatening and as a result they caused me pain and also spoiled the studies of my children. When I asked my husband about this, he told me that he had already returned the money and told me not to answer the phone anymore. But the calls were continuing nonstop. Some threatening calls were recorded in our voicemail. So, he canceled the voicemail. As a result, some of my relatives complained that they are unable to contact us by phone. We were in a predicament to change our phone number since the present number was registered with the bank, family doctor and some government departments.

After this, the people who met me told me stories about my husband which were shocking. Some unknown people knocked at the door and told stories about his dishonesty. As a result, I started losing my peace of mind. I am holding a very responsible job which necessitates peace of mind and happiness. As a result, I found

Short Story

COMMUNITY WATCH



it difficult to manage my daily work. I am in a highly paid job and my husband did not have a permanent job. He used to leave home early in the morning and come back late at night. At the end of every month, he used to give me a check for \$1,000. Sometimes he failed to give me this. As a result, there were arguments at home in front of the children. Sometimes I used to send my children upstairs and quarrel with him. I was looking after the household expenses, and he took the responsibility of paying the mortgage, electricity, water and other maintenance. I found that these were in arrears, even though I gave the money to him to pay for all these. He never paid them and used the money for something else. One day the bank manager called me for non-payment of the mortgage for 2 months. This was shocking news because I gave him the money to be paid.

As far as I remember my parents were conducting the Family Matters in an organized and systematic manner. They brought up their children in a better way and made them an engineer, a teacher and a financial advisor, even though they were new immigrants trying to establish their family in a new country. My father worked two jobs at the beginning and my mother also worked. They spent according to what they earned. There was peace at home and the children also realized their responsibility and studied well.

I found my husband was telling lies, dishonest and hiding his activities from me. This aggravated my peace of mind. I never divulged these to anyone as this was a shame on the family. I tried my level best to explain this to him, but it fell on deaf ears. I felt that the situation was getting worse and hence told my parents about it. They came home and discussed with him and warned him to get a permanent job and to refrain from these unwanted activities. After this it seemed to have a slight Improvement in his behavior, but things took a different turn. One day he started an argument with me accusing me of spreading the story of him as an unemployed, dishonest liar and a good for nothing guy.

One day the bank manager called me and asked me to meet her.. I took leave from my job and went and met her. She was a very kind lady and told me that our mortgage payment is overdue and also the line of credit you both signed last month is also overdue.

This was a big blow to me. Because I never knew anything about the line of credit for \$50,000 and never signed on anything. Immediately it dawned on me that someone else must have signed for the line of credit. Had I told this to the manager I hope you all could have known the consequences. He and the lady who signed would have been in hot water. Hence, I told her that we are facing some financial difficulties and that I would try to pay as soon as possible. I returned home with a heavy heart. As usual he left early and came home late in the night. I had no chance of verifying this from him. I knew very well that he was trying to avoid me. Whenever I called him on his cell phone, he used to say that he's busy with work and would call me later. I got more worried and feeling desperate. So finally I decided to withdraw money from my RRSP by paying more tax and paying off the line of credit. This RRSP was contributed by me before marriage. One day I had the chance to ask him about this line of credit. He started telling lies and it made me angry. It turned out to be a big quarrel. More than the money taking a woman to forge my signature made me mad. I lost my patience. I was feeling helpless and frustrated. My children were watching my pathetic plight, and they were dumbfounded and started crying. No one must meet such an awful situation. The entire family was affected by an irresponsible husband. Men must be aware of this very sensitive issue. I am not trying to condemn all the husbands by saying so. This situation was a deep blow to me and my children. I hope such a situation must not arise in your family or in your lifetime ever. When I was going through this trauma, my husband was as usual, telling lies and behaving as if everything was normal. This made me more angry. I started shouting at the top of my voice and cried aloud. He remained like a stone. I felt dizzy and sat on the chair nearby. My daughter came rushing and embraced me crying. She was 8 years old then and my son was 12 years old. He also started crying. My husband consoled them and took them upstairs. I found it difficult to carry on life with him and decided to go for a divorce. But my children were shocked and shouted, "No no don't do that Amma". My husband explained that he did this because he was unemployed and had no other way to manage the family's financial matters.

Finally, because of the children I warned him and told him that I will not tolerate any more of his untoward behavior.

Now I am managing the finances myself without relying on him. I'm in a wait and see mood. A husband and wife must take the responsibility of running the family. There should be an open discussion among them and no hiding of events or facts. A family is a sacred Institution, and we are the ones guiding our children's future. If one of us makes a mistake it will affect the entire family. An unemployed person must realize his responsibility and must look for any kind of job to make the ball rolling. There are plenty of jobs available in the market. I knew of several men who were holding very noble jobs like teachers and doctors back home, who were employed as gas station attendants and security guards after arriving in Canada. Unlike in our Asian countries, any job in Canada is highly respected. Our community is known for its strict code of conduct and moral values. Marriage is regarded as a sacred bond and both husband and wife must stay together through thick and thin until their death. Divorce and separation are unheard in our society. We must grin and bear any shortcomings and live with many trials and tribulations to safeguard the family values.

I sometimes wonder whether it is worth the sacrifice of my wishes and pleasure for the sake of my children. In order to safeguard our family values now I am living like a dead person. I wanted to give my husband a chance to reform himself. I thought of seeking the help of a family counselor and on inquiry found that they not only grab money out of you for several sessions, but also finally advise you to go for divorce, which may end in a long litigation. What will happen to the children if you are divorced? Not only do you spoil your life and peace of mind but also your children's life. Hence, I finally decided to continue my life as a dead person walking for the sake of my children. Some of you may think that I am foolish in sacrificing my life for the sake of my family. But I am hoping that my husband will turn a new leaf in life by realizing his follies. But the views and activities of our younger generation are exactly opposite of mine. They are following the footsteps of the majority communities and as a result divorce and separation are the norms of the present-day life of theirs.



ARE WE THERE YET?: THE QUEST FOR THE CURE FOR DIABETES

By Ariaratnam Gobikrishna, MD

My residency in Internal Medicine in the Bronx was marked by the harrowing presence of the AIDS epidemic, where patients faced agonizing deaths with little hope for effective treatment. The residency itself was a grueling experience. To make matters worse, we had to break the worst news to our patients — the diagnosis of HIV positivity — a soul-crushing task. However, amidst this darkness, there was a glimmer of hope during our Endocrinology rotation, embodied in the form of Dr. Ernest Swartz. A towering giant in physical stature, yet a kind-hearted man of gentle demeanor, his mere presence erased the burdens we carried. During that time, both my parents were battling complications of diabetes, making Dr. Swartz the ideal person to pose my nagging question, “What are my chances of developing diabetes?” His signature laughter lingered for a while, then he offered a riddle in response. He said it wasn’t that difficult to avoid diabetes as long as I could keep myself perpetually hungry. I was left baffled, unsure of what to make of his answer.

A little over a century ago, a similar situation prevailed: doctors braced themselves before delivering the diagnosis of juvenile diabetes to parents—it was a death sentence in every sense. Refusing the recommended starvation diet — keeping a child in perpetual hunger — for an emaciated child meant certain death within a year. Even with consent, the treatment could only prolong the agony for another one or two years. Sadly, the treatment was worse than the disease itself.

Fortunately, in Toronto, amidst quarrelsome partnership, an awkward

quartet, Banting, Best, Collip, and Macleod, pioneered the discovery of insulin as a solution. Thanks to the mass production efforts of Eli Lilly and Company, this breakthrough brought an end to the tragic era of untreated Type 1 Diabetes. Yet, the drama surrounding insulin’s discovery persisted before and after its Nobel Prize recognition . . . awarded eventually to only Banting and Macleod, infuriating not only the other two but many more from the woodwork. Initially hailed as a cure, insulin ultimately proved to be more of a band-aid, merely postponing major complications, especially for those who failed to adhere to dietary restrictions.

Then, the era of plenty ushered in a new challenge: the widespread prevalence of Type 2 Diabetes. This issue stemmed from an excessive demand on insulin production within the body, compounded by the body’s lack of response to the available insulin, known as insulin resistance. Consequently, a multitude of oral agents flooded the market — some designed to stimulate the pancreas to produce more insulin, others aimed at curbing sugar output from the liver, and still others focused on enhancing the responsiveness of the liver, fat tissues and muscles to insulin. However, these medications again offered more of a temporary solution than a permanent cure. As expected, complications persisted, albeit with a delayed onset. None of these agents provided robust protection against life-threatening complications such as heart attacks and strokes.

Among the array of oral agents, the class known as Biguanides, faced widespread rejection due to earlier instances of causing lactic acidosis (Except in developing countries). Metformin, as part of the same group, endured skepticism merely due to its association.

Its redemption came after a prolonged FDA scrutiny. Soon, with the findings of the UK Prospective Diabetes Study (UKPDS), Metformin would ascend to become the primary treatment for type 2 diabetes, a position it would firmly hold in the USA since 1995, barring exceptional circumstances such as kidney impairment. However, this dominance has recently faced challenges with the introduction of two new classes of medications. But before we explore them, it is essential to examine the method of measuring blood sugar that facilitated numerous drug trials and clinical practice in general — the emergence of Hemoglobin A1c.

In the 1960s, Samuel Rahbar developed a fascination with the hemoglobin molecule. As electrophoresis (identification) advanced and interest in sickle cell anemia grew, Rahbar eagerly sought out new genetic variants. In Teheran, he stumbled upon a subtle variant of the most common form, Hemoglobin A, that diverged from the norm. Further investigation revealed a common characteristic among these patients: they all suffered from diabetes.

Like many scientists, Rahbar’s peripatetic nature led him to the Bronx, where he found himself with access to a wealth of blood samples. Once again, he observed the same pattern, this time in every sample, but particularly pronounced in those with diabetes. A thorough review of existing literature revealed the identification of five subtypes of Hemoglobin A1 (A1a, A1b, A1c, A1d, and A1e), with Rahbar’s findings closely resembling A1c.

In his discovery, he observed that nondiabetics typically possessed less than 6% of A1c band while diabetics possessed more than 7.5% of total hemoglobin, attributed to the addition of glucose during the red cell’s lifespan, since red cell

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doesn't possess nucleus any addition must come from without. Thus, the birth of Hemoglobin A1c as a marker for diabetes control emerged.

Let's now delve into the two new classes of medications: in 1932, Belgian scientist La Barre introduced the term "incretin" to describe substances released from the intestines in response to food ingestion. This concept gained traction as researchers repeatedly observed variations in blood sugar decline rates following oral versus intravenous sugar administration. Such disparities indicated more pronounced insulin spikes with the oral route, underscoring the significance of gut-secreted factors in regulating insulin release.

But identifying these factors felt like a herculean challenge. Many tried and failed repeatedly. When the identification of these factors reached an impasse, influential scientists conveniently dismissed their existence. As a result, the search for "incretins" was shelved for nearly half a century. However, interest was revived with the invention of radioimmunoassay—a breakthrough credited to Rosalyn Yalow, a scientist at the Bronx Veterans Administration. This innovative technique allowed for precise measurements of known hormones, enabling the detection of even the minute fluctuations during the incretin effect and paving the way for the identification of incretins.

The first identified incretin was GIP (Glucose-dependent Insulinotropic Polypeptide), followed by GLP-1 and GLP-2, both bore resemblance to glucagon and were hence termed glucagon-like peptides (GLP). Habener and Drucker took this further and uncovered truncated forms of GLP-1, possessing heightened incretin effects, notably in inducing increased insulin production.

Just like the discovery of insulin has its blemishes, the GLP-1 story couldn't escape one of its own: Svetlana Mojsov, a scientist from Rockefeller University, conducted independent research on GLP-1, including synthetic GLP-1 and its antibodies, during her time at Massachusetts General Hospital. Having worked with Drucker, who was under Habner's supervision at that time, she made a shocking revelation, accusing Habener of deliberately excluding her from patents relating to these discoveries. Legal battles ensued, ultimately resulting in Mojsov's rightful inclusion on the patents. Despite this victory, she was unjustly overlooked for the prestigious accolades repeatedly bestowed upon her male counterparts. However, recent recognition as one of the 100 most influential pioneers in the world has finally brought her the acknowledgment she deserves.

With incretins now identified and measurable, their ability to increase insulin levels in response to food intake presents a promising avenue for combating diabetes. Moreover, the so-called incretin effect fades once food is metabolized, preventing a dangerous drop in blood sugar levels. Scientists

recognized the potential of harnessing these properties against diabetes, but encountered a hurdle: GLP-1 is easily degraded by the enzyme DPP-4. To address this challenge, researchers explored two avenues: inhibiting DPP-4 or developing a mimic for the GLP-1 that bypasses DPP-4. For the former, oral DPP-4 inhibitors were developed, but they proved to be weak in their incretin effect. (sitagliptin)

For the latter, a mimic of GLP-1 that bypasses the DPP-4 enzyme was found in the southwestern part of the United States, where Gila Dragons exist. It's their saliva that contains this mimic, and once isolated, it was named exendin-4. Isolation was done by an endocrinologist, John Eng, once again at the Bronx VA, and proved to be effective. With that, the first GLP-1 receptor agonist was born in 2005 (Exenatide).

The development of human GLP-1 mimetics that resist degradation and combine with albumin to prolong their systemic presence was pioneered by Bjerre Knudsen in Copenhagen. This innovation led to the creation of Liraglutide in 2010 and once a week injection Semaglutide in 2017. Building on this foundation, Richard DiMarchi and Matthias Tschöp advanced the field by combining GLP-1 with GIP, resulting in Tirzepatide. Tirzepatide demonstrated remarkable weight loss effects in addition to its anti-diabetic properties. Both scientists further enhanced this approach by developing a triple agonist—Retatrutide—that targets GLP-1, GIP, and glucagon, achieving even greater weight loss.

These advancements underscore a significant shift in understanding endocrine regulation. The focus is moving away from traditional endocrine organs like the thyroid, pituitary, and adrenals, and towards the gut and surrounding fat tissues. Emerging research highlights that these regions may constitute the body's largest endocrine system, with ongoing investigations on known gut and adipose hormones (adipokines) and also searching for new incretins, promising to unlock new therapeutic potentials.

The initial aim of developing human GLP-1 mimetics was to reduce blood sugar levels. However, this search quickly expanded into various other critical areas, significantly impacting clinical practice. Studies have unequivocally confirmed that these treatments provide protection against heart attacks, strokes, kidney failure, and liver failure, particularly from fatty liver disease. Additionally, they are well-known for their effectiveness in promoting weight loss. Ongoing research is exploring their potential benefits for memory loss and Parkinson's disease. The benefits from bariatric surgery partly stem from the inadvertent manipulation of these hormones, namely reduction in hunger hormone Ghrelin and escalation of satiety hormones GLP-1 and Peptide YY. While the West is reaping the benefits of these medical advancements, many developing countries remain largely unaware of these innovations. Bridging this gap is crucial to ensure that people

worldwide can access these life-saving treatments.

Having explored incretins, let's now shift to the second newer class of drugs—SGLT-2 inhibitors, introduced around 12 years ago. The body conserves energy, especially sugar, through the kidneys, which reabsorb glucose via cotransporters (SGLT-1 and SGLT-2). While advantageous during times of energy scarcity, this mechanism becomes detrimental in cases of energy excess.

People lacking these cotransporters due to genetic variations excrete more sugar in their urine and maintain lower blood sugar levels. Surprisingly, they also never develop low blood sugar levels. This phenomenon inspired researchers to find a way to mimic this effect. Interestingly, the discovery began with phlorizin, a compound from apple tree roots initially investigated for its antimalarial properties, which caused glucose excretion in humans by blocking the function of cotransporters.

This led to the development of synthetic analogs that block SGLT-2. Initially aimed at reducing excess blood sugar, SGLT-2 inhibitors, like GLP-1 agonists, have since shown additional benefits, such as reducing heart failure and kidney failure. Remarkably, they are also effective in treating heart failure in patients without diabetes, due to their safety profile in not causing hypoglycemia. The two most common SGLT-2 inhibitors are Empagliflozin and Dapagliflozin.

Initially, the medical community in the West faced significant challenges in encouraging patients to accept new treatments, due to factors such as cost, insurance refusals, and patient uncertainty. However, public awareness and demand for these treatments, especially GLP-1 agonists, skyrocketed after high-profile endorsements from celebrities like Oprah Winfrey, particularly highlighting their effectiveness in weight loss.

This surge in popularity, coupled with the recognition of obesity as a disease, has, in my opinion, veered the narrative in the wrong direction, shifting the focus away from personal responsibility and the fight against the powerful processed food industry in addressing the obesity crisis. Additionally, the medical community's push for the early use of these treatments in childhood obesity has sparked debate. Concerns have arisen about the ethical and financial implications of placing a large population on lifelong medication from early childhood onwards.

Amidst such ambivalence, I thought about Dr. Swartz and was saddened to learn of his passing. His obituary mentioned that he was still perusing endocrinology journals well into his 90s. I couldn't help but wonder what he would have thought about these recent developments. Knowing his keen insight and sense of humor, he likely would have admired the development of the new classes of medications but also would have had a hearty chuckle at how the narratives on obesity seem to place the blame solely on nuances of endocrinology.



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