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A parfait media publication

1<sup>00</sup>¢

« 19<sup>TH</sup> YEAR IN CIRCULATION » AUGUST - 2024

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- Additionally, we will discuss the opportunities and risks associated with AI, offering practical advice on how to begin integrating AI into your business
- Whether you're new to AI or looking to understand its potential, this session will provide useful insights and practical guidance



Presenter:

**Mai Mavinkurve P.Eng.**

Data, AI & Tech Innovation Executive, Advisor and Speaker

Mai is the Founder of Prosperity Global Services (prosperitygs.com) and an industry expert and advisor in Data, Data and AI Governance, Applied AI, Emerging Technologies and Innovation. As a member of the ISEED Economic Strategy - Digital Industries Table, she led the sub-group that developed national data strategy and IP recommendations. She has also represented Canada at the G7 ministerial meetings on AI and the future of work. Mai has advised on the Ontario Digital and Data Task Force as well as co-chaired a Data Governance initiative with the Standards Council of Canada. Mai is an experienced engineer, an executive leader and a social entrepreneur with a focus on the practical enterprise applications and implications of AI, Data and Blockchain. Mai was acknowledged as one of 50 Most Influential Women in AI in Canada and was recently appointed as a Senior Fellow at the Bank of Canada - Centre for International Governance and Innovation (CIGI). She is also a speaker at many technology and innovation conferences.



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## PUBLISHER'S DESK

# 'Hear Yourself' - a guide to discover the peace within you

By Harrish Thirukumaran

“We always have different ideas of what is good and bad for us, but we must let those fade if we're to experience the divine we hold inside. We must move from the mind into the heart. We carry assumptions and expectations in us, but to encounter the divine, not an iota of judgment can pass. The divine is something beyond pain and pleasure, beyond ideas and concepts, beyond good and bad, beyond judgment. Yet we struggle even to begin to understand what being nonjudgmental might be like.”

Hearing yourself is to express divinity, notes Prem Rawat, in his book, *Hear Yourself: How to Find Peace in a Noisy World*. This was one of a few passages that struck a chord with me. I finished his book recently, and I enjoyed it quite a lot because his style of writing connected with me, and how I could describe my own place in life on a personal and professional level.

It's author, Prem Rawat, is the founder of the Prem Rawat Foundation, where he works with people from all walks of life, showing them how to experience peace within themselves. His work spans six decades of international effort to bring a practical message of hope, happiness, and peace to all, one person at a time. He is internationally bestselling author of *Peace is Possible* and is also a pilot, photographer, classic car restorer, and father to four children and grandfather of four.

While the book is found in the self-help genre, I appreciated how his teachings are inspired by the ancient wisdom through Hinduism and other forms of knowledge that originated in the Eastern world. At the same time, it felt accessible in terms of its simple-to-follow instructions on life and the busyness as well as the noise that surrounds it. Mr. Rawat's book offers a path to learn about yourself as a person, and, therefore, the best way to interact with you and the outside world. This can help people find peace and fulfilment as they lead their own lives.

From my view, one of the key messages from his book that felt most valuable was that presence in any moment is important to be able to take in your reality of life as it is. You don't feel boxed in or constrained by certain boundaries of what life is, whether it is expectations, assumptions, or problems about the situations you come across. This idea stood out to me because it requires us not to take life so seriously, and, to go with the flow through our situations. Also, it means being able to hear your own voice, rather than that of others including your friends, family, colleagues, or strangers that could be those boundaries of yourself, regardless of their intentions.

However, it is key to emphasize that this philosophy and his book in general can be easier said than done, as these changes within yourself do not happen overnight. Peace is more of a lifelong process that takes practice, each and every day. He himself talks about the tools and methods for that practice in greater detail including yoga, meditation, breathwork or pranayama, and even music that leads you on the path of

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discovering peace within yourself. It is also worth mentioning that other ways such as journaling, affirmations or mantras, praying, and exploring nature can offer similar support. Although this is really a short glimpse into his work, I recommend this book wholeheartedly because it offers valuable tips and lessons that you can apply and practice daily to experience your life in a truly joyful manner.

We wish you peace, joy, and happiness to all our readers and hope we all learn to hear ourselves amidst the noisy world.

*Enjoy the August 2024 issue of the Monsoon Journal!*

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# From the Community Newsletter of Toronto City Councillor Kandavel



Meeting of Olympian Andre Grasse when Councillor Parthi Kandavel was a TDSB Trustee in 2016



Olympic Gold Medal for Canada in 4x100m Relay, Gold medalists Andre De Grasse, Brendon Rodney, Jerome Blake and Aaron Brown celebrate with their men's 4x100m medals at Stade de France in Paris.

A huge congratulations to Scarborough's own Aaron Brown, who attended Birchmount Park C.I., and Andre De Grasse for winning Gold in the Men's 4x100m relay at the Olympics

today! I had the pleasure of meeting Andre De Grasse back in 2016 when I was a TDSB trustee, and am beyond proud of the homegrown talent we have here in Scarborough.

 **Councillor Parthi Kandavel**

 **Bylaw Issue? Call 311!**

311 is the first point of contact for non-emergency issues in Toronto. Please report all bylaw violations or complaints (i.e. noise, garbage overflow, parking violation, etc.) to 311, either over the phone or through their app. As a volume-based service, the number of calls determines the speed of their response - more calls means a quicker response.

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 **Councillor Parthi Kandavel**

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## CANADA NEWS



## Proudly Welcoming York University Markham Campus as our “Powered By” Sponsor!

As we gear up for the 10th Annual Tamil Fest, we're beyond excited to welcome York University Markham Campus to our community celebration! This partnership is more than just a sponsorship—it's a reflection of our shared commitment to education, growth, and the vibrant spirit of our Tamil community.

York University is launching its Markham Campus close to the very home of Tamil community, and there's so much to discover. Visit their booth to meet the team and hear about the incredible



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opportunities coming your way!

Education has always been a cornerstone of our community, and this collaboration is a powerful testament to our collective strength and pride. Let's come together, celebrate our heritage, and make this Tamil Fest unforgettable!

## Get ready for a musical journey like no other!

Join us at TamilFest as we welcome the legendary playback singer Srinivas to the stage!

With his captivating voice and unforgettable hits, it's going to be an epic night of rhythm and melody.

And here's the best part—admission is completely FREE! Why pay more when you can groove for free?

Enjoy the beats at Tamil Fest—no ticket needed, just good vibes!

## Discover the Legendary Voyage of Annapoorani Ammal:

### A Jaffna Maritime Marvel

Did you know that Jaffna has a rich history of shipbuilding? Our ancestors were skilled craftsmen who built their own schooner boats, and one such vessel, the Annapoorani Ammal, embarked on an incredible journey that remains a testament to Tamil courage and resilience.

In 1937, five brave Tamil voyagers set sail from Valvettithurai, Jaffna, to North America. With no modern equipment, they crossed the treacherous Atlantic Ocean in a simple schooner ship. It sounds like a scene from a movie, but this is our own extraordinary history.

This year at the 10th Annual Tamil Fest, we honor this remarkable journey with a special display. You will have the unique opportunity to witness a model of the

Annapoorani Ammal sailing vessel and learn about its 27-year-long existence. This exhibit is a tribute to our forefathers' bravery, a celebration of our maritime heritage, and a reminder of the incredible feats they achieved.

Bring your friends and family to Tamil Fest and explore this exciting exhibit. Let's come together to embrace our history, rebuild our sense of bravery, and remember the extraordinary journey of Annapoorani Ammal.

Join us at Tamil Fest 2024, and don't miss this chance to connect with our roots!

On behalf of the Tamil community, we would like to express our gratitude to Mr. Pon Sivakumaran for providing us with all the documents for the Annapoorani Ammal sailing ship display.





# Canadian International Air Show Celebrates 75 Years of Aviation History

## • CIAS Returns August 31 - September 2 to Toronto's Waterfront

The Canadian International Air Show (CIAS) returns Labour Day weekend to celebrate 75 historic years of soaring over Toronto and the 100th Anniversary of the Royal Canadian Air Force (RCAF). To celebrate these milestones, the show will feature two of the best demonstration teams in the world, the Canadian Forces Snowbirds and the must-anticipated return of the Royal Air Force Acrobatic Team, the Red Arrows.

"This is our biggest celebration to date with two milestone anniversaries, two jet teams, two demonstration teams, as well as one of only 2 flying Lancaster's in the world. People do not want to miss this," said Lori Duthie, Executive Director of the Canadian International Air Show.

Founded in 1946, CIAS is celebrated as the longest-running air show in North America, attracting over 1 million visitors to Toronto's Waterfront every Labour Day weekend. At the inaugural CIAS, an Avro Lancaster was among the featured aircraft. This year, the show will pay tribute to its origins by showcasing the Canadian Warplane

- Experience the United States Air Force F-22 Demo which highlights the Raptor's exceptional maneuverability.
- See the Douglas C-47 Dakota on August 31 and the B-25J on September 1 & 2.
- Catch Trevor Rafferty and his homebuilt Pitts 12 which is modeled off a 1930s barnstormer with 400 horsepower.
- Watch in awe at Kyle Fowler with his backwards looking plane, the Long-EZ.
- New in 2024, fans are invited to visit the free STEM area, featuring full-size aircraft on display, a unique virtual reality experience, aerospace exhibits, and more.
- Snap a selfie with select performers and crew during meet and greets.
- Enjoy delicious eats and treats at the concession stand and refuelling station.
- Air Show ticket holders can continue the adventure with same-day admission to the Canadian National Exhibition.



Vulcan at the 1982 CIAS

Flight Deck, both of which guarantee the best possible views and provide VIP opportunities for attendees.

Visit [www.cias.org](http://www.cias.org) and follow CIAS on Instagram, Facebook, and Twitter for updates and further announcements.

## ABOUT THE CANADIAN INTERNATIONAL AIR SHOW:

The Canadian International Air Show (CIAS) is Canada's largest and longest-running air show located right in the heart of downtown Toronto. It is a jam-packed air display showcasing modern military jets, vintage warbirds, thrilling aerobatics, and much more. The CIAS is celebrating its 75th Anniversary in 2024 along with the 100th Anniversary of the Royal Canadian Air Force. For more information, please visit [www.cias.org](http://www.cias.org).



The Exclusive Air Show Zone is located within Marilyn Bell Park in downtown Toronto directly in front of the Liberty Grand Entertainment Complex and Canadian National Exhibition (CNE Fair). We are surrounded by amazing parks and the exciting exhibits and rides of the CNE, as such parking is very limited and fills up early. We highly recommend looking at public transit options.

Heritage Museum's Lancaster, celebrating the rich heritage of Canadian aviation. Additional 2024 Canadian International Air Show program highlights include:

Tickets are flying out the door and can be purchased at [www.cias.org](http://www.cias.org). Tickets are available in two package options, General Admission and



# 10 Jane-Finch area children race on the 2024 Honda Indy race track in amazing opportunity hosted by The Children's Breakfast Clubs

## The first-ever Children's Breakfast Clubs Ride Toronto Indy

On Saturday July 20th, City Councillor Anthony Perruzza assembled a team of 10 Jane-Finch area youth to compete in a race with other youth from across Toronto. The Children's Breakfast Clubs has organized their biggest event where teams of children were led by members of The Toronto Police Service Divisions, Peel Regional Police Service and the Jane-Finch area Team was led by Councillor Perruzza. Children were also given the opportunity to participate in a Healthy Lifestyle program, bicycle safety program and bike build workshops.

Councillor Anthony Perruzza, an avid biker, underscored the importance of opportunities such as these.

"Children are our future. The habits we instill in them at a young age, they will carry with them into tomorrow. Programs such as these equip the younger generation with the tools and impetus to take care of themselves, which benefits not only them, but society at large." said Perruzza. "I'd like to offer a heartfelt thank you to the Children's Breakfast Clubs for their generosity in providing these children with this unforgettable experience. It will undoubtedly impact their lives in a significant way."

Team Anthony Perruzza was incredibly excited to launch into the race, and the children were thankful for being given the bicycles they rode as part of the opportunity.

"I'm grateful that together we were able to give them this opportunity, and hopefully inspire them to have healthy futures." said Perruzza.

### About The Children's Breakfast Clubs

For over 30 years, The Children's Breakfast Clubs has provided healthy meals and educational, cultural and recreational activities to children and youth across Southern Ontario, in a respectful and dignified manner. We work with community partners to organize nutritious, balanced and culturally reflective breakfast programs. Currently, we serve over 5,000 meals per week in more than 27 communities across Southern Ontario. The Children's Breakfast Clubs also provide children with emotional support. Our staff, volunteers and special guests offer a welcoming, engaging and stable environment for our children to thrive



in. In addition, we offer a variety of programs and services designed to empower young minds and affect positive change in our communities. Thanks to the generous donations from our partners, sponsors and friends, we are able to successfully run these programs and better serve our children and families.

### About Ontario Honda Dealers Indy Toronto

Ontario Honda Dealers Indy Toronto is a world-class motorsports festival which takes place annually on a 2.874-kilometre (1.786-mile), 11-turn temporary circuit using the streets surrounding Exhibition Place near Lake Ontario in downtown Toronto. The event features many attractions, food trucks, interactive displays and activities, and supports local charities. Your Ontario Honda Dealers Present Honda Free Fan Friday offers general admission courtesy of the Ontario Honda Dealers Association through a voluntary donation. Since 2010, event fundraising has raised over \$1 million for charity. As one of Ontario's largest annual sporting events with the first race held in 1986 first known as the Molson Indy, it has become a prestigious meeting place for some of the world's fastest race car drivers including

past NTT INDYCAR SERIES champions like Scott Dixon, Josef Newgarden, Simon Pagenaud and Will Power as well as Canadian racing greats Scott Goodyear, James Hinchcliffe, Greg Moore, Alex Tagliani, Paul Tracy, Jacques Villeneuve, Robert Wickens and more. Ontario Honda Dealers Indy Toronto is owned and operated by Green Savoree Toronto, ULC, whose affiliates also promote three

additional INDYCAR SERIES races: Firestone Grand Prix of St. Petersburg presented by RP Funding (March 8-10, 2024), The Honda Indy 200 at Mid-Ohio Presented by the 2025 Civic Hybrid (July 5-7, 2024) and BITNILE.COM Grand Prix of Portland (Aug. 23-25, 2024).

### About Exhibition Place

Established in 1879 and located on the shores of Lake Ontario, Toronto, the award-winning Exhibition Place is Canada's largest entertainment venue, hosting 1,761 events and attracting over 5.5 million visitors a year. The 192-acre site is an integral component of Toronto and Ontario's economy, particularly with respect to conventions, sports, festivals, recreation, culture, and tourism. Exhibition Place boasts the award-winning, LEED Platinum Enercare Centre; Canada's largest exhibition and convention centre, and the Beanfield Centre LEED Silver conference venue. Since 2004, Exhibition Place has undertaken an environmental stewardship initiative, entitled GREENSmart; which includes the promotion of sustainable development, environmental initiatives and leading-edge green technologies and practices across the site.







# August Adult Art Workshops

Registration is now open! We are offering 8 adult art workshops this August, ranging from introductory to advanced levels.

**Monday, August 26, 2024:**

- 10 AM to 12:30 PM | Introduction to Drawing
- 1 PM to 3:30 PM | Introduction to Life Drawing

**Tuesday, August 27, 2024:**

- 10 AM to 12:30 PM | Introduction to Portrait Drawing
- 1 PM to 3:30 PM | Portraiture: Drawing Practice with a Model

**Wednesday, August 28, 2024:**

- 10 AM to 12:30 PM | Introduction to Oil Painting
- 1 PM to 3:30 PM | Introduction to Landscape Painting

**Thursday, August 29, 2024:**

- 10 AM to 12:30 PM | The Painted Portrait
- 1 PM to 3:30 PM | Painted Portraiture Practice with a Model

**Meet your instructor:**

Linda Kalianteris is an oil painter and art instructor. Join the workshops to learn her pursuit of utilizing brushwork, light, and colour to engage viewers and narrate the story of each painted moment.



**Members and seniors save:**

Become a Varley member and save 10% on all programs at the gallery. Seniors save 30%.



## Free Seniors Art Workshop Series

Are you a senior group looking for a creative and enriching experience? Join us at the Varley Art Gallery for a free art workshop designed specifically for local seniors.

**Workshop details:**

- What: Free 2-hour hands-on art workshop, plus a guided tour of our current exhibitions
- Who: Local seniors (ages 55+), up to 20 participants per workshop
- Where: Varley Art Gallery of Markham, 216 Main Street Unionville, Markham

- When: Between September 2024 and March 2025; Dates and times are flexible

**Workshop highlights:**

- A guided tour of our current exhibitions with a Varley docent
- Guidance and support from experienced artist/instructors
- All necessary art materials
- A friendly and inclusive environment
- Refreshments to enjoy during the session

**Accessibility:**

- Our venue is accessible. If any participants require accommodations



or have special needs, please let us know in advance.

- Free parking is available at the gallery.

**To register your group or learn more:**

Contact our Public Program Coordinator, Rachel D'Oliveira Fell, with your preferred dates and times, at

rdoliveirafell@markham.ca.

This opportunity is generously supported by the Government of Ontario, Seniors Community Grant Program.



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

*Phyllis Diller*



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# SHN'S NEW VELYS ROBOT TRANSFORMS KNEE SURGERY EXPERIENCE FOR VELUPPILLAI NAVACODI



Veluppillai Navacodi, a 77-year-old Scarborough resident from Sri Lanka, has a renewed zest for life thanks to an innovative knee surgery new to SHN. He recently became one of the first patients to benefit from the VELYS surgical robot, a cutting-edge tool funded by generous donors.

"I had a knee replacement on my other knee in 2015 without robotic surgery and stayed in the hospital for two days. This time, with robotic surgery, I was able to go home the same day and had better flexibility," Veluppillai shared.

In January 2024, SHN became the first community hospital in Ontario to use VELYS technology for knee surgeries, completing over 180 successful operations in the first seven months. Veluppillai's experience highlights the benefits of robotic-assisted surgery, which enhances precision, reduces operative times, and minimizes soft tissue damage. This allows SHN to handle more complex cases with greater accuracy.

"Using the robot allows us to address both straightforward and complex cases with better precision," said Dr. Caroline Scott, orthopaedic

surgeon, SHN. "It's like a flight simulator, enabling us to test and visualize surgical outcomes before making a single incision."

Before his surgery, Veluppillai, was experiencing a lot of pain and could not walk; now, he walks without a cane. His story, and the integration of the VELYS robot to the surgical program, reflects SHN's commitment to delivering world-class healthcare in Scarborough; SHN is a centre of excellence in orthopaedic care and has one of the largest orthopaedics programs in Ontario.

"We are a high-volume, high-efficiency centre performing the most total joint replacements of any community hospital in Ontario, including 1,800 total hip and knee replacement surgeries annually," said Dr. Warren Latham, Corporate Chief of Orthopaedics, SHN.

As SHN continues to invest in and optimize technology, to take exceptional quality and patient safety to the next level, Dr. Latham emphasizes the significant role of community and donor support in enhancing patient care.

"For years, Scarborough was seen as an afterthought, we were

underfunded. Donations have fundamentally changed the face of working in Scarborough—donors are crucial to pushing our organization forward."







PRESENTS

# RADIOTHON

## ரேடியோதான்

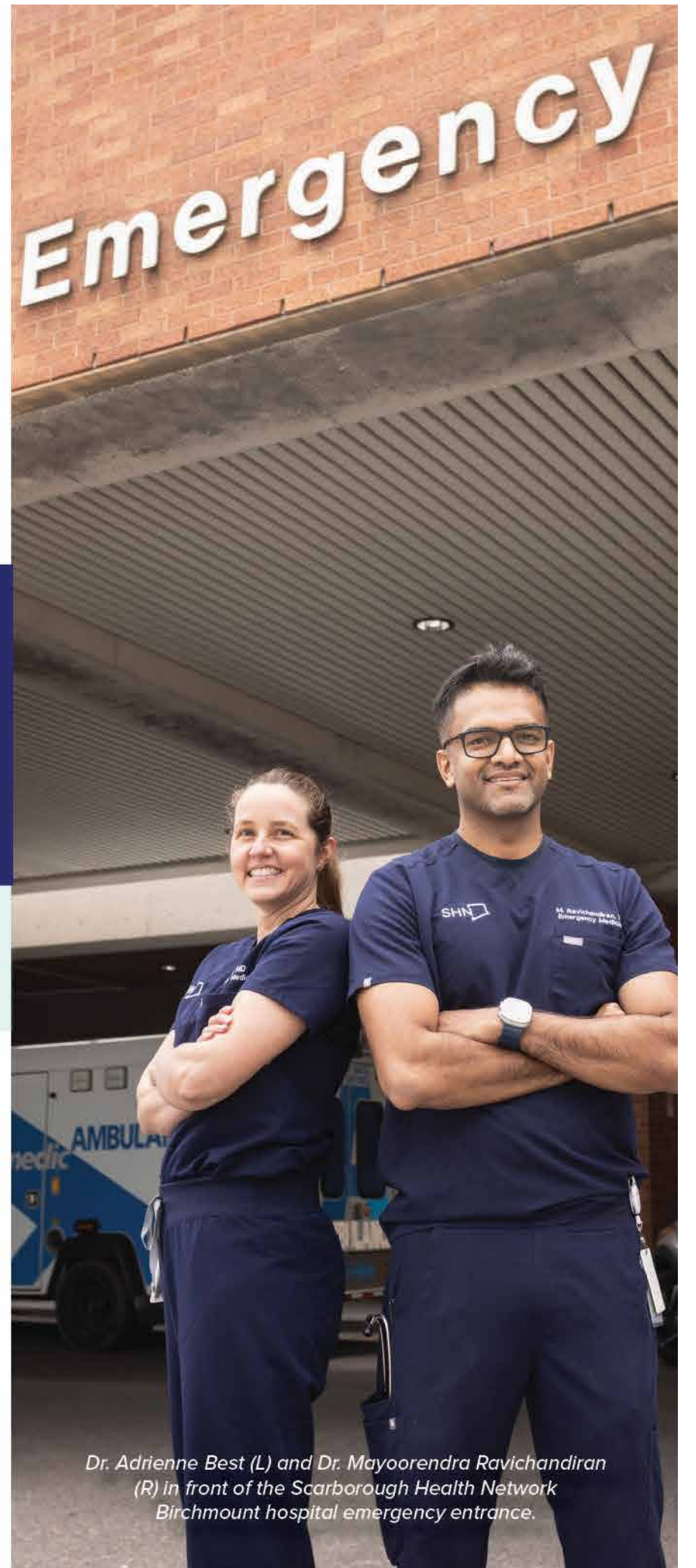
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TAMIL RADIOTHON

Sept. 25, 2024 | 10AM to 8PM

LIVE-TO-AIR  
ON

One of the fastest growing communities in Canada, nearly 75% of Toronto's Tamil population lives in Scarborough. Featuring exclusive interviews with patients, SHN physicians and staff, community members, and Tamil business leaders, this year's Radiothon will showcase how SHN is excelling in providing inclusive care for the Tamil community.

Help us raise **\$200,000** to support the *Love, Scarborough* campaign which includes key priorities such as expanding our emergency departments, cardiac care department and help build up our Scarborough hospitals to a level equal to the incredible people who live and work here.



Dr. Adrienne Best (L) and Dr. Mayoorendra Ravichandiran (R) in front of the Scarborough Health Network Birchmount hospital emergency entrance.

**DONATE TODAY** | இன்றே நன்கொடை அளியுங்கள்!



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# HEALTH & WELLNESS



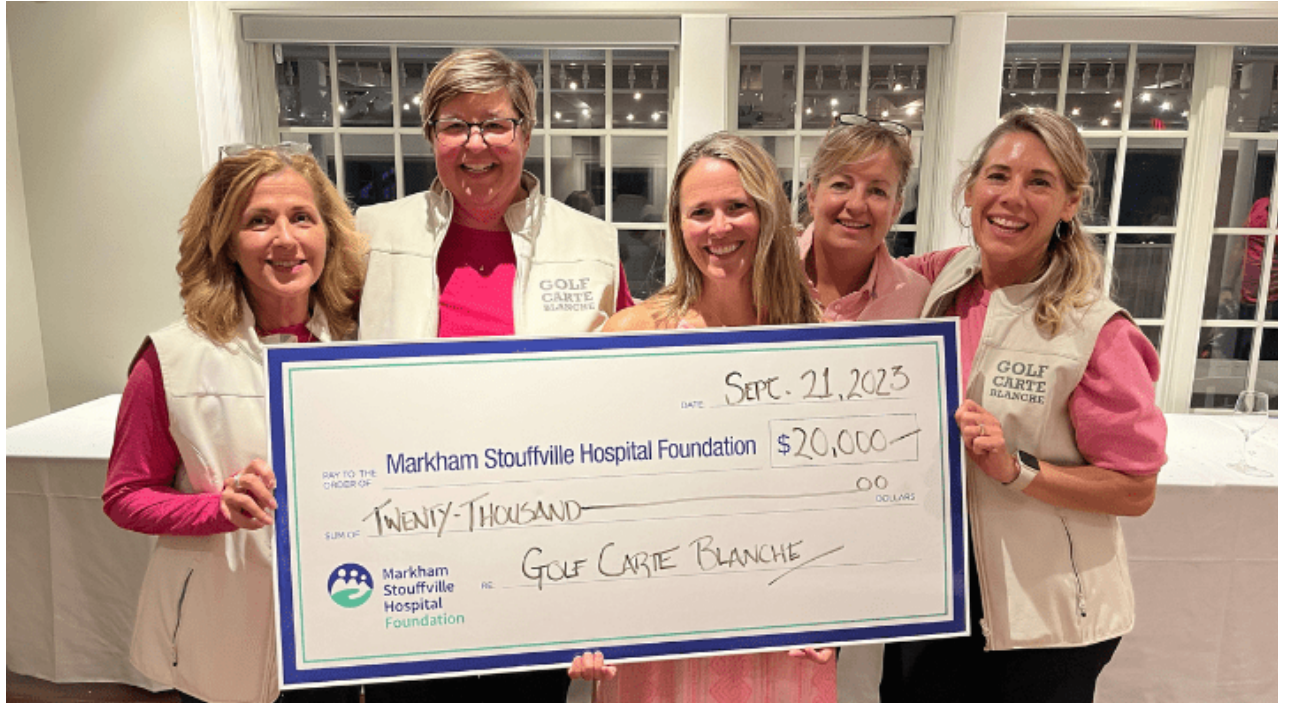
## Golf Carte Blanche 2024

Thursday, September 12, 2024 at 5 p.m.

Angus Glen Golf Club, 10080 Kennedy Road, Markham, ON L6C 1N9

**Ten Years of Giving Back!** The Golf Carte Blanche tournament, hosted by an amazing group of local women, is celebrating its 10th anniversary this year! Supporting the Gale & Graham Wright Breast Health Centre at Markham Stouffville Hospital (MSH) has been an honour for these women - some have had treatment there and others have loved ones that have fought breast cancer.

In this their 10th year, the tournament committee is not holding back! In addition to 9 holes of evening golf at the famed Angus Glen Golf Club's South Course, the event features fun games,



gifts, auctions and raffles and more! Most importantly your participation supports the Breast Health Centre at MSH and makes a difference in the lives of so many in our community.

For more information on this super fun event, please visit the Golf Carte Blanche website or contact tournament Committee Chair, Sara Sterling, at [sterlingsara1172@gmail.com](mailto:sterlingsara1172@gmail.com)



Sunday, October 20, 2024 at 9 a.m.

Milne Dam Conservation Park, 8251 McCowan Road, Markham, ON L3P 3J3

Register for the 2nd annual Run for Markham today!

Organized by Mercy for Mankind, a community group founded by members of the Ahmadiyya Muslim Youth Association (AMYA), the goal of this run is to bring people together and make a difference in the community. Runners and walkers of all ages and skill levels are invited to sign up. Choose from the 1km Family Fun Walk, 3km Walk/Run and 5km run.

Proceeds from the event will support the highest priority needs of Oak Valley Health's Markham Stouffville Hospital.

For more information, please visit [runformarkham.ca](http://runformarkham.ca) or contact [info@runformarkham.ca](mailto:info@runformarkham.ca)







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# Human Resilience in Aviation, And The Safety Net It Creates

By: Kane Siva

People say many things about Human Resilience, but this attribute of Humanity and Human endeavors have had/ have saved, will save the day for aviation, and many people's lives in future too. In Aviation when Pilot makes a misstep, it is front page news in all the major newspapers, media channels, and a series of investigations on all front. But do the flying public ever know, how many times all over the world, the pilot's instincts, experience, their training, and their resolve have saved the day for the aviation, and its passengers? This goes unnoticed completely to a great extent. James. T. Reason, a well renowned professor on Human Factors in his book, "The Human Contribution", and who dedicated his writings all along, as to why folks mess up or hoof up said, his boring subject is/was "Humans as Hazard". I mentioned this in one of my earlier articles on Human Factors, "Accidents don't happen, but made to happen".

So, what is this word Resilience I am uttering about? Resilience traces its usage to 1620, in the writings of Francis Bacon, Lord Chancellor, Politician, and a Figurative painter. Resilience originated from the Latin word "Resalire", is defined as the ability to withstand or recover from difficult conditions, challenges, and adverse situations without panicking, but to respond positively, resolve or overcome the situation. This term has evolved immensely within a span of 25 years in great strides, and has been used in Corporate Business, Medicine, psychology, and in many other fields, but I would paraphrase it as being used in many instances in aviation. A well recognized authority, Capt. Pierre Wannaz, of CEFA Aviation, a privately owned French Company, which is actively involved in pilot training, flight safety, and many more, describes that this word has great significance in aviation for the ability to recover from, and to respond positively in an emergency. In the words of Shawn Pruchnick, an assistant professor for Aviation Studies at The Ohio State University, Quote "Resilience is more about how we go beyond that, and how we continuously adapt to changing situations for which we may not necessarily have procedures...In the aviation realm, it is when we are faced with unexpected events for which we don't have the likes of specific checklists that we can demonstrate our level of resilience. Resilience has many narratives by many consultants and experts in aviation. I would say the best I read by Matt Simpson, technical director for Cyber Resilience, at Atkins, quote "Resilience includes the ability for operations to continue even after safety has been compromised, this means ensuring that within the aviation industry, that systems do not shut down— even if, for example, the cyber aspects of the system are not working properly, from air traffic control to the air conditioning with a room of servers. Dr. Shawn Pruchnicki, qualified resilience in this fashion. "The crew need to adapt, and only perform part of a checklist, and they



had to be able to figure out on the fly, what part of a checklist was going to be valuable in the next 2 minutes, and They were not paralyzed by this unexpected event, which was one, that they were not specifically trained for, but rather adapted procedures to meet the challenge, to adapt to the circumstances". There are 5 important factors to develop resilience: namely control, connection to others, communication, confidence, competence, and commitment. I would say the 5 C's. This is also defined by Researchers Meredith Carroll and Shem Malmquist, "As the intrinsic ability of a system to adjust its functioning prior to, during, or following changes and disturbances, so that it can sustain required operations under both expected and unexpected conditions".

Nowadays most of the airlines train their pilots to be resilient. To give the benefit of the doubt, Resilience training is not a new concept in aviation parlance. It was introduced maybe 10 years back in CRM- Crew Resource Management. It is built



C-GAUN, the aircraft involved in the accident, photographed 2 years after the incident.

on Pilot's confidence and competencies. Really there are few incidents we came across with in the last 10/15 years, where the resilience of the pilots saved the day. I will be chronicling a few of these incidents

in my future articles, to give my heartfelt appreciation to the pilots, and to the airlines who motivated them, by their training in flight safety, to give their best, in an unforeseen or unscripted incident.

Being a Canadian, I would say a first of this kind, (may be I am wrong) that happened on the 23rd of July, 1983, 14 years before I migrated to Canada, gives the best illustration of resilience, of the pilots who saved the day for Canadians, and for our aviation, even much before the word Resilience, and CRM, has been used in aviation parlance.

This all started on a beautiful day, in a picture perfect weather, on July 23rd, 1983 on an Air Canada, Flight 143, that took off from Montreal,

Quebec, destination Edmonton, Alberta, overflying Ottawa. On board this domestic sector flight, the Captain was Robert Pearson, 48 years, total of 15,000 hours assisted by First officer Maurice Quintal, 36 years, with 7,000 hours was flying, a brand new Boeing 767-200, which was only 5 months, REG C-GAUN, 61 passengers, and 8 crew members on board. AC143, departed as a normal flight from Dorval airport in Montreal and was heading to Edmonton. The troubles started around 2,000 hours, cruising at 41,000 feet, the flight deck crew had an alarm on fuel indicators. The pilots immediately shut down this right engine, soon there was an alarm from the other fuel indicator too. The pilots realized some serious issue was going on, and all of a sudden the aircraft lost its power. All the instruments became blank and the instrument panels turned black. The pilots were able to use RAT, Ram Air Turbine for emergency instruments and hydraulic support to handle the aircraft. The incident was caused by a multitude of errors including human, technical, a complete misunderstanding of the Foot Pound system, and the Centigrade Gram System, regarding the unit of fuel pumped in.

In fact the aircraft was cleared to operate this flight with MEL -Minimum Equipment





Gimli Glider / Air Canada Flight 143



Flight 143 after landing at Gimli, Manitoba

List, category by the engineers who gave the green light for this flight. Fuel -quantity indicator sensor -FQIS were not functioning properly in the B 767 aircrafts, and this issue arose in many of the B767s.

Initially the investigators believed the cause was the fuel pumps and the faulty Fuel quantity indicator sensors but to their bewilderment it was not so. The Culprit was Human. The Fuel Quantity for the sector was entered into the system manually by the pilots, as there was a fault in the computer. The system in the B-767 calculates the fuel in the Metric System, The Quantity of fuel was given in the FPS system. This system change resulted in the calculations of fuel required for the flight to be halved. When the Engines gave up on the pilots half way through the flight, the immediate reaction was, what had happened? as they did not understand, why was the plane out of fuel? Quoting Pearson who said "I did not know much, how the computers work, except how an ATM machine functions? Pearson supposed to have said "How the hell can computers shut down the engines"? When the alarm sounded on that flight 143, Pearson said no one had any idea what went wrong and had no clue?

Since there was no power, the engines were not working, and the pilots really got confused. Capt. Pearson decided not

to panic the passengers, made the first announcement "The Plane's computers are not working and we would divert the flight to Winnipeg to get it fixed. Capt. Pearson's lifetime piloting skills of all kinds of flying equipment, and moreover he is an avid Glider pilot. All these experiences kicked in at the right time, and that saved the day. When the engines failed, Pearson, who was flying the aircraft quickly realized, instead of finding out the cause, his main responsibility was to land this stricken aircraft safely on a piece of land. Co-pilot, Maurice Quintal, was doing the calculations to get to the closest airport, as they realized the aircraft was bound to lose altitude in a matter of 45 minutes or less. Pearson convinced self, that they could make it to Winnipeg. By a stroke of luck Maurice Quintal, had trained at Gimli, an Air Force Base, before he joined Air Canada, (Hence the name "Gimli Glider") that was about

23 July  
1983: Air  
Canada  
Flight 143  
was a  
Boeing 767-  
200, registra-  
tion C-GAUN,  
enroute from  
Montreal to  
Edmonton,



Captain Robert  
Pearson

15 miles away from the point they were at. They had barely any basic instruments left to guide them, as there was no power. The pilots realized they were at greater height, while approaching the airport and had no power to reduce the speed. Quintal lowered the landing gear, but it didn't provide much assistance. Quoting investigative reporter

"Christine Negroni" Pearson used a sideslip maneuver he had honed while towing Gliders. Using the Rudder, ailerons, and the elevators, he turned the Fuselage into the airstream, so that the plane's bulky metal flank would work against its movement through the air.

Later Pearson said "we were using the Fuselage (The central body of the plane where the crew and the passengers are) as an air brake, this gave everyone an uncomfortable ride, but this maneuver saved the day for all of them and for the aircraft as well. Miraculously both the pilots landed the aircraft on that airfield without any loss of lives and major damage to the aircraft.

After the horrific ordeal Capt. Pearson had said, "I had total tunnel vision and Maurice was by my side with his experience, and I was mainly focused on the speed and my relationship to that piece of cement.

(Runway)" Miraculously both the pilots did it. Their resourceful Team Work, gave more credence to the word, "Crew Resource Management", even much before it was applied to the Cockpit Management.

For the reader's interest, the aircraft was damaged, surely the undercarriage but the major components were unscathed, was repaired, and it was flying till 2008, until it was sent to its retirement home in Arizona.

Unfortunately the Co-Pilot, Maurice passed away in 2015, and Capt. Pearson on June 16th, 2019.

We all must understand that the machines do not change or modify on their own and only function as they are. Yes of course, what humans bring into the cockpit, is their unassailable ability to overcome any incidents, and what not. As a result of this incident which was almost a total catastrophe, the Department of Transportation of Canada, ensured all the airlines fleet in Canada, adhere strictly to the Metric System, to prevent any further mishaps.

I would love to quote the words of Mario Pierobon, on Resilience, before I do a perfect smooth landing. He wrote in the Flight Safety Foundation "Explaining the term is easy, but putting this concept into practice is more challenging". It was absolutely true looking back at the turn of events.

As I always greatly value the contribution of anyone, to improve everyone's well being, motivate others, and the aviation industry, I sincerely offer my most humble appreciation, gratitude, and prayers for saving the day, for the 69 people on that flight. I would go an extra mile and say this to the two pilots, "You made all the Canadian Pilots, and our Aviation industry, over the moon, by your ingenuity and heroism" and this should be recorded in the annals of the aviation industry.

Bravo, Bravo, & Graci.

I Want to sum it up with the words of John Ruskin:

"When we fail to praise a man who deserves praise, two sad things happen; we run a chance of driving him from the right road for want of encouragement, and we deprive ourselves of one of the very happiest of our privileges, the privilege of rewarding the labor that deserves a reward".

HIP HIP hooray! for Captain Robert Pearson and co-pilot Maurice Quintal. You both will be remembered by the Canadian Aviation Fraternity always.

God bless both these brave souls.

Thank You Great Aviators.



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

up to 5,000 liters and pumped the requested fuel into the tanks.

Step	Calculations performed by crew	Correct calculations
1. Drip stick readings	62 cm, 64 cm	62 cm, 64 cm
2. Conversion from centimeters to liters using table of figures	= 3,758 L + 3924 L = 7,682 liters	= 3,758 L + 3924 L = 7,682 liters
3. Conversion from liters to kilograms	7,682 L x 1.77 = 13,597 kg (actually lbs)	7,682 L x 0.8 = 6,146 kg
4. Calculation of required additional fuel (kg)	22,300 kg - 13,597 kg (lbs) = 8703 kg	22,300 kg - 6,146 kg = 16,154 kg
5. Conversion of required additional fuel from kg to L	8703 kg + 1.77 = 4,916 L = 5,000 L	16,154 kg + 0.8 = 20,192 L = 20,200 L
5000 L of fuel weighs about 4000 kg. 6,146 kg of fuel already on board + 4000 kg added = 10,146 kg of fuel total, out of 22,300 needed.		

Comparison of the calculations made the by the crew, vs. the correct calculations. (Own work)





## SPECIAL FEATURE

# Words of Peace

**Choose peace over chaos.  
Choose love over hate.” – Prem Rawat**



Prem Rawat has communicated his message of peace in many different ways since he first began speaking about it as a young boy: public events, videos, audios, books, one-on-one conversations, TV interviews, radio shows, podcasts, websites and trainings just to name a few. But perhaps one of his most effective approaches has been the Peace Education Program – an innovative series of video-based workshops that help people discover their own inner strength and personal peace. Launched in 2012, the program has positively impacted the lives of more than 200,000 people in over 70 countries and continues to grow, providing an opportunity for participants to reflect on their own inner resources such as choice, hope and dignity.

Rather than describing or defining personal peace, the Peace Education Program empowers people to reach their own understanding, focusing, as it does, on self-discovery. Indeed, it has proven to be a life-changing experience for an extraordinarily diverse group of people looking to better their lives, including prisoners, war combatants, gang members, military personnel, police officers, hospice residents, students, nuns, community groups and many more.

Explains its Founder, Prem Rawat, “The Peace Education Program puts you in touch with yourself. It empowers people. It brings out the good in people.”

Nine years into its efforts, the program continues to expand its reach, and there are growing needs for materials, trainings and other resources to meet the demand.

This week’s new TPRF videos highlight the impact of The Peace Education Program.

### Feedback by attendees

*Hosting Prem Rawat at the event was Dwaynatics CEO and founder, Pastor Lorraine Jones-Burrell, who tragically lost her son, Dwayne Simpson, to knife crime in Brixton. Following this tragic event, she has won accolades for her community work to help ensure that other families and communities do not have to suffer the loss that she did.*

*We need to come together with one voice, one energy, one strength, and that is my mission!*

*I know it’s possible because peace is possible.*

– Pastor Lorraine Jones-Burrell

*In a time when youth violence is on the rise and the poverty gap is increasing, “Power to Change” is a unique film that looks at the simplest solution: helping human beings discover their innate goodness.*

*Produced independently by Celebrate Life CIC, the documentary tells the stories of five people in London: EJ, a young man drawn into gang culture from an early age; Lorraine, a grieving mother who lost her son to knife-crime; Gerald, founder of Impact Brixton, who learned to navigate one of the city’s most dangerous neighborhoods after emigrating from Ghana; Errol, a repeat offender with 74 previous convictions; and Nate, a former gang member who was brutally stabbed by a childhood friend.*

*Their compelling stories are woven together by Kaysen, a teacher who has dedicated her life to supporting young people.*

### Extremely powerful.

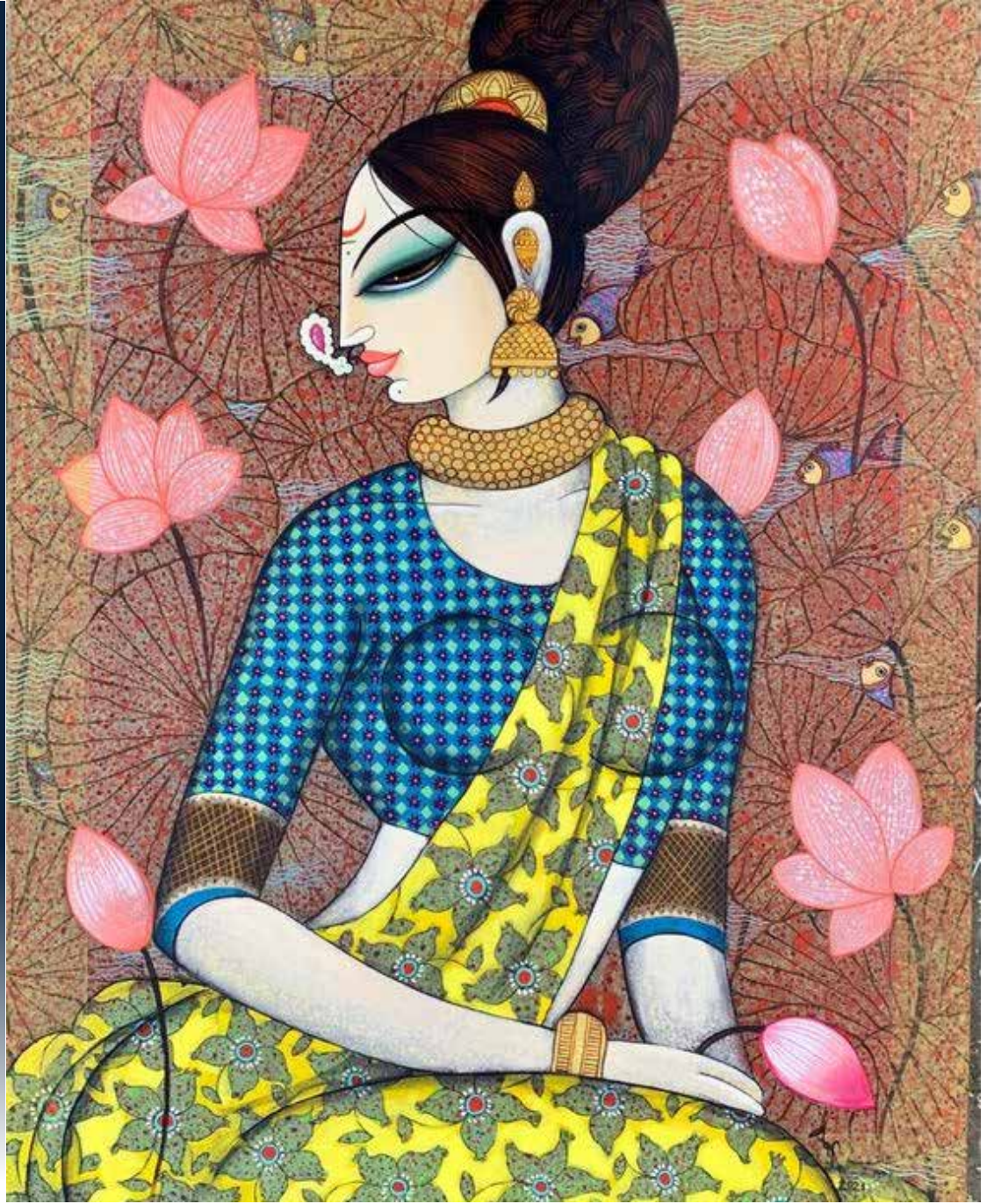
*A story of hope and redemption that no matter how desperate our circumstances, there is a light if we are willing to see it.*

– Deepak Sardiwal, Lambeth Councillor





# The Joy of Union



- eikowa.com

By: J A Rajah

All the five sense delights of sight, sound, taste, smell and touch are experienced together, only in the embrace of a resplendent damsel.

**“Kandu, keddu, undu, uyirthu,uttu ariyum  
impulanum,  
Ondodi anne ulla”.**

கண்டுகேட்டு உண்டுயிர்த்து உற்றறியும் ஐம்புலனும்  
ஒண்டுதொடி கண்ணை உள

For all illnesses, the medicine is distinct from the disease, but for the pain that she causes, the jeweled maiden herself is the cure. Is the world of the lotus eyed God himself any sweeter than the tender arms, of the loving maiden in delightful embrace?. Where did she acquire this wonderful inner fire of love, which she burns me so, when held away, and cools refreshingly when embraced?. The lady with the flower-deced tresses provides one with whatever joy is fancied at the moment. The shoulders of this artless maid are verily the nectar from heaven,

because they revive me every time I embrace them. The embrace of the maiden is as delightful as the householder's meal, taken after all waiting guests have been fed. The close embrace of the loving couple, which does not permit even the air, to penetrate between, is the most delightful.

**“Uoodal, unarthal, purnarthal ivay kaammam,  
Koodiyar petta payan”.**

ஊடல் உணர்தல் புணர்தல் இவைகாமம்  
கூடியார் பெற்ற பயன்

Lover's tiffs, reconciliation and union afresh are the rare fruits of stolen love that fond lovers enjoy. Even as a man is more conscious of his ignorance, the more he actually learns, the more he enjoys her embrace, the more he yearns for it. As a learned man himself, Valluvar has used parallels from the field of learning and knowledge in this kural.

(Kural: 1101-1110).



Valluvar's Views





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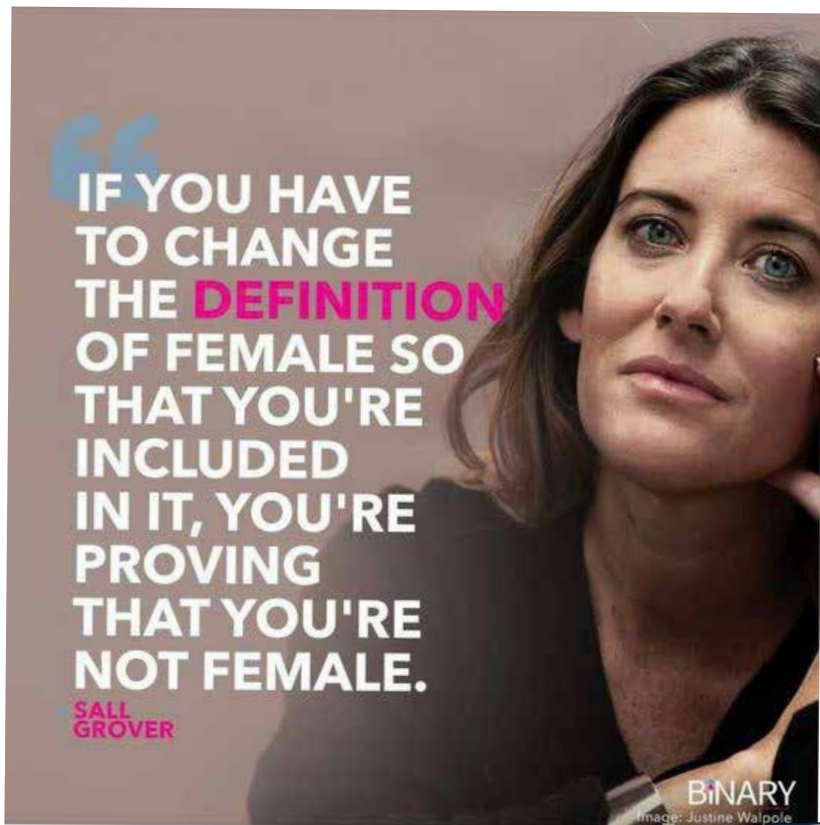
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Even worse when you change the definition such that you're female but actual females are cervix havers.

And what is this wonderful, inclusive new definition anyway?

"A female is anyone who identifies as a female."

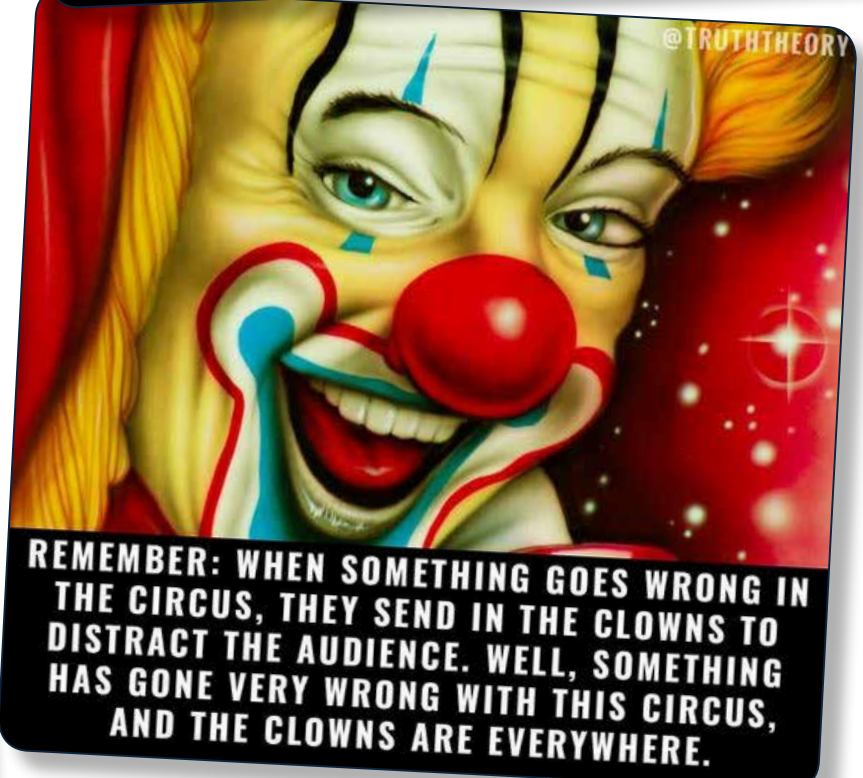
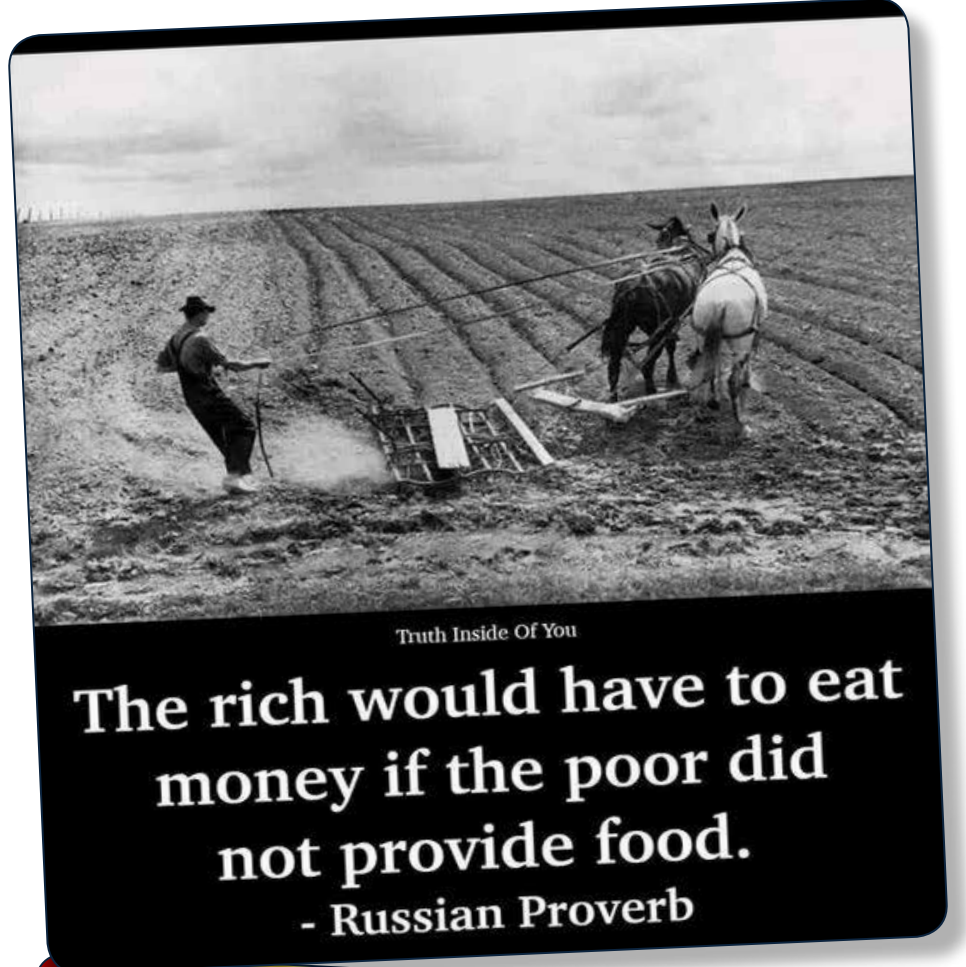
What is a grok? Anything that identifies as a grok.



These old men in their robes,  
So terrified of little girls who bleed—  
paralyzed at the thought of all that power,  
something they will never have.  
The life force that flows between her legs,  
The blood responsible for their existence.  
They must suppress her from the cradle to the grave,  
because if she realizes her power,  
theirs will be no more.

-Tamara Albanna

As I Lay by the Tigris and Weep  
poetry and musings by Tamara Albanna



The athletic differences between men and women are so large that were it not for the boundary around women's sport females would disappear from the Olympics entirely. The purpose of the women's category is inclusion of females through the exclusion of males.

If the purpose of the categories is understood and accepted then sports need a mechanism by which to identify who is ineligible for the category, and that mechanism is testing.

It's not arbitrary. It's fundamental because without the addition of those tests, sports have no way to say this person belongs in the category and this person does not. In this regard, the test serve the same purpose as the weigh ins that you watch for boxing.

- Prof. Ross Tucker

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## SPECIAL FEATURE



# ENVIRONMENTAL AWARENESS IN SANGAM LITERATURE

By: Kumar Punithavel

With the rapid change in climate and global warming world, the has become very concerned about the environment, but not with the ancient Tamils. Two thousand years ago when humanity was in the initial stage of development there was a poet who clearly mentioned otherwise, to the theologists suggestions of acts of religious activities such as meditating, praising the God and building places of worship. It had made Marx to mention "Religion is the opium of the people. It is the sigh of the oppressed creature, the heart of the heartless world, and the soul of our soulless conditions" (1). The great Tamil poet wrote a poem 2000 years ago that taking care of the earth will take us to heaven.

While the religious persons fight for turf, his poem focuses on conserving water, making roads to communicate with other humans, planting trees and last but not least extracting the ground water. His concern was to make the world a better place for humanity. It is Thiruvalluvar who gave the rules of life in the second chapter itself on couplet 20 mentions;

*Kural 20:*

நீரின் றமையா துலகெனின் யார்யார்க்கும்  
வானின் றமையா தொழுக்கு

*When water fails, functions of nature  
cease, you say;*

*Thus when rain fails, no men can walk  
in 'duty's ordered way'*

Thus, water is vital for the survival of humanity else the orderly life will cease to exist in this world. The famous environmentalist David Suzuki says; "We should do everything possible to conserve water, but avoiding massive shortages of clean water will take concerted action at all levels of society (2).

Pathinen Keelkanaku (பதினெண் கீழ்க்கணக்கு) is an anthology of eighteen poems of various authors and is considered a part of Sangam literature which dates more than two thousand years. The whole poem is of one hundred and three verses inclusive of the first verse of invocation. The name of the particular poet who wrote this poem is Maakaariaasaan (மாகாரியாசான்). It is believed that Karri must have been his name and Aasan (ஆசான்) was added to point out that he was a teacher. During that time, it is the tradition to add the profession to the person. For example, in the name Kanian Poonkudranar (கணியன் பூங்குன்றனார்), Kanian refers to his profession of astrology. The word Maa (kh) simply refers to great. Thus, the name refers to the great Kaari, the teacher!

The title of the whole poem of 103 verses is Sirupanchamoolam (சிறுபஞ்சமூலம்). The literal meaning of Sirupanchamoolam is five small roots. In ancient Tamil medicine, there were five selected roots that were frequently used and were collectively referred to by this name. Similar to how medication preserves the health of a person, each of the verses of this poem enlighten the life of a person. Thus, the title for this poem. Though each verse had only four lines, they discussed five different activities. And it was categorically mentioned only in 15 verses of the 103-verse poem about the five actions. The verse # 64 in particular illustrates the actions to be performed to reach heaven. However, no mention of building a place of worship or praising the God. Instead, he suggests environmentally friendly activities to be performed to reach heaven. Let us read the lines one by one. The poet on the first line suggests building reservoirs to store the water that comes as rain and flows as rivers into the salty oceans going waste. When the rest of the world was totally depended on rainfall cultivation, this poem points to the fact that there must have been irrigation based on reservoirs, two thousand years ago. Incidentally, the traditional TAMILIAN nation is pockmarked with reservoirs. Today, due to the warming of the planet earth, has made humanity aware of the need for tree planting, and reforestation is done in various parts of the world. Two thousand years ago, Maakaariaasaan, had realized the value and need of planting trees, he mentions tree planting next, in the poem. The poet thirdly mentions the need for good roads, which of course will bring different communities together and communicate. These three activities he mentions as follows on the first line of the verse;

*Building reservoirs, planting trees,  
paving roads,*

குளம் தொட்டு, காவு பதித்து, வழி சீத்து,

Thus, on the first line of the verse our bard after mentioning about conserving the rain water,

planting trees, he had gone on to paving the way to make different communities to meet mix and

mingle by building roads, and in the second line of the verse he goes on to mention about the need to make fields out of the fallow lands which was unproductive to become productive fields.

*Barren fallow land ploughed made to  
field,*

உளம் தொட்டு உழு வயல் ஆக்கி, வளம் தொட்டுப்

One more action remains for a civilization to flourish. Make use of the

other source of water

which is the groundwater. In the third line of the poem our bard mentions about building wells to fill up the further need of water. Until recent times when the foreign rulers subjugated, the TAMILIAN home land in Ceylon it was a tradition when a woman dies at the time of childbirth to build a monument by digging a well on a lonely road side between villages and build a structure where one could unload the weight carrying on the head, so that the passerby can unload his weight safely and drink some water from the well. These structures are called Sumaithangi (சுமைதாங்கி). The prime purpose is to provide the people using the path will be able to unload the weight, quench their thirst and bless the women who died during childbirth. After all the woman lost her life while delivering her load, the baby! A person must focus their attention to build wells to use the groundwater, thus making five critical actions to reach heaven. Not praising God or building places of worship. Here is the third line;

*Digging deep wells, if one focus in life,*

பாகுபடும் கிணற்றோடு என்று இவை  
பாற்படுத்தான்

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

*Shall reach heaven happily ever.*

ஏகும் சுவர்க்கம் இனிது.

Let us read the verse 64 of the poem Sirupanchamoolam written by bard Maakaariaasaan

(மாகாரியாசான்), all in one;

*Building reservoirs, planting trees,  
paving roads,*

*Barren fallow land ploughed made to  
field,*

*Digging deep wells, if one focus in life,  
Shall reach heaven happily ever.*

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

பாகுபடும் கிணற்றோடு என்று இவை  
பாற்படுத்தான்

ஏகும் சுவர்க்கம் இனிது. 64

The TAMILIAN race had been way ahead of their contemporaries around the world with a much-

cultured advanced society in agriculture too. Since the advent of enslavement things have changed a lot.

*Hope it will rise to its fallen glory.*





## SPECIAL FEATURE

# THE QUEST FOR LEADERSHIP THE USA PRESIDENCY

By: J A Rajah

### A. The Election-a barometer :

Both the Democrats and the republicans are vying with each other to win the presidential elections in November 2024. Election is the barometer to feel the pulse of the nation. The republicans are united under Donald Trump to regain power. Trump did not even accept the last presidential elections where he lost to the Democrats under Joe Biden. Now he is all out to come back to power. He claimed that there was peace and prosperity when he was president, and the crime rate decreased during his presidency. In the recent Republican Party convention, he was officially nominated as the Party candidate. Other candidates like Nikeya Hailey and Ted Cruz have now given up and are going their full support to Donald Trump. Joe Biden has stepped down and opened the way for Kamala Harris to be the presidential Candidate. Biden had to give up due to age and ill-health. At the outset Kamala Harris vowed to uphold the policies of Biden. She might carve out a new path for her after she gets mature in her new role as president.

### B. The Defects in the Biden Presidency :

Joe Biden as president appeared to be liberal in all his activities. He gave high priority to freedom. He is blamed for allowing easy immigration into the US especially through the Mexican border. Large number of Hispanics and Latinos smuggled into Texas and other American states. Trump blamed that terrorists and criminals were allowed into the US without legal documents. He claimed that this has increased the crime rate in the US and also added to its economic problems. The cost of living has grown up. The US also got involved in the Ukraine and the Palestinian wars. Military help given to Israel and



Ukraine had cost billions of dollars. When people in the US are suffering from poor living conditions, the US has been spending colossal amounts of money in the Middle east and Eastern Europe. Now the presidential elections are scheduled for November and Joe Biden has to step down owing to ill-health and old age. His poor performance at the recent presidential debate had made some of the big guns in the Democratic Party ask Biden to step down. The vice-president, Kamala Harris has to take his place and be the Democratic Party's, nominee. Her chance of beating Trump is on the rise with just 99 days more for the election.

### C. Trump's Slurs :

Trump had been attacking the Democratic administration for their liberal policies. Many illegal immigrants have been let into the US through both the Southern and Northern borders adding to the economic perils of the Americans. He has also criticized their tolerance of abortion, but the Democrats have objected that is an affront to their freedom of action. Abortion is debarred in Republican states. Trump has slurred that Harris is a woman and is a colored woman. This kind of narrow thinking by Trump is a threat to American freedom. His VP pick J.D. Vance had gone to the extent of calling Harris as "child-less cat lady".

### D. The World Awaits First USA Woman President :

The world awaits the possibility of the election of the first US woman as president. However, Trump's traditional supporters are those who will work hard to put back Trump in power. Opinion polls show that Trump is particularly unpopular among women. Biden is also giving his full support to Kamala so that American values are preserved unscathed. Lots of funds to the tune of 200 million dollars have been collected by Democrats for Kamala Harris's campaign and it is interesting to study further developments. With her exceptional skills as a prosecuting lawyer, she may be able to fare well in the presidential debate to be held after she is announced as the Democratic candidate for the election. At the moment opinion polls indicate that Trump is slightly ahead of Harris. The security neglect by the intelligence team is also under investigation. The secret service was criticized for being negligent and that was why Trump was hit while campaigning. The test for American pursuit of leadership is to be decided in the next 99 days. Kamala Harris's chances of winning escalated after she was endorsed by former President Barack Obama.



## SPECIAL FEATURE



# Jesus Christ-the world's greatest Transformer

By: J A Rajah

## A. Jesus Christ and Human Lives :

Jesus Christ from Nazareth in Israel is the one person who influenced human lives more than anybody else in the world. When he lived in this world more than 2,000 years ago he did several miracles to help better human lives. He turned water into wine to quench the thirst of people who attended his meetings. He healed a woman who suffered from the sickness of palsy. She only managed to touch the border of his cloak in a crowd and she was instantly healed. He changed weakness into strength. A lame man was brought to him in an unusual manner, through the roof of a building where he was preaching in it. He had the power to feed the five thousand who were left with hunger after listening to him for hours. He multiplied five loaves of bread and two pieces of fish into baskets of food to feed the five thousand who were fed fully. Jesus had the divine power to save his disciples who were about to drown. He instilled the energy of faith in his followers. He healed the blind by just ordering them to be open. He transformed every aspect of human weakness to help people to live rejoicing.

## B. Jesus Transforming World Architecture :

The impact of Jesus's personality is seen in world architecture. Several Churches, synagogues and sepulchers adorn the face of the earth wherever his message is taken to throughout the length and breadth of the world. The church of Santa Costanza in Rome is a great example of an early modest circular plan Christian church. Christian architecture refers to a number of buildings of churches, convents, seminaries etc. It has evolved over two thousand years of Christian religion. Partly by innovation and partly by borrowing architectural skills as well as changes in belief, practices and local traditions, the modern shape of churches has evolved. The parish churches are the focus of Christian devotion in every town and village. There are great cathedrals and churches showing great regional diversity and often demonstrating local vernacular technology and decoration. They are the centers of worship, prayer and meditation. In Sri Lanka there are different types of churches belonging to Christian denominations. St. Paul's Milagiriya in Colombo-04, The Holy Trinity Church at Kandy, St. Mary's Catholic church at Jaffna, St. Anthony's Cathedral Church at Kandy., the Methodist Church at Colombo-03, the Dutch Reformed Church at Colombo-06 are some of the biggest churches found in Sri Lanka.



## C. Jesus and the Transformation of World's Music, Hymns and Lyrics :

Jesus Christ inspired the writing and singing of hymns and lyrics more than anyone in the history of the world. "We are nearer to the Lord in music than perhaps through any other thing except prayer." -Reuben Clark. Music and song play a vital role in the life of God's people today. The Christian church sings. Singing is the highest form of human expression. Some of the best hymns are How great thou art, the Old rugged cross, Amazing grace., When I survey the wondrous cross, My Jesus I love thee, I surrender all, Oh! master let me walk with thee, Blessed Assurance, I am thine, oh! Lord, and from sinking sands he lifted me. The gist of these hymns are mainly praises, glorifications and confession of human weakness. There are also a number of carol songs relating to the birth of Christ. They are matchless in their capacity to promote worship and devotion. There are similar hymns in other languages too. In Tamil there are some excellent Tamil hymns which are excellent for corporate worship:-

'Anathi theyvam en addaialame', 'Unnatha manavarin uya maraviliruiravan', 'Theva kirupai enrumullathe', 'Entha kalathilum entha nerathilum', 'Thirup paatham undivanthen'.

## D. Jesus and Education :

The ideas of Jesus have led to the establishment of several colleges and schools in many parts of the world. Jesus said that he is the light of the world. Wherever Christianity was introduced colleges and schools were instituted. These institutions became the fulcrum of development. Students educated in these colleges became leaders of education and progress. In Sri Lanka

Trinity College, Kandy, St. Thomas's College, Mt. Lavinia, St. Peter's College, Bambalapittiya, Methodist Girls' College, Colombo, St. John's College, Jaffna, Hartley College, Pt. Pedro are some of the educational institutions that successfully promoted education in the island nation. Other religions followed their model and became centers of development.

## E. Jesus and Books :

More books are written about Jesus Christ than anyone else in history. Theology, novels, biblical studies, biographies, religious and secular, positive and negative, fiction and non-fiction, -all about Jesus. Some of the best books include, The cross of Christ by John W Scott, Seeing and serving Christ by John Piper, The Challenge of Christ by N.T. Wright, The Passion of Christ by John Piper, Steps to Christ by Ellen G White, What Jesus Demands from the world by John Piper, Jesus and the victory of God by N.G. Wright, The Imitation of Christ by Thomas Kempis, Death of Death in the Death of Christ by John Owen, The DA Vinci Code by Dan Brown, The Supremacy of Jesus in the Postmodern world by John Piper, Gospel according to Jesus Christ by Jose Sarong and the Words and works of Jesus by J. Dwight Pentecost. Besides these there are commentaries, research articles, tracts and many such writings. Paintings, pictures and wallpapers are also another result of the magnificent impact of the wonderful life of Lord Jesus.

*Jesus Christ has transformed the world for 2023 years and his movement still goes on enhancing the world in its own unique fashion. He is the yardstick of the times as the years are counted from his birth. Let him reign supreme to mould a better life for humanity.*





## EXTRA CURRICULAR ACTIVITIES



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Extra-curricular activities are a huge part of a child's life when they are still growing. I believe that many advantages come from taking part in these activities. The reason for this is the responsibilities of attending an extra-curricular help children socialize and help children meet new people. It also helps children to take leadership. Children would have to take certain measures and risks to ensure that everyone around them is satisfied. The second reason why I believe that extra-curricular activities benefit children is since it could potentially help students find what they enjoy or something that they are good at. For example, a child could pick up playing a new sport or cooking due to these extra-curricular activities. The final reason why I believe that it's important for children to take part in extra-curricular activities is because it allows children to do something productive once school is finished.



**Laxman Partheepan**  
Grade 8 Student

The first reason why I believe that extra-curricular activities is an amazing idea for children to participate in is because extra-curricular activities teach children how to socialize with other people and it also teaches them leadership. When children attend extra-curricular activities, they are guaranteed to meet new people during their time attending those activities. Most likely, they would have a great chance to meet many new friends. Also, children will be encouraged to learn skills such as leadership. Often during sport extra-curricular activities, there will be many disagreements, the child will have to make a compromise to ensure that everyone stays happy.

The second reason why I believe that extra-curricular activities are a good idea for children to take part in is because it helps them find their passion or something that they are good at. Before attempting something such as a new sport or a new hobby, children often tend to be unwilling to try something new, but there is a chance that once they get familiar with the activity, that they would really enjoy doing the activity. For example, a child may not be interested in playing an instrument, but once the child tries playing the instrument, there is a good chance that they will enjoy it.

The final reason why I believe that extra-curricular activities are a necessity for young children, is

because children will have the chance to do something productive after school every day instead of sitting on their phone all day. For example, the child signing up for a sport such as basketball would help them continue to be active every day rather than being lazy. Being productive has many advantages such as being more healthy, achieving goals, and overall feeling better.

In conclusion, I think that it is a brilliant idea for children to join extra-curricular activities since it helps them take on leadership while meeting new people, and it helps children to find their passions and strengths. Not only that, it also encourages students to be active after school to have a productive schedule. Hence, extra-curricular activities should be incorporated into a child's life.



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## SPECIAL FEATURE

# THE UNIVERSITY OF TORONTO HELD PROF. S. VITHIANANTHAN'S BIRTH CENTENARY CELEBRATION

By Prof. U. Thurairajah

On July 15, 2024, the University of Toronto Scarborough hosted Prof. S. Vithiananthan's Birth Centenary celebration and commemorated the golden anniversary of the Fourth World Tamil Research Conference held in Jaffna in 1974.

These centenary and golden anniversary milestone events were engaging, informative, and memorable. The centenary event brought the golden memories of Prof. S. Vithiananthan, and the golden anniversary of the world research conference brought painful memories. It is a sweet and sour memory mixed with several speeches that made this event fruitful. The memories of Prof. S. Vithiananthan and the Fourth International Tamil Research Conference highlight the achievements, challenges, and pivotal moments that have shaped the Tamil people's education and struggle over the past 50 years. This event showcased the challenges, growth, evolution, and resilience of the Tamil people.

Prof. S. Vithiananthan (8 May 1924 – 22 January 1989) was a writer, academic, the first vice-chancellor of the University of Jaffna, and most importantly, the creator of numerous Tamil scholars, a testament to his profound influence. It is important to note that most speakers are closely associated with Prof. S. Vithiananthan and the fourth International Tamil Research Conference.

Eleven of those who participated



in the Fourth World Tamil Research Conference died due to the chaos caused by various lawlessness and state repression methods, including firing by the Sri Lankan police. The Sri Lankan government's police firing cut the electric wires and fell in the place where the people had gathered. The tear gas shells were thrown into the public with thousands of men, women, and children. The vehicle accidents happened because of this confusion that occurred at night. The shock causes heart attacks in some elders. The event brought the painful memories of the past.

Sivan Ilango, the former president of

the Canadian Tamil Congress, is the master of the ceremony and gave the opening address at the commemoration event. In his speech, he explained how the need to hold the event in Canada came about after his communication with Dr. T. Kamalanathan.

The dedication and hard work of Prof. S. Vithiananthan's student, Dr. T. Kamalanathan, led to the compilation and printing of 'Palkalai Tamil Perunithiyam' (Endowment of many Tamil arts). In a touching moment, Prof. Siddharthan Maunaguru released Prof. S. Vithiananthan's centenary memories Book at the event, a gesture all sincerely appreciate and respect.

In his speech, Sivan Ilango said this event is also being held to share memories of the World Tamil Research Conference. Then, he invited the speakers to the stage and made way for their speeches to be heard by the audience.

In the memory-sharing, Prof. N. Subramanian delivered his acclamation very well. He said that despite pressure to keep the World Tamil Research Conference in Colombo, Prof. S. Vithiananthan bravely held it in Jaffna in January 1974 with many challenges. I am happy to share this since I observed him closely. In addition, he worked as a professor, research guide, and vice-chancellor in universities, realizing that the unity and joint work of three religions is necessary for developing the Tamil language throughout Sri Lanka. He has organized stage events in many

See Page 32....







## SPECIAL FEATURE



Continued From Page 31....

parts of Sri Lanka by combining Saiva, Christian, and Islamic traditional art forms. Next, Prof. Brenda Beck, an enthusiast and scholar of the Tamil language at the University of Toronto Scarborough, shared her experiences with excellence. In her speech, she enthusiastically said that she had read an article at the World Tamil Research Conference held in Jaffna in January 1974. After staying in Jaffna for several days, she returned to his motherland with a better understanding of the attributes of the culture of the Tamils. It is incredibly touching that Prof. Beck wore the same clothes (saree & blouse) and presented all the photographs and videos she took 50 years ago in Jaffna.

Following this, Prof. E. Balasundaram, Prof. Chandrakantham, Prof. C. Uruthiramoorthy also delivered their

speeches full of excellence. Between the speeches, Ms. Yadavi Prasanna, a young musician, and University of Toronto student, presented melodious Tamil songs on her flute for the audience.

Prof. C. Uruthiramoorthy brought before the eyes the events that led to the confusion and arrangements of the 1974 conference, which led to the deaths of eleven Tamils. He highlighted Prof. S. Vithiananthan's unique qualities and explained how he worked to reach the masses with art forms such as Natar Padalkal (folk song) and Nattu Koothu (folk drama), not just teaching.

Prof. S. Vithiananthan's son, Nambi Vithiananthan, in his touching speech in English, talked about his father and the merits of his family. Nambi Vithiananthan's passionate speech was in full swing. In his remarks, he said,

"My father, Prof. S. Vithiananthan, served his students as a military leader." He was also a guide for them. His father educated the students and provided them with career opportunities. He further said that his father was also concerned about the future life of each of his students.

Subsequently, Dr. T. Kamalanathan compiled and printed centenary memories Book were presented to attendees. Attendees received copies from Prof. Siddhartha Mounaguru who is currently the incoming 'Tamil Chair' established in the Scarborough.

Short eats and coffee were presented to the attendees. It is no exaggeration to say that those who attended the said program were pleased and astonished by listening to all the speeches from the end.





# CITY PARTNERS WITH RICHMOND HILL HONDA

## Five-year sponsorship supports community's arts and culture scene



The City of Richmond Hill is excited to announce a new five-year sponsorship with Richmond Hill Honda that includes renewing their 'Season Partner' level commitment with the Richmond Hill Centre for the Performing Arts (RHCPA).

A committed supporter of the City's arts and culture scene, Richmond Hill Honda has been an ongoing sponsor of the RHCPA for 15 years and counting. Building on their commitment to their fellow Richmond Hill residents, the family owned and operated business is also supporting community recreation by renaming the West Ice Pad at Tom Graham Arena, one of the City's busiest ice pads, the "Richmond Hill Honda Rink".

The multi-year sponsorship started August 1, 2024.

Community business sponsorships like this one are one of many ways the City is working to enhance programs and services for residents. The City welcomes local businesses to support City-run events and initiatives, and offers a wide range of innovative advertising and sponsorship opportunities. For more information on how you can get involved, visit [RichmondHill.ca/Partnerships](http://RichmondHill.ca/Partnerships).

### Quotes

"Richmond Hill Honda's significant support is a true testament of a local business that believes in giving back to their own community. This is a group that just celebrated their 50th anniversary last year, are family owned and operated, and live in our great city. Their longtime support of the theatre coupled with their support of recreation demonstrates the positive impact one group can have. I'm excited by this new sponsorship and looking forward to working with Richmond Hill Honda in the coming years."



- David West,  
Mayor

"Sponsoring our local recreation centre is a source of immense pride and fulfillment for us as a company. We view it as an opportunity to invest in the well-being and development of our community, fostering a space where families, friends, and individuals can come together to enjoy recreational activities, stay active, and build connections. It aligns perfectly with our core values of supporting local initiatives and enhancing the quality of life for those around us. We're genuinely excited about the positive impact our sponsorship will have on the community and look forward to contributing to its growth and prosperity."

- Shaun Carrique,  
General Manager,  
Richmond Hill Honda





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**Two Bedrooms Unit**  
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- Living Area  
- Kitchen  
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- Private Balcony





# 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 July 31, 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.

### HOPE FOR HOMELAND GALA NIGHT

Durham Tamil Association is proud to host our Annual Hope For Homeland Gala Night to support community projects and entrepreneurial needs of families in Northern and Eastern province of Sri-Lanka. Come support us for a good cause with dinner and dance.

**Date:** Sep 15, 2024 @ 5pm  
**Price:** \$75/Person  
 (Dinner and Dance)

**Location:** Chestnut Hill Developments Recreation Complex  
 1867 Valley Farm Rd, Pickering, ON L1V 6K7

Visit our website for more details @ [durhamtamils.org](http://durhamtamils.org)

### 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.



**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](http://dtaseniorsinhomesupport.ca)

### RECRUITING VOLUNTEERS (ADULTS & YOUTH) FOR THE FOLLOWING PROJECT:

### EVOLVING ELDERCARE - IN-HOME SUPPORT FOR SENIORS

Next training sessions are:

TBD

Saturday workshop - 4 hours in-person. Time: 10-2 pm.

Sunday workshop - 6 hours virtual Zoom class from 9 am - 3 pm.

You can register for either one of the workshops.

*Do not miss out on this great opportunity!*

At Durham Tamil Association, we enable our volunteers with free training and a certificate of completion from Computek College in Ajax. Join us to make a positive impact on seniors' lives while gaining valuable skills and experiences. Together, let's shape a brighter future!"

#### Training Details:

- Free Training with completion certification
- Unlock valuable life skills with Free Standard CPR and First Aid Training to shape your future.
- 50 Volunteer hours placement.
- Free Vulnerable Check.

#### Volunteer Travel Expense reimbursement: \$0.58/km

Please complete the following volunteer application form:

<https://forms.gle/GBrfmq9sSQZLYfS9A> (<https://forms.gle/GBrfmq9sSQZLYfS9A>)

For additional details please visit the website below: <https://dtaseniorsinhomesupport.ca/>

Save the Date

DURHAM TAMIL ASSOCIATION

HOPE FOR HOMELAND PROJECTS

GALA NIGHT

SUNDAY, SEPTEMBER 15, 2024

TIME: 5:00 PM

Ticket \$ 75      VIP Ticket \$ 100

Venue: Chestnut Hill Developments Recreation Complex (Banquet Hall)  
 1867 Valley Farm Rd, Pickering, ON L1V 6K7

TICKETS CAN BE BOOKED ON THE DTA WEBSITE OR VIA CALL

905-428-7007      Website: [durhamtamils.org](http://durhamtamils.org)

### DTA SENIOR'S AUG MONTHLY MEETING

DTA Senior's March monthly meeting will be held on Sunday Aug 25, 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](http://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
- (647) 286-9549

Durham Tamil Association  
 66 Harwood Ave, S.Ajax L1S 2H6

**Volunteers Needed!**

**Serving Eight Municipalities**

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- Uxbridge
- Scugog
- Pickering
- Oshawa
- Clarington
- Ajax
- Whitby

Join our volunteer team and gain more than just experience - unlock valuable life skills while making a positive impact on seniors' lives in Durham!

**Volunteer Gala : Twice a Year!**

- Summer Gala 2024
- Winter Gala 2024
- Spring Gala 2025
- September Gala 2025

For More Information Visit the website: [dtaseniorsinhomesupport.ca](http://dtaseniorsinhomesupport.ca)

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





### 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.

## 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)

Tel 905.428.7007

(Unity Is Strength)

### DAY TRIP TO SANDBANKS BEACH

Join the trip to enjoy the beautiful beach, tasty food and spend a fantastic time with your family and friends!

Registration open to all!

**Date:** Saturday, SEPTEMBER 7th

**Cost:** \$60 per person

PRICE INCLUDES LUXURIOUS FLEET, BREAKFAST, LUNCH (KOOL), COFFEE AND WATER

**Pickup Time:** 6am

Register online:

<https://www.durhamtamils.org/day-trip-to-sandbank-beach.html>

DURHAM TAMIL ASSOCIATION  
**sandbank beach trip**  
September 7th, 2024 Saturday  
6:00 am  
**\$60/person**  
PRICE INCLUDES LUXURIOUS FLEET, BREAKFAST, LUNCH (KOOL), COFFEE AND WATER

PCK UP: DTA CENTRE  
66 Harwood Ave. South,  
Ajax. L1S 2H6

WALMART  
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Scarborough, M1B 3C3

**Book Now**  
[durhamtamils.org](http://durhamtamils.org)  
Call: 647 606 1222

### 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

#### PRICING

**Two-person occupancy is \$375/PER PERSON.**

**Three-person occupancy is \$325/PER PERSON.**

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



- BAPS SWAMINARAYAN AKSHARDHAM USA
- SRI GURUVAAYOORAPPAN TEMPLE.
- TIMES SQUARE, NEW YORK.
- STATUE OF LIBERTY, NEW YORK.
- EMPIRE STATE BUILDING, NEW YORK.
- WALL STREET & DOWNTOWN NEW YORK.

**Package Includes:**  
3 DAYS TOUR BUS  
2 NIGHT ACCOMMODATION  
FRIDAY BREAKFAST, LUNCH AND DINNER  
SATURDAY & SUNDAY BREAKFAST

REGISTER ONLINE:  
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**Evolving Elder Care In-Home Support**  
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Contact Number:  
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(647) 286-9549

Please place your order a minimum of 5 days before the delivery date.  
Eligibility: Vulnerable and Low-Income Seniors: Ages 55 and Up

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

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

The Durham Tamil Association "Evolving Elder Care In-Home Support," a volunteer-based service for eligible seniors with low-income and vulnerable, aged 55 and up.

**OUR FREE SERVICE**

- Meal Delivery
- Transportation :Worship Places,(Temple, Mosque, Church) Malls & Restaurants etc.
- Volunteer Drop off/ pick up: -Medical Appointment, Grocery shopping, Hospital/Doctors Appointments etc..
- Friendly Visits
- Light House Keeping

**CONTACT US:**  
Office Hours: Monday through Friday  
Contact Number:  
• (647) 968-9549  
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FOR MORE INFORMATION VISIT OUR WEBSITE:  
[dtaseniorsinhomesupport.ca](http://dtaseniorsinhomesupport.ca)

**DURHAM TAMIL ASSOCIATION**  
**EVOLVING ELDER CARE IN-HOME SUPPORT**

Ages 55 and up  
Vulnerable and Low-income seniors

**SERVING EIGHT MUNICIPALITIES IN DURHAM**  
PICKERING, AJAX, WHITBY, OSHAWA  
CLARINGTON, BROCK, UXBRIDGE, SCUGOG

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





## 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  
THREE OCCUPANCY 325/PERSON  
FOUR OCCUPANCY 275/PERSON

**REGISTER AT: DURHANTAMILS.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





# STEVEN LORENTZ CELEBRATES STANLEY CUP WIN IN WATERLOO

Hundreds flock to RIM Park to meet hometown hero and see hockey's top trophy

By Josh Brown



Steven Lorentz knew exactly where he wanted to take the Stanley Cup.

"Waterloo is home for me," said the 28-year-old forward, who won hockey's most prestigious prize last month when the Florida Panthers defeated the Edmonton Oilers in seven games.

"I come home every summer. I don't have to, it's because I want to. I've had so much help along the way and that's why I'm bringing it back to the community. There are so many people here that I want to share it with."

Every player on the winning roster gets a day with Lord Stanley's Mug.

And Lorentz had a busy one on Thursday.

He stopped at Waterloo's Depth Training — where he trains in the off-season — and Grand River Regional Cancer Centre before taking the trophy to RIM Park, where hundreds of fans lined the halls to meet their local hero and see the NHL's crown jewel.

"It hasn't set in and it won't for awhile," he said. "It has been a blur these past three and a half weeks. You might never win it again. I'm fortunate now I can touch it and hold it over my head for the rest of my life. It's a tremendous honour looking at some of the names on it and now mine is with all those legends."

Lorentz came up in Waterloo minor hockey, so visiting RIM Park was a no-brainer. Several local sports organizations had tables set up for the meet and greet, which ran from 1 to 4 p.m.

"I can picture memories looking at every single rink here," he said. "I have fond memories playing here from the time I was five or six years old and coming to 6 a.m. practices all the way to major midget (Under-18)."

Lorentz has made a career out of proving people wrong.

He was undersized during his Ontario

Hockey League draft year and wasn't taken until the 12th round by the Peterborough Petes in 2012.

A year later he cracked the roster and went on to play four seasons with the club.

"He worked hard every day, was accountable and was a good person on and off the ice," said Petes general manager Mike Oke, who made the trip

do it for a living." Local politicians were among the crowd at Thursday's event, including Waterloo Ward 3 Coun. Hans Roach.

"We are really proud to have Steve come back to Waterloo to present the Cup," he said. "He's been really great in the community in helping grow the game, even after he had graduated in minor hockey."



Steven Lorentz of the Florida Panthers poses for a photo Thursday with Stephanie Gaudet of St. Clements and her nephews, Alex, left, and Ryan Eby of Drayton, during a celebration at RIM Park. Brent Davis/Waterloo Region Record

to Waterloo with team staff in support of his former player.

"He really embodied what it means to be a Peterborough Pete."

Lorentz was bypassed in his first NHL draft year but was picked by the Carolina Hurricanes in the seventh round during the second time through in 2015.

He spent three years in the minor pros and the last four seasons in the NHL with the 'Canes, San Jose Sharks and Panthers.

"Don't give up, work hard and have fun," said Lorentz, who is now six-foot-four and 215 pounds. "That's what my dad wrote on my stick as a little guy and, to this day, every day I go to the rink I love it.

"I don't do it because of money or because you're playing in the NHL, it's because I love playing hockey. I'm the luckiest kid in the world that I get to

Lorentz planned to spend his final hours with the Cup at a private party surrounded by family and friends.

As for a title repeat?

"I have to get a job first," he said. "I'm a free agent right now."

Courtesy: Waterloo Region RECORD



Josh Brown

Waterloo Region-based reporter focusing on sports.



# Mississauga approves **\$44 million** program to encourage more affordable rental housing



**The plan includes grants for homeowners and developers who want to build affordable units.**

Mississauga City Council approved a Community Improvement Plan (CIP) with \$44 million in funding to help get more affordable rental housing built citywide.

The aim of the CIP is to help quickly increase Mississauga's supply of:

- Affordable and below-market rental units in multi-unit buildings
- Gentle density rental units such as basement apartments, garden suites, triplexes and fourplexes in lower density areas

The CIP will be implemented as a grant program. Applications will be accepted starting this fall through 2027 or until the program funding is fully allocated.

Market rents in Mississauga far exceed affordable rent levels for even moderate-income renters. Renter households require a yearly gross income of almost \$100,000 to afford a one-bedroom apartment in the city. The City's CIP will help developers, landowners and homeowners offset some of the costs required to deliver new units at affordable rates.

Mississauga's CIP was developed in consultation with industry stakeholders whose input was instrumental in helping to shape the program. It is designed to work in tandem with funding sources from other levels of government for new market rental and affordable rental construction. Staff expect that the program will deliver over 300 new affordable rental and gentle density units over three years.

The CIP also sets the stage for two innovative housing solutions that could help to encourage more affordable rental units:

- Tax Increment Equivalent Grants which could be used, with Council approval, to help to offset a portion of the increased property tax associated with the redevelopment of multi-residential units.
- City Land Acquisition program to allow municipally-owned property to be acquired and sold at nominal or below-market rates for affordable housing projects.

The CIP will be funded, in part, through funds received from the federal Housing Accelerator Fund. In December 2023, the Government of Canada and the City of Mississauga announced a \$112.9 million agreement to help deliver more homes and improve affordability.

A CIP is a tool under the Ontario Planning Act that allows municipalities to provide incentives such as grants and loans to help encourage development.

The focus of this CIP is to increase the supply of rental units affordable for moderate-income renter households earning \$54,000 to \$96,000 in household income. The CIP is not designed to deliver low-income units. Homes for low-income households are built and operated by the Region of Peel, the City's municipal housing service manager.

The Affordable Rental Housing CIP is a key action under Growing Mississauga: An Action Plan for New Housing. The action plan identifies steps the City can take to get more homes built, streamline building approvals and make homes more affordable.

## Quotes

I am committed to finding ways to get more rental housing built in Mississauga.

It's a key area of focus for our Council, City staff and my Housing Task Force. We must use every tool we have to get more homes built. I encourage every homeowner and developer who wants to build affordable rental units in Mississauga to come forward and take advantage of this incentive program. The time to get building is now!

– **Carolyn Parrish**, Mayor-Mississauga

This past December, our government reached an agreement with the City of Mississauga to provide nearly \$113 million to fast track the construction of more than 35,200 homes over the next decade and support programs for affordable housing in our community. The City of Mississauga has been a supportive partner in this important work, and our collaboration will continue to make housing more affordable for those who need it the most in our city.

– The Honourable Rechie Valdez,

– **Minister of Small Business**, Member of Parliament for Mississauga-Streetsville

The availability of affordable rental housing is a critical issue in Mississauga and financial incentives are a powerful tool to help stimulate construction. As we developed this program, we listened carefully to our industry partners. To address their feedback, we increased the total amount of grants available per unit. We are hopeful that this will help mitigate some of the financial hurdles developers face when bringing affordable units to market.

– **Andrew Whittemore**, Commissioner, Planning and Building





## City of Brampton unveils new Emancipation Day Memorial

New artwork, 'Fah Who Dis? AstroBlack Joy,' celebrates freedom, honours heritage and inspires unity

The City of Brampton has added to its collection of more than 50 public art installations having recently unveiled a new memorial artwork commemorating Emancipation Day. Celebrated on August 1 in Canada, Emancipation Day marks the actual day in 1834 when the Slavery Abolition Act, 1833, came into effect across the British Empire, including Canada. Each year, Canadians are invited to reflect, educate and engage in the ongoing fight against both anti-Black and anti-Indigenous racism and discrimination.

The new memorial artwork, Fah Who Dis? AstroBlack Joy, is located in Brampton's Emancipation Park and features two colourful sculptures symbolizing the vibrancy, resilience and cultural heritage of Black-identifying Canadians. It invites residents and visitors to learn, celebrate and reflect on their journey towards freedom and equality.

City of Brampton and members of the community celebrate the unveiling of new Emancipation Day memorial artwork. Credit: City of Brampton

After careful consideration, an artist selection committee recommended Kanisha Dabreo's proposal for a multi-artist project to create this memorial. Ms. Dabreo collaborated with esteemed artists Jason O'Brien, Jamera Dacosta and Komi Olafimihan to bring their concept to life. A key element of this project was the mentorship of emerging Black-identifying artists, providing them with invaluable career experience and a platform to contribute meaningfully to this powerful work.

The City of Brampton invites all residents and visitors to experience the memorial, reflect on its significance and celebrate the contribution of Black-identifying individuals to the prosperity of the city.

### Meet the artists behind the memorial

Kanisha Dabreo, is a Caribbean-Canadian multidisciplinary artist, digital designer and founder of Artistic Perception based in Brampton. During her free time, she enjoys travelling and learning about new cultures and ways of life. For her, community involvement is vital and a form of activism. Her aim is to inspire others by highlighting the beauty of diversity and culture through visual arts.

Komi Olafimihan, a Toronto-based visual artist who was born in Nigeria, works in the fields of painting, digital illustration and mural art. His work has received praise for his skill in utilizing image, metaphor, symbolism and cultural commentary to address ideas of decolonization through the lens of Afrofuturism, an artistic and cultural movement that examines African culture and its intersection with present and future technologies. He holds an M. Arch from Carleton University.

Jamera Dacosta, specializes in acrylic, oil pastel and digital painting, exploring vibrancy of Caribbean heritage into her creative expression. She holds a Bachelor of Technology in Graphic Communications Management from Toronto Metropolitan University (TMU). Jamera's work explores ideologies, concepts, and culture using bold



colours and intricate layering of organic shapes. Jamera finds fulfillment in nurturing young minds and fostering creativity through art coordination, helping aspiring artists embrace their imagination. She aspires to engage audiences, provoke thought, and enrich the art world with fresh perspectives.

Jason O'Brien, explores soulful, introspective themes of the human condition, celebrating love, spirituality, strength, vulnerability, connectedness and human resilience. His work, a collection of personal thoughts and aspirations, draws from Black-Afrocentric culture, literature, music, fashion and pop culture, is translated through heroic subjects to communicate his concepts. A graduate of Ontario College of Art and Design University (OCAD University) in Toronto, Jason produces large gallery canvas works using rich, vibrant acrylic paints and various drawing mediums. He also creates emotionally stunning digital works using his iPad, blending reality, the surreal and Afro-futurism. Through his art, Jason invites viewers on a journey to examine his interpretations of what makes us "Beautifully Human," hoping they see pieces of themselves reflected back.

### Quotes

"This new memorial stands as a powerful symbol of our commitment to learning from the past and building a future rooted in equity and inclusion. It honours the remarkable achievements of Black-identifying Canadians in our country's history and the importance of standing together in solidarity. We are delighted to recognize Emancipation Day with such a significant and meaningful piece of art and I want to extend my heartfelt thanks to AstroSankofa and the artists for their incredible work and vision."

- **Patrick Brown,**  
Mayor, City of Brampton

"AstroBlackJoy is not just an art installation; it is a celebration of culture, resilience and the unyielding spirit of Black-identifying Canadians. This memorial invites us all to

reflect on our shared history and renew our commitment to combating racism and discrimination. It beautifully highlights the strength and diversity of our city and I am deeply grateful to the artists for their dedication and creativity in bringing this project to life."

- **Rowena Santos,**  
Regional Councillor, Wards 1 & 5; Chair,  
Community Services, City of Brampton

"We are thrilled to unveil AstroBlackJoy as a part of Brampton's public art collection. This memorial embodies the collaborative spirit of our community and the incredible talent of our artists. It is a vibrant and thought-provoking piece that will inspire conversations and reflections on Emancipation Day and beyond."

- **Kelly Stahl,** Director, Cultural Services, City of Brampton

"Creating AstroBlackJoy has been a deeply meaningful journey. This memorial is a tribute to the ancestors who fought for freedom and to the generations who continue to build on that legacy. It is a celebration of our culture, our history and our future. I am honoured to have collaborated with such talented artists and to contribute to Brampton's public art collection."

- **Kanisha Dabreo,**  
Lead Artist of AstroBlackJoy

### 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](http://www.brampton.ca)





## SPECIAL FEATURE



# NALANDA UNIVERSITY

Compiled by Kidambi Raj

## INTRODUCTION

### OLD CAMPUS

Nalanda University, world's first residential University was home to nine million books and attracted over 10,000 students from around the world. It was founded in 427 CE by the Gupta Empire. It was located at 95 km. southeast of Patna near the town of Bihar Sharif, in Bihar. In more than eight centuries that Nalanda University flourished, there was nothing else like it in the world. The monastic university predates the University of Oxford and Europe's oldest



university, Bologna, by more than 500 years. What's more, Nalanda's enlightened approach to philosophy and religion would help shape the culture of Asia long after the university ceased to exist. It is considered the world's first residential university, a sort of medieval Ivy League institution, home to nine million books that attracted 10,000 students across Eastern and Central Asia. They gathered here to learn Medicine, Logic, Mathematics and above all the Buddhist principles from some of the era's most revered scholars. Nalanda had attracted scholars to its campus from places, as far as China, Korea, Japan, Tibet, Mongolia, Sri Lanka and South East Asia. Those scholars have left records about the ambiance, architecture, and learning at Nalanda, as well as about the profound knowledge of Nalanda teachers. The most detailed accounts have come from Chinese scholars and the best known of these is Xuan Zang, who carried back many hundred scriptures which were later translated into Chinese. Dalai Lama once stated: *The Source of all the (Buddhist) knowledge we have, has come from Nalanda.* Interestingly,

the monarchs of the Gupta Empire that founded this Buddhist monastic university were devout Hindus, but sympathetic and accepting towards Buddhism and the growing Buddhist intellectual and philosophical writings of the time. The liberal cultural and religious traditions that evolved under their reign would form the core of Nalanda's multidisciplinary academic curriculum, which blended intellectual Buddhism with a higher knowledge in different fields. The ancient Indian medical system of Ayurveda, which is rooted in a nature-based healing methods, was widely taught at Nalanda and then migrated to other parts of India via alumni. Other

Buddhist institutions drew inspiration from the campus' design of open courtyards enclosed by prayer halls and lecture rooms. And the stucco produced here influenced ecclesiastical art in Thailand, and metal art migrated from here to Tibet and the Malayan peninsula. But perhaps the most profound and lingering legacy is its achievements in Mathematics and *Aryabhata* considered the father of Indian mathematics, is speculated to have headed the university in the 6<sup>th</sup> Century CE. Born in 476 BC in Kerala,



An interior view of the Auditorium

Aryabhata completed his studies at the university of Nalanda, which was then a great centre of learning. When his treatise *Aryabhattiyā* was recognized as a masterpiece, the then Gupta ruler, Buddhagupta, made him the head of the university. It is believed that Aryabhata was the first to assign zero as a digit, a revolutionary concept, which simplified mathematical computations and helped evolve more complex avenues such as Algebra and Calculus. He also did pioneer works in extracting square and cubic roots, and applications of trigonometrical functions to spherical geometry. He was the first to attribute radiance of the moon to reflected sunlight.

The acclaimed Chinese Buddhist monk and traveller, *Xuan Zang* studied and taught at Nalanda. When he returned to China in 645 CE, he carried back a wagonload of 657 Buddhist scriptures from Nalanda. He went on to become one of the world's most influential Buddhist scholars and he translated portion of those volumes into Chinese to create his life's treatise, whose central idea was that the whole world is but a representation of the mind. His Japanese disciple, *Doshō*, would later introduce this doctrine to Japanese, and it would spread further into the Sino-Japanese world, where it would remain as a major religion ever since. As a result, Xuan Zhang has been credited as "*the monk who brought Buddhism East*".

### DESTRUCTION OF THE UNIVERSITY

In its lifetime, different invaders destroyed Nalanda University three times. The first destruction was caused by the Huns under the reign of Mihirakula. The second destruction came during the 7<sup>th</sup> century by the Goudas, the third attack on the Nalanda University was by the Turkish leader Bhaktiyar Khilji who ruined into the pieces as well. The total life span of Nalanda University was from 427 to 1197 AD. It is well accepted that Muhammad bin Bakhtiyar Khilji was responsible for the destruction of the Nalanda, searching for Quran in the Nalanda University Library and he could not find it. As a result, he was very annoyed and lit the fire



## SPECIAL FEATURE



in the library and destroyed it. Another reason given was that he was miffed when a Buddhist monk named Rahul Sri Bhadra was able to cure Khilji's disease and his Islamic doctor could not. After that, the Sultan decided to terminate the source of the Buddhist monk's ability by burning down the library, destroying around 9 million books, and effectively suppressing Buddhism. It took three months to burn down everything in the library.

### UNDERLYING VALUES OF THE NEW UNIVERSITY

The present (New) Nalanda University Campus is in the city of Rajgir in Bihar, just south of the Nalanda ruins. The campus is spread over 455 acres, gifted by the government of Bihar in 2011. Forty hectares, roughly 100 acres of the



campus area is water. In fact, campus construction began with excavating ponds so that water for construction activity could be retained.

In March 2006, in his address at the Bihar Legislative assembly in Patna, the former President of India proposed the revival of the ancient Nalanda University. He said, *"This university can be a place for meeting of minds with focus on philosophy linking science, economy and spirituality with reference to ancient and modern thinking. The focus of this university can be the evolution of world, free from crime, terrorism and war. Above all this institute will engage in research in the role of human values and ethics for universal development and peace. This university should work for creation of enlightened citizens"*. Concurring ideas came simultaneously seeking the re-establishment of the ancient Nalanda: from the Singapore government; the leaders of the sixteen member states of the East Asia Summit (EAS) in January 2007 in the Philippines; and in the fourth EA Summit, in October 2009 in Thailand. The Parliament of India passed the Nalanda University Act, 2010 and in September 2014, the first batch of students were enrolled. The State Government of Bihar was quick to allocate 455 acres of land for the University campus at a significant location. Thus, marked the establishment of Nalanda University and the infrastructural constructions were done in the new campus during 2017 to 2023.

One of the university's mandate is *to contribute to the promotion of regional peace and vision by bringing together future leaders of East Asia, who by relating to their past history, can enhance the understanding of each other's perspectives and share that globally*. A former vice-chancellor of the university explained that the core value of Nalanda University is character building so that students can contribute to a peaceful and tolerant society in the future. While the education is academic, it also emphasizes the understanding of religions that belong to the Indian subcontinent. There are master's and Ph.D. programs in Buddhist s program in Hindu studies, philosophy, comparative reli-



Memorial Gall dedicated to famed Monk Xuan Zang

gions and Master degree program in Hindu studies.

What is attractive to students, most of whom are working towards an MA or Ph.D., is the inter-disciplinary approach allowing them to pick and choose courses from a menu of subjects, rather than follow a prescribed course of study. This approach is rooted in the ancient knowledge systems in which Shruti, Smriti, Vedanta, Purana and Ithihasa texts weave together various types of knowledge. Such fluidity between different streams of study encourages thinking out of the box and leads students to be choose to do his masters in history or a doctor can choose to do a masters in Hindu studies or world literature.

Memorandums of understanding with major universities in member countries as well as other leading institutes around the world encourage further diversity in thought. Nalanda University recently joined the launch of AINU, ASEAN-India Network of Universities, establishing vital linkages between premier institutions in the region. AINU is seen as a key initiative of India's *Look East* and now *Act East* policy that seeks greater collaboration between Asian countries with common cultural ties.

Nalanda is at once futuristic, for the ideals and standards of the ancient seat of learning have proven to be universal in their relevance as the feasible solutions to a shared and sustainable future for all, not just Asia. No wonder, the initiative for the revival of Nalanda University has been unanimously and enthusiastically welcomed the world over.

### ABOUT THE CAMPUS

*The logo* of the University illustrates the central idea of Nalanda, as articulated in *"The Nalanda Way"* – which is *"man living in harmony with man, man living in harmony with nature, and man living as part of nature."* Man living in harmony with man through the



study of the humanities, Man living in harmony with nature recognizes furthering the sciences, and Man living as part of nature is predicated by a community that harmonizes with its local environment. This logo is a *"rebus"* or visual pun. It depicts a tree, which is a symbol of nature, and is a metaphor for life and of giving. It also shows interlinked figures of the people who have come together for a creative and constructive endeavour.

Many of the structures over storage tanks, as part of the University's unique water management system. The Campus uses the age-old local traditional system of water management called *ahar-pyne*, Water runs through a series of channels called *pyne*, which connect to retention ponds called *ahar*. In the past, this system helped the region to withstand unpredictable floods and droughts. Here, in the Nalanda Campus, the water management system provides water not only for every day use, but for ongoing building purposes as well. With 100% rain water collection, the campus can meet the water requirements of 5,000 people with ample buffer for 18 months. Treated waste water is recycled for flushing or for landscaping through a dedicated supply network. No ground water is used in the campus, a significant achievement for long-term sustainability goals. Furthermore, native and aquatic plants are planned to be introduced to ensure natural air purification and to make the campus climate resilient.

The campus's designers had also brainstormed around *"earth"*. During excavation, the top fertile layer of soil was preserved for horticulture purposes. The mud was used to build roads as well as compressed blocks for buildings. There are 108 tall brick structures, spread around the campus, tapering towards the top, resembling the gopurams of South Indian Temples. They were all made of Compresses Stabilized Earth Blocks (CSEB) that are created in-situ using local soil. For this the soil is dampened, mixed with a chemical binder such as Portland cement, mechanically presses at high pressure, then dried. These are found to be economical, non-toxic, resistant to fire, insects, mold and sound and are known for better thermal control for external temperature changes.

Solar and other alternative energies were also integrated into the campus design. At the edge of the campus is a 20-acre solar park, which can generate up to 6.5 MW of electricity. Diagonal solar panels are spread out to make the most of the abundant sunshine. This park they say can produce ample energy to sustain the whole campus. Waste generated in the campus, including horticulture waste, is converted into energy using a bio-methanization digester. Solar energy is used during day time, and biomass generated electricity is used at night. When the campus is fully occupied by its planned 5,000 people, the waste generated will give ample biomass energy, the second renewable source of energy.

While large campuses have one or two buildings that can be classified as *"green"* Nalanda University has 200 sustainably green structures. Utilizing emerging technologies, the campus design embraces the very philosophy that the university wishes to send out into the world, teaching harmony with nature and fellow human beings.

The steady visit of monks from *Aruradhapura* in Sri Lanka shows the reverence for Nalanda and revealed its significance in the Buddhist world. The resurrection of Nalanda University will certainly bring people of eastern region together to share a common ethos. It is clear from the many historical monuments, temples and artifacts in the region, how India's three ancient religions, Hinduism, Buddhism and Jainism flourished here. For centuries Nalanda had attracted the greatest scholars around the world pushing the boundaries of human knowledge and understanding. May Nalanda remain the destination of knowledge seekers, a centre of spirituality, and the origin of important thought that benefits all the world.





## ON THAT DAY

Original in tamil

English version Siva Sinniah

When Sutharshan got up in the morning, he heard the screeching sound of the water pump being dragged by someone. It must be none other than Sokkar Anna, then it must be 4:00 a.m.

This sound he has been hearing from the time he can remember as a boy.

In a few days he's going to be free from this sound.

Mother turned to the other side and started sleeping.

He felt like sleeping with the mother, closely embracing her with both hands.

Her untucked hair was seen spread all over the pillow.

His brother has been teasing him for sleeping with the mother even, at this age. But he couldn't stop that practice.

When he slept alone, he was not able to sleep.

Even his sisters are sleeping alone. They used to tease him at times. Some of them were even jealous of him.

His brother has been teasing him in front of others too. He found it difficult to manage the situation. When his brother teased him in front of Sindhuja, the situation turned out to be a quarrel. Some or other, mother evaded the situation of a fight between the two.

So that's when he was feeling very angry and decided not to look at Sindhuja, but he could not resist the urge of looking at her. She was also staring at him and smiled at him.

When he was alone, she asked him "Are you still a small child?"

He got irritated and replied, "that is none of your concern" and never looked at her.

In order to pacify him she said, "I asked for fun". He replied, "don't joke with me in future and let it be the last warning". She left home without looking at him. When she left, she looked at his sister and said, "Some people are getting angry at me for no reason". His sister never replied.

When she heard that Sutharshan is going to Colombo, she started visiting his house frequently.

Just to speak to him she used to ask anything and everything.

"You won't be able to see a picture daily in Colombo".

"You have plenty of theaters in Colombo," he replied.

"You can't be loitering like here in Colombo".

He has heard this from many people, who had been in Colombo, many times.

His brother is in Colombo now. He is working in a telephone shop. He has to renew his security license every month. The owner of the shop seems to be doing this monthly. If you are not unnecessarily loitering, you are safe. Mother used to go to Kiruba's telephone shop and came and told the situation in Colombo. His brother is in Colombo with the intention of going to a foreign country. This is the arrangement by Suthanathan. My mother's sister, who is in France, is making all these arrangements to get his brother down



there. He has to pay back the money once he gets there and start working. Mother is not worried about him since he's capable of managing anyway. She's only worried about Sutharshan who is always sticking to her.

He sat for the A.L. exam once and failed. He refused to try for the second time. Mother repeatedly told him to try a second time, but he refused. She told Sinhuja to tell him to sit for the exam. He said to her, "Mind your own business." Hence, she told the mother that it was very difficult to change him and got frustrated. He knew very well that he would not be in a position to pass, even the second time. He was free from schooling. He visited libraries, mini theaters and Temple festivals. He used to wear bleached shorts and a brown shirt with two buttons missing and went about loitering. At some Theaters he was able to get a half ticket at 10 Rupees. Sometimes people known to him used to ask him, why he is not attending school and watching movies. At Myilankadu there were two mini theaters. One is Nitharsan and the other one is Catherasan. At both these theaters known people used to see him and never stopped from scolding him. But at Chunnakam Nahams theater he didn't have this problem since nobody knew him. No one bothered to ask him who he was. But the road to Chunnakam was the problem. At Kothiyalady Vairavar Temple and Chunnakam Sivan Temple Army had a sentry point there. At every point there were two soldiers and at those places only few people passed by. Soldiers used to stop him and give him money and asked him to buy a bun, banana and cigarettes. They used to send him in the opposite direction and the shops were nearly half a kilometer from there. So, he used to pedal quickly and bought all these requirements with fear. Some soldiers gave him a banana to eat. In order to please them he ate it and left the place soon. Sometime after the service they thanked him. Only once the soldier gave him two rupees and asked him

to buy sweets, but he returned the money. He was afraid of the movement boys. They were present in the countryside too. Some of them were staying in some of these houses in the village. But he had never seen them.

While walking on the road he never looked at the soldiers. He was afraid that they may call him, if he looked at them. Even if he doesn't look at them, they used to whistle and call him. If he leaves without looking at them as though he didn't hear them, they will catch him on his return Journey.

There were so many roads to go to Chunnakam. You can go through Suravaththai but soldiers were there too. Going through Mallakam Junction was a difficult task since everybody had to get down and go and there were so many lanes around the area. Whichever way you go, you have to meet the soldiers at one point. They used to ask why you came this way and you had no proper answer. So, he decided to go by Kothiyalady because of the above reasons.

Soldiers used to send them to various shops but never insisted on getting an army ID.

One day in front of the Nagams theater one soldier stopped me. The theater was in a ruined state. My mother told me that they used to have movies from India with the wide screen to the height of a palmyra tree. The soldier called me from the other end and there was a house destroyed without any windows and he was standing in front of it. He called me and I went to him thinking that he would like to get some things from the shop. He was smelling of liquor and was not able to stand properly. He went into the house and stood there. Sutharshan had his ID in hand and went to him. He was not worried about the ID. He asked him to raise his hands and he did so. Soldier checked his chest area and slowly went down and put his hands into his shorts pocket and told him not to be afraid. Sutharshan started



## Short Story

## COMMUNITY WATCH



shivering and pleaded with him not to do anything and kept his palms together in a begging mode and sat down. He could not insert his hands into his tiny pocket and got frustrated and told him to go. He ran to his bicycle and speeded away. The road was very silent and was running on its own. An old man looked at him and did not show any signs and passed by. He went straight to the Chunnakam Library, and it was full of people. He got a newspaper and was not able to read it because eyes were filled with tears. He was worried that he had to return the same route in the evening. He wanted to go but was unable to put it into action because of fear. The librarian started closing the windows with a loud bang. Readers left the place unwillingly and Sutharshan took his bicycle and proceeded with others who went that way. He saw two Soldiers at the sentry point and started speeding his bicycle, not looking at them and decided not to go even when they called him. He reached home after a very speedy ride and was exhausted. Seeing him panting for breath, the mother said sarcastically that my son had arrived home after watching a movie. He did not divulge as to what happened in the morning and when mother asked him whether to prepare a cup of tea he nodded in agreement.

After that dreadful incident he did not go out for a few days. Mother was surprised to see him at home reading books and playing in front of the house with a tennis ball. How to go on like this for many days, he told himself and went up to the sentry point and returned. Monday, he had the courage of passing the sentry point and not seeing that particular soldier passed by and went to the market.

He spent time sometimes in the garden watering plants, pulling out the weeds and was trying to help people working there. Mother thought that he was doing all this to get some money out of her. Mother casually asked him why not go to work and earn some money so that you can spend it on whatever you like to. He tried in three or four places. Typesetting work was available at Valampuri newspaper and when he went there, they said he's overqualified for the job. Another day when to the Uthayan newspaper office for a clerical job and before he entered the entrance the security guard told him that it was already filled. He was not prepared to work in a bakery or a restaurant since he thought that it was too low for his education. If he were to go to Colombo, he would have to be working in a restaurant or a shop. But since nobody knew him there, he did not mind working. Finally, he agreed half-heartedly to leave mother and go to Colombo.

The preparation to leave for Colombo was a frustrating job. You have to get security clearance from the Army, fill up forms, take a picture of yours and go to the Gramasevaka and the provincial Secretary to get signatures. Then he had to stand in a long line to meet the army public relations officer and to answer his foolish questions. It was a frustrating and tiring job. On the day of the journey to Colombo he was summoned to the Sinhala Mahavidyalaya in Jaffna town. There he was made to stand in a long line and as he

approached the building, they showed a video on TV and since it was in Sinhalese he could understand anything. Finally, he got into a bus with his mother, which was already crowded and kept standing. One lady who was seated took his bag and kept it under the seat. Even though the bus was full of people, the bus never took off. "Why are they not starting the bus?" shouted one man inside the bus. Another one replied that "they are waiting for all the buses to be filled up". Because of the intense heat outside, he started perspiring and the shirt was drenched with sweat. All the buses leave for Kankesanthurai today and from there they have to travel by ship to Trincomalee and from there they have to go by train to Colombo. Such a long and tedious Journey.

He got so frustrated and thought it would have been better to stay home and work on their garden.

He felt like getting down from the bus and breathing fresh air since it was suffocating inside. At one entrance there was a soldier with a gun and the other another security guy. At last, the bus started.

He was constantly asking his mother how far to go, and she kept replying that in a few minutes we will be there.

The bus stopped at KKS, but no one was allowed to get down, one soldier went to the driver and told him something and he did a semi-circle and turned the bus to the same direction they were coming. Why is he turning the bus?

Today it is not possible you have to come back another day.

"Why did they ask us to come after toiling all this while?"

We have no one to ask.

"We got out at three o'clock in the morning, not even having breakfast."

"Now go home and eat well", one fellow said sarcastically.

People in the bus started muttering to themselves.

They were all taken back to Sinhala Mahavidyalaya and got down to proceed to their own places.

One old man was seen talking to the female soldier who was there. Some were seen watching it closely. Since the conversation was in Sinhalese, no one understood anything.

At the end of the conversation, they asked him what she said, he replied that they will inform later and to read the Uthayan newspaper. People were agitated and said, "why did they call us today to come?"

After reaching home, he was somewhat relieved.

They were called the second time and were asked to go home like before.

He lost all hope of going to Colombo. Someone said that they are transporting soldiers on the ship.

On hearing this one person jokingly said, "Do they expect the people to swim to Trincomalee?"

"If you are in a hurry, go by flight."

"Who has the money to do so?"

After a few days it was reported that the journey by the ship was temporarily suspended due to inclement weather.

So Sutharshan started his usual routine going to various places and loitering.

Mother did not care about it since she thought it may be a short-lived one.

He has to get up early in the morning at 5:00 a.m. to go to the Pillaiyar temple to ring the bell.

His brother was doing this before going to Colombo. After he left, his task was entrusted to him.

Getting up early in the morning was a problem. Senpakam akka's dog used to chase him for some distance. He has to walk the distance in the dark, early in the morning.

That day when he was going out, he saw Senpakam akka (older sister) plucking some flowers, growing along the fence. She chased his dog away and looked at him.

"Have you washed your face and brushed your teeth" she asked him

"Do you think that I am going out like you, plucking flowers without having a bath?"

She replied angrily that she has already taken a bath.

There was another Temple far away and he was waiting for that bell to ring. The wind was blowing gently and still it was dark and he sat down on the steps.

Suddenly he heard a cracking sound. Since he was used to that he just kept quiet.

But after a few minutes he heard the running steps of someone. He stood up and waited and saw a streak of fire pass by.

Saw two persons running fast with their saram (an apparel worn by men) tucked at their waists.

He thought of hiding inside the bell tower. Before he could decide, he saw two soldiers rushing towards him. Seeing them he untucked his saram and waited. Two soldiers came towards him, while the others went chasing them. One fellow shouted at Sutharshan to remove the shirt and the saram. But they never approached him. Hesitantly he removed them, and he was now standing with his underwear on. One soldier asked him to remove that too, now he stood stark naked. He felt shy more than being afraid. The soldier tore his saram into pieces with a knife and tied his eyes tight and with the other piece tied his both hands together, at the back. With the remaining piece he tied it around his waist and asked him to walk and beat him with the butt end of the gun. He started walking slowly when part of his thighs were seen alternatively.

He gave another blow to the back and asked him to walk faster.

He felt something like a hiccup from his chest area. Both the soldiers were talking in sinhalese and he couldn't understand anything. He was thinking about his mother and the eyes were filled with tears. The temple bell remained silent on that day. Senpakam akka came running towards the temple. There was an eerie silence everywhere. She saw his underwear and the shirt near the temple tower. She took his shirt and ran back home. On the way she met Sutharshan's mother.

***This story depicts incidents which happened during the civil war in Sri Lanka, when the army was occupying the Northern Province.***





# Pandemic Chronicles

## WHEN BELIEFS TRUMP SCIENCE



- newslaundry.com

By Ariaratnam Gobikrishna, MD

As I sat down at the lunch table recently, the guest across from me asked what I did for a living. After I responded, she and her neighbor revealed that they were alternative medicine specialists. Then she winked and remarked, “we see myocarditis left and right.” “Here we go again,” I thought to myself. I also pondered how challenging it is to diagnose myocarditis — an inflammation of the heart muscle often thought to be caused by COVID vaccines much more frequently than it actually is — even for a cardiologist. But that’s a discussion for another day.

Such encounters, hard to explain in 2024 though, bring back memories of those harrowing days of 2020 and 2021. They were a mix of stress, fear, and a touch of hilarity. I remember the early days of the pandemic when we followed Dr. Sanjay Gupta’s instructions on how to decontaminate groceries. In the ER, physicians and nurses gravitated towards hand sanitation stations without proper N95 masks — the early days of ignorance

on mode of transmission. I also recall the upstate New York doctor who promoted a concoction of Z-pak, hydroxychloroquine, zinc and vitamin D as a panacea. One night, I received a frantic call from a former patient who had previously left my care, believing I wasn’t good enough. Her current physician was unresponsive, and in her desperation, she reached out to me. “Dire circumstances force difficult choices,” she explained, pleading for a prescription of Z-pak. I sent it, hoping to alleviate her panic.

Early on, two incidents underscored the severity of COVID-19 for me: one involved a fellow Sri Lankan American doctor who spent months on life support in New York City, and the other was the devastating loss of one of my healthiest patients to multi-organ failure, alone in the ICU. To be honest, I was terrified. When the vaccine rollout began, I couldn’t wait to get vaccinated. Thanks to the hospital administration, I received my dose at midnight, and I couldn’t have been more grateful.

Then, the avalanche of craziness descended upon me. The mere suggestion

of the vaccine sent one of my patients into a rage, berating me about the Tuskegee experiment. I tried to reason with him, mentioning that I, along with others, including President Biden, had received the vaccine. I even talked about Walter Isaacson, the biographer of Steve Jobs, who volunteered for the vaccine trial. All I got in return was a slammed door: “I will never allow the reenactment of the Tuskegee experiment “. Just a refresher: The Tuskegee Experiment involved using African American men as unwitting subjects to observe the long-term effects of untreated syphilis.

One day, I suggested the vaccine over the phone to an 80-year-old patient. Her son, wearing a flimsy mask, barged into my office despite my staff’s protests. Armed with information on his phone, he cornered me, showing diagrams with arrows pointing to lead, mercury, and other elements, claiming his research had revealed the vaccine’s dangers. Later that evening, his sister called, boasting about how their family’s vigilance and knowledge in medicine had saved their mother from the vaccine menace.



## COMMUNITY WATCH



As I grappled with these encounters, I received a call from my doctor friend from Sri Lanka, who claimed a scientist had discovered that everyone vaccinated in the USA would be dead in two years. To top it all off, one of my young patients, who had suffered blood clots in her lungs due to COVID-19 and was observed in the ICU, told me during a follow-up visit that what saved her from the “brink of death” was her forward-thinking refusal of the vaccine.

Although I have grown accustomed to vaccine refusal over my 30-year medical practice—often against vaccines for diseases my patients couldn’t see or had never heard of—I wasn’t prepared for the bizarre scenarios that unfolded amidst the death and chaos of the pandemic. This made me wonder what propelled a large percentage (30%) of people to take such drastic stances against COVID vaccination.

To find answers I delved deeper into the history of vaccines. Let me be clear right off the bat: if someone claims that vaccines are the safest way to prevent infectious diseases, especially when dealing with a new pathogen, nothing could be further from the truth. Because the history of vaccines demonstrates otherwise. From variolation against smallpox to Jenner’s cowpox vaccine, and from inactivated and live polio vaccines to the yellow fever vaccine, every step of vaccine development has been riddled with significant mistakes and immense human costs.

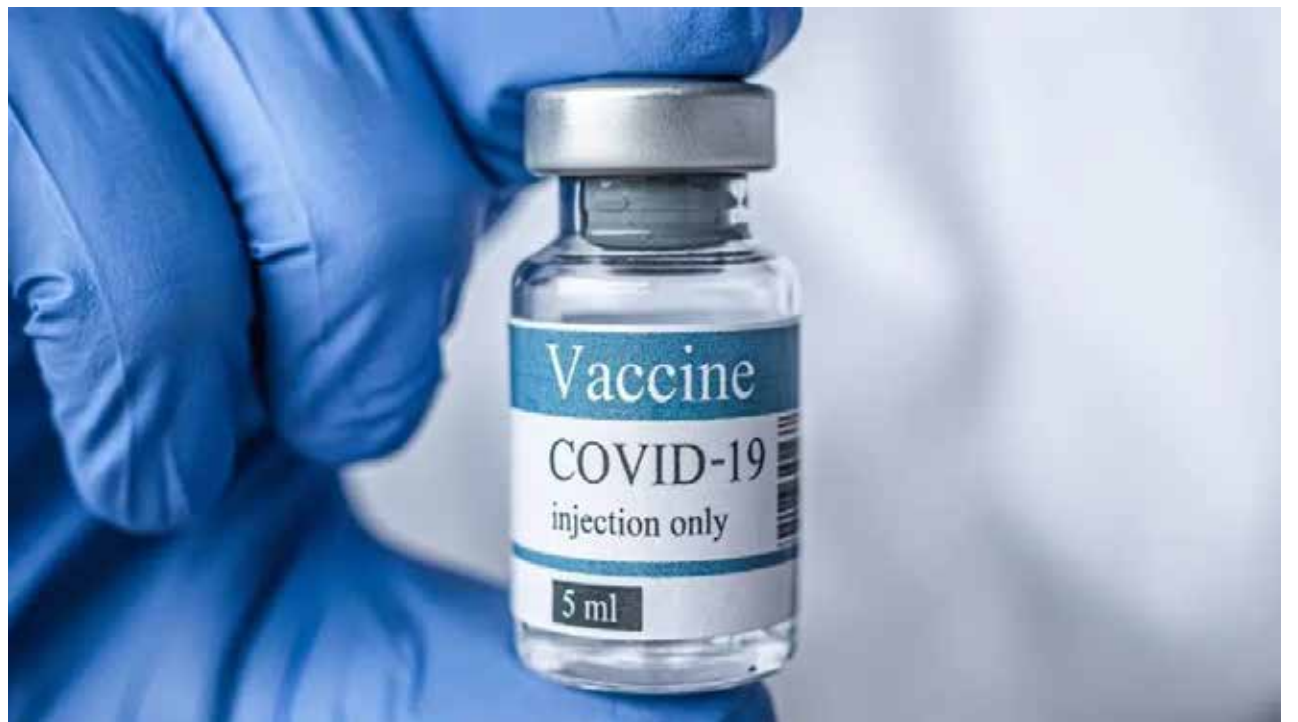
However, these challenges are part of how breakthroughs in medicine and science are achieved. This also leads to the crucial question: What would the human cost have been if these measures were never attempted? This question has always been in the forefront before any new measure is accepted as a breakthrough. This ongoing process of trial and error is likely why the medical profession is referred to as “practicing medicine.” Physicians must continually adapt and change their methods as new evidence emerges, often contradicting earlier practices.

Given all these risks, why did I accept my vaccination? By the time I made up my mind, there were already 70,000 volunteers (our sincere gratitude and admiration for those who put their lives in danger for the good of others) who had participated in the vaccine trials, and no serious vaccine related morbidities and mortalities had been reported for more than three months. Meanwhile, people were dying around me and all over the world from COVID-19 infection, not to mention the other disruptions—financial, social, and otherwise.

However, it wasn’t without major risk. The Johnson & Johnson vaccine was found to have caused blood clots in the brain, albeit very rarely. It was a risky decision, but it was much better than not taking the vaccine and potentially dying of clots all over my body on a ventilator, alone. This was not a joke it was a reality

in the early days of 2020. Many people challenge me, saying they didn’t take the vaccine, and nothing happened to them. I say good for them, but a million Americans are no longer with us to laugh at the vaccine proponents—not that the majority would have, and certainly not my patient who unfortunately didn’t have the luxury of refusal.

Returning to the question of why 30% refused vaccination: consider this—almost everyone knows someone who either died of COVID or had a close brush with death. Yet, the unvaccinated allowed their beliefs to reign over the facts. It’s true that scientists made many mistakes along the way. The mode of transmission was uncertain at the beginning, the use of convalescent plasma at the initial phase of the disease and steroids for cytokine storms in later phases was delayed, school closures were unnecessarily prolonged,



and there were unnecessary boosters for low-risk populations.

However, they got one crucial thing right: vaccines prevented serious complications, including death. And the credit should go to the Trump administration for the rapid production of the vaccine through Operation Warp Speed. This extraordinary feat was achieved through collaboration with private enterprises, betting on multiple vaccine manufacturers at once. These manufacturers agreed to mass-produce vaccines while awaiting the results of human trials, prepared to discard the vaccines if the trials failed.

At this point, it’s essential to delve into mRNA vaccine technology. This novel approach had been in research for many years, with significant contributions from scientists like Katalin Karikó and Drew Weissman. Before this technology, vaccines were produced either by weakening live viruses or introducing killed viruses, parts of inactivated viruses, or genetically engineered viral proteins. These methods aimed to stimulate the body’s defense mechanisms, which then would remain dormant until the invasion of the specific pathogen.

With mRNA technology, the body is

prompted to produce a significant part of the pathogen itself by introducing the genetic instructions for that protein structure in the form of mRNA. This mRNA instructs cells to produce the protein, (spike protein for COVID) which then triggers an immune response that will be stored as memory for future use. Initially, there was a significant challenge: introducing mRNA into cells caused severe inflammation. Through trial and error, researchers discovered a way to bypass this hurdle by substituting one base, uracil, with pseudouridine in the mRNA sequence. This breakthrough paved the way for the rapid development of the vaccine. While myocarditis was a real concern, it was generally mild and self-limiting compared to the myocarditis observed in COVID-19 infections.

In light of these realities, the resistance to vaccination is puzzling. Despite some

mistakes and missteps, the benefits of vaccination against COVID were abundantly clear, especially when compared to previous rollouts in history. When the dust finally settled, 90% of the U.S. population was either vaccinated, had survived a COVID infection, or both, achieving the much-praised herd immunity. And thankfully the fading Covid antibodies didn’t jeopardize the ability of the body to prevent life threatening infections due to body’s long-term memory to combat the ever changing Covid virus mainly by recognizing some features from the original pathogen came from Wuhan China.

Hopefully, this memory will continue in the future, unless a new variant emerges that is resistant to everything the body has stored in memory to fight against. The mere thought of that makes my stomach queasy, as I can’t imagine the craziness we’d face with new vaccine mandates while the country is already armed with legislation aimed at undermining science.

Hope and prayer may not be the best strategy, but sadly, that’s all we have for now in a nation blessed with extraordinarily gifted scientists who are besieged by fringe groups that place personal beliefs above sound science in the face of calamity.





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