

# Monsoon Journal

A parfait media publication



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



**FAST MONEY TRANSFER SERVICE**

**M. Kasippillai & Sons**  
Tel: 416.267.8221  
Trusted over 28 Years

**THE GUARDIAN HOME REALTY INC.**  
Where life begins...

416 989 6565 www.theguardianhomes.com  
info@theguardianhomes.com  
F119 - 80 Nashdene Road, Scarborough ON M1V 5E4

**MT MAYURAN THARMABALAN PROFESSIONAL CORPORATION**  
CHARTERED PROFESSIONAL ACCOUNTANT

- \* AUDIT
- \* REVIEW ENGAGEMENT
- \* NOTICE TO READER
- \* BUSINESS ADVISORY
- \* CONTROLLERSHIP SERVICES
- \* CORPORATE TAXES
- \* PERSONAL TAXES
- \* FINANCIAL PLANNING
- \* CRA AUDITS
- \* PAYROLL
- \* BOOKKEEPING

Mayuran Tharmabalan, CPA, CA, LPA  
647-748-6344 647-989-6298  
647-748-6444 www.tharmabalan.ca

A LICENSED PUBLIC ACCOUNTING FIRM Suite 204 - 5200 Finch Ave East, Scarborough, ON M1S 4Z5

## SRI LANKA ELECTIONS 2024:

# WHO ARE THE KEY FRONT-RUNNERS?

SRI LANKA'S PRESIDENTIAL ELECTIONS WILL TAKE PLACE ON 21 SEPTEMBER 2024



President **Ranil Wickremesinghe**



Opposition Leader **Sajith Premadasa**



**Anura Kumara Dissanayake**



**Namal Rajapaksa**  
Eldest son of former President Mahinda Rajapaksa

With a multi-ethnic and multi-religious population of 22 million, Sri Lanka is a country strategically located in South Asia at the crossroads of major shipping routes in the Indo-Pacific region. Sri Lanka is a lower middle-income country has undergone a severe economic crisis, whose consequences have been exacerbated by its

economic and monetary policies, not to mention the 2019 terrorist attacks and the COVID-19 pandemic. In 2022, Sri Lanka defaulted, and widespread popular protests prompted the resignation of the prime minister followed by the president, posts held by the Rajapaksa brothers. Ranil Wickremesinghe took over as president. The country has received

assistance from the International Monetary Fund and negotiated a key debt restructuring deal in June 2024. India and China are competing to expand their influence in the country because of its geo-strategic location in the Indo-Pacific.

Sri Lanka's presidential elections will take place on 21 September 2024.

**DENTAL OFFICE**  
DENTAL IMPLANT • ROOT CANAL • WISDOM TOOTH EXTRACTION

**Dr. Iru Vijayanathan**  
BDS, FAGD, MFDS RCPS (Glasg) DENTAL SURGEON

3 LOCATIONS

3150 Eglinton Ave. East, Unit 5 Markham/Eglinton | Tel: 416.264.3232  
3351 Markham Road, Unit 129, Markham/Steeles | Tel: 416.609.2022  
3348 Buroak Avenue, Highway 7/Buroak | Tel: 905.471.2818

**WE SIMPLIFY BUSINESS**  
Let us be your HR Manager

We provide hr administration as well as hiring and supply of skilled staff  
info@hrhm.ca | 416-290-6186





**SPECIAL RATE  
ON RENEWALS  
&  
INSURED  
MORTGAGES**

**ANTON DHARMASEELAN  
MORTGAGE AGENT**

**LIC #M14000425**

**Available Till Midnight  
Including Weekends & Holidays**

**CALL ME **FIRST** FOR ALL  
YOUR **MORTGAGE NEEDS****

**PURCHASE**

**REFINANCE**

**SELF EMPLOYED**

**RENEWAL**

**BAD CREDIT**

**INVESTMENT PROPERTY**

**416 704 1200**

**MAJOR BANKS - BEST RATES**

**ANTON@MYHOMEMLS.CA**



**FAX: 1-800-566-3068**



# CANADA NEWS



**CANADIAN TAMIL ARTIST'S ASSOCIATION  
AND YUGAM RADIO, YUGAM TV**  
ARE PLEASED TO INVITE YOU TO  
**The 20<sup>th</sup>  
DRAMA FESTIVAL**  
Saturday 21st September 2024  
Time: 4:30PM  
**TORONTO PAVILION**  
190 Railside Rd, North York, ON M3A 1A3  
yogadasan.ruby@gmail.com





**Ganapathi Raveendran**  
416 - 898 7284



**Ruby Yogathasan**  
416 - 670 6522

**TORONTO TAMIL INTERNATIONAL FILM FESTIVAL**  
5th Annual  
**TORONTO TAMIL INTERNATIONAL FILM FESTIVAL**  
வெள்ளாண்டி தமிழ் திரைப்பட விழா  
**2024**  
Sep 20-22, 2024  
York Cinemas  
115 York Boulevard, Richmond Hill, ON L4B 3B4  
CONTACT US  
416-832-7306 | info@ttff.ca | www.ttff.ca

**SANTHIYARAGAM**  
GOLDEN SUPER SINGER 2024  
SEASON 6  
GRAND FINALE  
KENNEDY METROPOLITAN CENTRE  
3840 FINCH AVENUE EAST, SCARBOROUGH, M1T 3T4  
10.30AM TO 3.30PM  
SEPTEMBER 29TH 2024  
— music by —  
**The WIND**  
Nothing but music!




**TICKET PRICE \$60**  
Lunch & Breakfast Included  
ORGANIZED BY: VILLA KARUNA HOME FOR SENIORS  
Indrani 416-200-6971 • Vasa 647-784-1829 • Inthu 416-282-4535 • Kiruba 416-564-4366

**CTCC Canadian Tamils' Chamber of Commerce.**  
**UNDERSTANDING AI:  
A PRACTICAL GUIDE FOR BUSINESS PROFESSIONALS**  
Join us for an engaging introduction to the world of Artificial Intelligence (AI), designed specifically for business professionals.

- This presentation will break down the concepts of AI and Generative AI, offering a straightforward overview of these technologies
- We will explore how AI can be applied across various industries to improve efficiency and drive innovation
- 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



**18 SEPT, 2024 · 7:00 PM**  
CTCC Business Centre, 80 Travail Road, Unit 1, Markham, ON  
Admission:  
Members - Free  
Non-Members \$50  
e-transfer to info@ctcc.ca  
Presentation | Networking | Dinner  
**REGISTER NOW**

**NEED HELP WITH YOUR TAXES?  
WE GOT YOU COVERED!**

உங்கள் வரித்தேவை, வியாபாரக் கணக்கு எதுவாயினும், திறமை, அனுபவம், தேர்ச்சி பெற்ற கணக்காளர்.

- ▶ Corporate Tax
- ▶ Personal Tax Planning
- ▶ Accounting
- ▶ Financial Statements
- ▶ Business Plan & Proposals
- ▶ For all your Business Needs

**ARI A. ARIARAN CPA, CGA**  
Chartered Professional Accountant



**MP Accounting & Finance Services Inc**  
1750 Brimley Road, Suite 213  
Toronto, ON. M1P 4X7  
**416 293 1616**  
**416.438.9799**  
www.aricpa.ca • ari@aricpa.ca





# '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

## PUBLISHING TEAM

<b>Managing Editor &amp; Publisher :</b>	Logan Velumailum, B. Sc. - <a href="mailto:editor4mj@gmail.com">editor4mj@gmail.com</a>
<b>Executive Editorial Board :</b>	Harrish Thirukumaran Danesh Thirukumaran Krishni Narine
<b>Graphics &amp; Design :</b>	Suren Rasadurai - <a href="mailto:suren8@gmail.com">suren8@gmail.com</a> , Santosh Kumar - <a href="mailto:kasantosh@gmail.com">kasantosh@gmail.com</a>
<b>Photo Journalists :</b>	Gnane B. Gnanendran, Rudy Ruthran
<b>Health &amp; Care :</b>	Jeavana Sritharan, Andrea Shanmugarajah, Dr. Nuwan Fonseka, Dr. Shiyam Loganathan
<b>Special Feature :</b>	Raymond Rajabalan, J.J. Atputharajah, C. Kamalaharan, Sivanesan Sinniah, Kumar Punithavel, Nate Velumailum, Tashvir Narine
<b>Business &amp; Finance :</b>	Muraly Srinarayananathas
<b>Education :</b>	RG Education Centers - <a href="http://www.rgeducation.com">www.rgeducation.com</a>
<b>Durham News :</b>	Durham Tamil Association <a href="http://www.durhamtamils.com">www.durhamtamils.com</a>
<b>Mississauga News:</b>	<a href="mailto:media@mississauga.ca">media@mississauga.ca</a>
<b>Markham News :</b>	City of Markham Communications <a href="http://www.markham.ca">www.markham.ca</a>
<b>Brampton News :</b>	City of Brampton Communications <a href="http://www.brampton.ca">www.brampton.ca</a>
<b>Waterloo News :</b>	<a href="http://www.tamilculturewaterloo.org">www.tamilculturewaterloo.org</a>
<b>Coverage on Institutions :</b>	Scarborough Health Network - <a href="http://www.shn.ca">www.shn.ca</a> Markham Stouffville Hospital - <a href="http://www.msh.on.ca">www.msh.on.ca</a> Providence Health Care Foundation <a href="http://www.providence.on.ca/foundation">www.providence.on.ca/foundation</a>
<b>Words of Peace :</b>	<a href="http://www.wordsofpeace.ca">www.wordsofpeace.ca</a>
<b>Isha Yoga :</b>	<a href="http://www.innerengineering.com">www.innerengineering.com</a>
<b>Circulation Co-ordinator :</b>	Edward Francis
<b>Web &amp; Digital:</b>	Sam Daniel

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!*

**PROMOTE YOUR BUSINESS & PROFESSIONAL SERVICES  
FLEXIBLE PACKAGE AVAILABLE**



Contact by Email: [Editor4mj@gmail.com](mailto:Editor4mj@gmail.com) [www.monsoonjournal.com](http://www.monsoonjournal.com)

Printing the Winds of Change around us All lands home, all men kin.

ALL RIGHTS RESERVED: No contents in Monsoon Journal may be printed without the written consent of the Publisher. The views and opinions expressed in the articles in Monsoon Journal are those of the authors and do not necessarily reflect those of the Publisher.

While all efforts have been made to ensure accuracy Monsoon Journal is not responsible for any errors or omissions in the contents. Advertisers are responsible for the contents in the Advertisements and all liabilities for their claimers. To place community and non profit organization news submit by email to: [toronto@monsoonjournal.com](mailto:toronto@monsoonjournal.com) Tel: 416-358-3235. MONSOON JOURNAL CIRCULATION: Toronto(GTA), Scarborough, Markham, Mississauga, Brampton, Pickering, Ajax, Vaughan, Waterloo. "Source for Multi Ethnic Exposure"

DISCLAIMER: Opinions and Interpretations appearing in the newspaper are those of the writers and need not be necessarily of Monsoon Journal. For additional any other information contact Monsoon Journal at 416-358-3235



# Canadian Tamils' Chamber of Commerce Hosts Successful 17<sup>th</sup> Annual Golf Classic

The Canadian Tamils' Chamber of Commerce (CTCC) is pleased to announce the successful conclusion of its 17th Annual Golf Classic, held at the scenic Deer Creek Golf and Country Club in Ajax.

The event brought together business leaders, professionals, and community members for a day of golf, networking, and camaraderie. The tournament ended with an exciting award ceremony, where Team Nava Wilson claimed 1st place, and Team Chapel Ridge took home the 2nd place prize.

Participants enjoyed the day's events, which concluded with a delicious dinner that was well-received by all. The CTCC extends its gratitude to all the players, sponsors, and volunteers who made this event possible.

Some of the photos taken at the event can be seen here at pages 5 to 9.

*Photos by Iyah4U*

*For more information, please contact: [info@ctcc.ca](mailto:info@ctcc.ca)*



## STAY ONE STEP AHEAD OF CRA

**X-CRA  
Officers are  
on staff.**

 **SARVAA CPA**  
PROFESSIONAL CORPORATION

**Our passion is to solve your tax problems:**

- ▶ Unfiled Tax Returns - Last ten years
- ▶ Appeals, Audits and Adjustments
- ▶ GST/HST Rebates: Rental, New Housing and Owner-Built
- ▶ Collection, Garnishment, and Payment Plan
- ▶ Tax Court of Canada (I)
- ▶ Estate, Trust, Non-Residents and VDP
- ▶ US Tax (PTIN) - IRS 1040 & State Returns

 **CPA** CHARTERED PROFESSIONAL ACCOUNTANTS

**Shawn Y. Sarvaa, CPA, CGA**  
2750 14th Ave., Suite 206  
Markham ON L3R 0B6  
[ideas@sarvaacpa.ca](mailto:ideas@sarvaacpa.ca)

**TECHNICAL EXCELLENCE**

VANCOUVER  
**604 398 7272**

**INTEGRITY**

TORONTO  
**647 219 3110**

**PROFESSIONALISM**

CALGARY  
**403 879 7272**



# CANADA NEWS





# CANADA NEWS







# CANADA NEWS





# CANADA NEWS







## WORLD NEWS

# Given below is the full script of the Maiden Speech at the UK Parliament on Sept 5, 2024 by the first Tamil MP in UK Parliament elected to represent for Stratford and Bow

I am grateful for the opportunity to make my maiden speech with my parents and husband in the Gallery today. I congratulate the hon. Member for Eastleigh (Liz Jarvis), who gave an impassioned speech showing how deeply she cares for her community, its heritage and in particular the history of caring for refugees. She spoke so lovingly of her late parents.

It is the honour of my life to be elected as the first ever MP for Stratford and Bow. I was born in east London, and I have lived in Stratford and in Bow. I studied at one of our brilliant local universities, Queen Mary. To go from local student to local MP in 20 years has been quite the homecoming. Not getting our declaration result until nearly 6 am really did bring back memories of stumbling home from uni.

I pay tribute to the force of nature Lyn Brown, who served her home West Ham as the Member of Parliament for 19 years, and for a total of 36 years of selfless service to communities in Newham. A true east London girl, her guidance and support have been invaluable. I have no doubt that her contribution to the east end and public life will continue. I also inherit Bow from my hon. Friend the Member for Bethnal Green and Stepney (Rushanara Ali). She is another trail-blazer, as the first Bangladeshi-origin woman elected to Parliament. She has inspired a generation with the promise of what is possible.

Although Stratford and Bow is a new parliamentary constituency, its history is old and rich. The Woman's Hall at Old Ford Road in Bow was home to Sylvia Pankhurst and Norah Smyth and the headquarters of the East London Federation of Suffragettes from 1914 until 1924. It was the beating heart of the east end suffrage movement, and the home of the matchgirls' strike and the largest union of women and girls in the country. Every corner is filled with the history of the struggle for women's rights and for our voices to be heard; a history that I will work every day to honour. As a proud grand-daughter of a trade unionist and a member of the GMB union, I go forward in their memory and will continue to fight for working people.

Parts of my constituency have been represented by illustrious political figures including Charles Key, Keir Hardie, Lansbury and Clement Attlee, who led the Labour Government that created our beloved NHS—so no pressure on this new Member. Our stunning Victoria park with its breathtaking canals opened to the public in 1845 and became the people's park: a centre for political meetings and rallies with speakers such as William Morris and Annie Besant.

It is not just political history that we are blessed with in Stratford and Bow. I am sure that many hon. Members in the Chamber love nothing more than going home after a long day sitting in the Chamber and putting on their favourite grime playlist. They can thank Bow for playing an integral part in the origins of grime music, with Roman Road and its



Uma Kumaran swears in as an MP after husband's recovery

once-beloved record shop producing artists and crews such as Roll Deep and Skepta to name just two. Over in Newham, we have our top boy Kano. Toggle showing location of Column 489

I can see that I have completely baffled some hon. Members—[Laughter.] For those whose tastes are a bit more retro, we are also home to ABBA Voyage. My constituency is a place where people can come and spend their money, money, money in some of our brilliant local and international businesses. Of course—it cannot be missed—sitting at the heart of my constituency is the London stadium: a place of joy and wonder from the 2012 Olympics and some of our most wonderful sporting achievements. As this generation of Team GB Paralympians competes in Paris, I send my wishes to them.

The ability to bring people together that sport possesses is like nothing else, so it is a privilege and honour to be the Member of Parliament for the greatest club in world football—sorry, Keir—West Ham. As a Hammer since 5 July—[Laughter]—I am proud to be forever blowing bubbles. I know that there are several Hammers fans on the Government Benches and throughout the parliamentary estate—probably more of us than Members on the Opposition Benches.

Stratford and Bow is a wonderful, vibrant and diverse constituency, and our current heritage lives up to that history. Forest Gate is the home of independent cafes and shops and Forest Gayte Pride, overlooking the nature and beauty of Wanstead Flats. There are the bustling shops of Green Street serving communities throughout east London, alongside mosques, temples, synagogues, gurdwaras and churches. It is a place that is truly representative of the rich tapestry of cultures and people that make up our great capital city, London.

People from all over the world have come to Stratford and Bow to make the UK their home. My constituency is a prime example of Britain at its best, with pearly kings and queens, and white, European, Indian, Bengali, Pakistani, Chinese, African, Asian, middle eastern, Caribbean communities and more living side by side and working together to make a better society for everyone. Wherever someone is from, they are welcome in Stratford and

Bow. I am proud, too, to have origins as an east London girl born in Homerton hospital, but I was born here but by fate. I am the daughter of Tamil refugees and the child of a community that knows what it is like to endure prejudice and persecution. My parents, proud and patriotic British citizens, came to Britain over 40 years ago, but they did not simply come here; they fled for their lives, forced to leave behind everything and everyone they knew and loved, torn from a good and prosperous life in their prime to start from scratch in an unfamiliar country, working multiple jobs day and night to give me the chances that were taken from them.

Britain welcomed my parents with open arms so that they could rebuild their lives and flourish, and it was the east end that they first chose to call their home. This is the London that I know and love, and it is the story of Britain and British values at its best: outward looking and compassionate; a country where people can work hard and triumph. Mum and dad, thank you for everything: your endurance and your will to succeed—[Hon. Members: "Hear, hear!"] You are part of the success story of Britain, and that is a story that can be found in every corner of Stratford and Bow and in every part of Britain, with the hope and aspiration for a better tomorrow that all parents have for their children and the dreams of a safe and secure life. Toggle showing location of Column 490

It is that hope and determination to fight for a better future that this Labour Government will work hard every day to deliver. Whether the people of Stratford and Bow were born here, came here in search of a better life or just moved to the best bit of London—whatever their start in life—I will ensure that their voices are heard and valued. I pledge to work day in, day out to tackle the root causes of poverty, to fight for more police on our streets so that women and girls feel safe to walk home at night, parents do not have to worry about knife crime and young men are not having to look over their shoulders when they walk home after dark, and to fight for an NHS that is here for us in our time of need, where patients can be seen in wards, not corridors.

Delivering my maiden speech during the GB energy debate is apt. Climate change remains one of the greatest challenges of our time, and we must redouble our efforts. Before I came to this place, I worked internationally on climate action with cities around the world, the United Nations and civil society to help stop our world going past the point of no return and ensure that generations who come after us have a world that has not been destroyed because of our failure to act or our fear of being bold.

I feel deeply the responsibility that I have to repay the faith that the people of Stratford and Bow have placed in me and the duty that I have to be their voice here in Westminster. I will work every day for that and for the values and pledges that I was elected on.



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

*Phyllis Diller*



**Dr. Seshantri Viswasam**

Family Dentist

sunshine

**DENTAL**

**416 291 1011**

45 Milner Avenue Unit 6

Toronto, ON M1S 3P6

NE corner of McCowan & HWY 401



[www.sunshinedentalonmilner.com](http://www.sunshinedentalonmilner.com)

**BUYING OR SELLING YOUR HOME?**



**ROYALAN** TEAM



**B: 905 201 9977**  
**F: 905 201 9229**

17 Eastvale Dr,  
Markham, ON L3S 4N8 | [kailain.thillai@royalanteam.com](mailto:kailain.thillai@royalanteam.com)  
[www.royalanteam.com](http://www.royalanteam.com)



HOMELIFE / FUTURE REALTY INC., BROKERAGE  
INDEPENDENTLY OWNED & OPERATED | \* SALES REPRESENTATIVES

**Kailain Thillainathan**  
**647-668-8276**

**Raghu Thillainathan**  
**416-629-5800**



# DEBT PROBLEMS???



JOINTLY SERVING ALL COMMUNITIES UNDER ONE ROOF

Unsettled Life due to Credit Problems!

Is Your Daily Life affected?

Worried that you will lose your House or Car!

Phone harassment from Collection Agencies !

Concern that your wages will be garnished by your creditors!

[www.creditsolutioncanada.com](http://www.creditsolutioncanada.com)

For All Your Problems, call for a free consultation

**V. SRI**

Certified Insolvency Counsellor

**CREDIT SOLUTION CENTRE**  
Services of Trustee is available

80 Corporate Drive, Suite 309  
Scarborough, ON M1H 3G5

Tel: **416.439.0224**

Fax: 416.439.0226  
[creditsolutioncentre@gmail.com](mailto:creditsolutioncentre@gmail.com)







**THE GUARDIAN**  
**HOME REALTY INC.**  
 BROKERAGE, Independently Owned and Operated

Where life  
begins...

☎ **416 989 6565** [www.theguardianhomes.com](http://www.theguardianhomes.com)  
 ✉ [info@theguardianhomes.com](mailto:info@theguardianhomes.com)

**F119 - 80 Nashdene Road, Scarborough ON M1V 5E4**





## HEALTH & WELLNESS

# People of lower socioeconomic status less likely to receive cataract surgery in private clinics, study finds

By Misty Pratt

Following an infusion of public funding to for-profit surgical centres in Ontario, the cataract surgery rate fell by nine per cent for people in the lowest socioeconomic group in those centres, according to new research from ICES, Queen's University and the University of Toronto.

In contrast, researchers found that the rate of cataract surgery for patients in the highest socioeconomic status group rose by 22 per cent at private for-profit centres. Cataract surgery rates fell equally for all patient groups in publicly funded hospitals over the six-year study period.

The COVID-19 pandemic led to large shortfalls in cataract surgery rates worldwide. To meet the growing need in Ontario, public funding was funneled into private, for-profit surgical centres to offset the need to charge patients for extra services.

"It is important to be innovative and open-minded in searching for the best approach to health care," said lead author **Robert Campbell**, a clinician-scientist in the department of ophthalmology at Queen's University and a senior adjunct scientist at ICES.

"However, despite an infusion of public funding into private for-profit surgical centres that was designed to cover facility overhead costs and enable access to care regardless of ability to pay, rates of cataract surgery at private for-profit centres have



improved mainly for those with the highest socioeconomic status."

The study was published in *CMAJ*, and in collaboration with several researchers at U of T's Temerty Faculty of Medicine including Professors **Sherif El-Defrawy, Chaim Bell, David Urbach, Therese Stukel, Jonathan Irish, Nancy Baxter and David Gomez**.

The researchers analyzed all cataract surgeries (935,729) in Ontario between 2017 and 2022, and explored the effect of socioeconomic status on access to surgery at public hospitals versus private for-profit surgical centres. They looked at two time periods: the pre-funding change period up to February 2020, and the post-funding period from March 2020 to March 2022.

### Key findings include:

- 81 per cent of cataract operations were performed in public hospitals, versus 19 per cent performed in private for-profit surgical centres.

- Patients in the highest socioeconomic category made up 23 per cent of private surgical cases, whereas those in the lower category made up just 14 per cent.

- Cataract operations performed in private for-profit centres increased from 16 per cent in the pre-COVID period to 23 per cent in the post-funding change period.

- The private centre surgical rate rose 22 per cent for patients in the highest socioeconomic status group, whereas the rate fell by 9 per cent for patients in the lowest socioeconomic status group.

"If public funding is going to continue to be used to buy services at private for-profit centres, important issues will need to be addressed," said Campbell. "Patients need to be assured that their interests are the only ones considered in decision making, and that the private centres and the surgeons working there don't have financial conflicts of interest that could influence the approach to surgery."

The researchers note that important questions remain unanswered, and that future studies should explore whether patients of lower socioeconomic status decline surgery at for-profit centres because of financial barriers and whether the existence of separate waitlists for those willing to pay plays a role in the disparities.

"Unifying surgical waitlists such that wait times are the same whether a patient pays extra or not would go a long way toward building a fair system," said Campbell.

## Study finds that autistic peoples' engagement in hate forums is complex

There have been sporadic and disturbing media accounts of autistic\* people who engage with extreme ideologies, but very little research has explored the motivations behind their actions.

Now, an international team led by Holland Bloorview Kids Rehabilitation Hospital and the University of Toronto has published a qualitative study that examines the personal and contextual factors affecting autistic adults' participation in online and offline hate forums.

Melanie Penner and her team interviewed 12 autistic adults, most who reside in the U.S. and one in Canada, about their experiences with online hate forums and offline groups that gather in-person.

The team, which included autism researchers, health-care practitioners, anti-extremist experts and autistic advocates, identified three key themes from their interviews: early traumatic exposures, missed opportunities to build a positive identity, and finding a fit for neurodivergence.

"This study shows that there were so many factors beyond being autistic that helped to explain why these individuals in the study became involved with hate groups," says Penner, a senior clinician-scientist at Bloorview Research Institute and associate professor of paediatrics at U of T's Temerty Faculty of Medicine.

These individuals experienced traumatic or abusive situations, did not feel they belonged, felt angry or were bullied in part because they were neurodivergent. Many also did not receive a timely diagnosis so they missed out on the critical understanding of who they were, which may have contributed to a lot of stress in their lives.

"Like all humans, these autistic people sought friendship and a sense they were valued, and after failing to find that in their local communities, they were welcomed and accepted by certain hate groups, where they found a sense of belonging that they hadn't experienced in the rest of society," adds Penner, who is also affiliated with U of T's Dalla School of Public Health.

"This tells us that autism alone doesn't explain why these individuals made the choice to engage in these groups."

Most of the participants' engagement was lengthy, but the nature of their interaction varied. Some listened to neo-Nazi music online, for example, while others had leadership roles with forums or groups.

"We need to create a more inclusive society for autistic people where they feel understood, have a sense of belonging, and have meaningful ways to contribute," says Penner.

"In order to accomplish that, we also need to have an understanding of being neurodivergent. It's also important to understand the co-occurring conditions that go along with autism so autistic people, their loved ones, and professionals can have a good understanding of their identities, strengths, and needs."

Penner says online spaces are also important places for autistic individuals find their community and find a sense of belonging.

"Online forums can be a great place to connect to find community, but it's good for individuals to be prepared for what they might encounter before they engage socially online."

Co-author Christian Picciolini is a former extremist and founder of Free Radicals Project, an organization that works with hundreds



Professor Melanie Penner  
Image courtesy of Holland Bloorview  
Kids Rehabilitation Hospital

of individuals to disengage them from hate groups. He said the study champions the need for more inclusive environments that recognize and nurture the unique skills of autistic individuals while addressing the underlying factors that can contribute to their disenfranchisement.

"As someone who has worked extensively with individuals seeking to disengage from extremism, I've seen firsthand how social exclusion and unmet needs can drive vulnerable individuals toward harmful ideologies," Picciolini said. "By fostering environments that are both supportive and inclusive, we can help autistic people thrive and prevent their exploitation by those who seek to manipulate them for destructive purposes."

\*Note: many autistic self-advocates prefer to use identity-first language rather than people-first language in describing themselves. With this in mind, we are consciously choosing identity-first language for the purpose of describing this study.





PRESENTS

# RADIOTHON

## ரேடியோதான்

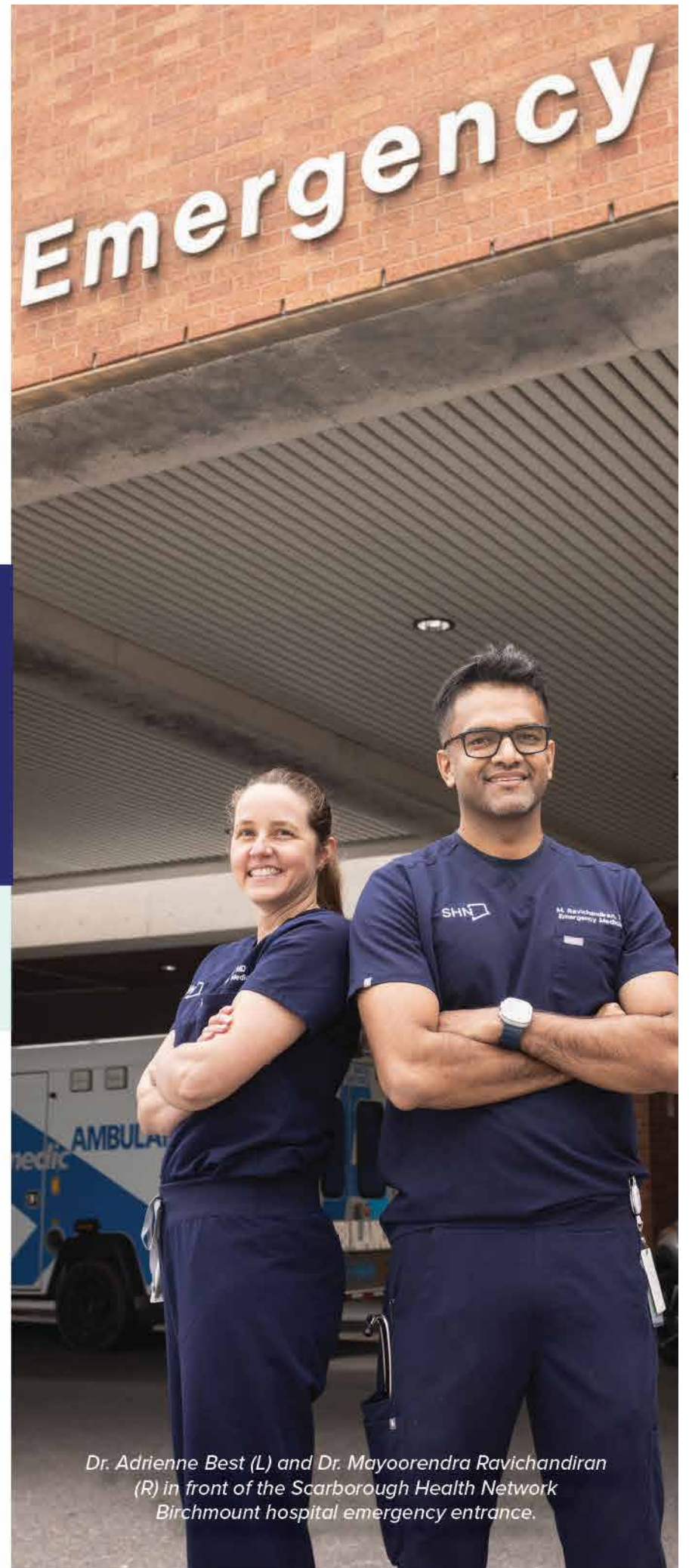
JOIN US FOR THE 4<sup>TH</sup> ANNUAL  
TAMIL RADIOTHON

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!



SHNFoundation.ca/**Tamil**

GENERAL | CENTENARY | BIRCHMOUNT

knarine@shn.ca | 416-431-8130

CHARITABLE REGISTRATION NUMBER 11914 2263 RR0001







# CLOSE TO HOME

A new inpatient mental health unit for children and youth will provide community-level support at Oak Valley Health's Markham Stouffville Hospital.

BY GLYNIS RATCLIFFE

Everyone has done something, unintentionally or not, to hurt another person and later felt guilty about it. When Luther Wood felt as if he'd wronged someone, his guilt took on a life of its own, dominating his thoughts as he replayed the incident over and over. "I was terrified that I was causing hurt to somebody else," says Wood, now 18. "I would feel an overwhelming sense of guilt in my life as a little kid."

These types of intrusive, seemingly never-ending thought cycles are a hallmark of obsessive-compulsive disorder (OCD), which, in hindsight, Wood can see traces of all the way back to his early childhood. Whether it was a rough-and-tumble session with his brother or an untoward thought about a friend, he couldn't stop himself from dwelling on it, mentally punishing himself for what would be innocuous to anyone else.

OCD is typically portrayed in pop culture as compulsive organizing or handwashing. In reality, the worst part is those unprovoked thoughts, which often drive the sufferer to perform repetitive behaviours to stop them.

"I just thought that was kind of who he was," explains Luther's mom, Julia Wood. "I didn't at all understand the deeper level of the emotional and mental burden."

#### OUR MOST VALUABLE RESOURCE

Luther is far from alone in his mental health struggles. The Canadian Institute for Health Information estimates that approximately 20 per cent of Canadian children and youth (ages three to 17) have a mental health disorder, while an estimated 400,000

Canadians have been diagnosed with obsessive-compulsive disorder, according to the Canadian Psychological Association.

Right now, Ontario's health system is unable to keep up with the growing demands of this population. The only way to do so is to ensure more hospitals have both outpatient and inpatient units. That's something Oak Valley Health's Markham Stouffville Hospital (MSH) has committed to recently with its announcement to build a six-bed youth mental health inpatient unit to accommodate more patients requiring intensive, long-term treatment.

Dr. Rustom Sethna, Oak Valley Health's Chief of Psychiatry, has witnessed this youth mental health crisis first-hand during his 33-year tenure, and it has made him the hospital's fiercest advocate for the inpatient unit. "There's a critical shortage of inpatient beds dedicated to this demographic, which leads to long wait times, increased emergency department visits and just inadequate care," he notes.

#### UNTENABLE WAIT TIMES

Luther managed his undiagnosed OCD for most of his childhood, until he hit his teens – which coincided with the first pandemic lockdowns – when things took a turn for the worse. Soon, his compulsions impacted his ability to complete schoolwork and function normally in his daily life.

"I was in a constant state of really severe anxiety," he says. "Feeling like a terrible person all the time and being unable to fix it by myself, no matter how hard I tried."

His parents, after realizing that something serious was happening with their child, took Luther to their family doctor who immediately identified his symptoms as OCD. While anxiety-reducing medication



LUTHER WOOD received treatment for his OCD through the child and adolescent mental health outpatient program at Markham Stouffville Hospital.

gave him some relief, it didn't work for long.

Thus began the arduous journey of finding an effective treatment plan, an all-too-common problem according to Children's Mental Health Ontario. The organization reports that as of 2020, 28,000 children and youth were on wait lists for mental health treatment across the province, with wait times extending as long as 2.5 years in York Region. "We needed something sooner than that," says Julia.

#### A LIGHT AT THE END OF THE TUNNEL

Luther's OCD turned out to be too complex for the community adolescent counsellor he tried, so his family doctor referred him to MSH. There, a psychiatrist could oversee his medication treatment while he attended weekly appointments with a social worker.

The outpatient program was the perfect fit for Luther and his parents, offering a combination of therapy and education for the entire family. However, for those who arrive at MSH's ED in crisis and need admission for more intensive treatment and observation, it's an entirely different journey.

"If we determine the child cannot return to their home or community, we place them in a hold in our ED in one of our mental health suites," explains Dr. Sethna. "They're held

there, usually supervised by security guards, until we find a suitable child and adolescent treatment facility in the GTA that's willing and able to take them."

The new Child and Adolescent Mental Health Inpatient Unit at MSH will provide a specialized environment and individualized treatment plans designed for today's youth. Offering care for children and adolescents within their community will keep families closer, making recovery and reintegration into everyday life easier. With generous support of the community through Markham Stouffville Hospital Foundation, and a \$500,000 donation from Hyundai Canada to kick-start a \$3.1 million fundraising project, the hospital plans to break ground for the new unit in a few years, pending government approval. "Every child needs to have access to high quality, affordable and culturally competent mental health care in our diverse community," Dr. Sethna adds.

As for Luther, after two years of treatment, his medical team felt he had the tools needed to manage his symptoms and live a full life. He's now in his first year of linguistics at Wilfred Laurier University and can't believe how far he's come.

"I feel like a completely different person." ■



"There's a critical shortage of inpatient beds dedicated to this demographic, which leads to long wait times, increased emergency department visits and just inadequate care."

DR. RUSTOM SETHNA Chief of Psychiatry, Oak Valley Health





# PRISHA LAW

PROFESSIONAL CORPORATION



**YOUR LEGAL SOLUTION STARTS HERE...**

**647 478 0144**

2225 Markham Rd, Suite 307, Toronto, ON. M1B 2W4

prishanthy@prishalaw.ca | www.prishalaw.ca



# PRISHA LAW

PROFESSIONAL CORPORATION



**MAYURAN THARMABALAN**  
 PROFESSIONAL CORPORATION  
 CHARTERED PROFESSIONAL ACCOUNTANT

**AUDIT**

**REVIEW ENGAGEMENT**

**NOTICE TO READER**

**BUSINESS ADVISORY**

**CONTROLLERSHIP SERVICES**

**CORPORATE TAXES**

**PERSONAL TAXES**

**FINANCIAL PLANNING**

**CRA AUDITS**

**PAYROLL**

**BOOKKEEPING**



**Mayuran Tharmabalan, CPA, CA, LPA**

**647 748 6344    647 989 6298**

647 748 6444

www.tharmabalan.ca

info@tharmabalan.ca

Suite 304 - 5200 Finch Ave East, Scarborough, ON M1S 4Z5

**A LICENSED PUBLIC ACCOUNTING FIRM**





# WAS It RESILIENCE, MIRACLE OR COMBINATION OF BOTH – LATE Capt. ERIC MOODY- BRITISH AIRWAYS

By: Kane Siva

In 1983, A British Airways Flight, Number BA009, Reg. G BDXH, Call Sign, Speed Bird, took off from Kuala-Lumpur to Perth in Australia. The Aircraft was a Boeing 747-200, 2 years old, was on the second leg of a multi-sector scheduled flight from London to Auckland with a stopover in Bombay, Kuala Lumpur, and Perth. A new set of crews took over the flight from Kuala Lumpur to Perth. This was a scheduled flight from London to Auckland, New-Zealand, but had 4 stops, Bombay, Kuala Lumpur. The Boeing 747 with 4 engines, and an upper deck for first class passengers, earned the nickname as the “Jumbo Jet”, because of its huge size, and it was One of a kind when it was rolled out on the 30th September, 1968, out of the Custom Built Everett Boeing Plant, under the watchful eye of Joe Sutter, who was its mastermind, and the chief engineer of the project B747. The first flight took place on February 1969 and entered into commercial service on January 1970 with Pan Am Airways, who was the first to fly this Jumbo Jet. Quoting Sutter when this aircraft was rolled out, “This aircraft has the capability to land with one engine even if all the other 3 engines fail”, and in this incident all the 4 engines failed or died, even though in the nick of time, miraculously all the engines came back alive except, for one engine. Boeing 747 was the epitome of Sutter’s success as an engineer, and was the most popular aircraft of that era, and was a real money spinner for the Boeing company. It is amazing to see this Boeing aircraft still flying, after 55 years it took to the skies. A far cry to see this model of aircraft, which is so reliable, with the present-day calamity that Boeing is passing through.

Capt. Eric Moody, First Officer Roger Greaves and Flight Engineer Barry Townley-Freeman took over the flight at Kuala Lumpur, to Perth. The flight route to Perth was over Indonesia and the aircraft was cruising at 37000 feet. Around 20.42 local time the crew noticed a thick cloudy substance was engulfing the aircraft and in few seconds the number 4 engine was dead, followed by 3,



British Airways Boeing 747-236B

and in no time all the 4 engines stopped functioning, and it was dark inside the aircraft as there was no power. The passengers experienced smell of smoke, and breathing difficulties, emergency Oxygen masks dropped, and the crew was completely baffled by this all of a sudden phenomenon. Capt. Moody realized soon the culprit was the ashes from the Mount Galunggung volcanoes, which was erupting over the Indonesian mountains, and as some reports at that time indicated that Capt. Eric was on his way to the toilet/ restroom and was summoned by the other tech crew immediately.

The training that Capt. Moody endured at BA in his training facility, and his Glider flying experience from age 16, made him, not to panic, stay calm, and he made this, one of the memorable announcements in the annals of aviation. Quote “Ladies and Gentlemen,

this is your Captain speaking, we have a small problem, all the 4 engines are not working, hope you are all not in great distress, and we are working to fly this aircraft safely”. With in 13 seconds the aircraft managed to glide or descended to a height of 13000 feet, and all the while the crew was trying their best to restart the engines. Was it a miracle, human resilience or an unseen hand that made the number 4 engine to restart almost at 13000 feet? A few minutes later the other engines came back to life, except one, and the crew managed to land this “Beauty”

on ground at Jakarta International airport miraculously, without any other incidents, thus saving the lives of 247 passengers and the whole crew of 18. I Am sure any other captain would/ could have done the same thing, but what impressed me and everyone else was the coolness, which was displaced many years later even, on the BBC talk shows, vindicating my appreciation for this captain, for his humbleness, coolness, sans pride, and arrogance.

This Mount Galunggung eruption has occurred only 4 times as Volcanologists indicated, in 1822, 1894, 1918, and 1982-1983 and is an active stratovolcano, and has a volcano eruption index 4. An expert on flight safety issues in an article said “This Volcanic Ash Hazard for aviation over Indonesia was previously unknown. The volcanic ash from Mount Galunggung had caught the pilots out



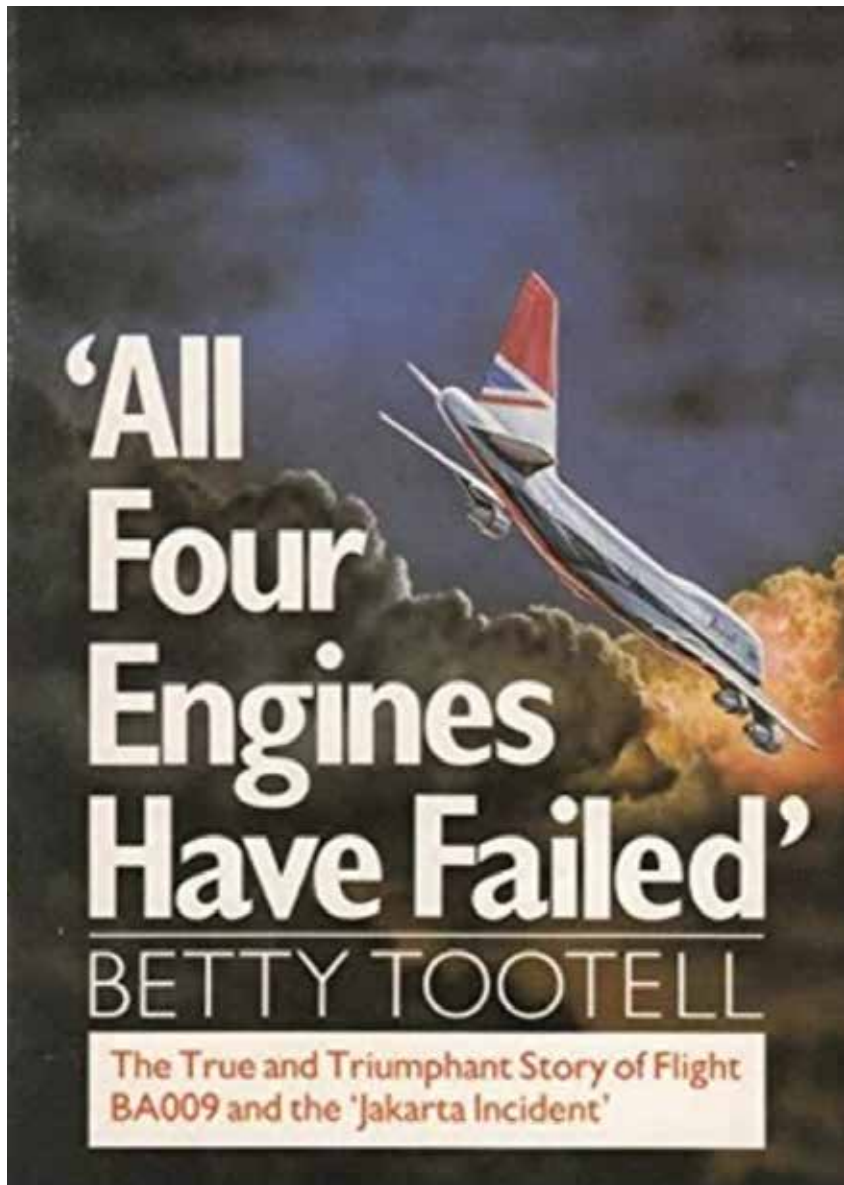
(L to R) Flight Engineer Barry Townley-Freeman, Captain Eric Moody and First Officer Roger Greaves. Image courtesy Eric Moody.



Captain Moody received the Queen's Commendation for Valuable Service in the Air (Pictured: Cpt Moody receiving the Hugh Gordon Burge Memorial Award during the Guild of Air Pilots and Air Navigators awards in 1982)

of the blue. This ash choked all the 4 powerful engines and immobilized them. As the aircraft was descending through 13,000 feet, No.4 engine started followed by other engines. Capt. Eric and crew had to overcome another big hurdle as to how to land this aircraft as the glass panel of the cockpit was completely covered with ashes and the required ILS, Instrument Landing System, at Halim Airport was unserviceable. First officer used the DME, DISTANCE MEASURING EQUIPMENT, calculations to figure out the distance to the airport, and successfully guided the aircraft to land safely at the airport, and thus saving the day for the wider





## British Airways Flight 9

aviation world. The Pilots could not figure out why all the 4 engines failed. According to the reports emerged at that time, and in the words of Capt. Eric, he was on his way to the toilet when he was summoned back to the cockpit by his copilot Richard Greaves. The gravity of the issue didn't sink into the Capt. But was aware of the imminent danger to all of them, and he acted in the most professional way without alarming anyone. Capt. Eric instructed Richard to place a "May Day Call" to the ATC Jakarta, but the message took time to alert the ATC Jakarta as there was static interference with the radio communication.

Capt. Eric and his crew's impeccable performance earned them many praises, accolades, citations, and awards from the aviation fraternity, and I believe from the Royals too. Capt. Eric became a household name in England. But Capt. Eric in his humble demeanor never allowed this fame to go over his head, and continued his flying career till his retirement age, imparting his knowledge in aviation, wisdom, and educating young aspiring pilots to do better in their careers. Capt. Eric was considered as a hero, but he took it up as his utmost duty, to land this beauty safely on ground with all on board, and he succeeded in achieving this objective beyond any expectations. This native of Hampshire, England, proved to the world that perseverance has no limit in achieving the objectives. We also must appreciate the cooperation by the co-pilot Greaves, flight engineer

Barry, and the courage of the cabin crew who assured the passengers to be calm throughout the whole process. They all performed an incredible job in making sure that the "Beauty" lands safely and all 263 people on board saved. Finally, when the flight landed that day at Jakarta, the passengers who wrote their final farewell notes to the next of kin, applauded and cheered the whole crew and offered greatest thanks to the almighty. It was a great day for all.

In his later years he said, when he started his flying career, was trained with the belief that the aircraft might break up at any time". I wonder whether all this training made him remain calm, and focused to achieve his only thought at the critical moment was, to save the lives of all on board, and the aircraft in one piece. Also, his gliding skills in a glider was a great contributor on that day.

Capt. Eric Moody took his final flight forever, to be with his creator,

peacefully surrounded by his beloved family at the age of 82, on the 19th of March 2024.

Many articles I read described this incident, as the most life changing experience in the history of aviation. It brought lots of topics to the forefront for discussion in the field of aviation, and pilot training. This was a game changer in a way for the Geologists to be razor focused on the volcanoes, Scientists to study the implications, complications the volcano ashes can cause to aircrafts engines, the Metallurgists to evaluate better metal combination to build the aircraft body, and above all pilots to be vigil at all times when flying over volcanoes. I would say this was a "Watershed" moment for aviation, to warn the inherent nature in weather ( Which we are all witnessing nowadays globally in the form El Ninio, and the CAT- Clear Air Turbulence that played havoc for air travel, within the last 6 or 8 months, with one fatality, and of more injuries) patterns, and the danger it causes for air travel.

I want to Eulogize Capt. Eric Moody in my own way, quoting from an unknown source, "We can't play alone in the game of life. We are dependent, my friend, on others; we cannot "get by" in the struggle and strife, except for the help of our brothers! Whatever we plan, or whatever we do, whatever we give, give our best, is meant to include all our fellow men too, and add to the joy of the rest.

Finally, I would salute this Great Soul with this closing statement Quoting,

Richard F. Wolfe, USAAF, World War 2 Veteran

"It is Not What The World Gives Me In Honor, Praise or Gold; It Is What I Do Give The World, So Others Do Unfold.

If by my work through life I can Another soul unfold, Then I have done what cannot be Made good by praise or gold.

Gunung Galunggung



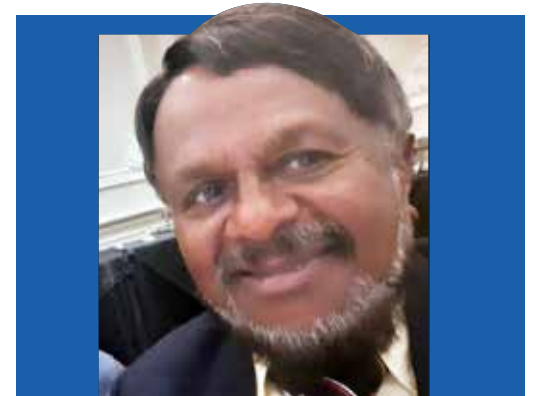
Galunggung eruption in 1982

One tiny thought in tiny word May give a great one birth, And, If that thought was caused by me, I lived a life of worth".

I am sure Capt. Eric Moody had believed in these words, and did his part pretty well, until he took His final flight to ETERNITY.

*MAY GOD BE WITH YOU FOR YOUR SERVICE TO HUMANITY, AND FOR THE UNIMAGINABLE AIRMANSHIP.*

*CHEERS! CAPTAIN MOODY.*



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





## SPECIAL FEATURE

# Words of Peace

The book

# HEAR YOURSELF

in Tamil is being released  
on Sep 1st 2024.

Available in all libraries and  
bookstores

### Discover Your Inner Rhythm

#### Excerpts from the book 'Hear Yourself' by Prem Rawat

“There is a power that has run through the universe for billions of years. It was there before us and it will outlive us. It permeates every atom, and it has brought to life something wonderful called nature. which includes all that humans create.”

“...it is in us and around us.-- It is everywhere.”

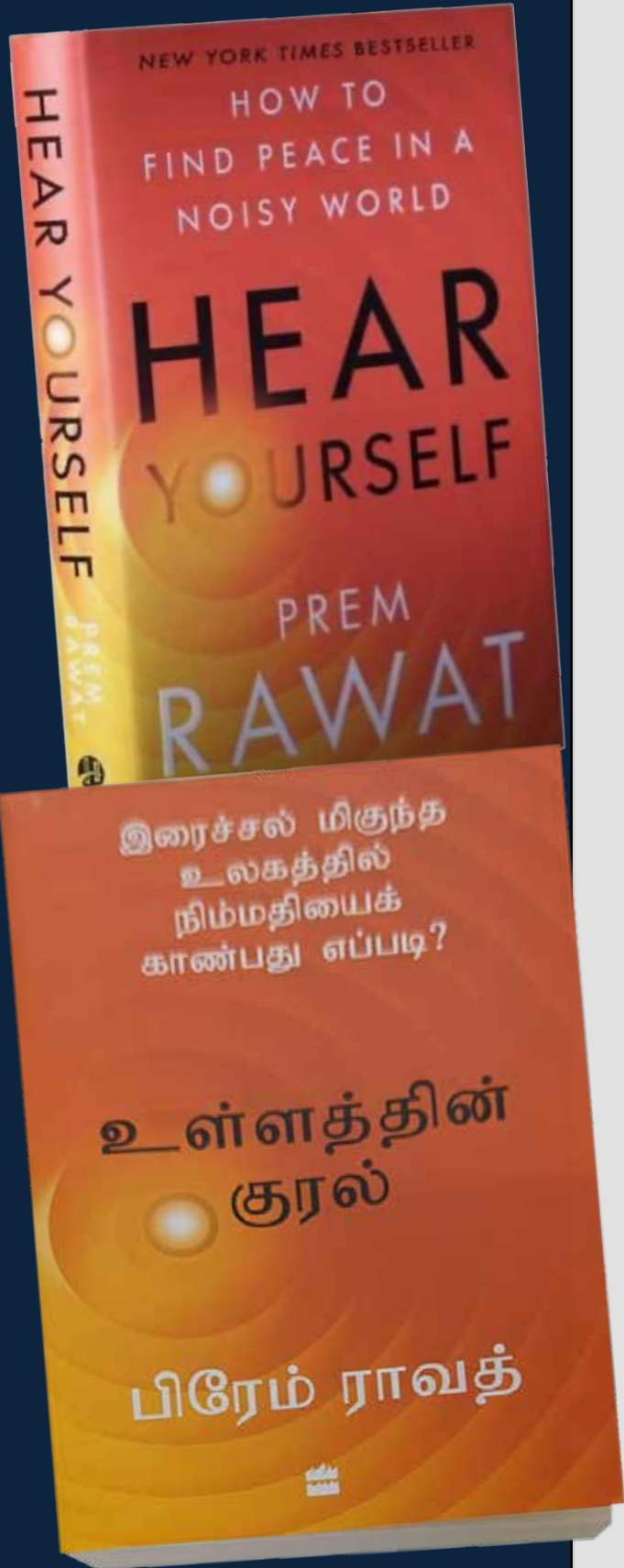
“This is how I understand the life force connecting all living things. Some people call this power God; others may use a different name. For me, it makes no difference which word we attach to this power, it simply is.

### The miracle of you

The power manifests in many forms, from the cosmic dust- the tiny building blocks of our universe – to countless species, all of them evolving, reproducing, adapting. Imagine the scale of our own transformation, from single – cell organisms in the ocean to creatures walking on land then walking on the Moon.”

“..... the energy ripping through the universe is now coming through you in the form of breath, making it possible for you to be, surfing this wave of incredible creativity. This moment has been billions of years in the making.”

“Somewhere, right now stars are exploding with unimaginable force. Here on Earth people are being born. And then there is you, in this ever expanding, ever-changing universe—experiencing the perfection of Being.”







# Reading the signs



By: J A Rajah

The lady shoots out two-fold looks from her painted eyes, one which torments, and the other provides soothing balm for that pain.

**“Iru nookku ivalunkanullathu orunokku,  
Nooi nookkon rannai marunthu”**

இருநோக்கு இவளுண்கண் உள்ளது ஒருநோக்கு  
நோய்நோக்கொன் றந்நோய் மருந்து

The brief furtive glance the lady in love casts on her lover, when he is not looking, is not just the half of lovemaking, it is the better part. She looked at me and then bowed, her head in modesty; these were the waters she had designed for nourishing our mutual love.

**“Yaan nooum kaal nilan nookum, nookakkal,  
Than nooki mella nakum”.**

யான்நோக்கும் காலை நிலன்நோக்கும் நோக்காக்கால்  
தான்நோக்கி மெல்ல நகும்

When I look at her, she looks down on the ground; But when I look away, she looks and

gently smiles. Except that she does not direct her eyes at me, the joyous smile indicates that she is looking through the corner of her eye. Though they utter strange words feigning indifference beneath words of those who care, an inner feeling of love may be discerned at once. My tender imploring loo melts her heart and raises my hopes too; for she smiles now softly and gracefully. Only lovers are experts at disguising their looks, to appear as if they are strangers to each other.

**Kaanodu kaninai nookin, vayychotkal,  
Enna payanum illa”.**

கண்ணொடு கண்இணை நோக்கொக்கின்  
வாய்ச்சொற்கள்

என்ன பயனும் இல

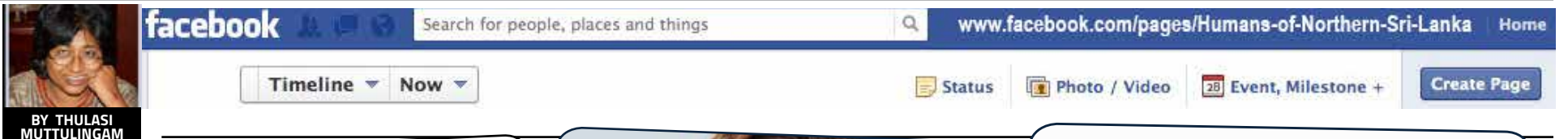
When the eyes have reached an understanding between themselves, words of mouth are quite superfluous.

(Kural:1091-1100)



Valluvar's Views





BY THULASI MUTTULINGAM

Thulasi Muttulingam

Many girls before have said no. They, and even entire school districts are then penalised. While you only hear in the news the men are "brave and stunning" and warmly welcomed on the women's teams. Never any news about the injuries they cause to women either. Often quite serious ones like paralysis and cracked skulls. Not to mention that they walk around naked in the women's locker rooms too, sporting erections and ogling the changing women. Now watch the misogynistic creeps and hand-maidens come to their defence.

"SUGAR FREE" IS OFTEN CODE FOR "WE REPLACED THE SUGAR WITH SOMETHING EVEN WORSE FOR YOU."

"Religion is regarded by the common people as **true**, by the **wise** as **false**, and by **rulers** as **useful**."

- Seneca -



The Idea that 1950s housewives led happy, fulfilled lives is so thoroughly ahistorical it's almost **shocking**.

By 1952, an estimated **50,000** mostly female patients in the United States and Canada had been **lobotomized**, and millions of women were prescribed "Mother's little helper"—**barbiturates** for anxiety and depression.



Facebook Notice

**We removed something you posted.**

We removed your post because it's true and someone will take it personal, and think it is about them. It is against Facebook Community Standards to post the truth.

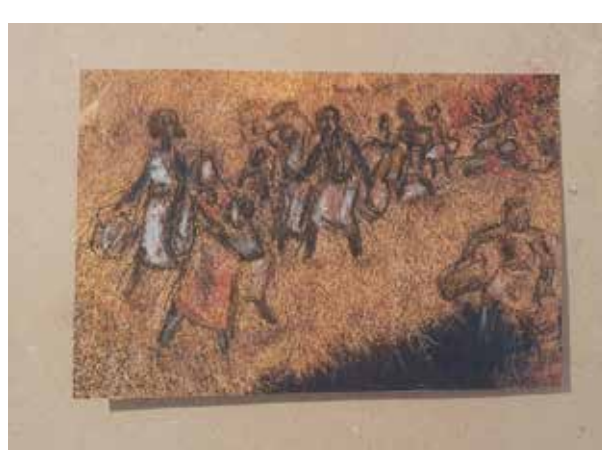
Jekhan Aruliah



I walked over to the "Days of Turbulence" exhibition of pictures by Mr A.Mark at the Jaffna University. It is running until 20th September 2024. I have no direct experience of war. Mr Mark's pictures certainly resonate with stories told to

me by people I know who did run from bullets and shelling in those black days. Even now there are those who would return us to chaos to further their personal ambitions. People who are nobodies except in chaos. Smiling like crocodiles.

I was disappointed the exhibition was completely annotated in Tamil, with nothing in English nor Sinhala. From the labels to the brochure to the young arts undergrad manning the entrance. There are lessons in these pictures for all tongues.



To the left, a self portrait by the artist





# INOGEN<sup>®</sup> PORTABLE OXYGEN CONCENTRATORS



Converts the air around you into medical grade oxygen.



Portable and lightweight for your on the go lifestyle.



Call us toll-free at

**1-833-815-8791**



1. 30-day risk-free trial- Return within 30 days of purchase for a full refund of purchase price.

PM230469 EN\_EX\_USA

Rx Only © 2024 Inogen, Inc.

859 Ward Drive, Suite 200, Goleta, CA 93111

Inogen<sup>®</sup> Rove 4<sup>™</sup> and Inogen<sup>®</sup> Rove 6<sup>™</sup> are trademarks of Inogen, Inc. The usage of any Inogen, Inc. trademark is strictly forbidden without the prior consent of Inogen, Inc. All other trademarks are trademarks of their respective owners or holders.

USES: The Inogen Portable Oxygen Concentrator provides a high concentration of supplemental oxygen to patients requiring respiratory therapy on a prescriptive basis. It may be used in home, institution, vehicle, and various mobile environments. DO NOT USE IF: This device is not intended to be used in any way other than described in the indications for use. Do not use in parallel or series with other oxygen concentrators or oxygen therapy devices. This device is to be used as an oxygen supplement and is not intended to be life sustaining or life supporting. ONLY use this product if the patient is capable of spontaneous breath, able to inhale and exhale without the use of a machine. The conserving, or pulse dose, oxygen delivery technique used by this device is contraindicated in persons whose breathing during normal resting would be unable to trigger the device. Proper device triggering, setup and operation must be confirmed by an experienced clinician or other respiratory professional. Not for pediatric use. Not for use by tracheotomized patients. WARNINGS: The device produces enriched oxygen gas, which accelerates combustion. Do not allow smoking or open flames within 2m (6.56ft) of this device while in use. If you feel ill or uncomfortable, or if the concentrator does not signal an oxygen pulse and you are unable to hear and/or feel the oxygen pulse, consult your equipment provider and/or your physician immediately. If you are unable to communicate discomfort, you may require additional monitoring and or a distributed alarm system to convey the information about the discomfort and or the medical urgency to your responsible caregiver to avoid harm. Use only spare parts recommended by the manufacturer to ensure proper function and to avoid the risk of fire and burns. To avoid danger of choking or strangulation hazard, keep cords away from children and pets. TALK TO YOUR HEALTH CARE PROVIDER: The oxygen flow setting must be determined and recorded for each patient individually by the prescriber, including the configuration of the device, its parts, and the accessories. It is the responsibility of the patient to periodically reassess the setting(s) of the therapy for effectiveness. The proper placement and positioning of the prongs of the nasal cannula in the nose is critical for oxygen to be delivered.





# Lives floating in misery

Original in tamil by Puthuvai Praba English version by Siva Sinniah



How is it possible to change everything within two days, wondered Reshma.

“Sister how could they change our ward in two days like this “she asked Bharathi.

“Not only that we have to wear BBE compulsorily from tomorrow, but we also have to wear masks too. Did you know that? asked Bharthy.

“Is that so. without AC and in this hot weather, how to wear that for 6 hours. It would be better to die of Corona, “said Reshma.

“If you are speaking like this at your age. How about my position?”

Even though there are several nurses working in the emergency Ward of the Central government Gipmore Hospital, Reshma and Bharathi were outstanding, because of their dedication to duty and taking care of the patients with utmost care and sympathy at any time of the day. They won the hearts of all the doctors and the other employees working there.

Reshma is 22 years old and Bharathi 42. Even though there was a lot of difference in age they moved as though

they were the same age. Reshma is from Kerala. She was selected as a nurse from an exam conducted two years back.

As usual the canteen was full of people. After placing the handbag on the table Reshma asked Bharathi whether to order snacks along with coffee.

“No coffee is enough for me. What have you ordered for you?” inquired Bharathi

“Noodles”

“You want to finish your dinner here?”

“Yes sister, after going home and trying to cook something will take me time. I am a spinster, so I have to manage like this.”

“Yes, you want to feel the best of a spinster life. You will realize it only after getting married and giving birth to two kids the best life of a spinster”. Then she started thinking deeply.

“What sister you started dreaming after sipping the coffee.”

“No, I am not dreaming. I am thinking of my daughter Subah’s dream of getting the state first rank in grade 10 exam. Because of this Corona,

schools have been closed but she keeps on studying late at night. No one knows as to what will happen to the exam. Whenever I am home, I used to prepare coffee for her. my thoughts were there as soon as I started sipping this coffee.”

“Convey my best wishes to Suba.”

Reshma went home after opening the gate, Pavitra, the old lady came down from upstairs saying “I am waiting for you. I have received a parcel by Courier.”

She gave it to her and said “this is supposed to have arrived from China.”

Reshma took the parcel and examined it carefully by turning it upside down.

“I am telling you of a disease spreading from China. My son in US told me” said Pavitra.

“Yes, grandma there seems to be a new virus spreading and we have set up a new ward in our Hospital.”

“Okay, take care of yourself” she went up holding her knees.

Pavitra is the owner of the house, Reshma is a tenant in a room. Pavitra told her that she’s receiving money monthly from her son and daughter living in US. relatives of hers living



## Short Story

## COMMUNITY WATCH



close by look after the payment of all the bills and bought groceries and other requirements of Pavitra. There are two sections of the house. Downstairs is occupied by Reshma and another medical student. Pavitra is occupying the upstairs. Since this house is closer to the Gipmore Hospital people working there and studying used to rent rooms in this house.

Reshma as usual in the morning drank lemon tea and opened WhatsApp. The news was mostly about Corona and hence got annoyed and closed it and came out to see her neighbor Parames was locking her door to go out.

“Hi Parames, are you late to classes?”

“Yes, Akka, I got 10 minutes late. I am in a hurry. Bye “.

She left the place in a hurry by walking and running and disappeared soon.

Reshma’s cell started ringing and she went in and took it and on the other end was Bharathi.

“Good morning sister”

“Good morning Reshma, today we are going to put on new attire, so I thought of speaking about it.”

“Oh my God. I am really worried about it.”

“Don’t get worried. Don’t know how long this is going to. Before wearing the BBE go to the washroom. We will take off that only after 6 hours. Also eat something before you come to work Don’t pass out at work on an empty stomach. We have to wear M95 mask, two or three sets of gloves along with the BBE. You will be sweating profusely”. Bharathi went on like this maybe because she cared about Reshma or warned her to get prepared for an unusual ordeal. This advice was beneficial to her.

Four days have passed and lots of things have happened. During these days the entire country was on curfew and people admitted to the ward increased day by day. Laborers were stranded unable to go to their own Villages and towns. An old man brought down his mask and called Reshma as she stepped out of the corona ward.

“Sister, I am the attendant of the patient Karunaharan in bed number 4. How is he? Doctors are not telling anything” asked her on a very sad note. unable to tell you anything” Grandpa please wait.”

He followed her for some distance and then stopped in the middle.

Wearing the safety attire with a lot of weight for 6 hours, perspiring profusely and with restless workload Reshma came to the canteen to take rest. She was reminded of Pavitra’s words when she set out for work in the morning.

“My son told me that this Corona is affecting old people. You are also working in the corona ward. I am getting nervous. Can you please go to a hotel or your hospital hostel for 1 or 2 months? You don’t have to pay me any rent. You can return after this disease subsides. Please understand my position. Look for a place in 3- or 4-days’ time.

A hand touched on her shoulders, and she came back to herself.

“Why do you look so tired? Are you hungry? Asked Bharathi.

“Give me two strong coffees for the table” she ordered and set near her.

“The house owner Pavitra got on my nerves this morning. She’s asking me to look for a place until this Corona is over. She’s afraid of getting Corona since I am working in that ward.”

“Why she is worried about you. She is living upstairs, and you never go up and she never visit you downstairs. Furthermore, she’s living about half a kilometer from the hospital and there is no reason for her to panic.”

“This morning was spoiled by her and add to this the patient on bed number four did not allow me to take blood samples and gave me a tough time. Then the old man came inquiring about Karunakaran. I did not say anything.”

“Yes, I heard about that, who is a popular writer. He went to the writer’s conference in Bangalore and got the infection there.”

“Is he a writer? “

“Why are you worried about the writer?”

“Writers are equal to God. They always have a sharp observation of their surroundings; their Heroes and heroines are people around them.”

“Hope you are not a writer.”

“Yes, I am not, that is a special talent which is rare. I have read many books by Malayalam writers. We celebrate our writers.”

“Why are you speaking highly about writers?”

“What I am telling you is true. When our famous writer from our village Vaikkam Mohammed Bashir got his Sahitya Academy Award, our Chief Minister visited his house and praised him for his achievement. Kerala is a land which celebrates the writers.”

When the parcel ordered by Reshma was brought to her, both of them got up to leave.

“Today is the second day of the lock down and we have had enough. How are we going to spend the days to follow” so saying Reshma took her handbag and left.

As she opened the gate of her house Parames, the medical student, came running to her.

“Hi sister how are you?”

She gave the hand sanitizer to her.

“Just now I washed my hands. The owner asked me to speak to you to vacate the room for 2-3 months. I was very reluctant to pass this message to you. I don’t know why she’s getting upset.

“It is okay, Param I will make it tomorrow. It is very difficult to stay with her anymore.”

After Param left. She closed the door and fell on the bed and started crying. She thought about her family and felt very sad, leaving home and traveling several miles to work in a foreign environment alone, enduring all types of difficulties during this Corona period, risking her own life. She was upset by the way the society is treating her during this difficult period.

She was not able to sleep the whole night. She was reminded of his family, Pavitra’s, Bharathi’s and Parames’ words harassing her throughout the night. She left home early in the morning with most of her belongings and with the determination not to see the old lady anymore; She came to the auto stand at the end of the road, without any clue as to where to go. There was not an auto in the stand because of the lockdown. This may be the situation at hotels too, she thought. While she was thinking, she saw the old man holding the hand of a middle-aged man, coming towards her and identifying Reshma, he removed his mask and started crying like a small child. Karuna left us last night. They told us to take the body early in the morning in the hospital hearse and buried him around 4:00 a.m. Only four people were there. He was such a great writer. Only four people were there in attendance. He went on ranting. If not for this Corona there would have been a big crowd at his funeral. We would not have buried him like an orphan with only four people. It is very unfortunate to see him die like this. He was beating his head and crying.

A writer who was equal to God had a shameful death. This was the thought of Reshma. She was looking for words to comfort him but ended up folding of her hands together in salutation.

She thought about Bharathi and called her on the phone twice and received no reply.

People who came out during lockdown on a special need were passing by and never cared to inquire as to why a lady with the bag and baggage was sitting alone in the morning by the side of the road. Two of them were discussing the services of medical personnel during this Corona time. No one was worried about the souls working to save many souls in distress. She felt like crying loud about her pathetic plight.



# PROTECT YOUR HOME 365 DAYS A YEAR



## BACKED BY A YEAR-ROUND CLOG-FREE GUARANTEE



INSTALLS ON NEW & EXISTING GUTTERS



"LeafFilter was a great investment for our home."

-Bill & Jan. ★★★★★

**EXCLUSIVE LIMITED TIME OFFER!**

# 15% OFF + 10% OFF + 5% OFF

YOUR ENTIRE PURCHASE\*

SENIORS & MILITARY!



TO THE FIRST 50 CALLERS ONLY!\*\*

### FINANCING THAT FITS YOUR BUDGET!\*

**Promo Code: 285**

\*Subject to credit approval. Call for details.



**Keeps Out All Debris**

Completely sealed system protects your gutters — and entire home — from damaging debris.

## WE INSTALL YEAR-ROUND!



CALL US TODAY FOR A FREE ESTIMATE

**1-888-495-4326**

Mon-Thurs: 8am-11pm, Fri-Sat: 8am-5pm, Sun: 2pm-8pm EST

\*For those who qualify. One coupon per household. No obligation estimate valid for 1 year. \*\*Offer valid at time of estimate only.



## SPECIAL FEATURE



# CONFIDANTE BETWEEN COUNSELLING

By: Kumar Punithavel

In ancient Sangam literature there are eight anthologies one of which is called Kurunthokai (குறுந்தொகை) meaning short collections. The Kurunthokai collection of poems belongs to the akam (love/ personal) category, and each poem consists of 4 to 8 lines (except poem 307 and 391 which have 9 lines). The total of poems in this collection is 402. In human relationships mutual friends between lovers play an important role not only today but during the Sangam era too which is about two thousand years ago. Probably human nature does not change. It was well stated by Thiruvalluvar that the purpose of friendship is not only to be merry and have fun but also to reprove and correct the friend when he takes a wrong path. On his famous book of ethics Thirukkural couplet 784 he mentions;

நகுதற் பொருட்டன்று நடடல் மிகுதிக்கண்  
மேற்சென் றிடித்தற் பொருட்டு  
*Not to laugh is friendship made,  
But to hit, when faults exceed.*

Even 2000 years ago it was the mutual friends between lovers who becomes confidantes and brought them together or at times council to keep away. In poem Kurunthokai 196, which was penned by a poet Milai Kanthamar, is set in the farm terrain which in Tamil is traditionally called as Marutham (மருதம்). Interestingly this is the only poem written by this poet available today. The hero had been unfaithful to his partner. He had been keeping the company of a courtesan. At one stage he wanted to make-up with his sincere loving lover who was grieving. To that end he approached the confidante for help. However, she does not trust the change of mind and believes he is trying to make up with her as his lover has booted him.

The observation and suggestion made by the confidante forms the contents of the Kurunthokai poem 196. She starts saying there was a time when her friend offered a raw bitter neem fruit, he praised it as tasting like a sweet sugar cube; But you are a changed man now;

*If my friend gave you raw neem fruit,  
You praised it as sweet sugar cube then;  
but now,*

வேம்பின் பைங் காய் என் தோழி தரினே,  
“தேம் பூங் கட்டி” என்றனர் இனியே,

Starting her observation how the hero had looked with admiration and trust at his previous lover and whatever she offered it did please him. It was the mindset because of his love that made him appreciate whatever she gave him.



Now our confidante wants to point out how he had changed by his wrong company of a clandestine affair with another woman. The episode must have taken place in the Parambu mountain of benevolent King Paari, who was a renowned patron king during Sangam times. This Parambu mountain is known in present-day as Piran Mountain located in the Sivagangai district of Tamil Nadu. In this poem the poet mentions the month of January. He talks about a day in the Tamil calendar month Thai, which starts around 15th of January of Gregorian calendar.

Apparently, the poet was influenced by the famous Tamil adage saying that ‘a way will dawn with the dawn of January (தை பிறந்தால் வழி பிறக்கும்). However, according to the mutual friend the former lover has changed so much she says at present even if her friends give cool soothing water from Pari’s Parambu mountain spring chilled by the Thai month’s cool weather, he would complain it is warm and brackish.

*Cool water from Pari’s Parambu  
mountain spring during Thai month she  
offers*

*You will complain its hot and brackish,*  
பாரி பறம்பில் பனிச் சனைத் தெண்ணீர்  
தைஇத் திங்கள் தண்ணிய தரினும்,  
“வெய்ய உவர்க்கும்” என்றனர்-

The poet goes on to say that the confidante of the former lovers, reprimands the hero saying that he is bound to complain about the pleasant mountain spring as that’s the nature of his hypocritical love towards her friend.

*Sir, that’s the nature of your love.*  
ஐய!-அற்றால் அன்பின் பாலே.

Let us look at the whole poem by Milai Kanthamar written two thousand years ago;

*If my friend gave you raw neem fruit,  
You praised it as a sugar cube then, but  
now, Cool water from Pari’s Parambu  
mountain Spring during Thai month she  
offers, You will complain its is hot and  
brackish’ Sir, that is the nature of your  
love.*

வேம்பின் பைங்காயென் தோழி தரினே  
தேம்பூங் கட்டி என்றனர் இனியே  
பாரி பறம்பிற் பனிச்சனைத் தெண்ணீர்  
தைஇத் திங்கள் தண்ணிய தரினும்  
வெய்ய உவர்க்கும் என்றனர்  
ஐய அற்றால் அன்பின் பாலே.

In the Kurunthokai poem 196, the bard Milai Kanthamar, expresses the stand take by the confidante, to ensure she points out that the hero was not honest, but at the same time she wants to protect her friend, who may concede believe the hero, and get back together and live. Among the Tamilian race there have been good sincere people and some who are not to be trusted. Sangam literature is a treasure trove of so much advice and guidance to this day. However, at that time it was Thiruvalluvar gave the yardstick how the couple should live in his couplet number 1122. which goes as follows;

*Between this maid and me the  
friendship kind Is as the bonds that soul  
and body bind*

உடம்பொ டுயிரிடை என்னமற் றன்ன  
மடந்தையொ டெம்மிடை நட்பு

*What a wonderful way for lovers to live by.*





## SPECIAL FEATURE

# INFIRMITIES THAT CONFRONT ELDERS

By: J A Rajah

### A. Hearing Loss, Cataracts, Back/Neck Pain:

Seniors are bound to be confronted by a variety of infirmities. As one ages, the body wears away and easily become weak and disabled. Seniors become easily prone to diseases. Hearing loss is widespread for people between the ages of 65 and 74. Hearing aids, special training Medicare and surgery are the treatments that can help elderly with hearing problems. Cataract becomes a problem as you grow older. More than half of the people aged 80 or older either have cataracts or have been trying to get rid of cataracts. Cataracts may make the vision blinking, hazy or less colourful. Small incision surgery is the only treatment for cataracts. Back and neck pain is another common ailment among seniors. When one gets older the cartilage fades away. At the same time, the discs lose water and become narrow, adding pressure to the joints. This pressure causes inflammation and can lead to back pain. When the spine pain is primarily in the neck it could lead to arthritis of the neck. For neck and back pain treatment includes medicines, physical therapy, steroid injection and at-home pain-relief.

### B. Osteoporosis, Diabetes, Depression:

Osteoporosis is the loss of bone density among ageing adults that can cause painful fractures, disability and deformity. When heredity and bone size affect the development of osteoporosis it is often possible to prevent delay or reduce bone loss through healthy living. Heat and cold treatments are likely to reduce pain. Practice good posture to reduce joint pain may also be necessary.

Diabetes is a serious disease that may affect older adults. It occurs when a person's blood glucose or blood sugar is too high. The good news is that you can take steps to delay or prevent type 2 diabetes which is the most common form of disease to develop in older adults. Diabetes needs diet and exercise. Pills, insulin injections and medicines may also help.

Depression is common among seniors. They feel depressed due to feelings of frustration, helplessness and loss of independence. Chronic conditions of arthritis, diabetes, heart diseases, and mobility issues can restrict daily activities leading to a decline in overall well-being and risk of increased



depression. It leads to a feeling of uselessness and frustration affecting mental well-being. Depression is also a result of loss and grief.

Social connections play a vital role in maintaining emotional and mental well-being. Loss of a partner or friend too brings about depression in older adults. For depression cognitive behavioral therapy and implant therapy are recommended. Medication for depression balances hormones that affect mood such as serotonin. They are anti-depressant medications.

### C. Dementia, Cancer, Heart-failure:

Dementia is an abnormal depression of the brain that leads to changes in a person's ability to think, speak, socialize and take part in daily activities. Detecting dementia early and identifying the specific type is crucial for providing proper care. Dementia leads to memory loss, loss of understanding, and loss of ability to make decisions. Problems with daily living, speech understanding language and socializing are associated with dementia. The risk of dementia increases with age. Immunotherapy is the treatment for dementia. It helps to clean out debris from the brain. Prostate cancer is common in men over the age of 65. Lung cancer is on the rise for people over the age of 70. Bladder cancer is also common among people over 65 years of age. Older adults with long-term high blood pressure and obesity are at the risk of developing heart failure. Heart failure results from threatened and stiff heart

muscle that releases too slowly. Surgery, chemotherapy, radiation therapy and immunotherapy are the treatments for cancer.

### D. Hypertension, Parkinson's Disease, Falls.

Hypertension in older adults is related to adverse cardiovascular outcomes such as heart failure, stress, myocarditis infection and death. Heart-failure is prevented by pharmacological therapy. Heart transplantation is also tried with older patients with heart-failure. Blood-pressure reduction is effective in reducing cardio-vascular risk and is safe in ambulatory older adults. Many people with Parkinson's disease have problems like memory loss and dementia. Parkinson's Disease is a mental disorder that causes uncontrollable movements such as shaking, stiffness and difficulty with balance and coordination. As

the disease progresses people may have difficulties in walking and talking. A single accident like tripping on a rug or slipping on a wet floor can change the life of a senior. For older people, a broken bone can also be the start of more serious health problems and lead to long-term disability. Levodopa is the most effective treatment for motor strength of Parkinson's disease. Falling off and on is very common with elderly people. A single accident like tripping on a rug or slipping on a wet floor can change the life of a senior. For older people a broken bone can also be the start of more serious health problems and lead to long term disability. Seniors do fall when taking baths in a bathtub. Now special alterations are made to bathtubs to help seniors. When suggesting treatment for people who frequently fall: the history of falls, impairment in balance, reduced muscle strength, gait difficulty -are all taken into account.

### E. Health Facilities for Elders in Developed Countries.

Thus, elders are prone to several ailments that affect their normal life and make it a difficult hazard. However, modern health and medical facilities have made it possible to help elders treated and cared for in well-equipped care homes that enable them to spend their latter days peacefully and not suffer much. Most developed countries like Canada, the U.S., France and the U.K. have all the resources to give a better life for their elders.



## SPECIAL FEATURE



# KAMALA: THE NAME BEHIND THE CHANGING FACE OF AMERICA

By: Ariaratnam Gobikrishna

Nomination of Kamala Harris, whether viewed as the first Black woman or the first Asian woman for the presidency in the United States, represents a historic moment in American politics. After Obama, her nomination marks one of the most consequential events in the nation's political landscape. If she is elected, it will be a monumental step forward in the ongoing and often arduous journey toward a more perfect union. This moment invites the world to admire America for her growing inclusiveness, while America herself may look inward, reflecting on how far she has come and how unimaginable this journey once seemed.

Is this the same country that Alexis de Tocqueville once condemned as morally depraved after witnessing the sale of Black children by the very slave masters who had fathered them? One might wonder. During his tour of America, Charles Dickens found little to admire, documenting a nation steeped in social injustice and hypocrisy. While Dickens was more ambivalent about slavery than Tocqueville, both men foresaw that such a practice would inevitably lead to civil war.

After the civil war, Abraham Lincoln, despite signing the Emancipation Proclamation, remained unconvinced of the intellectual equality of Black people, even with Frederick Douglass—a formerly enslaved man who had taught himself to read and become a brilliant orator—present in his midst. Many white Northerners believed that after the abolition of slavery, Black people should be expatriated, with Liberia chosen as the destination to enforce this principle.

To challenge white America's assumptions, the Reconstruction era witnessed a remarkable rise in Black intelligence and self-determination. However, this progress was tragically short-lived, crushed by the imposition of Jim Crow laws and the betrayal of Reconstruction's promises. It took the Civil Rights Movement to reclaim the rights of Black Americans, a pivotal moment that also coincided with a significant influx of Indian immigrants.

Until 1965, immigration from India was severely restricted, but when the doors finally opened, professionals and those with means flocked to the United States. These immigrants, often from India's so-called upper classes, arrived with a condescending attitude towards Black Americans, frequently boasting, "I came to this country with a mere hundred dollars in my pocket, and if I can make it, why can't others?" This sentiment, however, overlooked the harsh realities faced by inner-city Black families, who were burdened by systemic discrimination and fractured social structures.



- GettyImages

What these Indian immigrants often failed to recognize was that they did not represent the struggling rickshaw drivers or laborers in India—figures whose hardships were romanticized in Bollywood films but seldom uplifted in any meaningful way. Instead, they hailed from affluent families with sought-after degrees, making them well-equipped to succeed in American universities, hospitals, and the hospitality industry. Kamala Harris is the product of this intellectual immigration from both African Caribbean and South Indian communities, a possibility made real by the hard-fought liberties won by African Americans.

Now, using an old trick, some critics question Kamala Harris's intelligence, arguing that she came through the back door because she was not originally elected as the presidential nominee. However, she didn't just appear on the political scene without credentials, as some would have you believe. She served as the Attorney General of California, the most populous state in the U.S., before being elected as a senator and eventually becoming the vice president.

Speaking of intelligence, throughout history, the narrative around intelligence and capability has often been skewed by racial biases. There was a time when white-dominated sports were considered out of reach for people of African descent. However, when these barriers were finally breached, athletes of African descent not only proved themselves but also elevated their sports to unprecedented levels. Icons like Sir Garfield Sobers in cricket, Jackie Robinson in baseball, the Williams sisters in tennis, and Tiger Woods in golf were once seen as exceptions. Yet, they went on to redefine their sports, setting new standards of excellence. In 1950, the NBA broke racial barriers by allowing its

first Black basketball player to take the court. Fast forward to the 2024 Olympics, where an all-Black basketball team claimed the gold medal, demonstrating how far the sport has evolved. This transformative impact extends beyond sports. In the music industry, Black artists have not just participated but have been the architects of entirely new genres that have spread across the globe like wildfire, influencing culture and mannerisms worldwide. The difference between simply imitating what exists and creating something revolutionary highlights the profound intelligence and creativity.

Today, America's universities have become crucibles of diversity, where mixed-race populations are among the fastest-growing demographics. For the current generation, the racial politics that once dominated are increasingly seen as relics of the past. In this evolving landscape, no single race holds a permanent claim to dominance in any field. Instead, it is the opportunities, exposure, and life circumstances that drive individuals to work hard and achieve excellence.

Sadly, not everything in America is moving toward the ideal. The nation's involvement in foreign affairs, particularly its wars and alliances, often reveals troubling contradictions. On one hand, the U.S. stands firmly against the despotism of Russia, positioning itself as a defender of democracy and human rights. Yet, on the other hand, it turns a blind eye to the policies of Israel's leadership, whose actions have devastating consequences for the children of Gaza. This inconsistency is not just hypocritical—it's morally indefensible.

Supporting one cause while ignoring the suffering in another region exposes a deep flaw in American foreign policy. The ongoing carnage in Gaza, exacerbated by misguided leadership on all sides, demands more than passive acknowledgment; it calls for a ceasefire and meaningful negotiations to secure the release of hostages and bring peace to a region in desperate need of it.

I'm not here to defend or criticize Kamala Harris's policies or politics; I'm simply an admirer of the possibility of electing the first woman president in the United States. As a South Asian, and as someone deeply familiar with the name Kamala—so common among my friends and family in Sri Lanka—I can't help but reflect on the significance of this name. In Sri Lanka, being part of a minority community that has existed for many millennia, this name comes with its challenges. Yet, it's awe-inspiring to see that, within just one generation, someone with this very name is on the brink of holding the most powerful position in the world.





# CARS VS PUBLIC TRANSPORTATION

For as long as I can remember, the two main methods of transportation have been cars and public transit. There are many different types of public transit in Toronto such as TTC buses, subway, street cars, GO train and much more. All of these different types of transits serve a specific purpose. TTC buses are made to help you get around your neighbourhood quicker, while subway systems are meant to help you navigate long distances downtown. On the other hand, street cars are meant to help you navigate short distances downtown wherever subway trains don't pass. Also, GO trains are meant to help you get downtown in a quick amount of time. The main problems with these modes of transport are that they cost money every time you ride it, most of the time they aren't very sanitary, and that they don't often provide privacy. The downside of driving a car on the other hand is that it is extremely expensive. Everything from the cost of gas to the maintenance fees is very costly.

Firstly, the reason why cars have been a very popular mode of transportation for a very long time now is since they provide a sense of privacy. For most people, being surrounded by strangers on public transport on their way to work first thing in the morning isn't ideal. They find it irritating if they must deal with other people so early in the morning. Another advantage of having a car instead of taking a form of public transportation is that it is much more sanitary. When taking public transportation, you have no idea about what type of germs or viruses inhabit that area. Since people tend to keep their cars clean, the fear of unwanted germs coming in isn't present. The problem with having a car is that it is very pricey. From the cost of gas to the cost of maintenance fees, it is all very expensive. Also, there is much more responsibility when it comes to driving a car, since if you mess up, it is on you to cover the costs.

On the other hand, taking public transportation has many advantages and disadvantages. To start with the advantages, public transportation can help take you anywhere. The reason for this is since there are so many different types of public transportation. Also, once you pay the fee, you can ride the mode of transportation for as long as you want. The problem



**Laxman Partheepan**

**Grade 8 Student**



with public transportation is that often it is not sanitary whatsoever. People stick gum under the chairs or clip their toenails on the seat. Another problem that is present with public transportation is that there is almost never any form of privacy offered. No matter what type of transportation you take, there will always be someone watching you.

In conclusion, the differences between taking a car and taking public transportation is that a car is more costly, while public transportation is much cheaper. Taking public transportation is less sanitary, someone will always be watching you and there are fees for every time you ride it. On the flip side, taking a car is more sanitary and more private.



## RG Education Centers

*Giving the Gift of Education since 1991*

**ONLINE CLASSES AVAILABLE**

**FREE ASSESSMENT**

- French
- English
- Math
- Science
- Biology
- Chemistry
- Physics
- Piano
- Theory
- Guitar
- Voice

- CONVENIENT
- EASY TO SET UP
- EXPERIENCED TEACHERS
- AFFORDABLE RATES

**IN-PERSON CLASSES:**

**3852 FINCH AVE. E, SUITE 401  
SCARBOROUGH (KENNEDY & FINCH)  
(416) 609-9508 / www.rgeducation.com**



NORTH AMERICA'S  
**#1 Selling** Walk-In Tub

Featuring our *Free Shower Package*

**SPECIAL OFFER**



*Now* you can finally have all of the soothing benefits of a relaxing warm bath, or enjoy a convenient refreshing shower while seated or standing with Safe Step Walk-In Tub's **FREE Shower Package!**

- ✓ First walk-in tub available with a customizable shower
- ✓ Fixed rainfall shower head is adjustable for your height and pivots to offer a seated shower option
- ✓ High-quality tub complete with a comprehensive lifetime warranty on the entire tub
- ✓ Top-of-the-line installation and service, all included at one low, affordable price

*Now you can have the best of both worlds—there isn't a better, more affordable walk-in tub!*

Call today and receive a  
**FREE SHOWER PACKAGE**

**PLUS \$1600 OFF**

FOR A LIMITED TIME ONLY

Call Toll-Free 1-844-869-2952



With purchase of a new Safe Step Walk-In Tub. Not applicable with any previous walk-in tub purchase. Offer available while supplies last. No cash value. Must present offer at time of purchase.

**Call Today for Your Free Shower Package**

**1-844-869-2952**

FINANCING  
 AVAILABLE  
 WITH APPROVED  
 CREDIT







# ANDRE DE GRASSE CELEBRATION PARADE



**Andre De Grasse**  
Celebration Parade

**Sunday**  
**September 22**

Mark your calendar!

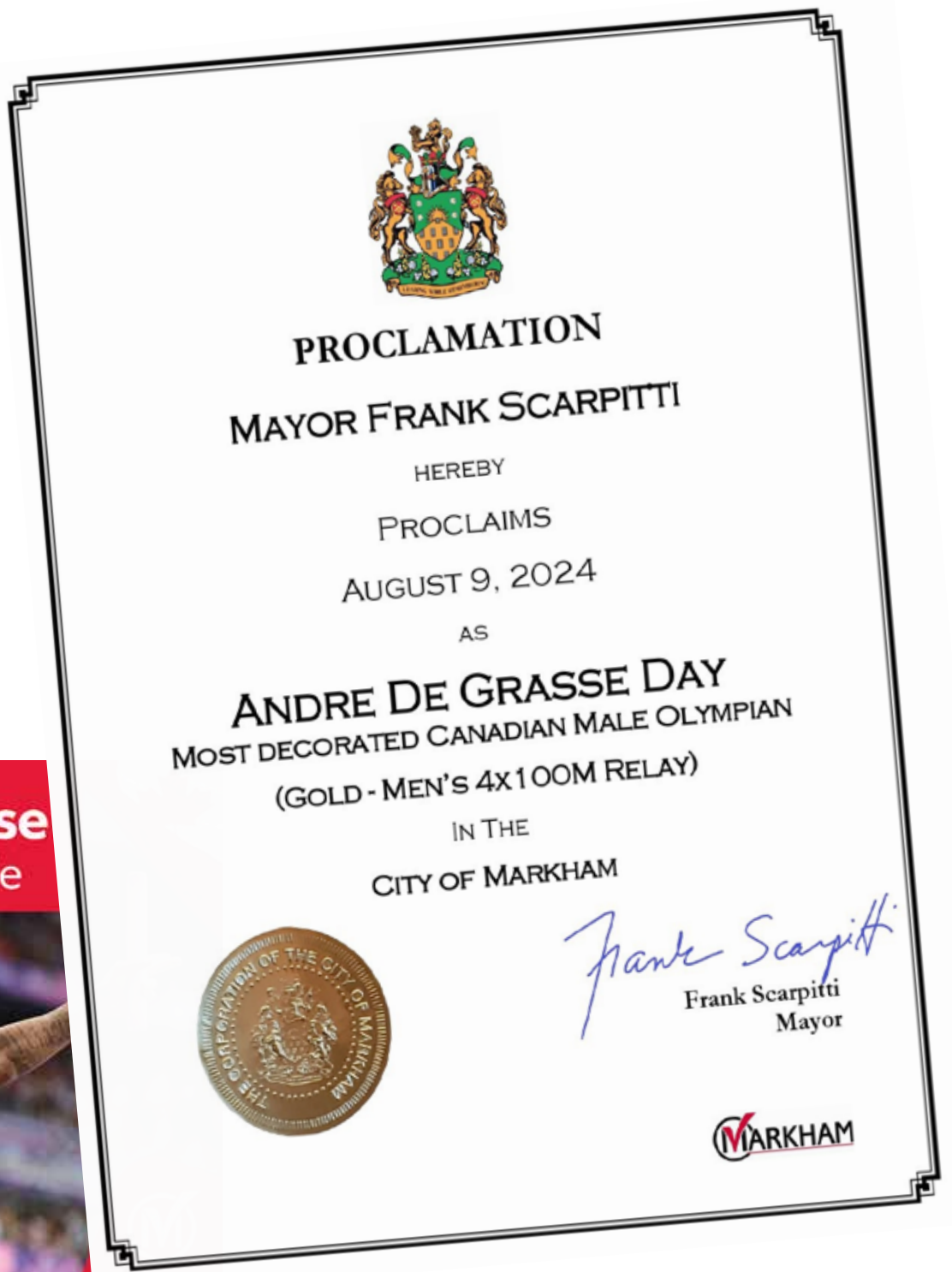
On Sunday, Sept. 22, the City of Markham is holding a celebration parade in honour of seven-time Olympic medallist Andre De Grasse.

De Grasse became the most decorated Canadian male Olympian of all time when he won the gold medal in the Men's 4 x 100M relay at the Paris 2024 Summer Olympics.

Following his incredible performance, Markham Mayor Frank Scarpitti proclaimed Aug. 9th Andre De Grasse Day.

Join us as we celebrate Andre and his amazing accomplishments!

Stay tuned for more details.







# RICHMOND HILL PARTNERS W/ URBAN ECONOMY FORUM TO ADVANCE SUSTAINABLE DEVELOPMENT IN CANADIAN CITIES

The Urban Economy Forum (UEF), through the World Urban Pavilion, announced that Richmond Hill will become the first Frontrunner City in Canada helping to advocate for sustainable development worldwide.

This partnership positions Richmond Hill as an advocate of the United Nations Sustainable Development Goals and will showcase the City's



commitment to developing more resilient and sustainable communities through innovative and forward-thinking policies and projects.

As Richmond Hill sets its sights on becoming a world-class leading city in sustainable urban development, this collaboration will explore opportunities for advancing key goals for the community – including climate resilience, access to greenspace, improved mobility, and a healthy environment – with the possibility to showcase these achievements on global stages.

This partnership is part of the World Urban Pavilion's Canada Frontrunner Program, a national initiative aimed at strengthening cohesion across Canada and promoting a unified sustainability agenda. The program aspires to position Canada as a global leader in sustainable urbanization, akin to Silicon Valley's role in technological innovation. This program not only acknowledges cities, but also the private sector, universities, governments, and civil society that are making strides in sustainability. It also supports them in their journey to set new benchmarks for urban development worldwide, and to become global examples of excellence.

Richmond Hill's role as a Frontrunner City results from a rigorous assessment from the World Urban Pavilion, which is dedicated to identifying and supporting Canadian champions in sustainability. As a diverse, growing municipality straddling a major metropolis to the south and a critical landform – the Oak Ridges Moraine – to the north, Richmond Hill has demonstrated a capacity for balancing urban development with environmental protection, and is committed to a sustainable, low-carbon future. As part of this collaboration, the World Urban Pavilion and the City



of Richmond Hill are actively seeking inspiring best practices from local businesses, civil society organizations, academia, and other local stakeholders. Stakeholders are invited to collaborate in the co-creation of local initiatives that have global potential as world models of sustainable urbanization. Through these partnerships, Richmond Hill aims to leverage collective expertise, knowledge and resources to achieve new heights in sustainability.

For more information about the Canada Frontrunner Program and how to get involved, please visit [worldurbanpavilion.org](http://worldurbanpavilion.org) or contact [alex.venuto@worldurbanpavilion.org](mailto:alex.venuto@worldurbanpavilion.org).

## Quotes



"This collaboration represents an exciting opportunity for Richmond Hill to lead by example and inspire other cities around the world. We are proud to work with the Urban Economy Forum and the World Urban Pavilion to advance our sustainability goals and create lasting positive impacts for our community."

- David West,  
Mayor, City of Richmond Hill

"Richmond Hill's selection as a Frontrunner City highlights its dedication to sustainable urban development. We look forward to showcasing its exemplary practices and collaborating with a diverse range of stakeholders to drive global initiatives that enhance urban sustainability."

- Reza Pourvaziry,  
Chair, Urban Economy Forum

## About the Urban Economy Forum (UEF)

The Urban Economy Forum (UEF) is dedicated to advancing sustainable urban economies and municipal finance. Through partnerships with international organizations and local governments, UEF supports innovative approaches to urban challenges and works towards achieving the Sustainable Development Goals (SDGs).

## About the World Urban Pavilion

The World Urban Pavilion, launched by UEF in collaboration with UN-Habitat and the Government of Canada, serves as a global knowledge exchange hub for sustainable urbanization. It connects cities, experts, and financial institutions to localize the SDGs and drive transformative urban solutions.

## About the City of Richmond Hill, Ontario, Canada

The City of Richmond Hill is home to a diverse population of 202,000+ people and 4,500+ businesses, many of whom are designing and developing the next generation of cutting-edge products. Richmond Hill is a leader in environmental management and sustainability. Its forward-thinking Environment Strategy and Community Energy and Emissions Plan help guide the City and community's environmental efforts and tackle climate change issues from various angles. The City has award-winning stormwater management, urban forest management and corporate energy reduction programs, as well as one of the highest waste diversion rates in Canada. Richmond Hill is committed to working with innovative and engaged citizens, as well as key government and private sector partners, to build a sustainable, resilient, low-carbon city.





# BANQUET & CONVENTION CENTRE



Contact us for more information on how we can support you  
[jcsbanquet.ca](http://jcsbanquet.ca) | 416-290-6186 | [sales@jcsbanquet.ca](mailto:sales@jcsbanquet.ca) | [ig:jcsbanquet](https://www.instagram.com/jcsbanquet)



**The best choice for weddings**  
 We offer complete custom packages to ensure your big day is exactly how you dreamt it. Join us for all of your lifes milestones as we also have packages for sari ceremonies, mehendi, sangeet, bridal showers, and receptions.

**Bring a touch of luxury to your next event!**

We provide customized stage and hall set ups as well as item rentals.  
 Visit us for images and information.

[mabelrentals.com](http://mabelrentals.com) | [ig: mabelrentals](https://www.instagram.com/mabelrentals)



Go Beyond  
**JC's Tours** 

**Expedition and travel services provided here and abroad!  
 Request pricing and packages online at [jcostours.ca](http://jcostours.ca)**



# Luxury Condos



## SOLACE JAFFNA



390A,  
Main Street,  
Jaffna.  
Sri Lanka



**UNIT-6**  
600 sq.ft.

2<sup>nd</sup>  
FLOOR



**One Bedroom Unit**  
- One Master Bedroom  
- Living & Cooking Area  
- Washroom  
- Private Balconies



Invest in a home away from home.  
You can expect to be surrounded  
by restaurants, commercial shopping  
and so much more.

Solace is the perfect blend of  
adventure and comfort.

Register now for floorplans,  
pricing and availability.  
With limited units available  
be sure to select yours quickly!

[www.solacejaffna.com](http://www.solacejaffna.com)

**UNIT-19**  
715 sq.ft.

3<sup>rd</sup>  
FLOOR



**Two Bedrooms Unit**  
- Two Bedrooms  
- Living Area  
- Kitchen  
- Two Washrooms  
- 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 79 homeland projects as of Aug 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)

**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)

### 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.

Open to Men, Dads, Buds, Youth and Seniors  
 Joyful for a fun night of singing and more!  
 Let your inner star shine with a night of family fun and music!  
**Free FAMILY KARAOKE NIGHTS**  
 EVERY FRIDAYS STARTING MAY 3RD 8:00 PM - 9:30 PM  
 Website: [durhamtamils.org](http://durhamtamils.org)      Location: DTA Center 66 Harwood Ave S Ajax      Phone: 905-428-7007

**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)

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

### DTA SENIOR'S AUG MONTHLY MEETING

DTA Senior's March monthly meeting will be held on Sunday Sep 29, 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**

- Brock
- 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

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

### DTA BADMINTON CLASSES

Enjoy fun physical activity taught by a trained badminton coach!

**When:** Every Monday from 6PM-8PM.

**Start date:** Monday, September 9th

**Location:** Saint Jude Catholic School  
 68 Coles Ave, Ajax, ON L1T 3H5

Youth class **Ages 7-17**

Adults class **Ages 18-54**

PLEASE REGISTER ONLINE  
<https://www.durhamtamils.org/badminton-class.html>

Badminton class fees : **\$5** per class  
 (Please pay **13** class fees **\$65**)

**BADMINTON CLASS**  
 YOUTH CLASS AGES 7-17  
 ADULTS CLASS AGES 18-54  
 START DATE MONDAY SEPTEMBER 9TH  
 REGISTER ONLINE @ DURHAMTAMILS.ORG  
 TEL: 905-428-7007  
 SAINT JUDE CATHOLIC SCHOOL  
 68 COLES AVE, AJAX, ON L1T 3H5  
 \$5 PER CLASS  
 Please pay 13 classes fees \$65

### YOUTH & ADULTS YOGA CLASS

"This yoga class is led by a highly skilled and exceptional instructor."

**Yoga Instructor:**

**MALINI PARARAJASINGHAM**

**When:** \*Every Saturday from 9:30AM- 10:30AM.

**Start date:** Saturday, September 14th

**Location:** DTA Center  
 66 Harwood Avenue South, Ajax, ON L2S 2H6

**Ages :** 10-54

PLEASE REGISTER ONLINE:  
<https://www.durhamtamils.org/youth-adults-yoga-class.html>  
 Tel: 905-428-7007

Yoga class fees : **\$5** per class  
 (Please pay **14** classes fees **\$70** - Sept 14 to Dec 14th)

**YOGA CLASS FOR YOUTH & ADULTS**  
 LOCATION: DTA CENTER 66 HARWOOD AVENUE SOUTH, AJAX, ON L2S 2H6  
 SATURDAYS, 9:30AM-10:30AM  
 AGES 10 TO 54  
 START DATE: SEPTEMBER 14TH  
 REGISTER ONLINE @ DURHAMTAMILS.ORG  
 TEL: 905-428-7007  
 YOGA INSTRUCTOR: MALINI PARARAJASINGHAM  
 \$5 PER CLASS





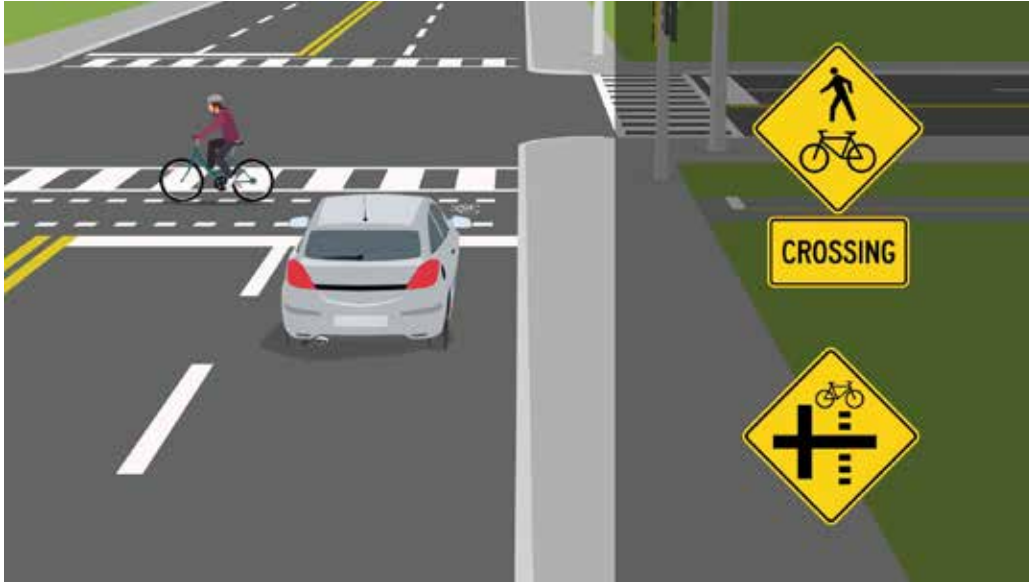




# COMMUNITY WATCH



## PEOPLEFORBIKES RANKS CITY OF WATERLOO #1 IN ONTARIO FOR CONNECTED BIKE NETWORKS



The PeopleForBikes 2024 City Ratings ranks the City of Waterloo as #1 in Ontario, and #11 in Canada for bike networks.

PeopleForBikes’ annual City Ratings program ranks thousands of cities across the world on how well their bike networks connect people to the places they want to go. By comparing the best cities for biking, PeopleForBikes aims to encourage local leaders, decision makers and advocates to act on key lessons to build more safe, fun and connected places to ride.

Since the PeopleForBikes City Ratings program began seven years ago, they have benchmarked progress to improve bicycling in cities nationwide. The scores provide an objective baseline to help cities progress. A score of 50 or higher is a significant tipping point to becoming a great place to bike. The City of Waterloo, with a score of 63, is one of the most connected places in Canada, and holds an overall ranking of 154 out of 2579 ranked cities in the program. This is the second year the City of Waterloo has been ranked.

“Cycling is important to Waterloo’s future as a connected, affordable, sustainable community,” said Mayor Dorothy McCabe. “We’re investing in cycling lanes and in safety, because people want to bike, and we want to make sure they can get where they want to go. Our active transportation network provides an affordable, sustainable alternative to vehicle travel for people and families to move throughout our city. We know we need to do more to expand and improve our cycling network, but it’s wonderful to have our connected community recognized as a leader.”

Investing in active transportation is one of the objectives under the City of Waterloo’s Infrastructure and Transportation Systems strategic priority. Under this priority, the City is expanding the active transportation network to increase community connections and mobility for all, connecting residents with major transit routes, employment areas and amenities. The City also continues to explore ways to improve safety of cycling lanes and encourage greater use.

“It takes vision, investment and community support to make real change,” said Regional Chair, Karen Redman. “The Region is proud to work with cities like Waterloo to continue our partnership in developing and investing in active transportation connections that give residents and visitors choices in how they travel as the region continues to grow. Building safe, sustainable and connected corridors builds better communities.”





# City of Brampton gearing up for the return of Culture Days: A Celebration of Arts, Culture and Community

The City of Brampton is thrilled to welcome back Culture Days for another exciting year.

Taking place from September 20 until October 13 in Brampton and communities across Canada, Culture Days is an annual celebration of arts and culture, attracting millions of attendees from hundreds of municipalities to explore, engage and participate in more than 3,000 creative events while celebrating the talent and creativity that defines local communities. Last year, Brampton welcomed attendees at 16 Culture Days events and activities.

This year, Culture Days in Brampton is co-presented with community organizers and partners, including Brampton Arts Organization (BAO), Brampton Public Library, Bovaird House, Downtown Brampton BIA and Peel Art Gallery Museum and Archives (PAMA). Residents are invited to immerse themselves in the world of local performing and visual artists, writers, creators, historians, architects, filmmakers, curators and designers through workshops, special events, performances and demonstrations. There are activities and events for everyone of all ages during Culture Days.



Cultural days in Brampton

community with arts and culture. By offering free, accessible events, these festivals give local creatives a platform to showcase their work and reach new audiences. They help

### Quotes

“Culture Days are a remarkable opportunity for our community to come together, celebrate our diversity and showcase the incredible talent we have here in Brampton. I’m proud to see our city at the forefront of this national celebration as we continue to support local artists and provide meaningful cultural experiences for residents of all ages.”

- Patrick Brown, Mayor, City of Brampton

“Supporting local talent and fostering connections through arts and culture are at the heart of Culture Days. This event highlights the incredible creativity within our community and also ensures the arts are accessible and inclusive for everyone. We are proud to collaborate with our community partners to bring this celebration to life again and to offer residents enriching experiences that inspire and unite.”

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

“Each year, Culture Days gives us the chance to connect our community with the arts in meaningful ways. This year’s lineup demonstrates the creativity and passion of Brampton’s artists, and we look forward to welcoming everyone to participate in this celebration of arts and culture.”

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

### 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)



Arts Inside workshops series at The Rose theatre. Photo courtesy of Cultural Services, City of Brampton.

Cultural days

Festivals like Culture Days are vital for supporting local talent and connecting the

strengthen the community’s cultural identity and make art more inclusive by welcoming



Unveiling ability

people from all backgrounds to participate. Ultimately, festivals like these create a thriving cultural environment bringing people together and promoting creativity.

For more information about Culture Days in Brampton and a full schedule of local events visit [Brampton.ca/culturedays](http://Brampton.ca/culturedays).





## Mississauga ranked as one of Canada's best locations for business and investment for eighth straight year

Site Selection Magazine has once again recognized Invest Mississauga, the City's Economic Development Division, among the top 20 local and regional groups excelling at positioning their city as one of Canada's best locations for business, jobs and investment. This marks Mississauga's eighth straight year on the list, which scores municipalities based on corporate end-user facility investments, job creation data and the magazine's research.

This prestigious ranking recognizes the City's commitment to promoting Mississauga as a competitive, prosperous, sustainable and inclusive economic centre.

### A thriving and prosperous global business centre

As the City commemorates and reflects on the last 50 years, there is a lot to be proud of and many accomplishments to celebrate. Today, Mississauga has one of the world's most diverse economies. We also have exciting developments to highlight, including recent investments and updates benefitting the businesses that call Mississauga home. For example:



- First Choice Beverage Inc., a Canadian producer of juice and dairy alternative products, is investing almost \$50 million to boost the company's manufacturing capacity in Mississauga. This will add 20 new jobs to its existing workforce of 100 people. In support of this investment, the Ontario government is providing First Choice Beverage Inc.,

a subsidiary of Lee Li Holdings, with \$5 million in funding through the Advanced Manufacturing and Innovation Competitiveness stream of the Regional Development Program.

- Eurofins CDMO Alphora Inc., a contract development organization specializing in biopharmaceutical research and development, received \$22.4 million through the federal government's Strategic Innovation Fund to support the construction of a new biologics facility in Mississauga. The new facility will support Canada's response to health emergencies and will generate 120 jobs, along with 65 co-op positions.

- SPEC Labs, a new 20,000-square-foot dedicated wet lab space for innovative life science companies, received an investment of \$5 million from Federal Economic Development Agency for Southern Ontario (FedDev Ontario). This space will offer scaling life science companies ready-to-use lab facilities and access to world-class equipment and expertise to support their growth.

Businesses choose Mississauga for investment and growth because the City's customer-focused and collaborative approach provides key support for companies at every stage, from start-up to scale-up and beyond. For example, Invest Mississauga provides customized market and data insights, sector-specific programs and services, and access to a large network to help entrepreneurs and businesses make informed decisions more quickly and effectively.

IDEA Mississauga, an arm of Invest Mississauga, supports the city's startup community, and accelerates inclusive entrepreneurship. Through the IDEA Entrepreneurship Hub, located inside the Square One Shopping Centre, entrepreneurs can come together in a collaborative, creative space. Founders can connect with mentors, partners, and access talent and programming that will help take their ideas to the next level.

Mississauga's strategic location in North America is another significant advantage for businesses. The robust supply chain, global market access, Toronto Pearson airport, two post-



secondary institutions and skilled and diverse talent pool make it an ideal location for business growth, which is why it remains a top choice for leading companies.

Read Site Selection's September 2024 issue, highlighting Mississauga's accomplishments alongside other top Canadian economic development groups.

### Quotes

"Businesses choose Mississauga because we have the right assets they need to grow and be successful, including a talented and highly educated workforce, strong partnerships, and integrated supply chains. As we mark the City's 50th anniversary, this recognition from Site Selection confirms that we're on the right track. Invest Mississauga, along with City Council, will continue to advance our economic development efforts to ensure we remain a top destination for leading global businesses."

– Carolyn Parrish,  
Mayor, City of Mississauga

"Invest Mississauga has consistently demonstrated leadership and dedication to providing services, programs and resources essential for our business community to succeed. We are proud to be recognized by Site Selection, reinforcing the City of Mississauga as the top choice for business, jobs and investment."

– Christina Kakaflikas,  
Director, Invest Mississauga,  
City of Mississauga



**Be prepared before the next power outage.**



**It's not just a generator.  
It's a power move.<sup>TM</sup>**

Receive a free 5-year warranty with qualifying purchase\* - valued at \$715.

**Call 1-833-372-0224 to  
schedule your free quote!**

*\*Terms and Conditions apply.*

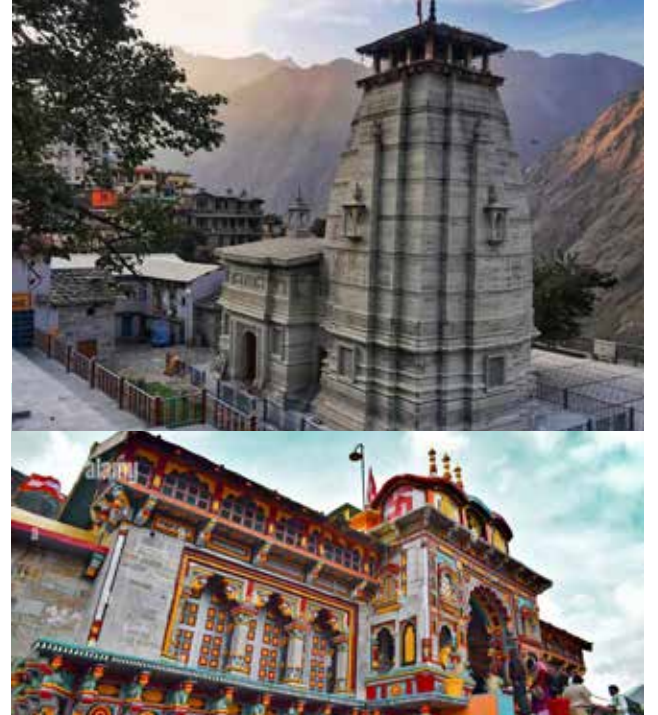
**GENERAC<sup>®</sup>**





## SPECIAL FEATURE

# BADRINATH TEMPLE, BADRINATH, UTTARAKHAND, INDIA



Compiled by Kidambi Raj

### INTRODUCTION

**B**adrinath or *Badrinarayan Temple* is a Hindu temple dedicated to Lord Vishnu. It is situated in the town of Badrinath in Uttarakhand, India. The temple is also one of the 108 *Divya Desams* dedicated to Lord Vishnu, Holy Shrines for Vaishnavites and He is worshipped as Badrinath. It is open for six months every year (between the end of April and the beginning of November), because of the extreme weather conditions in the Himalayan region. It is one of the most visited pilgrimage centres of India, having recorded 2.8 million visits in just 2 months in 2022. It is one of the *Char Dham* pilgrimage sites. The temple is mentioned in ancient religious texts like *Vishnu Purana* and *Skanda Purana*. It is glorified in the *Naalaayura Divya Prabhandham*, an early medieval Tamil canon of the *Azhwar saints* from the 6<sup>th</sup> to 9<sup>th</sup> centuries CE.

### LOCATION



The Badrinath temple is located in *Gharwall* hill tracts along the banks of the *Alaknanda River* in *Chamoli district* in Uttarakhand. The hill tracts are located 3,133 m above the mean sea level. The *Nar Parbat Mountain* is located opposite to the temple, while the *Narayana Parbat* is located behind the *Nealkanj peak*. It is believed that *Adi Shankara* resided in the place for six years from 814 to 820 CE. He resided six months in Badrinath and rest of the year in Kedarnath. Hindu followers assert that he discovered the deity of Badrinath in the Alaknanda River and enshrined it in a cave near the Tapt Kund hot springs. The main entrance gate of Badrinath temple is colourful and imposing popularly known as *Singhdwar*.

### THE CHAR DHAM

*Char dhams* or *Chatur dhams* refer to four holy abodes. It is believed that visiting the four abodes helps a person attain moksha or salvation. The Char Dhams are also considered as four places in India with high pilgrimage importance. The four

places are namely, *Rameswaram, Puri (Jaganath), Badrinath-Kedarnath and Dwaraka*. Each of these four holy abodes is also said to represent the *four yugas*. Badrinath represents *Satyuga*, Rameswaram represents *Tretayuga*, Dwaraka represents *Dwaparayuga* and Puri represents *Kaliyuga*. Also, when the Char Dhams was being formed, the idea was to coin four spots in four directions of the country. While Badrinath is named as one of the Char Dhams, Kedarnath was named as its pair. The journey across the four cardinal points in India is considered sacred by Hindus, who aspire to visit these temples once in their lifetimes. Traditionally, the pilgrimage starts at the eastern end from Puri, proceeding clockwise in a manner typically followed for circumambulation in Hindu Temples.

Though ideologically the temples are divided between the sects of Hinduism, namely Saivism and Vaishnavism, the Char Dham pilgrimage is an all-Hindu affair. There are four abodes in the Himalayas called *Chota Char Dham* (Chota meaning small) and they are, *Badrinath, Kedarnath, Gangotri* and *Yamunotri*, all of which lie in the foothills of the Himalayas. The name Chota was added during the mid-20<sup>th</sup> century to differentiate from the original Char Dhams. As the number of pilgrims to these places has increased in modern times, the Chota Char Dhams are called the *Himalayan Char Dham*.

### ARCHITECTURE & SHRINES

Adi Shankara established Badrinath as a pilgrimage site in the ninth century. The temple has three main structures: the *Garbhagriha* (sanctum), the *Darshan Mandapa* (worship hall) and the *Sabha Mandapa* (convention hall). The conical-shaped roof of the sanctum, Garbhagriha, is approximately 15 m tall with a small cupola on top, covered with a *Gold Gilt Roof*. The façade is built of stone and has arched windows. A broad stairway leads up to the main entrance, a tall, arched gateway. Just inside is a mandapam, a large pillared hall that leads to the



sanctum, or the main shrine area. The walls and pillars of the hall are covered with intricate carvings.

The main shrine houses the 1 ft. *Shaligram* (black stone) deity of Badrinarayana, which is housed in a gold canopy under a *Badri Tree*. The deity of Badrinarayana shows Him holding a *Sangu* (conch) and a *Chakra* (wheel) in two of His arms in a lifted posture and the other two arms resting on His lap in a *Yogamudra* (Padmasana) posture. The sanctum also houses images of the God of wealth *Kubera, Ganesh*, sage *Narada, Udhava, Nara* and *Narayana*. There are fifteen more images around the temple that are also worshipped. These include *Goddess Lakshmi* (the Consort of Vishnu), *Garuda* (the vahana of Lord Narayana), and *Navadurga*, the manifestation of *Goddess Durga* in nine different forms. The temple also has shrines for *Lakshmi Narasimha* and for *Saint Adi Shankara, Nara* and *Narayana, Ghantakarna, Vedanta Desika* and *Saint Ramanuja*. All the deities in the temple are made of black stone.

### LEGENDS



According one legend, Lord Vishnu sat in meditation at this place. During His meditation, Vishnu was unaware of the cold weather. Goddess Lakshmi, His consort, protected Him in the form of a Badri tree (*jujube* or Indian date, called *ber* in Hindi). Pleased by the devotion of Lakshmi, Vishnu named the place *Badrিকা Ashram*. According to the legend, Vishnu was chastised by sage Narada, who saw Vishnu's consort, Lakshmi, massaging His feet. Vishnu went to Badrinath to perform austerity, meditating for a long time in Padmasana.

The *Vishnu Purana* narrates another version of the origins of Badrinath. According to the tradition, *Yama* had two sons, *Nara* and *Narayana*, both of which are modern names of Himalayan mountains. They chose the place to spread their religion and



## SPECIAL FEATURE



each of them went over the spacious valleys in the Himalayas. Searching for an ideal place to set up a hermitage, they came across the other four Badris of the *Pancha Badri*, namely, *Bridha Badri*, *Yoga Badri*, *Dyana Badri* and *Bhavisha Badri*. They finally found the hot and cold spring behind the *Alaknanda River* and named it *Badri Vishala*.

### WHAT IS SPECIAL ABOUT BADRINATH TEMPLE?



Badrinath Temple is dedicated to Lord Vishnu, specifically in His form as Badrinarayan. According to Hindu beliefs, Badrinath is one of the eight self-manifested idols of Lord Vishnu and is considered as one of the 108 Divya Desams, holy abodes of Lord Vishnu.

#### 2. Ancient History:

The temple has a rich history that dates back to ancient times. It is believed to have been established by Adi Sankaracharya, a prominent philosopher and saint in the 9<sup>th</sup> century CE. The temple's architecture showcases a blend of Garhwali and South Indian styles.



#### 3. Location:

Situated in the picturesque backdrop of the Himalayas, Badrinath Temple is nestled between the Nara and Narayana, mountain ranges. The temple is located on the banks of the Alaknanda River, adding to its natural beauty and serenity.

#### 4. Char Dham Pilgrimage:

Badrinath Temple holds immense significance as one of the four Char Dham pilgrimage sites in India. The Char Dham yatra comprises visiting four sacred sites, including Badrinath, Yamunotri, Gangotri and Kedarnath. Pilgrims undertake this journey to seek spiritual enlightenment and blessings.

#### 5. Murti (idol) of Lord Badrinarayan:

The main idol of Lord Badrinarayan is made of black stone and is around 1 m tall. It is seated in a meditative Padmasana (lotus posture). The idol is adorned with intricate ornaments and is considered highly sacred by devotees.

6. **Hot Springs and Tapt Kund:** Near the temple, there are natural hot water springs called Tapt Kund. Devotees believe that taking a Holy Dip in these hot springs before visiting the temple purifies the body and soul

#### 7. Opening and Closing Ceremonies:

The temple remains open for devotees from April to November due to the harsh weather conditions during winter. The opening and closing ceremonies of the temple mark the beginning and end of the pilgrimage season respectively. These ceremonies are conducted with great pomp and devotion.

Overall, the Badrinath Temple's spiritual significance, ancient history, breathtaking location and the role in Char Dham Yatra make it a special and revered pilgrimage destination for millions of devotees and tourists every year.

### WHAT IS BADRI TREE AND ITS SIGNIFICANCE

In the context of Badrinath, the term *Badri Tree* refers to the *Indian Mulberry tree* (*Morus serrata*) or the *Himalayan Mulberry tree* (*Morus laevigata*). These trees are native to the region and are associated with the religious and cultural significance of Badrinath.

The Badri tree holds religious and mythological importance in Hinduism. According to legends, Lord Vishnu meditated under a Badri tree in the area, which is said to be the present-day location of the Badrinath Temple. It is believed that the tree provided shade and shelter to Lord Vishnu during His meditation.

The leaves of the Badri tree are considered sacred, and they hold significance in religious ceremonies and rituals at Badrinath. Devotees often offer these leaves to Lord Vishnu as a symbol of devotion and seek His blessings.

The Badri tree is also known for its medicinal properties. Its fruits and leaves are used in traditional Ayurvedic medicine for various health benefits.

It is important to note that the Badri tree is a distinct species and should not be confused with the Badri fruit (Indian jujube or *Ziziphus mauritiana*), which is a different tree altogether. The Badri tree, with its association to Lord Vishnu's meditation, adds to the spiritual ambiance and cultural heritage of Badrinath.

### MAJOR FESTIVALS IN BADRINATH TEMPLE

Here are some festivals that bring the entire town of Badrinath to life and fill it with vibrancy and colour:



#### 1. Mata Murti Festival:

On the auspicious occasion of Vaman Dwadasi in September, Badrinathji is taken from the temple to visit His mother at the Mata Murti Temple. On this day, the Kapat for Badrinath temple remains closed for the entire day. This is highly holy festival and is attended by numerous priests from other parts of the and the state and pilgrims on their way to Badrinath Dham Yatra.

#### 2. Badrikeshwar or Badri-Kedar Festival:

The holy festival is celebrated in Badrinath and Kedarnath. It usually takes place in June in an attempt to bring together artists from different corners of the country to pay tribute to Indian culture. The festival lasts

eight days and the entire town is imbued with a positive vibe.

#### 3. Sri Krishna Janmashtami:

Lord Krishna, an incarnation of Lord Vishnu, is worshipped ardently by Hindus. Krishna Janmashtami, the birth of Lord Krishna, is celebrated with a lot of fervor and excitement among local people and the pilgrims.

#### 4. Gauchar Mela:

Gauchar is a small pilgrimage town that one would encounter en route to Badrinath. This is more of a trade fair where merchants from different parts of the state come together to get into various trading activities. However, the unique part of this mela is the fact that trading between India and Tibet is also permitted during the fair. This makes for an interesting visit.

#### 5. Makara Sankranti:

On this auspicious day, the temple door of one of the Panch Badri sites is opened for darshan to the public. Also, on this day, a special pooja is performed inside the Adi Badr Temple.

#### 6. Diwali (Deepavali):

On the day of Diwali, the temple door for Badrinath Dham is closed for darshan. This is a unique and once-in-a lifetime experience that most pilgrims don't want to miss.

### PLACES TO VISIT NEAR BADRINATH TEMPLE

#### 1. Tapt Kund:

This is a natural hot water spring believed to be the home of Lord Agni. People believe that the water in the Kund has medicinal properties and so they take a dip.

#### 2. Vasudhara Falls:

Visit Vasudhara Falls and experience the beauty and force of water falling from a height of 400 ft. It is believed that this was the final resting place of the Pandavas before they ascended to their heavenly abode.

#### 3. Narad Kund:

It is believed that Adi Sankara retrieved the idol of Lord Vishnu and established it at the Badrinath Temple at this place. It is a small Kund created by the Alaknanda River near the temple.

#### 4. Valley of Flowers:

Valley of Flowers is located a few kilometers from Badrinath. It is a UNESCO World Heritage Site with countless varieties of beautiful flowers and flora,

#### 5. Akalpuri Glaciers:

This glacier is the source of the river Alaknanda. One can reach the glacier by a 12 km trek from Mana village. It is believed to be the abode of the Gandharvas, Yakshas and Kuber.

#### 6. Hemkund Sahib:

This is a Gurudwar dedicated to Guru Gobind Singh. It is at an altitude of over 15,000 ft, above sea level and is a popular Sikh pilgrimage destination. One has to go through a steep trek of around 6 km to reach.

#### 7. Timmersain Mahadev:

This is a natural Shivling made from snow during winter. This spiritual cave falls in the Niti village of Chamoli. One would need a special permit to visit.

**May Lord Badrinarayana's Blessings be with us all!!!**





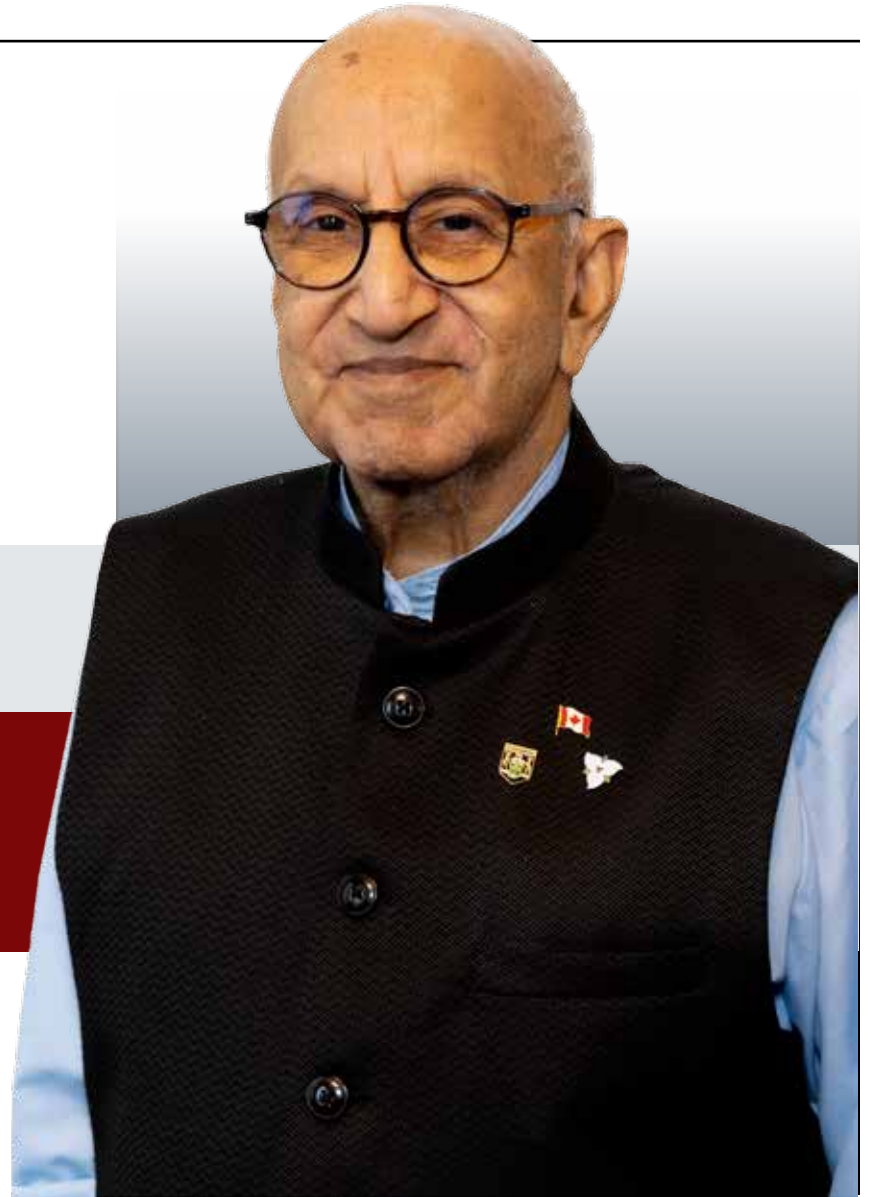
## COMMUNITY WATCH

# Congratulations to Kidambi Raj in the completion of 100th month contribution

**Monsoon Journal**  
A parfait media publication

### LIST OF ARTICLES PUBLISHED IN MONSOON JOURNAL by Kidambi Raj

All the articles are retrievable from the full newspaper stored in archives section at the monsoon journal website in pdf format.



Mr. Kidambi Raj

2015		2017		2019	
<b>June</b>	Doors Open 2015 Report & Pictures	<b>January</b>	Anjaneya Jayanthi and Karthigai Deepam	<b>January</b>	Arudra Darsanam and Temple visit by two members of UNITAR & YRP
<b>July</b>	Annual Ganesha Festival	<b>February</b>	Vaikunta Ekadasi, Arudhra Darsanam and Thai Pongal	<b>February</b>	Thai Pongal Celebration and Vaikunta Ekadasi
<b>December</b>	Skanda Sashti	<b>April</b>	Yugadi, Maha Sivaratri, Thai Poosam and Vasantha Panchami	<b>March</b>	Mahalakshmi Laksharchana and Maasi Maham
2016		<b>May</b>	Tamil New Year and Sri Bhagavad Ramanuja's Sahasrabdhi	<b>March</b>	Mahalakshmi Laksharchana and Maasi Maham
<b>January</b>	Gajamukha Samharam	<b>June</b>	Doors Open 2017 Report & Pictures and Chitra Pournami	<b>April</b>	Sri Raama Navami, Panguni Uttiram and Karadayan Nombu
<b>February</b>	Thai Pongal, Arudhra Darsanam & Vaikunta Ekadasi	<b>July</b>	Annual Murugan Festival Pavitrotsavam, Sivan Utsavam and Interesting Facts about Siva?		
<b>March</b>	Mahalakshmi Laksharchana, Maha Maham – Once in twelve year event & Interesting info. On items that are offered to Hanuman and the reasons	<b>August</b>	Annual Murugan Festival and Interesting Facts about Siva?		
<b>April</b>	Maha Sivaratri, First Sesha Vahana Utsavam and Panguni Uttiram	<b>September</b>	Raja Gopura Maha Kumbhabhishekham		
<b>May</b>	Yugadi and Vasanta Navaratri Celebration	<b>October</b>	Perumal Brahmotsavam and Navaratri, Saraswati Pooja & Vijaya Dasami		
<b>June</b>	Doors Open 2016 Report & Pictures and Annual Ganesha Festival	<b>November</b>	Some of Common Hindu Traditions & the Scientific Reasons for them and Azhwar Festival		
<b>July</b>	Annual Murugan Festival-Kodiyetram, Nine Beliefs in Hinduism, Why visit Temples and Amazing Facts about Chidambaram Temple	<b>December</b>	Significance of 108 in Hinduism and other Religions and Temple Wonders		
<b>August</b>	Annual Murugan Festival September Annual Perumal Festival	2018			
<b>October</b>	Azhwar Festival and Vinyaka Chaturthi	<b>January</b>	YRP's Newly Graduated Officer's Visit to temple and Vaikunta Ekadasi		
<b>November</b>	Visit by Senior YRP Officers to temple, Navaratri, Deepavali and Kedara Gauri Vratam	<b>February</b>	Anjaneya Jayanthi		
<b>December</b>	Significance of Kavadi and legends about Palani and Skanda Sashti	<b>March</b>	The Benefits of Temple Worship for Hindus		
		<b>April</b>	Maasi Maham and Panguni Uttiram		
				<b>May</b>	History of the Temple, Cultural and Community Engagements at Temple, RH Ganesha Temple Devotees Pay Tribute to Toronto Van Attack Victims
				<b>June</b>	Report on 2018 Doors Open & Pictures, Janaruddharana Kumbabhishekam & Monsoon Journal's Award for Exemplary Contributions in Public Service to Kidambi Raj
				<b>July</b>	Annual Murugan Festival and Origin and Significance of Father's Day
				<b>August</b>	Significance and Festivals in the Month of Aadi
				<b>September</b>	Siva Alankara Utsavam, Naalvar Festival and Significance of Vilva Leaves for Lord Siva
				<b>October</b>	Azhwar Festival and Sri Vaishna Guru/Philosopher Swami Vedanta Desika
				<b>November</b>	Deepavali, Kedara Gauri Vratam and Visit to the Temple by the Mayor and Councillors from the Town of Richmond Hill
				<b>December</b>	Skanda Sashti and Aarupadai Veedu – The Six Abodes of Lord Murugan



# COMMUNITY WATCH



- May** Narasimha Jayanthi, Holi and Special Memorial Service for the victims of Terrorist Attack on Easter Sunday in Sri Lanka
- June** Report and Pictures on Doors Open 2019
- July** Nammazhwar and Vaikasi Visakam
- August** Atthi Varadar Celebration in Kanchipuram and Guru Purnima
- September** Varalakshmi Vratam, Vilakku Pooja and Richmond Hill City Volunteer Achievement Award For Kidambi Raj
- October** Ganesha Chaturthi and Ganesha Visarjan and Krishna Janmashtami
- November** Deepavali, Navaratri, Saraswati Pooja and Ayudha Pooja
- December** Significance of what Hindus Believe in and do and the Scientific reasons – Part II

## 2020

- January** Things we do related to Pooja
- February** Significance of Observing Pradosham, and the Significance of Panchamukha Anjaneyar & Report on the Memorial Service for the victims of Ukraine Air Crash
- March** Significance for what Hindus Believe in and do & the Scientific Reasons behind them – Part III
- April** Significance for what Hindus Believe in and do & the scientific Reasons Behind them – Part IV
- May** Significance and Legends Associated with – Holi, Chitra Pournami and Akshaya Tritiya
- June** Various Incarnations of Lord Vishnu
- July** Various Incarnations of Lord Siva
- August** Varna or Jathi or Caste System in Hinduism
- September** Bhoomi Pooja and Groundbreaking Ceremony for the Sri Rama Temple in Ayodhya
- October** Great Contributions of Adi Sankara to Hinduism
- November** Puri Jagannath Temple and 11 Mysteries that defy Scientific Logic & Nature's Code of Conduct
- December** Historic Influence of Hinduism in Southeast Asia in Architectural, Political, Social and Cultural Areas – Thailand

## 2021

- January** Historic influence of Hinduism in Southeast Asia in Architectural, Political, Social and Cultural Areas - Indonesia
- February** Spread of Hinduism in Vietnam in Architectural, Social Cultural areas
- March** The Bhagavad Gita: Guide to Eternal Message of Spiritual Wisdom and Life Lessons

- April** Thirukkural: Life Lessons Short, Crisp and Simplified
- May** The Famous Sun Temple in Konark, Odisha, India
- June** Lord Ayyappa and Sabarimalai
- July** Interesting aspects of Brahmadheeswarar Temple in Tanjore, TN, India
- August** Onam Festival – The Meaning and Story Behind it.
- September** Twelve Jyotirlingeswar Temples in India
- October** Significance and Importance of Tulasi for Hindus
- November** Lord Venkateswara, the Benevolent Beacon on Seven Hills
- December** Sri Shringeri Sharada Peetam

## 2022

- January** Historic Influence of Hinduism in Cambodia in Arch. Political, Social and Cultural Areas
- February** Cradle of Democracy Established in Ancient India as early as 920 AD
- March** Spread of Hinduism and Hindu Temples in Mauritius Island
- April** Swami Vivekananda – A Hindu Monk and Philosopher
- May** Spread of Hinduism and Hindu Temples in Malaysia
- June** Swami Ramakrishna Paramahansa – an Indian Mystic, a Reformer, and a Saint
- July** Spread of Hinduism and Hindu Temples in Myanmar (former Burma)
- August** Subramania Bharathiyar – a Poet, Freedom Fighter and a Reformer
- September** 3,500-Year-old-Fire Temple in Azerbaijan
- October** Saint Ramanuja – a Hindu Philosopher and a Social Reformer

- November** Navagrahas and their Worship
- December** Spread of Hinduism and Hindu Temples in Singapore

## 2023

- January** Madurai Sri Meenakshi Temple
- Feb./Mar.** Raja Ram Mohan Roy, a Social Reformer
- October** Lord Nataraj and Lord Govindaraja Temples in Chidambaram
- November** V.O. Chidambaram Pillai, an Indian Freedom Fighter
- December** Sri Jambhukeswarar Temple in Thiruvanaikkaval in Trichy, TN, India

## 2024

- January** Sri Ekambareswarar and Sri Nilathingal Thundan Perumal Temples in Kanchi, TN., India
- February** Sri Annamalaiyar Arunachaleswarar Temple, Thiruvannamalai, TN., India
- March** Sri Kalahstiswarar Temple, Kalahasti, Tirupathi Dist., AP., India
- April** A Rare Temple of the combined Varaha and Narasimha Incarnations of Lord Vishnu in Simhachalam, AP., India & about Kidambi Raj receiving the 2023 Ontario Senior Achievement Award
- May** New Ram Mandir in Ayodhya, UP, India
- June** Sri Ranganathaswamy Temple, Srirangam, Tamil Nadu, India
- July** Sri Ramanthaswamy Temple, Rameswaram, Tamil Nadu, India
- August** Nalanda University
- September** Badrinath Temple, Badrinath, Uttarakhand, UP, India



Mr. & Mrs. Kidambi Raj





## HEART HEALTH VS. HEARSAY: WHY YOUR ARTERIES DON'T CARE ABOUT CONSPIRACIES



- health.ucdavis.edu

By Ariaratnam Gobikrishna, MD

I remember back in the '70s, my high school teacher was a chain smoker, yet he lived well into old age without any apparent harm. Fast forward to today, and smoking is banned in public indoor spaces, especially in schools, due to the well-documented dangers of secondhand smoke. These stories seem contradictory, but they don't shake our understanding because we know that not everyone who smokes will develop cancer. Yet, despite knowing someone like my teacher, we wouldn't dare proclaim from the rooftops that smoking is safe.

When it comes to cholesterol and heart disease, however, that line of reasoning falls apart for many vocal critics of cholesterol lowering. Despite clear evidence supporting the benefits of lowering cholesterol, conspiracy theories about big Pharma often overshadow the facts. These theories are often fueled by anecdotes of people with high cholesterol who never experienced a heart attack or stroke, or by instances where low

cholesterol levels are observed during life-threatening heart conditions or terminal illnesses, leading some to mistakenly believe that low cholesterol is the cause rather than a consequence.

We don't have many clues as to why some smokers escape cancer, but we have a clearer understanding of why some people with high cholesterol suffer severe consequences. In other words, we have some insights into why cholesterol gets trapped in the arteries in some more than others. To grasp this, we need to consider the complex interplay of several factors: the total amount of cholesterol, the balance of its different types, the body's defenses against cholesterol penetration into artery walls, and the mechanisms that clear these deposits.

Before delving deeper, it's essential to establish that cholesterol trapping in the arteries is indeed harmful. Over time, cholesterol that gets trapped becomes calcified and can be detected by a CAT scan, and higher levels of calcification indirectly denotes presence of higher levels of non-calcified plaques and that

is strongly correlated with an increased risk of heart disease, while its absence correlates with a very low risk. This is the rationale behind measuring coronary calcium scores.

Cholesterol buildup in the walls of arteries isn't as simple as it might seem. It's a complex process influenced by many factors. Some people are lucky to have strong blood vessel walls due to their genetics, which helps keep cholesterol from accumulating. However, others are at a higher risk for heart disease because of certain genetic factors. For example, mutations in blood cells linked to a condition called clonal hematopoiesis of indeterminate potential (CHIP) can cause white blood cells to behave abnormally, leading to more inflammation and cholesterol buildup in the arteries. Other conditions like high blood pressure, diabetes, smoking, and chronic inflammation can also weaken blood vessel walls, making them more prone to cholesterol buildup. Lowering cholesterol levels is particularly beneficial for those with these weakened walls, as



## COMMUNITY WATCH



it can significantly reduce their risk of heart disease. Meanwhile, people with stronger vessel walls or better natural mechanisms for clearing cholesterol might not experience as dramatic a benefit from lowering their cholesterol levels.

Identifying people with resilient artery walls and robust cholesterol clearance mechanisms early in life has proven to be a fool's errand. However, those who naturally maintain low blood cholesterol levels, whether due to genetic factors or a healthy lifestyle, tend to have a very low incidence of heart attacks and strokes. This is why advocating for low cholesterol levels, through lifestyle changes or medications, is so important.

Cholesterol and triglycerides are transported in the blood in various forms, including HDL, LDL, IDL, chylomicrons, and VLDL. While chylomicrons and VLDL are too large to penetrate vessel walls, the other forms can do so more easily. Over the past few decades, numerous clinical trials have consistently shown the benefits of lowering LDL cholesterol. However, efforts to reduce VLDL and IDL (remnant cholesterol) have largely fallen short, with many trials failing to demonstrate significant reductions in heart attacks and strokes.

However, these remnant particles are linked to the residual risk of heart attacks and strokes in people who have achieved low LDL levels. This is because, unlike LDL, which must be oxidized to become trapped in artery walls, remnant cholesterol can become trapped without this process, making it potentially more dangerous.

Despite many setbacks in targeting remnant cholesterol, one notable success came from a trial using a specialized form of fish oil, purified eicosapentaenoic acid ethyl (an omega-3 fatty acid), administered in high doses. This treatment has been shown to reduce the incidence of heart attacks and strokes.

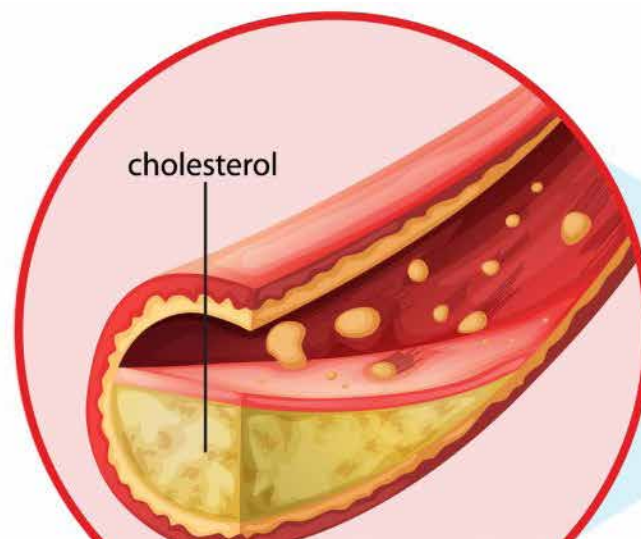
People with insulin resistance or dietary indiscretions with processed carbohydrates face a particularly challenging situation. They tend to have higher levels of remnant cholesterol, more small, dense LDL particles, and poorly functioning HDL. Coupled with significantly elevated inflammation, these factors make their arterial walls more vulnerable to cholesterol penetration, creating the worst possible scenario for heart disease risk.

Efforts to improve cholesterol clearance from artery walls, specifically by raising HDL levels, have largely failed. The relationship between HDL levels and cardiovascular protection is complex and not fully understood. High HDL levels are not always protective, and in some cases, they can even be detrimental. This suggests that the functionality of HDL in removing cholesterol is more important than its levels, but identifying whose HDL is most effective in this role has, so far, proven to be another elusive goal.

While several medications are available for lowering LDL and remnant

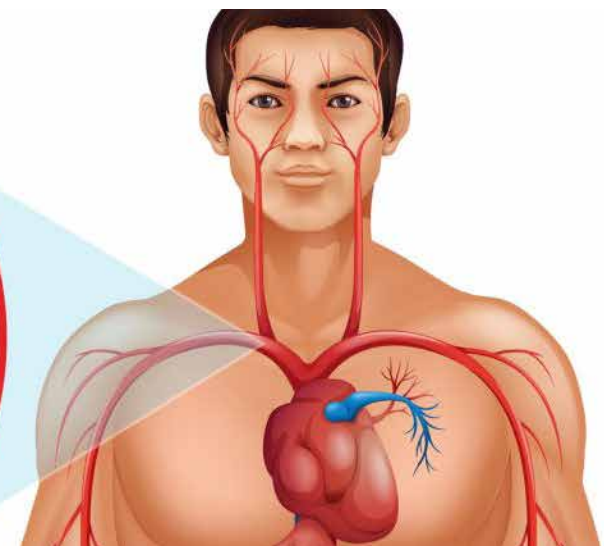
cholesterol, their high cost limits access to only a small fraction of the population. Treatments such as PCSK9 inhibitors, Bempedoic acid for statin intolerance, Vascepa for remnant cholesterol, siRNA technology for biannual injections for LDL reduction, and various inhibitors targeting ApoC3 and ANGPTL3 for remnant cholesterol reduction remain largely theoretical or aspirational for many, even in the USA.

Just as PCSK9 inhibitors were discovered serendipitously during the Dallas Heart Study, when certain African American families were found to



a significant decrease in heart attacks, strokes, and all-cause mortality.

This discovery spurred the development of many expensive medications targeting inflammation, but one of the most effective turned out to be the inexpensive, age-old gout medication, colchicine. Trial after trial has shown that colchicine reduces the risk of recurrent heart attacks and strokes in people who already have cholesterol deposits. This success has led the FDA to approve colchicine for people who have had heart attacks and strokes, as well as those at high risk for these events. This is a groundbreaking



- bp-rx.com

naturally have low levels of PCSK9 and a corresponding low incidence of heart attacks and strokes, a similarly intriguing case study has emerged around remnant cholesterol targets, focusing on the Amish population in Pennsylvania. Living in pre-industrial conditions, some Amish families display remarkably low levels of triglycerides and remnant cholesterol, coupled with a significantly reduced incidence of heart disease. This advantage is linked to a genetic mutation—a loss-of-function mutation in the ApoC3 gene—that results in naturally low ApoC3 levels and, consequently, very low triglycerides.

Amidst the challenges of accessing costly cholesterol-lowering medications, there's a silver lining that hasn't received much attention—likely because it isn't backed by big Pharma, speaking of conspiracy theories. This often-overlooked treatment is colchicine, an ancient medication originally used for gout. Its use dates back to ancient times, with significant contributions from Persian physician Avicenna in the 10th century, who advocated its use for joint pain.

Inflammation has long been recognized as a trigger for plaque rupture, which causes heart attacks and strokes, and it was hypothesized that inflammation could also exacerbate cholesterol penetration and trapping in the arteries. This hypothesis was put to the test in the Jupiter trial, which examined inflammation in people with reasonably low LDL levels. Using a blood test known as high-sensitivity C-reactive protein to detect inflammation, researchers administered Rosuvastatin and found that, at equal LDL levels, it was the reduction of inflammation that led to

development that could make a significant impact on global public health, yet it has occurred with little fanfare, remaining under the radar while pharmaceutical companies continue to pursue costly alternatives—although these may be necessary for those who cannot take colchicine due to liver or kidney issues.

The long-term safety of colchicine has been indirectly supported by its use in treating a relatively obscure condition known as Familial Mediterranean Fever (FMF). This genetic disorder, primarily affecting families in Turkey and Israel, causes widespread inflammation, affecting joints and various organs, accompanied by intermittent fever. Patients with FMF require lifelong colchicine treatment, and studies have shown that, among these long-term colchicine users, the incidence of heart attacks and strokes is lower. This not only highlights colchicine's potential cardiovascular benefits but also provides reassurance regarding its safety over extended use.

Can we toss out the cholesterol theory in favor of focusing solely on inflammation? Not so fast. While it's true that inflammation is a critical factor in heart disease, all the successful trials targeting inflammation have been conducted on top of statin therapy. Hence, statins remain the cornerstone of treatment. Moreover, thankfully, it's an affordable treatment worldwide. There may come a day when we can prevent heart attacks and strokes without worrying about blood cholesterol levels, but we're not there yet. So, it's important to remain grounded in evidence-based medicine rather than getting swept up in speculation or conspiracy theories.





FUNERAL HOME  
& CREMATION CENTRE

## Serving the Tamil Community OF GREATER TORONTO

உங்கள் உறவொன்றை பிரிந்து தடுமாறும் வேளையில் இறுதி நிகழ்வுகள் பற்றிய கவலை உங்களுக்கு வேண்டாம். அனுபவத்துடன் கூடிய அன்பான சேவையை வழங்குகின்றோம்.

### *At Need Funeral Arrangements*

We provide a full range of service to families who have experienced a loss of a loved one, including:

- Vistation • Funeral & Memorial Service
- Reception • Burial • Cremation

மார்க்கம், மற்றும் மிசிசாகா நகரங்களில் எமது சேவை



**Christeen Seevaratnam**  
416-258-6759



**Vilosanan Sivatharman**  
416-993-0826

இறுதிச் சடங்கை நடத்துவதற்கான செலவை முன்கூட்டியே திட்டமிடலாமா?

### *Pre-Arranging: A Wise Choice...*

#### FINANCIAL BENEFITS

- Lock in the cost at today's prices
- Convenient time payments
- Insured against early death

#### EMOTIONAL BENEFITS

- Letting your family know your wishes
- Peace of mind to you & your family
- Relieve the added stress & burden

8911 Woodbine Ave, Markham, ON, L3R 5G1  
www.chapelridgefh.com • Email: info@chapelridgefh.com

*A caring part of our community*