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HON. GARY ANANDASANGAREE APPOINTED AS MINISTER OF JUSTICE AND ATTORNEY GENERAL DURING FEDERAL CABINET CHANGE

By Harrish Thirukumaran



As part of the federal cabinet shuffle on March 14, 2025, Hon. Gary Anandasangaree has been appointed as the Minister of Justice and Attorney General. He shall be assuming these portfolios alongside his duties related to Crown-Indigenous Relations and Northern Affairs.

CBC News reported that it will be part of Prime Minister Mark

Carney's focus on decreasing the size of cabinet to focus on economic and trade challenges affecting Canada. Specifically, this position relates to United States President Donald Trump's tariffs on Canada.

In a recent CBC interview following his appointment on March 14, Anandasangaree mentioned that "Canadians need leadership right now, focused on the economy. Very

much ensuring that the impacts of the tariffs are limited but at the same time, building the economy, the newer economy that Canadians deserve."

For readers who may be unfamiliar, especially in the South Asian community, Minister Anandasangaree is an internationally recognized human rights lawyer and a strong advocate for legal reform and access to justice. Additionally, he has also represented Lawyers' Rights Watch Canada at the United Nations, as detailed by Law Times.

He has also served as chair of the Canadian Tamil Youth Development Centre, president of the Canadian Tamils' Chamber of Commerce, and counsel to the Canadian Tamil Congress. He was legal counsel to the Independent Mortgage Brokers and Agents, a board member of the Youth Challenge Fund, a member of the Toronto Police Chief's Advisory Board, and a member of the United Way Newcomers Grant Program.

Anandasangaree obtained his law degree from Osgoode Hall Law School and was called to the bar in 2006. He later established and managed his law firm in Scarborough.

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CANADA NEWS



HON. GARY ANANDASANGAREE FOR 4TH TERM AT SCARBOROUGH-ROUGE PARK

Sathiyasangaree “Gary” Anandasangaree is a Canadian politician and a lawyer who has served as the minister of Crown–Indigenous relations and northern affairs since December 2024 and minister of justice and attorney general of Canada since March 2025.

He was elected to the House of Commons in the 2015 federal election and serves as the member of Parliament (MP) for Scarborough—Rouge Park. Anandasangaree is a Tamil-Canadian, and the second minister of Tamil descent to hold office, following Anita Anand.

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Gary Anandasangaree





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HON. GARY...

Lynner Vicars, President of the Canadian Bar Association (CBA), has also commented on Minister Anandasangaree’s appointment.

“We look forward to working with him and his cabinet colleagues. We also want to thank former minister Arif Virani for his commitment to improving the justice system over the past few years, including his efforts to reduce judicial vacancies and strengthen access to justice.”

Anandasangaree’s new appointments come amid a snap early election call by Prime Minister Mark Carney. Regarding this current political climate and taking on these new portfolios, Minister Anandasangaree has stated that “I have been meeting with my teams already, and just, given the limited time I have, I have been meeting them in cars and car rides. My instruction is to go full steam ahead on the portfolios. Both Crown Indigenous Relations and Northern Affairs as well as Justice and Attorney General to ensure that we continue the work.

We will continue to work for Canadians. This is a moment where Canadians need its government to be at its best, and we’ll continue to do that work.”

On March 23, 2025, Prime Minister Carney has, as anticipated, called a federal election, with Canadians heading off to the polls on April 28, rather than legally scheduled for October 20, 2025.

Any further major official government business under Minister Anandasangaree’s oversight would have to be put on hold as part of the caretaker convention, as Canada’s national political parties are off on the campaign trail.

More detail on the upcoming spring federal election can be found on page 4 in the March 2025 issue of the Monsoon Journal.

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45th Canadian Federal Election Set for April 28th

By Harrish Thirukumaran

“We are facing the most significant crisis of our lifetimes because of President Trump’s unjustified trade actions and his threats to our sovereignty. There is so much more to do to secure Canada, to invest in Canada, to build Canada, to unite Canada. That’s why I’m asking for a strong positive mandate from my fellow Canadians.”

Mark Carney did not hold back in communicating his position to reporters with Global News, and Canadians overall. It comes following his advice as the current Prime Minister to the Governor General to dissolve Parliament and call a general election on March 23, 2025. The 45th general election is a unique election in that it takes place during a critical moment in Canada-US relations. The timing coincides with the results of the Ontario general election recently held on February 27th, where it saw Doug Ford, Leader of the Progressive Conservative Party of Ontario, return to a majority government with the Progressive Conservative Party. It too dealt with this critical moment in Canada-US relations. The federal vote itself is scheduled for April 28th. So, the intent in this article is to look at what has occurred and what lies ahead in a rather tight campaign period. Afterwards, it shall offer ways for Canadians to stay properly informed as they make their ballot decision in response to growing concerns over disinformation and foreign interference in Canada’s electoral politics.

What has Happened on the Campaign Trail So Far Among Canada’s Major Parties?

To start, do expect party leaders running this campaign to focus particularly on President Trump’s tariff threats and the larger economic issues that Canada faces today. Indeed, early on we have seen both the Liberal and Conservative parties, the frontrunners of the campaign, release tax proposals for Canadians in the middle class, as seen from Global News.

Liberal Party of Canada

Accordingly, Carney has stated that he intends to cut income taxes by one percentage point. For example, Canadians in the lowest tax bracket pay 15 per cent income tax on the portion of taxable income that is \$57,375 or less. Under Carney’s plan, that means Canadians in this income tax bracket would pay 14 percent income tax on the taxable portion, instead of 15 per cent.

Conservative Party of Canada

Meanwhile, Pierre Pollièvre, Leader of the Conservative Party of Canada, revealed his plans to cut the tax rate on the lowest income tax bracket from 15 per cent to 12.75 per cent.

New Democratic Party of Canada

For the NDP, there focus is geared towards cutting taxes on essential items such as groceries. It would be put to action by reducing GST on grocery store items.

PUBLISHING TEAM

Managing Editor & Publisher :	Logan Velumailum, B. Sc. - editor4mj@gmail.com
Executive Editorial Board :	Harrish Thirukumaran Danesh Thirukumaran Krishni Narine
Graphics & Design :	Suren Rasadurai - suren8@gmail.com , Santosh Kumar - kasantosh@gmail.com
Photo Journalists :	Gnane B. Gnanendran, Rudy Ruthran
Health & Care :	Jeavana Sritharan, Andrea Shanmugarajah, Dr. Nuwan Fonseka, Dr. Shiyam Loganathan
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Bloc Quebecois

The Bloc Quebecois has not released its tax plans or other campaign proposals yet. However, Bloc Quebecois leader, Yves-Francois Blanchet, has said “how could the parties proposing these tax cuts pay for them necessarily.” He went onto state that Canada’s uncertain position in the trade war with the U.S. will mean the government will have to spend money on supporting enterprises, businesses and workers who lose their jobs.

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Green Party of Canada

The Green Party vows to tax the ultra-wealthy to give relief to working families according to its website. However, they also plan on releasing a detailed taxation plan that reflects the current state of the Canadian economy.

What lies ahead in the 45th Canadian federal election?

There are many key things to consider that will influence the direction of this federal campaign. Much of the current news and expert commentary will focus on which candidate would be the toughest negotiator to go up against with the likes of US President Donald Trump. Next, matters of experience in politics will come up on the campaign trail given that Carney, a former banker, has no political experience compared to his opponents. Cost of living has been an issue top of mind for voters given the effects of inflation over the last several months. Based on polling data prior to Justin Trudeau's resignation as prime minister, it helped Conservatives stand out amongst voters as the best choice to lead Canada. Since Carney's election to the Liberal leadership, that has changed dramatically with the question of Canadian sovereignty overshadowing the public conversation due to President Trump's repeated threats of making Canada a 51st state.

Interestingly, it is not the first time that Canada-US relations were a major point of focus in a Canadian election, as highlighted by Al Jazeera. One can only look back to the 1988 election that centered on the North American Free Trade Agreement.

Stay Wary, Voters: Misinformation

CBC News reported that Canadian voters like you should be cautious of misinformation during the campaign. Following the election call on March 23,

Chief Electoral Officer, Stephane Perrault, has noted that Elections Canada has contacted major social media platforms including X and TikTok as part of efforts to address concerns about misinformation. He mentions that he encourages Canadians to use Elections Canada as the authoritative source of information about the federal electoral process. To that end, the organization plans on launching 'ElectoFacts', an online tool that lists and exposes inaccurate information that circulates online. Campaign platforms of the major parties may also serve as valuable sources of information to verify any matters of misinformation or disinformation that may lurk throughout this election campaign. It is best to consult the official websites of the parties themselves or Elections Canada to obtain that sort of information. Additionally, these sites can provide further detail on the actual candidates running in your ridings and their stances on the issues.

Stay Wary, Voters: Foreign Interference

In terms of foreign threats to Canada's federal election process, the federal government has setup two panels to monitor for foreign interference during federal elections. The Critical Election Incident Public Protocol Panel is made up of five senior civil servants tasked with publicly flagging foreign interference threats. The panel also receives intelligence briefings from the Security and Intelligence Threats to Elections (SITE) task force, which is composed of security officials from agencies including the Canadian Security Intelligence Service (CSIS) and the Royal Canadian Mounted Police (RCMP).

Additionally, the Chief Electoral Officer has emphasized that stating an opinion in public is not considered a malicious act of interference when he was asked about any US threats. The SITE panel has also expressed that it would "not

be evaluating individual opinions or perspectives. Specifically, it will be looking for instances of interference, disinformation and other malign actions, not legitimate public influence."

This position comes in response to statements from individuals like Elon Musk, who is now a senior advisor in the Trump administration, and Trump himself about the ongoing election and its candidates. A greater use of artificial intelligence tools like generative deepfakes to try and influence voters are expected as well according to Canada's Communication Security Establishment.

Overall, the best way to stay vigilant during the campaign on issues of foreign threats is to remain aware of public statements from credible sources including Elections Canada and CBC News that can relay information from these panels. At the same time, do consult the official educational materials of Elections Canada as you receive election information throughout this campaign.

Conclusion

Canada has officially launched its 45th general election campaign. There is already much that has gone underway and this piece gives you a quick picture on what is crucial to know now. We have already seen some of the parties release their campaign promises on issues like affordability through policies such as income tax cuts. The current issues affecting Canada, particularly the tariffs from the US, will also greatly influence the direction of the election campaign. Things complicating an election in the backdrop of unsteady Canada-US relations include election misinformation and foreign interference as well. Be on the lookout for any questionable election content and do your best to heed the guidance of agencies such as Elections Canada. As Canada heads into an election time, take your best effort in making a truly informed choice.



CANADA NEWS

Canada First - For A Change

The following is a transcript of the Hon. Pierre Poilievre's remarks from March 23rd, 2025. These remarks have been edited for length. Check against delivery.

Today, the Liberals are asking for a fourth term in power, after swapping Justin Trudeau for his economic advisor and handpicked successor, Mark Carney.

After the lost Liberal decade, the question is whether Canadians can afford a fourth term of out-of-touch Liberals, inflating housing and food costs, unleashing crime, ruining immigration, hiking taxes, blocking resource jobs and making our economy weak and reliant on the U.S.?

Or is it time to put Canada First—FOR A CHANGE, with a new Conservative government that will axe taxes, build homes, cut waste, lock-up criminals, secure our borders and unleash our resources to bring home our jobs and stand up to Trump from a position of strength?

Now, I know many people are anxious and angry about the outrageous attacks that President Trump has made against our country. You worry about the cost of his unjust tariffs on your jobs and threats to our sovereignty. Our challenge now is to turn that anger and anxiety into action.

We must become strong, self-reliant and stand on our own feet—to stand up to the Americans. We will stare down this unprovoked threat with steely resolve, because, be assured, we will never be part of the United States and we will never ever give up our sovereignty and our freedom.

I will protect Canada. And I will always put our country first.

But before I tell you how, let me tell you why.

This country has given me everything. Nowhere else would my story be possible.

I was born to a 16-year-old single mom, who put me up for adoption to two schoolteachers. They taught me that the promise of Canada was that anyone from anywhere can achieve anything.

This country kept that promise to me. Now I want to restore that promise for all Canadians, so hard work again gets everyone a great life in a beautiful house on a safe street under our proud flag.

Because after the lost Liberal decade, that promise is broken. Liberal taxes drove food prices up 37% faster in Canada than in the U.S.

Single moms go to bed hungry worried about how they will feed their children in the morning, and seniors choose between eating and heating. Housing costs have doubled, as Liberals inflated demand with out-of-control immigration



Conservative Party Leader Pierre Poilievre

and money printing, and blocked homebuilding with bureaucracy—so for the first time in our history young Canadians can't imagine affording their own place to live.

Open borders and Liberal crime and drug laws unleashed violence, disorder, and deadly overdoses. Ten years of Liberals hiking taxes and blocking resource projects gave Canada the worst growth in the G7 and sent a half-trillion dollars of Canadian investment to the U.S. ALL THAT, BEFORE THE TRUMP TARIFFS. Their radical post-national, borderless, globalist ideology has divided and weakened our country.

Now, desperate for a fourth term, the Liberals have swapped Justin Trudeau for his economic advisor and hand-picked successor, Mark Carney. But a Liberal is a Liberal is a Liberal. It's still the same old Liberal MPs, same Liberal ministers, same Liberal advisors, same Liberal elites and same Liberal broken promises of the last 10 years.

We cannot afford another lost Liberal decade. We need to put Canada First—for a change, with a new Conservative Government to axe taxes, reward work, unleash entrepreneurs, harvest our resources, make things here, build homes for our youth, secure our borders, rebuild our military, honour our history and proudly raise our flag.

It starts with a big Bring It Home Tax Cut on work, homes, energy and investment. Lower taxes for a change to bring home businesses and jobs and let Canadians bring home more of their paycheques.

That starts with axing the carbon tax—a tax that the Liberals, with Mr. Carney's enthusiastic support, have imposed and increased for seven years; a tax that is still in law, despite the government hiding it from gas stations for 30 days leading up to the election; a tax they will bring back bigger than ever before if re-elected.

On this point, Mr. Carney and Mr. Trump agree. They both want to tax Canadian industry—Carney's carbon tax and Trump's tariffs will send our jobs south.

But I won't let that happen. A new Conservative government will fully repeal the Liberal carbon tax law and axe the tax for everything, for everyone, for real, for good, for a change.

We will also axe the sales tax on new homes and incentivize municipalities to speed up permits, free up land and cut building taxes to restore the dream of homeownership.

We will bring home our resource jobs—for a change. That means repealing the Liberal No-New-Pipelines Law C-69, lifting the Liberal cap on energy that Carney said he will keep, and quickly approving LNG plants, pipelines, mines, and major projects. New Canada First Shovel Ready Zones will pre-permit big projects, so industry can stop filling out paperwork and start building now.

With a new national pipeline—like the one the Liberals blocked a few years back—we could send prairie oil to the Maritimes and over the Atlantic to break Europe's dependence on Putin while we break our dependence on the United States.

We will knock down interprovincial trade barriers creating one open free market economy. Moving more goods, services, resources and people across the country will bring it home and bring us together as a country.

We will restore the promise of safe communities by stopping the crime—for a change. That means repealing the Liberal catch-and-release laws and imposing mandatory jail time for repeat offenders, banning hard drugs and offering generous recovery treatment to bring our loved ones home drug-free.

We will cap immigration, stop the radical and dangerous Liberal Century

Continued to Page 7

Meet the Federal Conservative Candidate for Markham-Thornhill: **LIONEL LOGANATHAN**

Lionel Loganathan is a seasoned entrepreneur and policy advocate with over 15 years of experience working with both the public and private sectors. He is running to become your Conservative candidate in Markham-Thornhill. For the past decade, Lionel has implemented educational software for school systems in Canada and around the world, helping students become stronger in mathematics. Lionel has fostered partnerships with governments across Canada, the United States, and Europe. Lionel is deeply connected to his community, and he actively serves Markham by volunteering on various local boards. Lionel is Made in Markham – raised in Markham-Thornhill since 1989. Help send Lionel to Ottawa to turn Markham-Thornhill blue for the first time since 2004.



With Conservative Party Leader Pierre Poilievre



Continue from page 6 **Canada first...**

Initiative that would balloon Canada’s population to 100 million people, more than doubling the population of our cities during a housing crisis. We will keep out and deport criminals, stop fraud and crack down on bogus refugee claims. On immigration, like everything else, we will put Canada First. For a change.

We will rebuild our military for a change with new ice breakers, a new arctic base, more troops, and better support for our veterans.

Our troops and veterans inspire the best of what is Canada. They also remind us that we are a tough, rugged, strong,

hearty people. We do not go looking for a fight. But we are always ready if one comes looking for us.

None of this will be easy. But making and defending Canada was not easy. And with change there is hope.

So I say: To the mother struggling to afford groceries, change is on the way.

To the 35-year-old who wants to move out of mom’s basement, buy a home and start a family, hope is on the way.

For the seniors, choosing between heating and eating, and for everyone who wonders what happened to the Canada they knew and love, hope and change are on the way.

A new Conservative government will restore the Canadian promise that the Liberals broke. The promise that anyone from anywhere can achieve anything— That hard work gets you a great life, in a beautiful house, on a safe street, wrapped in the protective arms of a solid border, defended by brave soldiers under our proud flag.

To preserve that flag and its promise we must work together, fight together and win together.

For our people.

For our land.

For our home. For Canada First - For a change. Let’s bring it home.

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CANADA NEWS

NIRAN JEYANESAN - Federal Conservative Candidate for Markham Stouffville

Father, Husband, Proud Canadian, Dedicated Public Servant, Police Officer and the Common Sense Conservative Candidate for Markham-Stouffville.

A social media post by the Conservative candidate, Niran Jeyanesan on March 23, 2025

Mom and dad, you gave my sister and I the opportunity for a shot at success in the greatest country in the world - I'm going to live up to that promise.

Calden- being your husband is the greatest honour of my life. Every single day, you save lives and show the kind of courage that pushes me to be my best - I won't let you down.

Archer, words can't describe what being your dad means to me. Your mom and I love you more than you'll ever know. I'm doing this for you, and for all the kids like you - so you all might grow up the kind of country you deserve.

Markham-Stouffville, I've seen what makes this the most special place in Canada. It's a place where we work hard for each other, stand up for each other and build the future together. I'm going to fight like hell to earn your trust and promise that I'll be your champion in Parliament.

I know what it means to wear the maple leaf on a uniform of service. Being a police officer showed me firsthand what it takes to build strong communities. I've always loved Canada. I've never stopped wanting to make it better. And that's what drives me to serve.

Canada first. Canada always. Canada forever. Let's do this thing.



 **CANADA NEWS**

Shaun Chen for 4th Term at Scarborough North

Shaun Chen MP is a Canadian politician who was elected to represent the riding of Scarborough North in the House of Commons of Canada in the 2015 Canadian federal election.

Chen was a trustee representing ward 21 in the Toronto District School Board as well as Board Chair but resigned on August 5, 2015, to run as the federal Liberal candidate for the newly established Scarborough North riding.

Chen was re-elected in the 2019 and 2021 Canadian federal elections with increasing shares of the vote.





Turtles Without a Sandy Beach

Hope of Sri Lankan Tamil Survivors

Review: By Dr. Niranjini Seevanayagam, MD

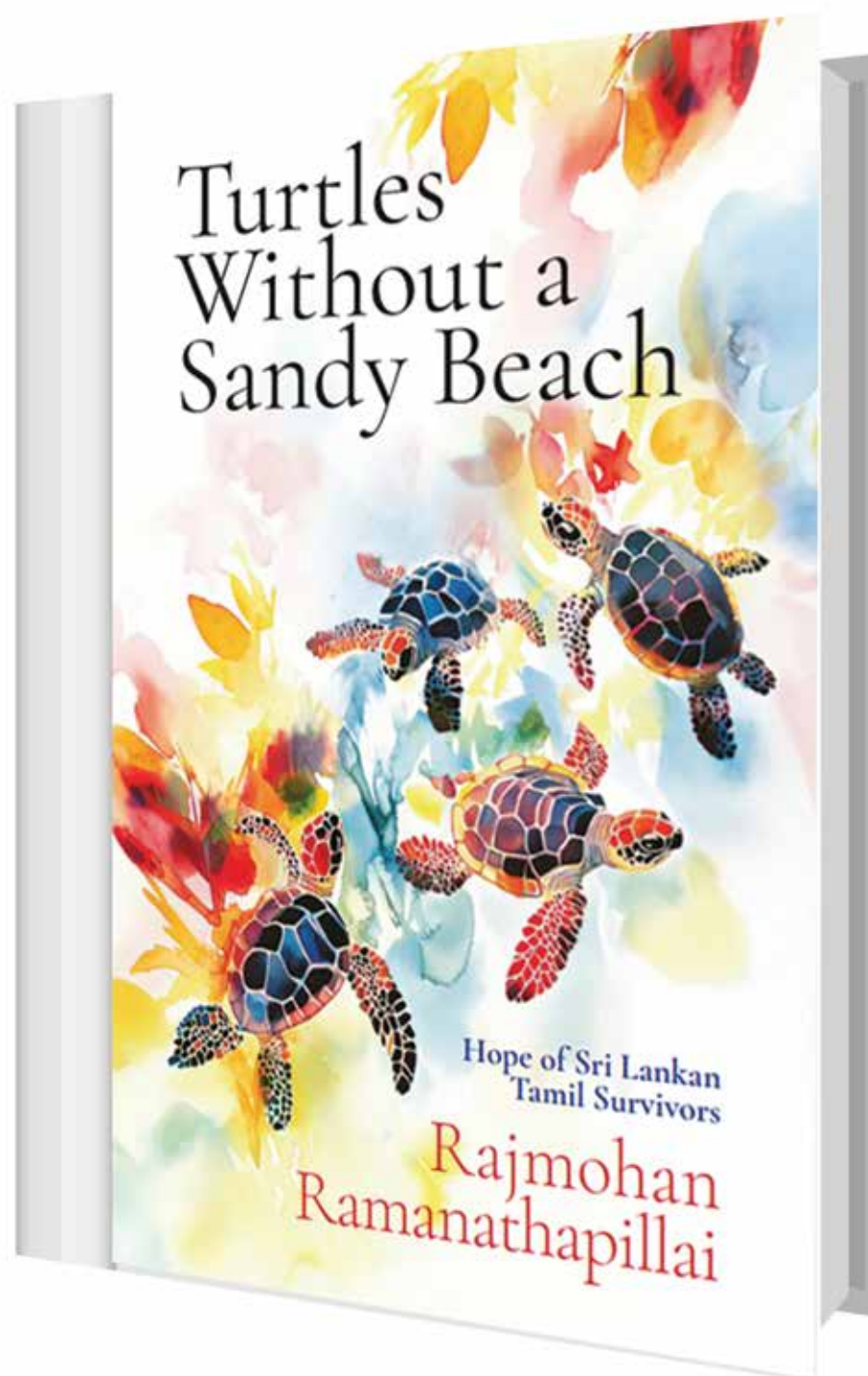
Turtles Without a Sandy Beach is a deeply moving and thought-provoking book that offers a powerful insight into the Sri Lankan war and its lasting impact on both people and nature. Through personal narratives, poetry, and evocative photography, the author captures the harrowing survival stories of war victims and their perilous journeys to Australia in search of asylum.

As someone who lived in war-torn Jaffna, Northern Sri Lanka, until 1992, and worked as a General practitioner in Australia, I found the book profoundly resonant. Having witnessed the horrors of war firsthand and listened to countless survivors recount their traumatic experiences, I deeply empathize with the individuals whose stories are told in this book. The author's ability to portray these narratives in simple yet poignant language makes the book accessible to a wide audience, regardless of their familiarity with the conflict.

One of the most compelling aspects of Turtles Without a Sandy Beach is the way the author seamlessly integrates nature into the storytelling. The book illustrates how war ravages not only human lives but also the environment—forests become both sanctuaries and battlegrounds, while wildlife is tragically caught in the crossfire, land mines and aerial bombings. The descriptions of a baby elephant chained and traumatized in a zoo and another losing its leg to a landmine are heart-wrenching. Yet, amidst the devastation, the image of dolphins leaping through the ocean serves as a symbol of hope. The story of a girl risking her life to save a baby owl before seeking shelter from incoming mortars is particularly striking, showcasing the resilience of the human spirit even in the darkest times.

The book's therapeutic approach to storytelling, using nature, poetry, and photography, adds another layer of depth. I deeply appreciate how the author connects these elements to the healing process. Having experienced firsthand the soothing power of nature, I found this aspect of the book especially meaningful.

A particularly powerful metaphor in the book ties the plight of asylum seekers to turtles in Australian Aboriginal and Torres Strait Islander culture. The comparison—"stories of asylum seekers' lives without a safe future are like turtles without a sandy beach"—is profoundly moving. Just as a sandy beach



is essential for the survival of sea turtles, safety and security are fundamental human rights that asylum seekers are desperately searching for. The photograph of a blade of grass pushing through a crack in concrete encapsulates the book's overarching message: hope persists even in the bleakest circumstances.

Overall, Turtles Without a Sandy Beach is a must-read. It is not light reading, but rather a book that invites deep reflection and can be revisited multiple times to uncover new layers of meaning. While it exposes the cruelty of war, it also highlights compassion, humanity, and the unwavering resilience of those who endure its consequences. This book is a poignant reminder that even in the face of unimaginable suffering, hope endures.

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

Phyllis Diller



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MARVALYN WHYTE

CT / IR Technologist
at SHN for over 22 years

Dear Toronto,

For decades, Scarborough hospitals have done more than anyone thought possible with less than anyone could imagine.

Now, our dreams are becoming reality.

The **Northpine Diagnostic Imaging Department**, the largest redevelopment project in the last 30 years, is opening at Scarborough Health Network's General Hospital. With a state-of-the-art 3T MRI, two Interventional Radiology Suites and advanced imaging technology, the new 36,000-square-foot space will significantly improve the healthcare experience for our patients.

The astounding support of donors and the provincial government helped finally bring our vision to life. Now, Scarborough hospitals are upgrading and expanding to give our diverse community the healthcare facilities they deserve.

And this is just the beginning. Together, we will mark more milestones and make history.

Together, we will see what we can do with more.

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SHN UNVEILS CUTTING-EDGE NORTHPINE DIAGNOSTIC IMAGING DEPARTMENT, USHERING IN A NEW ERA OF CARE

Scarborough Health Network (SHN) celebrated a major milestone in February with the grand opening of the Northpine Diagnostic Imaging Department at General Hospital. The event was primarily held to recognize donors and celebrate their impact. The cutting-edge facility officially opened to patients on Feb. 18 and significantly enhances healthcare accessibility and diagnostic capabilities in Scarborough.

The newly constructed facility boasts advanced technologies and new patient care areas designed to improve the experience for patients undergoing diagnostic tests. Innovations include two state-of-the-art MRI machines – including Scarborough’s first 3T MRI – an expanded breast clinic, and a dedicated Prep and Recovery Area for interventional procedures. With a focus on privacy and efficiency, the Northpine Diagnostic Imaging Department ensures that patients receive timely diagnoses and treatment in a safe, comfortable environment.

“The transition to the new space has been a transformative experience for me. The advanced technology and streamlined processes have not only improved our operational efficiency but also enhanced our ability to support both staff and patients,” said Pramod Purushothaman, Administrative Assistant, Diagnostic Imaging.” It has been rewarding to witness firsthand how these improvements foster a more collaborative environment and make our daily tasks more manageable. Overall, I feel optimistic about the direction we’re heading and am excited to contribute to a department that prioritizes innovation and patient care.” Scarborough is home to one of the largest



Pramod Purushothaman, Administrative Assistant and Jessica Sampson, Charge Clerk, Diagnostic Imaging, at the newly opened Northpine Diagnostic Imaging Department at Scarborough Health Network.

Tamil communities in Canada, and SHN has long been committed to serving its diverse population. The hospital network understands that different communities have unique healthcare needs, including increased risk factors for conditions such as diabetes and cardiovascular diseases, which require timely and accurate diagnostic imaging. The new department helps address these needs by providing faster access to advanced imaging technology, ensuring early detection and better health outcomes for patients.

At the grand opening event Alicia Vandermeer, President and CEO of SHN Foundation, opened the ceremony by emphasizing the vital role donors played in making this vision a reality. “Today,

we are no longer imagining better care; we are witnessing the reality of a modern Diagnostic Imaging Department that consolidates eight specialties into one advanced location,” she said. “Every individual in this room has played a crucial role in making this dream a reality, and for that, we extend our heartfelt gratitude.”

The opening of the Northpine Diagnostic Imaging Department is a testament to SHN’s commitment to advancing healthcare. The project was made possible by funding from the Ontario Ministry of Health, the Love, Scarborough campaign, and a transformative \$20 million donation from the Northpine Foundation.

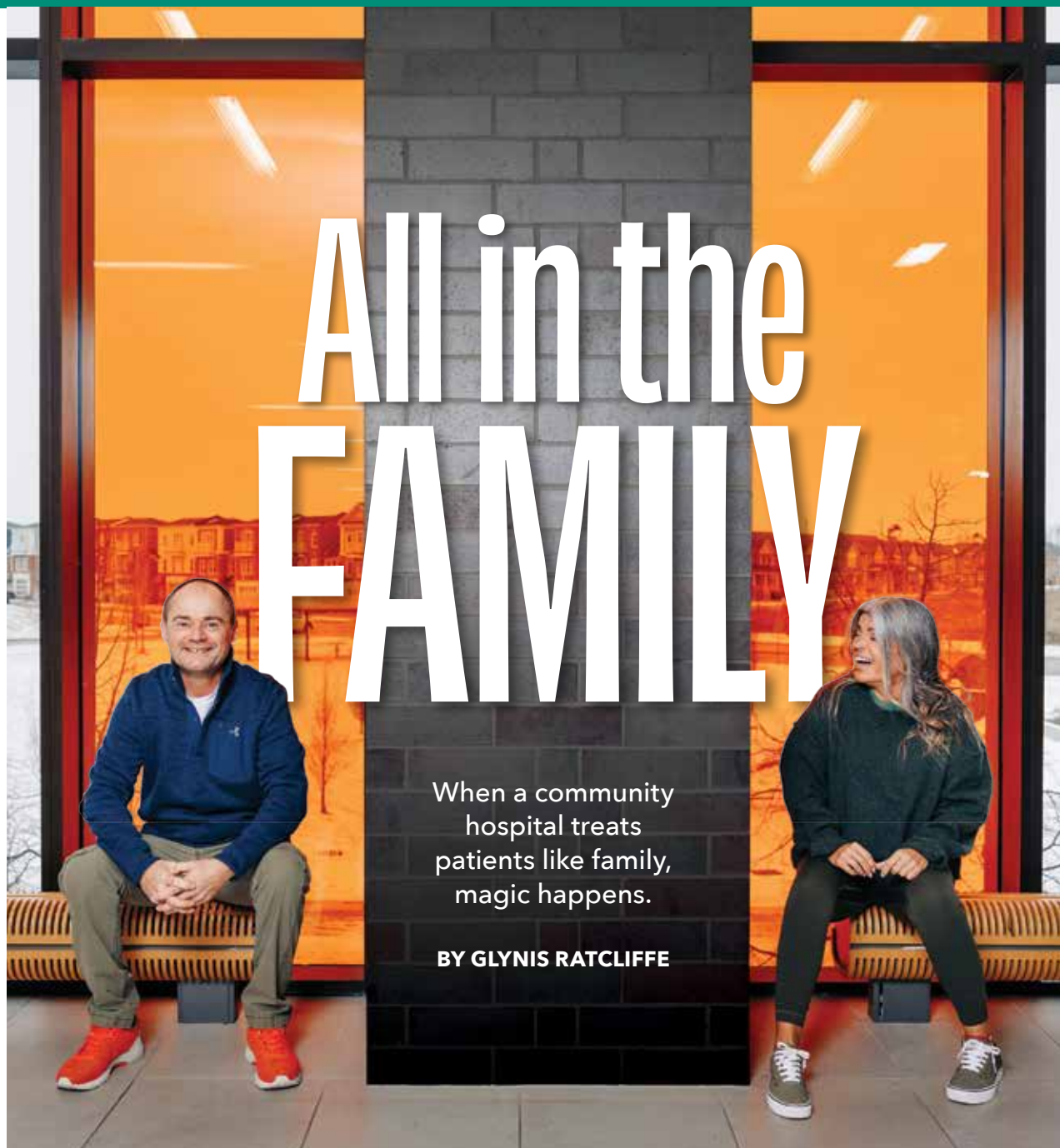




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All in the FAMILY

When a community
hospital treats
patients like family,
magic happens.

BY GLYNIS RATCLIFFE

TERRY SILIMANIS and his sister, Elaine Makos (right), attended chemotherapy appointments at Markham Stouffville Hospital in 2024.

Like many people, Terry Silimanis tried to ignore the physical discomfort he was feeling for as long as possible. However, in November 2023, after more than a year, the then 49-year-old road construction worker lost a significant amount of weight, found blood in his stool and knew it was time to see a doctor, even if he wasn't happy about it. "I don't like hospitals. If I needed stitches at work, it was basically some tissue and electrical tape," he says with a laugh.

The results of Silimanis's colonoscopy revealed the source of his symptoms—a tumour in his rectum. He was immediately referred to Dr. Sam Babak, a medical oncologist specializing in gastrointestinal cancers at Oak Valley Health's Markham Stouffville Hospital (MSH). Further tests and imaging confirmed it was Stage 4 colorectal cancer that had spread to his liver.

"That was a complete shock to us," says Silimanis's sister Elaine Makos, who has served as his advocate and support throughout treatment.

According to the Canadian Cancer Society, approximately 25,000 Canadians were diagnosed with colorectal cancer in 2024. What's more, scientists around the world have been tracking an increase in colorectal cancer rates for people under the age of 50.

BY THE NUMBERS

69

Canadians are diagnosed with colorectal cancer every day.

SOURCE: CANADIAN CANCER SOCIETY

Although a Stage 4 cancer diagnosis sounds terrifying, advances in treatment and more precise surgical capabilities mean an improved outlook for many patients. "Generally, Stage 4 cancer is not curable, however that doesn't mean it's terminal," explains Dr. Babak. "In colorectal cancer, when we combine different treatment methods, we can cure some of these patients, especially ones that have limited disease spread."

In the case of Silimanis, the cancer had only spread to his liver, making him exactly the type of patient Dr. Babak is referring to.

A MULTIDISCIPLINARY APPROACH

In January 2024, Silimanis's care team—which included Dr. Babak, who oversaw chemotherapy, a surgeon for the tumour in his rectum, another surgeon for his

liver, a social worker, a nurse navigator, radiation specialists at another hospital and more—worked together to determine the best course of treatment. He potentially required surgeries for two different organs, radiation to reduce the size of the tumour, and chemotherapy to stop the cancer from spreading.

The appointments at MSH became something both Silimanis and his sister looked forward to because of the level of care offered by nurses and support staff in the cancer centre. There, he received chemotherapy in the Systemic Therapy Suite—which also offers immunotherapy and other supportive cancer treatments—in a private patient bay, complete with his own television.

"Honestly, they made chemo enjoyable for him," says Makos. "If you had questions, they weren't afraid to answer. If you wanted a hug, they'd give you a hug. They were like family."

The continued expansion of MSH's cancer centre, which is made possible by the community's generous support through Markham Stouffville Hospital Foundation, is vital for delivering compassionate care to this growing region.

COLLECTIVE EFFORT

Not every community hospital has access to the wide variety of advanced treatments and surgeries needed for complex cancer cases. While MSH has

an exceptional team of oncologists and surgeons, diagnosing certain cancers and providing the most effective treatments available can be challenging. To bridge that gap, in November 2023, MSH became the fourth cancer centre to partner with the Princess Margaret Cancer Care Network. "The collaboration has enhanced our ability to refer patients to comprehensive survivorship programs, obtain second opinions and refer patients to clinical trials," notes Dr. Mateya Trinkaus, another medical oncologist at MSH.

Within Canada, the Princess Margaret Cancer Centre (PMCC) offers unparalleled access to clinical trials. Ultimately, the goal is to co-partner with PMCC to run some of these trials with joint monitoring, drug administration and patient assessments in Markham.

"Travelling to Toronto is a major obstacle for many patients," adds Dr. Trinkaus. "We hope this goal becomes a reality in the near future so patients can have access to that groundbreaking research closer to home."

A FUTURE OF POSSIBILITIES

After a course of chemotherapy, Silimanis underwent radiation to shrink the tumour as much as possible to save his sphincter and rectum. Unfortunately, due to a lack of response to the treatment and the symptoms he was experiencing as a result of the tumour's location, radiation was cut short.

"I basically hit rock bottom doing radiation," he says. "But that's how you show your colours and bounce back. I just said, 'Screw it, do the surgery.'"

In August 2024, Silimanis had an operation to remove the cancerous tumour, his rectum and one foot of his colon. He also had a colostomy—a surgical procedure to cut an opening in the large intestine for stool to drain from your colon and out of a hole in your abdomen into a bag. While the recovery process has been challenging, Dr. Babak has been impressed with his progress. The next step is an MRI and CT scan of his liver to determine how much additional surgery is possible.

"I think he's going to have a good outcome," Dr. Babak says. "I'm just giving him everything possible to get there."

Silimanis knows Dr. Babak and the rest of the MSH team are rooting for him, too. "He cares. They all care—they know me by name at the clinic, and we joke around every time I'm there. It feels like home now." ■



DR. SAM BABAK treats Oak Valley Health patients who have a wide range of cancers, including colorectal cancer.



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Boeing - Is it GOING—or Going to Be A Comeback Kid?

By: Kane Siva

This has been a multi million dollar question in the minds of aviation enthusiasts and also on the same token is a mind boggling question too. Boeing is being accused of misdeeds, corporate greed, shoddy quality control, improper maintenance, corrupt practices to win approval from the FAA, US Congress, substandard parts, not maintaining cordial relationships with its labor force and many, many more maladies. Do we need Boeing to be banished from the World of Business of manufacturing aircraft? A company that withstood 108 years in aviation history, an icon of American Business, and a forerunner in aviation and space programs. It is not fair I believe by any standards. Boeing is in deep crisis financially, stock market is dipping, reputation is in question, orders are plummeting, employers morale is down, lots of uncertainty about its manufacturing health, design and lots more. A situation that was created not by anyone but by the earlier management of Boeing.

Can we allow the Boeing to go down like the Titanic? Unimaginable and absolutely not. So what are the ways Boeing management can stand up to its numerous challenges and write a new chapter to get out of this rut hole they are in? A mess perpetuated by them only to benefit the shareholders and to boost its stock market value. I was shocked when I read this article in "The Stranger" from Seattle, by Charles Mudede, April 9, 2024. Charles clearly writes how Boeing management's decade-long buyback bonanza became a nasty weapon to destroy its relationship with its labor and the production of airplanes. This publication further says, According to Mellius Research, Boeing's leaders delivered gushers of cash to shareholders through stock buybacks and dividends—worth \$68 billion since 2010- rather than investing in new airplanes and its labor force.

The new CEO Kelly Ortberg's approach to reinvigorate Boeing looks like winning praise from some quarters. His modus operandi to turn around Boeing seems to have received well after the company (As mentioned in many business news media) have lost \$14 billion in 2024. Boeing is in a chaotic situation and



CEO Kelly Ortberg

is bewildered by its misfortunes and turn of events. With his credentials Kelly Ortberg, who has been called from retirement to take up this mammoth operation of cleaning up and reviving Boeing, was a senior executive with Rockwell Collins, a US based Aerospace and Electronics company. Kelly looks like a promising CEO to bring results to a company that is in ruins. In a hands off meeting he has addressed the backbone of the company, The Workers, we all want to succeed. Aviation world is expecting us to do much better, a kind of a clean up of our act so as to deliver high quality products without any more glitches.

his energies on improving his production base, quality control and to have a better relationship with its labor.

Quoting Tim Clark, CEO of Dubai based Emirates Airlines, from Business Insider, "that Boeing should treat its workers better to recover from the mess that was created by the previous management for more than 10 years". He puts it clearly "You look after your people and they will look after you". The workers can do miracles if they are made to feel their importance to the company. Alienating them will be counterproductive. This trend of sidelining the labor created the disaster for Boeing. The workers are the linchpin of any business or company. To achieve this Boeing has to do a 360 and root out its rotten culture of profits: over safety, welfare of the employees and the mass production without any proper oversight, which had seeped miserably into the Board room. Tim Clark's analysis says it all. Hope Kelly will give serious consideration for Clark's version of events, as Emirates is the largest and darling customer of Boeing. Boeing has to do lots of cost cutting measures but not cutting the Tree down. May be it has to thin down its management positions and perks without nibbling away on the production floor, so as to channel the resources for innovation and welfare of the



This looks like a passionate appeal to the workers and its strong unions which too paralyzed the company by its strike in the factories. In a way you cannot blame the union also but only the nasty attitude of the previous few management team. Kelly mainly wants to focus

employees. This kind of approach might improve the morale of the labor force and the quality of the Boeing products.

Kelly should walk away from the trend of sidelining labor that created the downfall of Boeing. Kelly has taken an affirmation to come out of this cycle and to focus



mainly on improving the production, highest quality control, to maintain a robust and healthy relationship with employees and labour unions. If he can achieve this objective I don't think Boeing will ever falter again but for sure will bounce back with a brand new aircraft to invigorate the aviation industry and the Boeing company as well. The FAA has limited the production number of B737-Max to 38 a month which I believe was double this amount before all the foul play started at Boeing. It was a Rat race between Airbus and Boeing to manufacture more aircraft sans quality I believe, not attaching this (quality) connotation to Airbus.

Boeing's other arm also suffered a major setback because of the commercial aviation industry. Namely Defense production and space programs. Boeing's space program "Starliner" spacecraft had many issues including problems with Thrusters, Propulsion system Helium leaks, Parachute malfunctions and other software related issues. All these issues synchronized when Boeing was facing many issues on the Commercial aviation aircraft manufacturing. The Morale at Boeing is at its lowest ebb. I am sure that Kelly may see the light at the end of the tunnel if the management team, the workers and the Unions act only with one purpose to uplift the company to its glorious past, the era of Joe Sutter, considered as the Godfather of Boeing's, B 707 and B 747.

Boeing needs a new kind of management style where more Engineering Management oriented people should be at the helm, rather than Bean counters. Bill Allen, a successful Lawyer and Businessman was considered by many in aviation as the greatest CEO of Boeing, serving from 1945 to 1968. None of

the other CEOs has not come near the stature of Bill so far. His motto was Listen, Listen, Listen. Bill Allen believed Culture starts at the top. I am sure the aviation world is hoping for another Bill Allen. Will that be Kelly Ortberg? Yet to see.

I recently read an extensive report published on BBC in depth, after one of the Boeing whistle blower's testimony to the US congress, Sam Mohawk, a quality assurance investigator at Boeing's factory in Renton, Seattle, where B 737 Max is built. This report is by Theo Leggett, International business correspondent. Quoting him, People in Boeing don't believe in words from the top management any more. In his perception even though Kelly hungers for change in culture at Boeing, Mohawk says nothing has changed. The drive to build more planes to maximize turnover quickly, still lingers and the Financial accountants are in charge even now.

This account has been corroborated by another Boeing staff member Nathan (not his real name) in the same BBC narration. Nathan works at Everett factory in Washington state, where the B 777 is built, describes how low the staff morale and corners have been cut on the production line. He claims Employees "don't always follow the rules because they feel the pressure from their manager, and so they are taking steps to ensure their own safety". But Mike Dunlop, an aerospace industry expert, strongly believes Kelly has begun the process of transforming to the basics, which I feel is about the quality, quality, safety and safety of its products. Mike Dunlop surely states that to turn around a company soon solely depends on three simple factors: First how you treat your employees, deal with your customers and finally how you get along with the supply chain to keep the inventory

for the manufacture of aircraft. Further, he emphasizes if the Boeing management reverses its earlier style of management of the last 15 years or more, there will be a "borderline miraculous" revival of the Boeing.

But there are others that beg to differ. Quoting Captain Dennis Tager, The spokesman for the Allied Pilots Association, (The pilots union for American Airlines) strongly believes that the change should come from the lower ranks and the middle management as well. I personally feel the "Boeing Boat" should be Rocked from the bottom for meaningful, real and fruitful changes to occur, so that Boeing can be a shining star in the skies again. The outgoing FAA chief Mike Whitaker clearly outlined his vision for Boeing by stating this, a quick cultural change at Boeing is the only answer for the way forward. Boeing needs lots of doorman on the production floor to assure safety.

Boeing has not produced a new aircraft for the last 15 years since its production of Boeing DreamLiner B 787 and the aviation world is dreaming for another Boeing Machine that could prove all naysayers otherwise. Come on boys at Boeing, prove your colours and keep all the doubters at bay. This is an appeal to all at Boeing to work harder, honestly and sincerely to bring back Boeing to its old glory of the B 747 era. Keep it in mind, If we strive for excellence we will achieve it in unison and not alone.

Aviation world needs healthy competition and should have other players to come out with quality and safe flying machines so as to ensure safe air travel for the flying folks who prefer air travel rather than depending on other modes of transport.

As the late Colin Powell said "If You are going to achieve excellence in big things, You develop the habit in little matters. Excellence is not an exception, it is a prevailing attitude"

Good Luck to Boeing!



K.N. Sivagnanasunderam (Blue)
Former Flight Operations
Officer, Air Ceylon Ltd.
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BREATH

WAKE UP TO LIFE

Prem Rawat's book, *Breath: Wake Up to Life*, invites readers to connect with the often overlooked power within our breath, serving as a profound reminder of our shared humanity.

BREATH- THE Preface

"It has been said many times that a journey of a thousand miles begins with the first step. The same is true in our lives: every journey of a human being begins with that first breath."

Prem Rawat

"A journey of a thousand miles begins with the first step."

"How important is it to understand that the breath is truly a gift? It is incredibly important because, believe me, we take this breath for granted. Yet this is one thing that we cannot allow ourselves to do. We need to see its beauty." Prem Rawat

Gabriel Gonzalez-Molina

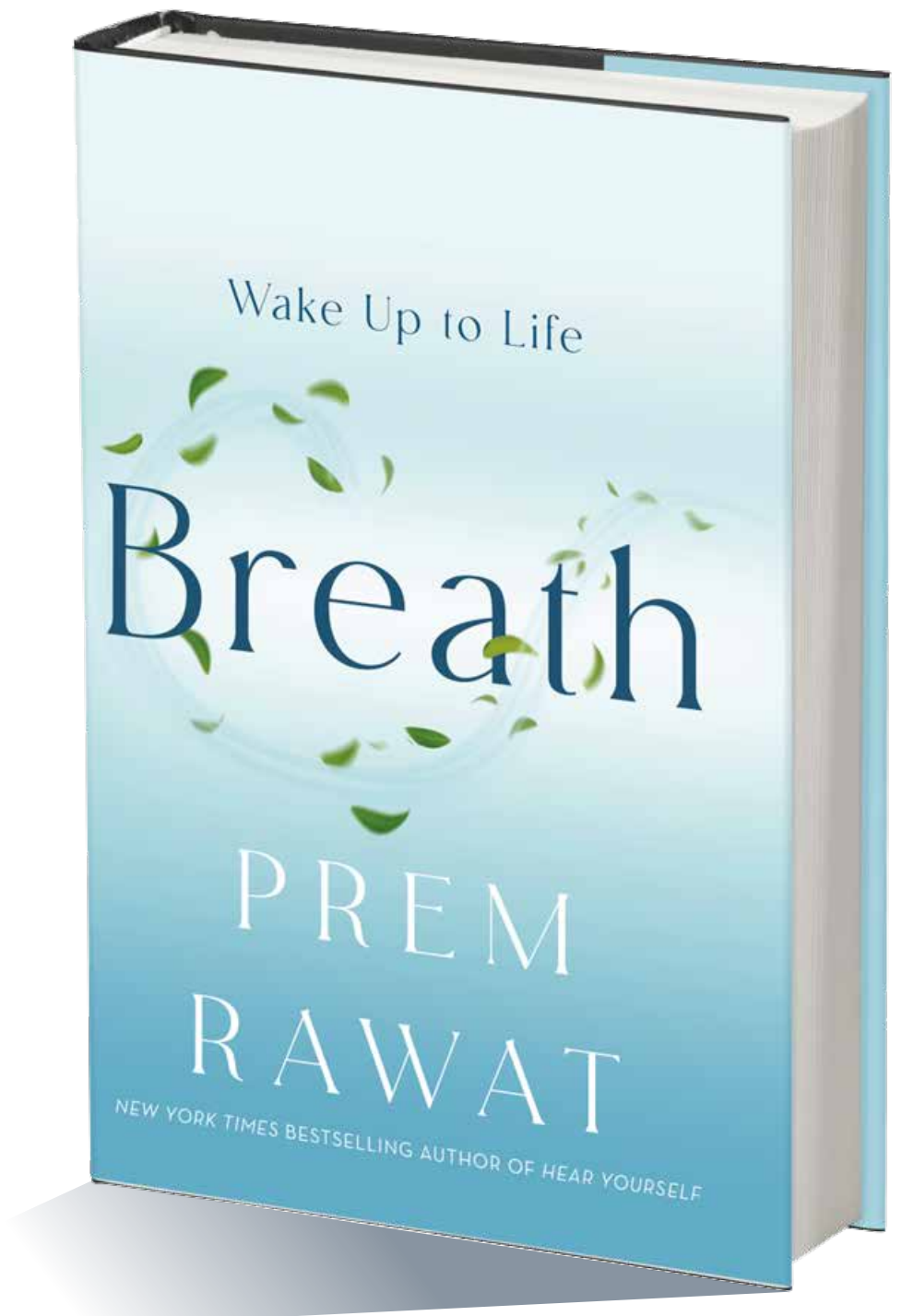
Bestselling author of *Switchers*

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"Prem sheds light on the hidden joy found in each breath between the first and the last – a doorway to experience the divine spark within us all."

Debraj "Raj" Mukherjee, MD, MPH,
Director of neurosurgical, Oncology,
Johns Hopkins school of Medicine

Words People Live By



By: J A Rajah

1. Imagination is the highest kite one can fly.

- Lawren Bacall

2. Life begets life. Energy creates energy. It is by spending oneself that one becomes rich.

- Sarah Bernhart

3. Life happens to you when you make other plans.

- Betty Talmadge

4. Avoiding danger is no safer in the long run than outright exposure. The fearful are caught as often as the bold.

- Hellen Keller

5. Why not seize the pleasure at once? How often do preparation, foolish preparation, destroy happiness?

- Jane Austen

6. Courage is the price life exacts for granting peace.

- Amelia Earhart

7. You can't be brave if you've only had wonderful things happen to you.

- Mary Tyler Moore

8. To live is so startling; it leaves little time to do anything else.

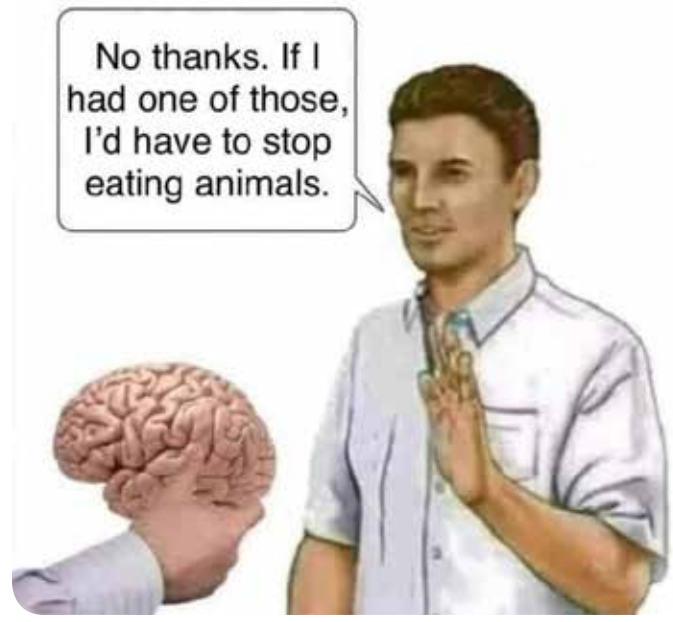
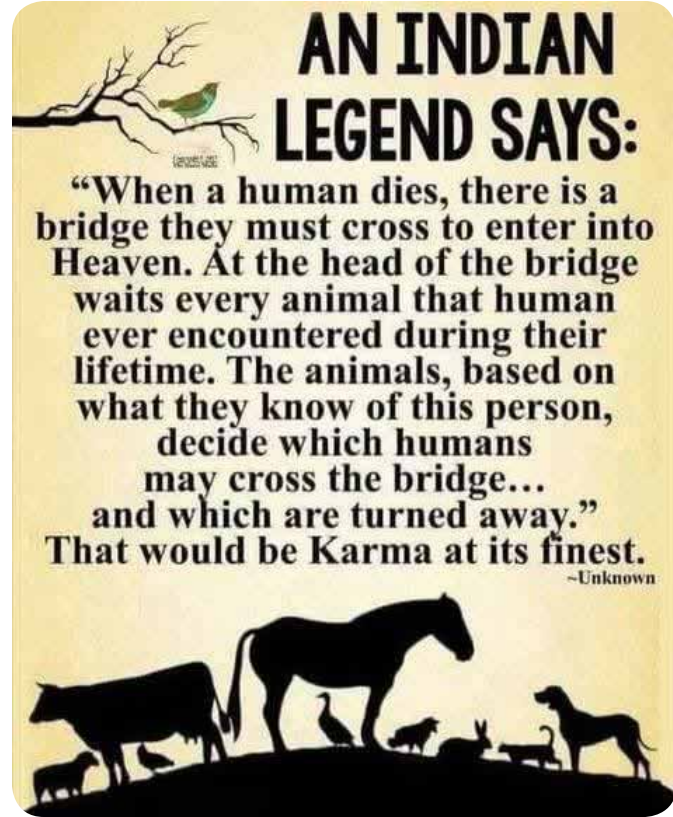
- Emily Dickenson

9. Most happiness or misery depends on our dispositions, not our circumstances.

- Martha Washington

10. Some things arrive on their mysterious hour, on their terms and not yours, to be seized or relinquished forever.

- Gail Godwin



The Incredible Story of Palma – The Dog Who Waited

Between 1974 and 1976, at Vnukovo Airport in Moscow, an emotional story touched the hearts of many.

- ▶ **A Dog Abandoned on the Runway**
- ▶ A passenger was about to board an Il-18 plane bound for Norilsk. His loyal companion, a German Shepherd named Palma, had a ticket purchased, but was denied boarding because he lacked a veterinary certificate.
- ▶ With no alternatives, the owner made a cruel decision: he hugged Palma, removed his collar, and left without him.
- ▶ Confused and disoriented, Palma wandered around the airport, trying to understand what had happened. When he finally returned to the gate, his owner was already gone.
- ▶ The Loyal Wait and the Pain of Abandonment



Palma refused to accept reality. He stood still, staring at the closed door, believing that this had to be a mistake.

Then, upon hearing the roar of the Il-18's engine, he began running after the plane, trying to catch up.

He ran until his paws couldn't carry him any further, as the heat of the jet fuel and the force of the takeoff engulfed him.

Palma was left alone on the empty runway... and he started to wait.

- ▶ For a long time, he lived in the open, lost, but never losing hope that his owner would return.

A Pilot and the Article That Changed Everything
Palma eventually found shelter under a trailer used by airport workers. One day, he was noticed by Il-18 captain Viacheslav Alexandrovich Valentei, who observed that the dog always approached the stairs of arriving and departing planes, watching the passengers, searching for his owner.

Palma's heartbreaking story was published by the newspaper "Komsomólskaya Pravda", and finally, it reached his former owner. From Norilsk, the man sent a message to the pilot explaining that Palma's eye condition prevented him from obtaining a veterinary certificate.

However, even after learning that Palma was still waiting for him, the man refused to take him back.

- ▶ **A New Home for Palma**

Many people offered to adopt him, but in the end, Palma was taken to Kyiv, where he was welcomed by Vera Kotliarevskaya, a professor at the pedagogical institute.

- ▶ Over time, Palma adapted to his new life. Vera wrote in her diary:

- ▶ "A very balanced dog, with a stable nervous system and a deep attachment to humans

and home. When he arrived, he approached my sleeping daughter, licked her cheek, and gently held her ear between his teeth."

- ▶ The Story That Became a Movie

▶ In 1988, this touching story inspired the Soviet film "Tied to the Runway" (Привязанный к взлетной полосе).

- ▶ Palma became a symbol of the unbreakable loyalty of dogs, proving that, more often than not, they have much bigger hearts than humans.

source: mais que um amigo

The mailman has to improvise whenever there's no mail, because Pippa loves collecting the mail and he doesn't want him going home disappointed 😞





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Who was the thief ?

by Siva Sinniah (*Thuraiyooran*)



It was a pitch-dark night around 10:00 p.m. in Jaffna, Sri Lanka. In those days we had no electricity and the people used locally made brass lamps, kerosene lamps and hurricane lamps. There were no street lights then. Hence people avoided traveling at night. If it

“

That day my father was sleeping on a wooden bed, with lots of sheets spread on it to make it cozy

”

was necessary to go out on an important matter, they had a small torch made out of rags and went about.

That day my father was sleeping

on a wooden bed, with lots of sheets spread on it to make it cozy since there were no mattresses then. I was sleeping on the floor closer to him on a mat with sheets spread over it. These days most of the people went to bed by 8:00 p.m. after an early dinner. Students preparing for exams studied in the light of hurricane lamps. Some people used to get up in the morning to study. People at home used to get up at 5:00 a.m. My mother got up and started preparing tea for the family. After that she started preparing breakfast and lunch for students attending schools far away from home. Normally we used to have bread and jam for breakfast. Jam was imported from England and it was normally strawberry or Blackberry, which we had never seen, since they are not grown

in Sri Lanka. My mother used to prepare Puttu or string hoppers with potato curry and packed it with a piece of banana leaf wrapped in brown paper.

This brown paper was from a bag used to pack cement, which was manufactured at the Kankesanthurai cement factory.. These bags had normally 7 to 8 sheets so as to withstand the weight of the cement poured in by the machine automatically and the opening stitched with sturdy strings. After using the cement for building purposes, the empty bags were sold to people who went to these houses and collected them by paying a nominal amount. Then the bags were cleaned very well and the sheet separated and sometimes used to make small bags and

Short Story

SPECIAL FEATURE



was sold to grocery shops and other stores. These bags were biodegradable and caused no threat to the environment. Plastic bags were introduced later and these paper bags went out of use. I thought of giving this information as to the importance of these paper bags which were in use about 75 years ago.

Now coming to the story, we were lying on bed and were half awake and suddenly heard someone shouting, “thief, thief, catch him, catch him”. Immediately my father got up, took the hurricane lamp hanging in a corner on the metal chain and increased the intensity of light by turning on the knob at the side and proceeded to our gate facing the road. I was around 10 years old at that time. I also got up and was thinking whether to follow him or not. The shouting emanated from the house in front of us but on the south side of the road. The entrance to that house was on a lane, which started from the main road and went through connecting many houses to the interior. This was the first house on the lane. Veylan came chasing the thief who was running towards the street northwards.

I must tell you something about Veylan at this juncture. As I understand, he had no relatives or friends and was living in a small hut at one corner of the land and he must have been about 65 to 70 years old. He is originally from Punakari and island of the village of Kaithady in Jaffna. He used to help the household by doing errands like, plucking coconut, chipping firewood and grocery shopping. He also did similar jobs for the families in the area and was paid a nominal amount, along with lunch for the day. So he led a very simple life. The owner of the house was running a shop in Punakari, since it was his birthplace. He bought this house and sent his wife with two kids and his mother to live in the

house. So that his children could attend schools nearby. Since the household were both females, he sent Veylan to live there as a male support for the family.

While the thief was running towards the road facing our gate, my father raised the lamp above his head and watched him approaching the road, turning right and running away. After

“

someone shouting, “thief, thief, catch him, catch him”. Immediately my father got up, took the hurricane lamp hanging in a corner on the metal chain and increased the intensity of light by turning on the knob at the side and proceeded to our gate facing the road.

”

that he came back home and did not help Veylan to catch the thief. I asked him the reason for not helping Veylan to catch the thief. He told me that the thief is a local guy and to not to worry about it and to go to sleep.

Next day morning we were busy getting ready to go to school. I had breakfast, took the lunch prepared by my mother and went away to school. After returning from school in the evening and while having a cup of tea, I told my mother as to what happened the previous night. She said father had told her everything and not to worry about it and to mind my own business. As usual I went to play soccer at the temple premises close by. While playing

some of the boys asked me about the thief and my father had seen him running and asked who he was. I told them that my father never revealed that to me. This story spread like wildfire in the town.

Some of the neighbors asked Veylan as to what had happened the previous night. He had told them that he was sleeping on the floor in front of the door and the thief accidentally trampled on him, while coming out of the house and as the night was pitch dark, he couldn't identify him. But he told them that he was wearing pants and a shirt. Since the thief was running faster, he could not catch him and missed him. When one of the neighbors went to the house and asked the old woman as to what had happened that night, she said that someone was trying to enter the house in the night and was chased by Veylan.

The old woman, who is the owner's mother, was a diabetic patient. Since her condition was intolerable, she was taking insulin injection daily. To administer this a pharmacist from our area used to visit her in the evenings. Since the day of the thief entering the house, he stopped going there. So, the neighbors started gossiping about that.

The next day when we were playing soccer, one of our older players asked a woman who came there in search of her cow, whether she had heard about the thief entering Veylan's house. She laughed and said that the entire town is talking about the pharmacist who came to give injection to the mother-in-law, injected the daughter-in-law also and ran away without being caught. The family is not rich, for a thief to come there to steal anything. She advised us not to worry about all this and to concentrate on playing. She found her cow grazing at the far end of the grounds and took her home.



SPECIAL FEATURE

THIRUKKURAL IN BRAHUI

Information gathered by Kidambi Raj

Thirukkural in Brahui:

A Dream Fulfilled:

It has been my long-cherished dream to see Thirukkural translated into *Brahui*, a language that has remarkably survived the Aryanization of Baluchistan. Nestled in the mountainous regions, the Brahui people have retained their Dravidian linguistic heritage despite centuries of invasions through the Khyber and Bolan passes. After five years of persistent effort, I am delighted to announce that Er Muhammad Afzal Brohi has successfully translated Thirukkural into Brahui.

A Journey of Dedication and Perseverance:

Two individuals had previously attempted to translate Thirukkural into Brahui but had to withdraw—



Muhammad Afzal Brohi

one due to academic commitments and the other for career-related reasons.

However, Er Muhammad Afzal Brohi, with his

profound appreciation for the depth of Thirukkural's wisdom, undertook this task with extraordinary commitment and completed it within just ten months—an achievement of remarkable speed and dedication.

The Sojourn of Er Muhammad Afzal Brohi with Thirukkural Translation:

His journey began in early 2024 with ten days of research on Thirukkural in English. On Pongal, January 15, 2024, he embarked on the translation, initially working on five couplets a day, dedicating three to five hours daily. As he progressed, he structured his work schedule meticulously:

Translation Routine (January–March 2024):

- ▶ 7:00 AM – 10:00 AM
- ▶ 2:00 PM – 5:00 PM
- ▶ 7:00 PM – 10:00 PM

With this disciplined approach,

he translated 15 to 20 couplets daily, aiming to complete the first volume (Virtue) before the onset of Ramadan (March 2024). Facing challenges in transliteration, he turned to Tamil audio clips of Thirukkural, transcribing them into Brahui (Arabic script) to ensure correct pronunciation. Despite falling ill in March, he successfully completed the first volume as planned.

Initially, his plan was to publish each volume separately. However, on the advice of Prof. Dr Sosan Brahui, he decided to translate all three volumes continuously to maintain coherence and focus. Following this suggestion, he resumed work on May 11, 2024, intending to complete the second volume during the summer vacation of 2024.

Enhanced Work Schedule for Completion:

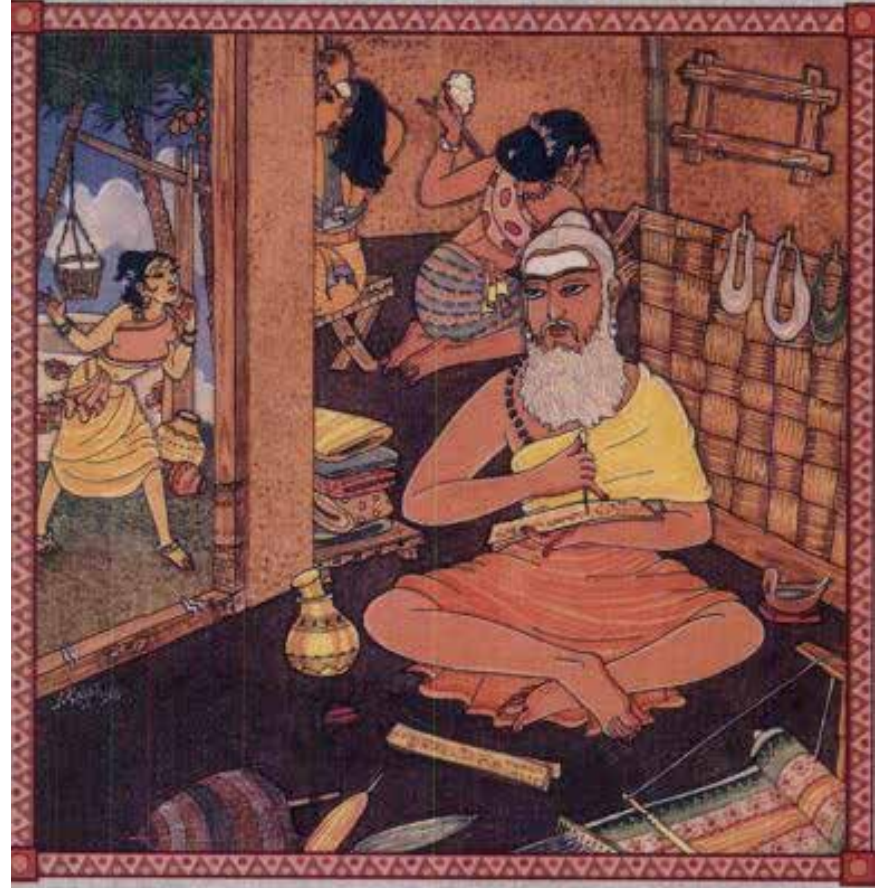
To accelerate the translation, he revised his schedule as follows:

- ▶ 7:00 AM – 2:00 PM (First session)
- ▶ 3:00 PM – 6:00 PM (Second session)
- ▶ 7:30 PM – 11:00 PM (Third session)

With this intensified effort, he completed the first draft of all 1,330 couplets by June 26, 2024. His dedication was so extraordinary that I initially found it hard to believe he had completed the translation in such a short span of time.

Challenges and Refinements:

Amidst his translation work, Er Muhammad Afzal Brohi also engaged in socio-political activism, working with a team of 24 like-minded individuals to establish a new political party aimed at protecting Indus Valley Civilization heritage and marginalized communities in Baluchistan. This delayed the editing



phase, which was further impacted by severe monsoon power outages. However, by August 31, 2024, he had meticulously reviewed the Brahui drafts and made essential refinements.

From September 2, 2024, he began incorporating:

- ▶ Tamil original couplets
- ▶ Brahui transliterations
- ▶ Titles, introductory comments, and additional insights

By the end of September 2024, the core translation was complete. The draft is now under review by two Brahui scholars, as suggested by Prof. Dr Sosan Brahui. Meanwhile, I have recommended adding:

- ▶ Roman script transliteration
- ▶ A brief commentary in Brahui for each couplet

A Legacy for Generations:

Seeing this dream come to life through the tireless efforts of Er Muhammad Afzal Brohi fills me with immense joy. His contribution will not only enrich Brahui literature but also extend Thirukkural's universal wisdom to new horizons, upholding the Dravidian principle of EQUALITY at birth.



Pallor of the HEROINE

By Kumar Punithavel

Kurunthokai means short-collections, which is a classical poetic work of Sangam era which is between 300 before common era to 100 common era. The poems of Kurunthokai are named such, as the 402 poems consist between 4 and 8 lines each, except poem 307 and 391 which have 9 lines. The Tamil word Kurunthokai means short collections. These poems are credited to 205 ancient poets. The adage is, 'one grain of rice will determine whether the pot of rice is boiled'. Here we will see the poem Kurunthokai #27 in detail so that we can understand how the rest of the poems will be.

This song/poem was authored by a female poet Velli Veethiyar, and the poet is well-known by Tamil scholars. She has authored two Ahananooru poems, eight Kurunthokai poems and four poems in Natrinai. This poem talks about the pining of a lady for her lover. In one of the poems written by Awaiar a renowned poetess of her time has quoted Velli Veethiar as a sample on one of her own songs where the heroine has pined. The poem is # 147 Ahananooru. As the tradition of ancient times it is, the male who was supposed to go far off land and earn money to raise a family, while the woman was supposed to hold the fort until his return.

The poem is set in the background as if our heroine complains to her friend who was worried about her grieving and its effect on her health and beauty. She replies in the form of a poem with five lines only. She starts with a comparison of the self to predicament and appearance of a cow whose milk goes waste. She compares her youth and beauty to the milk of a cow whose milk goes waste. She says like the cow's milk that was neither consumed by its calf, nor collected on the vessel, but spills on the floor goes wasted.

The milk was there but was not consumed by calf,

கன்றும் உண்ணாது, கலத்தினும் படாது,

Nice cow's sweet milk, falls on the floor,

நல் ஆன் தீம்பால் நிலத்து உக்காஅங்கு,



She goes on to say like mentioned earlier her beauty does not benefit her nor it benefits her lover.

It does not benefit me, nor benefit my beloved

எனக்கும் ஆகாது, என் ஐக்கும் உதவாது,

She goes on to mention that due to her missing of her beloved lover pallor has set in and beauty

Pallor has been ruined by non consuming

பசலை உணீஇயர் வேண்டும்

Ends up her narration with the fifth line saying even her pudendum and her beauty too is lost because her lover had ventured far off.

My pale pudendum and my dusky beauty too.

திதலை அல்குல் என் மாமைக் கவினே.

Let us the Sangam poem Kurunthokai 27 as a whole;

Calf doesn't feed, nor collected on the bowl,

Nice cow's sweet milk, falls on the floor,

It does not benefit me nor benefit my beloved,

Pallor has been ruined by non consuming,

My pale pudendum and my dusky beauty too.

5

கன்றும் உண்ணாது, கலத்தினும் படாது, நல் ஆன் தீம்பால் நிலத்து

உக்காஅங்கு,

எனக்கும் ஆகாது, என் ஐக்கும்

உதவாது,

பசலை உணீஇயர் வேண்டும்

திதலை அல்குல் என் மாமைக் கவினே.

5

This short poem written by a female poet Velli Veethiyar more than 2000 years ago expresses how her lover's separation had affected not only her appearance but also her external genitalia too. Certainly, the Tamil ladies long ago were much more vocal in those days.



SPECIAL FEATURE

THE **Little** THINGS THAT CHANGE THE WORLD

By: J A Rajah



*Little, little desire,
Desire to say sweet words,
Desire to multiply love,
Desire to extinguish hatred,
Desire to embrace,
Desire to speak loving words,
Desire to win the world,
Little, little desire.*

The same things can be said about the many little things we can do to improve someone else's day. A comforting smile, a kind word or greeting like 'Thank you, welcome, what's up, shalom, Good Morning; a polite reaction, or a helpful act -all these contribute to improving the quality of someone else's day or our own. Such seemingly small actions as we interact with friends, colleagues, bosses, clients, strangers, and significantly, our families contribute to peace and satisfaction for ourselves and others. Valluvar summed up all these ideas in his Kural "insollal anri iruneer viyan ulagam, van sollal enrum mahilaathe". It means that the world will rejoice only when addressed with kind words and not when spoken to in unkind vocabulary. He further illustrated: 'Iniyavai, iruppa innathu kooral, kaniyiruppaka ay kavarnththattu'. This means that telling unkind words instead of kind and soothing words is like plucking an immature fruit instead of a matured fruit. Valluvar, in his couplets, told the dictums of life with excellent illustrations and, therefore, far exceeded anyone else as the exponent of life or the light-house of the world. Bible with its various historical events and excesses falls short of Valluvar's couplets.

E. Milk of Human Kindness :

Kind words and acts are indispensable for life. They have made lives smooth and happy. They help move our lives from the laborious and mundane to something more straightforward, pleasurable, and satisfying. Muslims have the habit of greeting and embracing their kith and kin when they meet them in familiar places or on the roads. They embrace each other and say words of good wishes and mutual concern like 'Sanu, Sanu, Barka, Yaathra, Al-hamdullila'. Milk of human kindness is the magic that works wonders.

Many modern scientific inventions/ devices have had a significant effect on changing people's lifestyles. We are amazed by new aircraft, submarines and rockets that fly themselves to the earth. We marvel at the increasing power of computers. Many of these, indeed, are stunning developments for which accolades are rightly showered on their inventors and engineers. Yet most of these elaborate inventions do not affect our day-to-day lives. Our lives are, however, enriched daily by a host of simple products, often so mundane in their design that we usually fail to consider the genius behind them. Yet these are unsophisticated tools, frequently considered 'little things', and make a massive difference in our everyday routines.

A. Paint Rollers :

Before 1940, painting the walls and ceilings of a house had to be done entirely by brush. Such was the labour and skill involved that many people did not do the work themselves, preferring to hire professional painters. Breakly, a Torontonion, produced a new product on a small scale that revolutionised the process of painting. He discovered the paint roller, which could apply to large, flat surfaces such as walls and ceilings. It comprised a roller frame and roller cover that absorbs and transfers paint. It helped to make people's lives easier.

B. Zipping Forward :

The 'Zipper' makes an enormous difference in people's lives worldwide. A variety of fasteners are used in countless ways. They hold sheets of paper together, keep lids on things, and keep machinery correctly

assembled, vital parts of our clothing. For centuries, people have looked for better ways to speed things up. The Zipper was invented by Sunback in 1917. He was a Swedish-orn engineer. Few inventions in human history have had such an impact on day-to-day life as the humble Zipper. It is used on all garments, suitcases, and tents and boasts nearly limitless commercial and industrial applications. These inventions have made our lives simpler and more manageable.

C. Canning Food Items in Bottles and Tins :

Nicholas Apparv of France discovered the method of canning food for the army and Navy in 1809. A wide variety of food is now available in containers; some are even exported to other countries for those needing them. Fruits, vegetables, butter, jam, and cheese are all canned in bottles, tins, and plastic moulds for needy people.

D. Humane Gestures that Make Life Better :

*"Chinna, chinna aasai,
In chotikkal pesa aasai,
Anpap pesa aasai,
aruthal koora aasai,
Aranvanaika aasai,
nesa varthai pesa aasai,
Anpaip perukka aasai,
van soolai karlaiya aasai,
In sollal ulagai vella aasai,
chinna chnna aasai."*



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FREE HEALTH CARE

By: Priti Jesman
Grade 8 Student

What happens when you break a limb in Canada? You will have to head to the hospital, but what about the payment? In 1966, the Canadian government started providing free healthcare when the Medical Care Act was introduced. This act allowed citizens throughout the country to have free access to treatment at clinics, hospitals, and doctor's offices. To make things more accessible and affordable, the federal government made healthcare free for all in 1971, regardless of income. However, although you do not provide payment when you need medical help, your taxes go into funding the medical system. Another important thing to know is that you will have to pay for treatment with a health card that is not expired. Despite the conditions, this choice seems great, but free healthcare is quite a controversial topic. Many people argue that although this benefits our health, the government does not benefit from this one bit.

To start off, Canada's choice of providing free health care greatly aids citizens in Canada. Without needing to pay extra fees, patients can come and get themselves checked whenever they feel concerned about their well-being. They will not have to worry about how much it will cost and thus, they can take better care of themselves. Free healthcare also benefits those who are struggling with money and income issues, as they may feel physical or psychological pain. Numerous patients who are not able to afford health services even in critical condition can easily go to the hospital for treatment. This choice also greatly helps young infants and children, as it is much easier to catch diseases and health issues while you are young and still developing. Free healthcare is a decision that has saved many lives in Canada for years.

While free healthcare helps patients a lot, it also makes a doctor's job easier as well. A free health economy is a system that gets little to no government help or control. This means that if a hospital were in one of these economies, they would have to find a private agency on their own and order and purchase supplies independently, using their patients' money. Canada is not a free health economy. Therefore, the provincial government acts as an agency, meaning doctors and clinics ask the government for resources instead of going to private agencies around the globe to ask for supplies to be bought.

Although all citizens get access to medical facilities, there are many flaws in the healthcare systems today. Due to the fact that hospitals do not get extra payment from patients, you may see a decrease in the quality of your services. Medical facilities will often be busy, and doctors and nurses will have to take much longer and tiring shifts which changes their goals. They aim to diagnose more patients rather than give proper care



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and treatment. Since medical facilities are much busier now, it will also result in longer waiting times. When booking a date with a specialist, it is normal to wait more than three weeks for your appointment. Many people prefer free health economies over free healthcare, as you will receive good treatment and will not have to wait for longer periods of time.

Since healthcare is open to all citizens, many people may start disregarding their health. They may focus on having fun, eating junk food, and getting injured. They may think that this is okay, since they can get treatment at any time. However, they do not consider the long waiting times in hospital emergency rooms: Ontario's average waiting time can be as low as 3 hours to as high as 22 hours. It is important to take care of yourself, so you do not find yourself in a situation requiring emergency help.

To conclude, free healthcare is very beneficial to Canadian citizens. We can get free access to treatment, no matter our income or status. This has helped save many lives, from adults to young infants. Free healthcare also benefits doctors when it comes to ordering supplies for hospitals or clinics.

Although free healthcare is amazing, there are now many flaws in the medical system. Since doctors and nurses work in busy and tiring atmospheres, there may be a decrease in the quality of your treatment. Hospitals in Canada also have very long wait times, which can range from 3 to 20 hours. It is important to take care of yourself, despite free medical facilities, and make sure to treat all medical staff with respect.



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PAINLESS DIABETES PATCH TO REPLACE NEEDLE PRICKS

Waterloo researchers are closer to commercializing a health care breakthrough for continuous monitoring of blood glucose, ketone, lactate and more

By Darren McAlmont
University Relations

Imagine a painless patch that continuously sends your health status to your phone. A team of researchers from the University of Waterloo is on a mission to deliver just that by developing next-generation technologies that can monitor and dispatch personalized medicine.

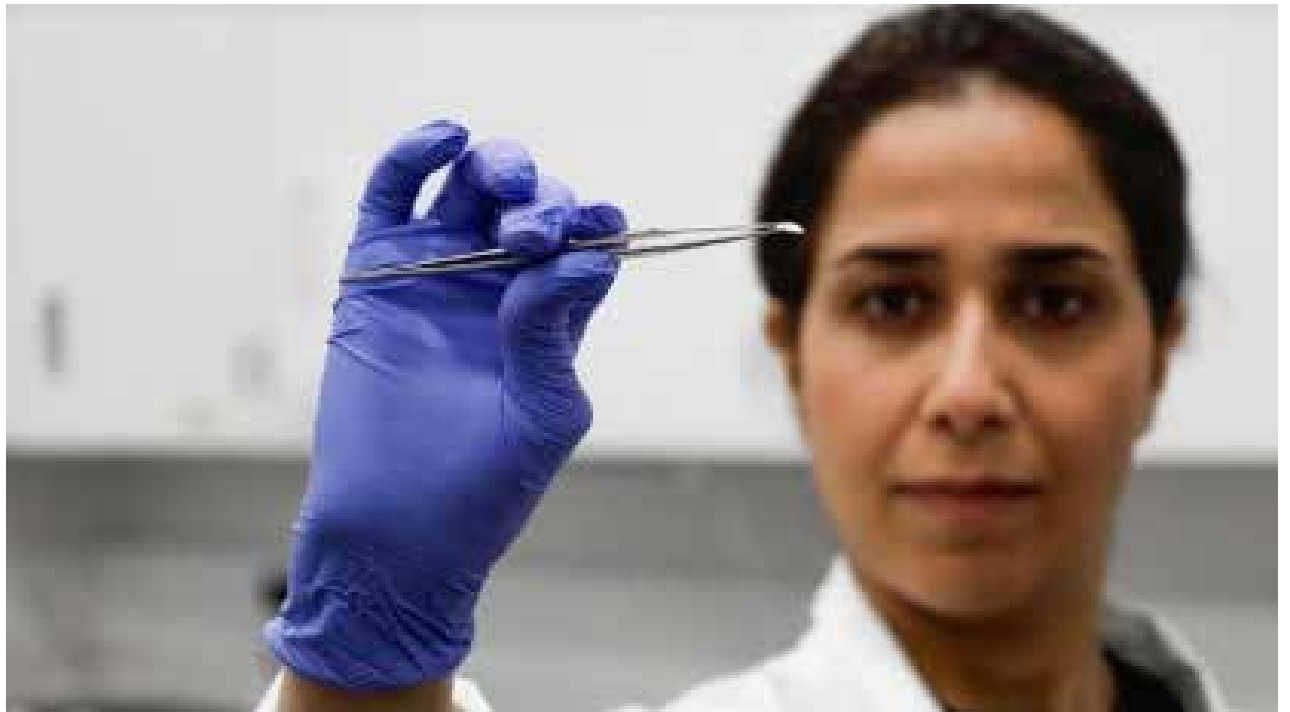
Through the IDEATION Lab, the team has developed mini patches — smaller than the size of a band aid — to continuously monitor blood glucose and ketone levels in patients with Type 1 diabetes and deliver real-time results to their smart phone or health care provider.

This health-tech breakthrough could mean the end to invasive and painful needle pricks.

“What distinguishes our patches from solid needles is that they are fully painless and compatible with the skin ... they’re made out of hydrogels” says Dr. Mahla Poudineh, professor in the Department of Electrical and Computer Engineering. “These patches are solid before skin penetration, but upon insertion they start swelling by absorbing the fluid underneath the skin, which would make them flexible and quite compatible with the skin.”

Poudineh explains that at a time when there’s no continuous ketone monitoring available, this technology is especially important for patients with Type 1 diabetes who not only have to monitor their blood glucose, but their ketone levels also. These patches would reduce the risk of diabetic ketoacidosis — a dangerous condition when ketone levels are elevated — since patients will be alerted when levels are high.

Having validated the patches using animal models, the team received approval from the Institutional Review Board and



Dr. Mahla Poudineh, Professor, Faculty of Engineering, Director, IDEATION Lab

has begun human testing in non-diabetic adults who were asked to take a ketone supplement for effective monitoring.

“We are in the observational study phase right now to see how these patches are performing in humans. Having received a lot of interest during our recruitment, the results are quite promising,” she says.

The next phase would be another round of validation in patients with diabetes to be done in collaboration with their clinical collaborators at Stanford University. This research is supported by Breakthrough T1D (formerly Juvenile Diabetes Research Foundation), a prominent international organization dedicated to advancing diabetes research.

In addition to its application to people living with diabetes, the same patches are being advanced for continuous monitoring of other health conditions like cardiovascular disease and lactate. This work is being done through a collaboration with Dr. Leyla Soleymani’s research group at McMaster University.

“Beyond the area of diabetes, we have developed a patch for continuous lactate monitoring using Aptamer probes,” Poudineh

says. “The good thing about Aptamers [a special type of probe made of DNA] is that they can be selected for any target molecule. This addresses the limitation of enzyme-based sensors — like current continuous glucose monitors — which are restricted to targets with available enzymes.”

Having validated the Aptamer on animal models, the team has also begun human continuous lactate monitoring, which would be particularly useful to athletes who want to ensure they are conducting their exercises at their optimum condition.

Currently, athletes would have to stop their exercise to do a blood lactate measurement, which is not the exact blood lactate level during exercises. These wearable Aptamer

sensors would enable athletes to continuously monitor their lactate as they progress through their exercise.

To bring the technology to the market, the team of Waterloo and McMaster researchers recently launched a spin-off company, Aptec Health, to make real-time continuous monitoring a reality.

Courtesy: University of Waterloo

CITY OF MARKHAM NAMED 2025 MUNICIPALITY OF THE YEAR BY FESTIVALS & EVENTS ONTARIO

The City of Markham is thrilled to announce its recognition as the recipient of the prestigious 2025 Municipality of the Year Award with a population of more than 150,000 by Festivals & Events Ontario (FEO). This accolade highlights the City's exceptional commitment to fostering vibrant community events and festivals.

In addition to this esteemed honour, the City of Markham has also been awarded four of the Top 100 Events Awards for 2025. The celebrated events include Canada Day, Markham Milliken Children's Festival, Markham Museum Applefest, and Jazzlicious, the latter of which was awarded to Destination Markham.

Furthermore, the City of Markham received the FEO Impact Award for hosting the Little Native Hockey League Tournament in 2024, recognizing the significant positive impact this event has had on the community. This award was also presented to Destination Markham.

"Our festival and events represent the heart and soul of what Markham is all about: our history, our commitment to reconciliation, our local talent, our world class athletes and our beautiful diversity," said Mayor Frank Scarpitti. "These six awards from Festivals & Events Ontario, especially the Municipality of Year Award, are a testament to the hard work and dedication of our community, volunteers, and event organizers. We know how important these events are to enriching our shared cultural experiences, and we look forward to continuing to create memorable and impactful events for our residents and visitors."

"Our team at Destination Markham is committed to



(Left to right) Austin Khan, Vance Kornobis, Julian Harjono, Andrew Baldwin, Renee Zhang, Koby Yung, Nizar Moosa and Randy Snape at the FEO Awards Gala in Kitchener, Ontario on February 26, 2025.

showcasing the best of what our city has to offer, and these accolades are a reflection of our collective efforts," said Andrew Keyes, Chair of Destination Markham. "We are honored to have played a role in these award-winning events and we are excited to build on this success and bring even more outstanding events to our community."

The City of Markham extends its gratitude to all those who contributed to these achievements and looks forward to another year of exceptional festivals and events.

About Markham:

Markham, an award-winning municipality with over 366,000 residents and the largest of nine communities in York Region, is home to over 650 corporate head offices and more than 1,500 high tech and life science companies. Markham is a leader in attracting foreign direct investment with more than 234 foreign companies located in the City. Founded in the 1790s, today Markham is Canada's

most diverse community and enjoys a rich heritage, outstanding community planning and services, and a vibrant local economy.





RICHMOND HILL STRENGTHENS SUPPORT FOR LOCAL BUSINESSES AMID TARIFF UNCERTAINTY

Implements new “Made in Canada” procurement approach



The City of Richmond Hill is implementing a “Made in Canada” procurement approach to further support Canadian and local businesses in response to potential tariffs from the United States.

Richmond Hill already supports local as most of the suppliers that the City procures goods and services are located in Canada. Payments to U.S. Suppliers constitute less than one percent of the City’s total procurement expenditures.

In anticipation of the tariffs on Canadian goods in the U.S., Richmond Hill is modifying current procurement practices to prioritize Canadian goods and services when possible.

The City is working with small businesses to better understand the impact of tariffs would have on their companies. Richmond Hill business owners are encouraged to complete our Business Outlook Survey that will help City staff provide timely resources to businesses. In addition, Richmond Hill’s Economic Development team will continue to support businesses during this time, by offering a wide range of services including business consultations, seminars and workshops.

Quotes

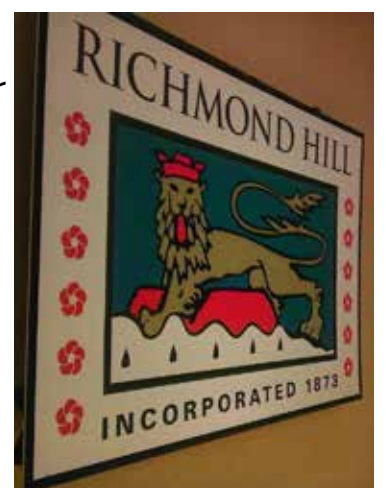
“As a former small business owner, I understand the implications tariff threats can have on a small to medium-sized business, especially when it is beyond your control. That’s why we as Council, with the support of our City staff, are paying close attention to the economy and the tariff threats and doing

what we can to support our local business community. We want local business owners to know that we stand behind them and will continue to prioritize our support to help keep our local economy strong.”

- **David West, Mayor**

“Our City staff are looking at new ways to offer support to local businesses in the event of tariffs on Canadian goods. While the majority of the City’s current procurements are with Canadian suppliers, the updated procurement policy ensures we continue to prioritize Canadian goods and services and further support Canadian businesses.”

- **Darlene Joslin, City Manager**





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COMMUNITY WATCH

Durham Tamils Association Celebrating 25 Years Of Serving Our Tamil Community



The Durham Tamil Association has proudly served the community for 25 years and remains dedicated to supporting our members, youth, and seniors. We continue to offer a variety of activities almost every day, providing something for everyone, from children to seniors. This milestone would not have been possible without our amazing volunteers, who selflessly give their time and energy to serve the community. DTA is truly grateful for your ongoing support. Additionally, the DTA Tamil School continues its mission by offering Tamil language classes to our students, fostering a connection to our cultural heritage for the next generation.

ROYAL CARIBBEAN CRUISE TRIP!

DATE: May 3rd to May 10th, 2025

Pricing: \$1500 (includes bus tour and accommodation). \$1000 deposit required with registration to reserve your spot.

Itinerary

Round trip from Toronto to Tampa, Florida. Cozumel, Mexico, Roatan (Isla Roatan), Bay Island, Honduras, Belize City, Belize, Costa Maya (Mahahual), Mexico



Tickets are limited, so book now to secure your spot!

REGISTER ONLINE: durhamtamils.org

Two day Trip to Pittsburgh April Saturday 5th & Sunday 6th

Two days trip to Pittsburgh Temple and Duquesne Incline.

Pricing : Two-person occupancy is \$190/per person.

Three-person occupancy is \$175/per person. Four-person occupancy is \$160/per person.

Food : Saturday: Breakfast, Coffee, Water & Sunday: Breakfast

REGISTER ONLINE: durhamtamils.org

DTA'S HOMELAND PROJECTS

DTA is proud to announce that we have completed over 90 homeland projects as of Dec 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.

e-Transfer fees to dtatravel1@gmail.com. In the comments, please indicate "Pittsburgh Trip & Name(s) of the people you're sending the funds for".

Departure: Ajax at 6:00 am on Saturday, April 5th.

Ajax Pick up & Drop off location: DTA Center Ajax, 66 B Harwood Avenue South, Ajax, Ontario L1S 2H6

Pick up Time: 6:00 am

Pick up & Dropoff Location: Scarborough Walmart Morningside, 799 Milner Ave, Scarborough, ON M1B 3C3.

Pick up Time: 6:15 am

*Please note: * DTA also strongly suggests all passengers take their own out-of-country medical insurance. DTA is not responsible for medical insurance.*

LOCATION: DTA CENTER
66 HARWOOD AVENUE SOUTH, AJAX, ON L2S 2H6

YOGA CLASS FOR YOUTH & ADULTS

SATURDAYS, 9:30AM-10:30AM

AGES 10 TO 54

START DATE SEPTEMBER 14TH

REGISTER ONLINE @ DURHAMTAMILS.ORG
TEL: 905-428-7007

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PER CLASS \$5

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Yoga Instructor:

MALINI PARARAJASINGHAM

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

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)

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

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

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

Training

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- 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

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- Scugog
- Pickering
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- Clarington
- Ajax
- Whitby

For More Information Visit the website: dtaseniorsinhomesupport.ca

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Volunteers Needed!

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

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



DTA'S SENIORS

DTA is keeping our seniors fully occupied with multiple activities and programs. DTA is here to support you in any way. If you want to participate in our programs, please check our monthly calendars. Please register for virtual Seniors programs at durhamtamils.org. Thank you to our fantastic volunteers who do not expect anything and are serving the community voluntarily. DTA is truly grateful for your continued support.

COMMUNITY WATCH



THANK YOU TO DTA'S ANNUAL SPONSORS

DTA thanks our annual sponsors Computek College of Business, Healthcare & Technology.

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

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

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

Tel 905.428.7007

(Unity Is Strength)

Durham Tamil Association

Two Day Trip to Pittsburgh

April 5th & 6th Sat & Sun,
Two days trip to Pittsburgh Temple and Duquesne Incline

Leaving Saturday 6:00 am from DTA centre

Double Occupancy **\$190**
Three Occupancy **\$175**
Four Occupancy **\$160^{xt}**

Register at: durhamtamils.org

Includes Bus, Hotel, Saturday Breakfast, Coffee, Water & Sunday Breakfast

Call: 647 808 1222
Pickup locations: 66 Harwood Ave. S, Ajax, Ont. L1S 2H6
Walmart 799 Milner Avenue, Scarborough, Ontario

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.

Isai Mazhal | இசை மழை நேரம்

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Please place your order a minimum of 5 days before the delivery date.
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DTA SENIOR'S FEB MONTHLY MEETING

DTA Senior's March monthly meeting will be held on Sunday March 30, 2025 at 5:00 pm at DTA Centre, 66B Harwood Ave S, Ajax L1S 2H6.

Event Time: 5-9 pm

Please all Senior (ages 55+) members attend the meeting.

Register online - durhamtamils.org

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

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

OUR FREE SERVICE

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Ages 55 and up

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

City of Brampton's Youth Cricket League returns for a second year with expanded playing opportunity for more youth

Cricket continues to thrive in Brampton as the City's Youth Cricket League makes its highly anticipated return for a second year. After a successful debut in 2024 that saw nearly 100 young athletes take to the field, the program is expanding to offer even more opportunities for aspiring cricketers.

New this year

In response to the league's success and high demand, the City is introducing a spring session alongside the popular summer league. This expansion offers local youth more chances to sharpen their skills, enjoy friendly competition and immerse themselves in the sport they love.

Register for the Youth Cricket League now!

Youth ages six to 15 are encouraged to learn a new sport and improve their cricket skills. The spring session will begin on April 29, with registration now open and spots available. The summer session will begin on July 7, with registration beginning on June 2. To register for the Youth Cricket League, visit brampton.ca/cricket.

About Brampton's Youth Cricket League

The league has three age groups, U9, U12 and U15 and is open to players of all skill levels, from beginners to experienced cricketers. The structured format includes a mixture of practises and gameplay, providing a balanced mix of skill development and game play. The 2025 Youth Cricket League is generously sponsored by Centaur Products Inc.

Brampton is the cricket capital of Canada

Cricket is the fastest-growing sport in Brampton and around the world. The City is committed to supporting individuals who play cricket in the community and to attracting new players to the game. The City of Brampton will continue to prioritize making the sport more accessible to all residents with investments in infrastructure, leagues and programming. For more information about cricket in Brampton, visit brampton.ca/cricket.

Cricket in Brampton highlights

- Through the 2025 Budget, the City of Brampton is investing approximately \$10 million over the next two years to equip



local cricket facilities with lighting and other enhancements.

- ◆ Brampton is home to 22 cricket sites and growing!
- ◆ In summer 2024, the City of Brampton hosted the GT20 Tournament for a third year, welcoming some of the top international cricket players and some of the biggest names in the sport.
- ◆ The City's cricket amenities host 70 unique seasonal organizations, tournaments and individuals that book over 19,000 hours of field time.
- ◆ The City Lands project is a proposed redevelopment of the municipal-owned site at Kennedy Road South, Highway 410 and 407, at the CAA sports and entertainment facility that includes a new state-of-the-art, multi-purpose cricket facility.
- ◆ In partnership with Peel District School Board, the City is investing to bring a new, fully lit facility with artificial turf wickets and player pavilions to Turner Fenton Secondary School.

Quotes

"Brampton is proud to be the cricket capital of Canada and we remain committed to providing young athletes with more opportunities to play, develop and thrive in this growing sport. The return of the Youth Cricket League, now with an expanded spring session, reflects our city's passion for cricket and our ongoing investment in its future. Last year's program was a tremendous success, bringing together nearly 100 young athletes who honed their skills, built friendships and deepened their love for the game. We cannot wait to see even more young players on the field this year."

- Patrick Brown,
Mayor, City of Brampton

"Staying active through sports such as cricket is essential to leading a healthy lifestyle, promoting physical fitness, teamwork and mental well-being. Our Youth Cricket League has been a game-changer for young athletes in Brampton and is an exciting opportunity for our community. By expanding the league with a spring session, we are ensuring that even more kids have access to sports and activities to stay healthy, build confidence and develop lifelong skills both on and off the pitch."

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

About Brampton

As one of the fastest-growing cities in Canada, Brampton is home to nearly 800,000 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, Facebook, LinkedIn and Instagram. Learn more at brampton.ca

Stay in the loop with Brampton Parks and Recreation: follow, subscribe and connect!

Stay in the know with everything Brampton Parks and Recreation has to offer! Whether you are searching for family-friendly events, fitness programs or exciting community activities, we got you covered. Follow us on Facebook and Instagram for real-time updates, sneak peeks and special announcements. For even more, subscribe to our monthly Recreation e-newsletter to get the latest news and events delivered right to your inbox. Don't miss out, join the fun and stay active today!



Choosing Canada: Mississauga outlines its response to American tariffs

City launches series of comprehensive initiatives to support local businesses during this time of global economic uncertainty and in response to American tariffs on Canadian goods.

During today's General Committee meeting, City staff provided an update to Council regarding Mississauga's response to the U.S. tariffs, including more information on the economic impact on Mississauga's local economy and changes to the City's procurement processes. Mississauga's response comes after the U.S. imposed tariffs on Canada. In retaliation, the Government of Canada has imposed 25 per cent counter-tariffs on \$155 billion worth of U.S. goods and implemented immediate tariffs on goods worth \$30 billion, with the remainder to be implemented within 21 days.

As Canada continues to navigate these unprecedented economic challenges, the City is taking a strategic and measured approach to its response. The City has already begun implementing various initiatives aimed at supporting

This long-term plan aims to support Mississauga's businesses, protect jobs, and stabilize our local economy. The plan includes:

- Procurement By-law amendments – The City is amending its Procurement By-law to prioritize Canadian and non-U.S. suppliers, especially for medium and high-value projects, and streamline the process to support more local, diverse, and smaller businesses.

- Choose Canada campaign – The City launched the Choose Canada initiative in February, encouraging residents and businesses to support the local economy by purchasing Canadian-made products and services.

- Business support and outreach – The City will engage with local businesses to understand their needs and provide access to resources for navigating tariff

disruptions. This includes market diversification support for businesses looking to enter into new markets beyond the U.S.

- Advocacy – The City will continue to advocate to provincial and federal

governments to secure support for impacted businesses and the elimination of inter-provincial trade barriers.

The City is also working with the Mississauga Board of Trade and Export Development Canada and other business associations and partners to assist local businesses in learning more about the impacts of tariffs, managing supply chain risks and navigating these challenging times. The City's Economic Development Division has a long history of assisting businesses in their time of need, including most recently during the COVID-19 pandemic.

For more information on the City's response to tariffs and how you can support local businesses, visit investmississauga.ca/partnersintrade.

Quotes

"We're facing unprecedented economic uncertainty. The newly imposed U.S. tariffs are threatening jobs on both sides of the border and sending trading markets into a



free fall. As a manufacturing and trade hub, Mississauga is affected, but we are resilient. While we cannot control the tariffs, we can respond. Mississauga stands united with our federal and provincial governments against these unjust tariffs and will continue to support local businesses and residents. I encourage everyone to participate in our Choose Canada campaign by supporting Canadian-made products where you can."

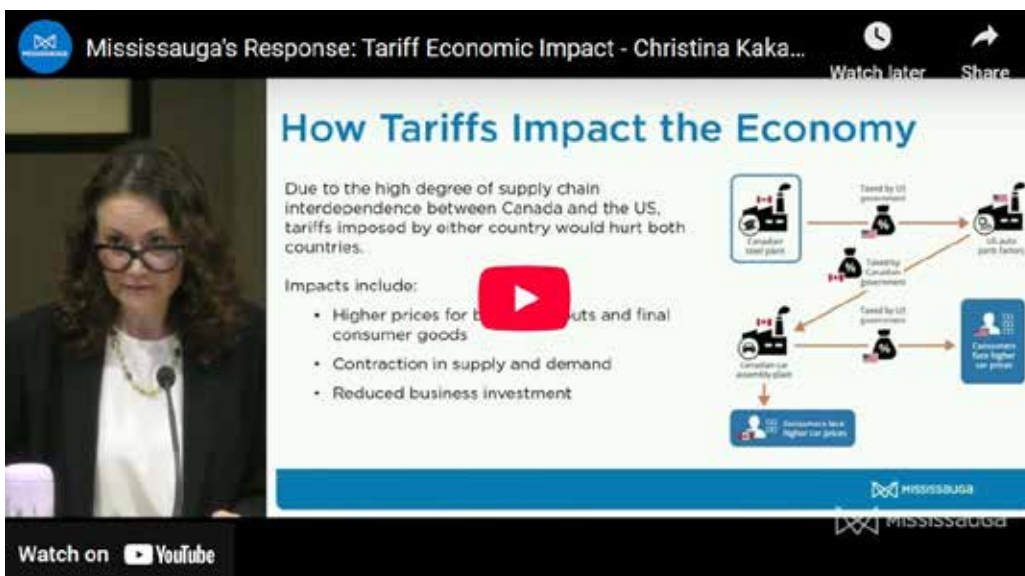
– **Carolyn Parrish,**
Mississauga Mayor

"Our City's manufacturing sector, which supports thousands of jobs, is particularly vulnerable to tariffs and economic uncertainty. Industry forecasts project a two to three percentage point increase in the unemployment rate nationwide, translating to an estimated loss of 600,000 jobs across the country, and significant ripple effects to communities like Mississauga. That's why we're taking action to advocate for our manufacturers, local industries, businesses and workers and to connect our businesses with necessary resources and support. By collaborating with local businesses and partners, we aim to strengthen our economy and protect the livelihoods of Mississauga residents."

– **Christina Kakaflikas,**
Director, Economic Development,
City of Mississauga

"Last year, Mississauga invested more than \$730 million in procurements, and these tariffs will substantially drive up costs for our city. To respond effectively, our amended Procurement By-law will enable us to prioritize Canadian suppliers and those from non-U.S. sources wherever possible, particularly for medium and high-value projects. This proactive approach will streamline the procurement process and help us empower more local, diverse, and small businesses to compete and thrive."

– **Raj Sheth**
Commissioner, Corporate Services,
City of Mississauga



local businesses and the economy and protecting local jobs.

Given the strong interdependence within the supply chain between Canada, its provinces and the United States, the newly imposed tariffs will drive up costs for both business inputs and consumer goods. Other potential impacts include disruptions to supply chains, reduced business investment and reconsideration of investments in Mississauga.

The City's response to U.S. tariffs

The City is taking action to support local businesses and residents. Efforts include direct outreach, advocacy and working to ensure local Mississauga businesses are connected to the supports and available resources from all levels of government.

City initiatives already underway

Partners in Trade Response Plan



SPECIAL FEATURE

VAMANA (Dwarf), 5th OF DASAVATARAMS OF VISHNU AND THIRKKAKARA VAMANASAWMY TEMPLE, THRIKKAKARA, KERALA, INDIA

Compiled by Kidambi Raj

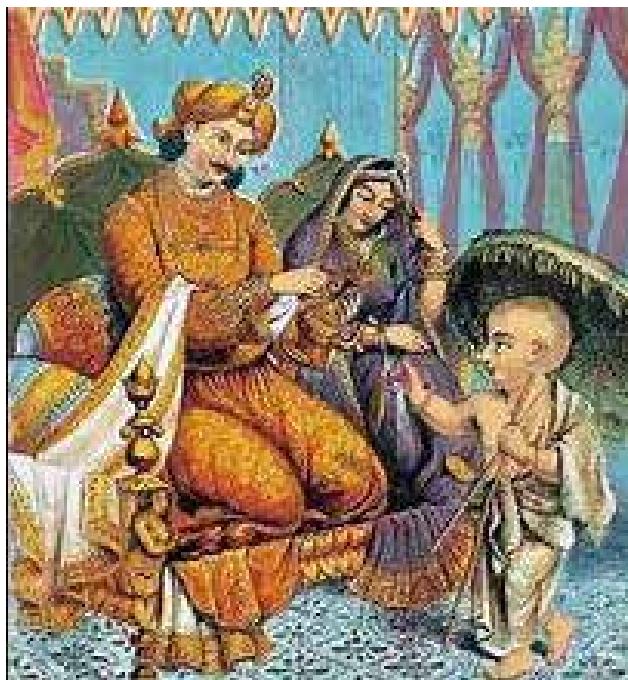
INTRODUCTION

Thrikkakara Vamanamoorthy Temple (also referred to as *Thirukatkarai Vamanamoorthy Temple*) is one of the major Hindu temples dedicated *Lord Vamana*, the fifth of ten avatars of Lord Vishnu. This temple is situated in Thrikkakara, about 10km. east of the city of Cochin in Kerala, India. The temple is around 2 millennia old. Visiting Thrikkakara Vamanamoorthy Temple provides a glimpse into Kerala's rich culture and religious heritage, especially during the festive season of Onam. The temple's historical significance, architectural beauty and spiritual aura make it a must-visit destination for devotees and tourists alike. It is one of the 108 Divyadesams revered by the Vaishnavites.

ABOUT VAMANA AVATARAM

According to *Rig Veda*, *Vamana* (the Dwarf) appeared when the demon *King Bali* ruled the universe and the Gods lost their power. So, Lord Vishnu incarnated as Vamana and visited the court of King Bali as a young Brahmin boy and begged for as much land as he could cover in three steps. Laughing at the request of the dwarf, King Bali granted the wish in spite of the warning from his *Guru Sukracharya's* objection.. The dwarf immediately assumed the form of a giant. He took the whole earth with his first step and the entire middle world with his second step. With the third step on the head of King Bali as nothing else was left. Vamana sent King Bali to rule the underworld.

SIGNIFICANCE OF THE VAMANA AVATAR



Vamana Avatar symbolizes the triumph of Divine will over arrogance and the restoration of the Cosmic order. It teaches the value of humility, devotion and the importance of righteous conduct. The story highlights how true devotion and humility can win Divine favour, even in the face of immense power.



HISTORY

Vamana Avatar is the fifth of the ten avatars of Lord Vishnu. Vamana is the Brahmin boy avatar of the supreme Lord Vishnu and was the *first proper human avatar*. As per the Hindu puranas, the Vamana avatar took back the *three worlds* (known as *Triloka*) from the Asura King Bali in three steps to hand them over to Lord Indra. *Vamana* means *Dwarf, small or short in stature*. Vamana Avatar of Lord Vishnu was born of the great sage *Kashyapa* and his wife *Aditi*. Vamana Avatar is also known by various names, including:

- **Balibhandana:** the one who fettered the demon Bali,
- **Trivikrama:** Three steps or three strides,
- **Upendra:** Younger brother of Indra as Vamana Avatar was born as one of the *12 Adityas - of Aditi* and *Sage Kashyapa*.
- **Urukrama:** Wide stride as Vamana covered all existence with the second step,
- **Vamanadeva: Dwarf Deva:** Vamana means Dwarf and Deva means God.

Vamana Avatar defeated the noble Asura King Bali. Bali was the grand-son of *Prahlada* and the son of *Virochan*. He defeated Indra and became the King of *Triloka* (three worlds). After the churning of the milky oceans *Samudra Manthan Episode*, the Gods became immortal and powerful as they got hold of the *Amritam* (Nectar). Indra killed the Asuras and killed the *Daityaraj King Virochan*. Virochan's young son, Bali approached *Sage Sukracharya*, the Guru of the Asuras. He asked Sukracharya as to how he can regain all his powers and the Kingdom. So, Sukracharya advised him to perform the *Mahabhishek Vishwajeet Yagya* to get back all the powers and the kingdom from Indra. Bali agreed and performed the Yagna under the supervision of his Guru Sukracharya. After Bali performed the Yagya, he received a Golden Chariot that was pulled by four horses and ran at wind's speed. He also obtained a quiver with numerous arrows, a flag post with a lion's head, plus a celestial armour. Along with this, Bali also got a garland of ever-blooming flowers and

a conch shell with thunderous sound from his Guru Sukracharya. Then Bali proceeded to battle against Indra and won.

LEGENDS

The *Bhagavata Purana* describes that Lord Vishnu descended as *Vamana Avatara* to restore the authority of Indra over the heavens,



as it had been taken by King Bali, a benevolent Asura King. King Bali was generous and engaged in severe austerities and penance and won the praise of the world. With the praise from his couriers and others, he regarded himself as the all-powerful in the world.

Vamana, in the guise of a very short (dwarf) Brahmin boy carrying a palm leaf umbrella, went to the king to request three paces of land. Bali consented, against the warning of his *Guru Sukracharya* and Vamana then revealed His identity and enlarged Himself to gigantic proportions to stride over the three worlds. He stepped from heaven to earth with the first step, from the earth to the netherworld with the second. King Bali, unable to fulfill his promise, offered his head for the third step. Vamana then placed His foot over Bali's head and gave the King immortality for his humility. In the giant form, Vamana is known as *Trivikrama*. This legend is associated with *Ulagantha Perumal in Thirukoyilur, Ulagantha Perumal Temple in Kanchipuram* and *Kazheesirama Vinnagaram in Sirkazhi*, all in Tamil Nadu, India. As per the legend, a rich man who owned a plantain garden, did not get much yield from it. He donated a set of plantain to the temple, after which it started yielding as golden plantains. The grove from then on came to be known as *Nenthiram Pazham*. The ruling King became suspicious of the change and thought that it was his wealth in the garden

SPECIAL FEATURE



and a sage. The sage cursed the king. The king was terrified and in redemption, he consulted a group of sages. They suggested a thatch bamboo and created a light with *Koraipul*, a grass which helped him redeem himself from the curse.

ARCHITECTURE OF THE TEMPLE AND DEITIES IN THERE

The temple complex, which is enclosed in a large area, holds the main sanctum dedicated to Lord Vamana. The icon of *Lord Vamana* is depicted as preparing to place His foot on the head of the *Asura King Mahabali*. *Lord Parasurama* is said to have established this temple. The temple also



houses records containing the earliest mention of the celebration of the *Onam Festival* dating back to 861 CE. *Onam* is known as the star *Sraavanam*, which is the star of Lord Vamana. Other deities in the temple are, *Bhagavati*, *Sathavu*, *Gopikrishna*, *Naga*, *Brahmarakshasa* and *Sarpa Kavu*. Surrounding the inner complex walls is a series of thousand lamps, called *Chuttuvilakku* which translates to *surrounding lamps*. There are two ponds associated with this temple. One is *Kapilatheertham* located closer to the temple on the Northern side of the sanctum sanctorum and is accessible only to the priests. The other pond is located on the Northern side outside the temple walls, and is used regularly during the *Aaraattu* ceremonial bath of the idol during Onam celebrations.

Apart from the shrines and ponds, the temple complex houses three stages or halls for cultural performance called *Naimisharanyam*, and the temple auditorium at the south-west corner. The auditorium is regularly used for weddings and meetings and for conducting the Onam feast during the festival.

FESTIVALS

Thrikkakara Temple is considered to be a centre of Onam celebrations, as Thrikkakara is considered to have been the abode of King Mahabali. The celebration of *Onam festival* is the main event in the temple. The festival is celebrated over a period of ten days in the *Malayalam* month of *Chingam* (or the Tamil month of *Avani* – Aug.-Sept.). The temple houses the main deity Lord Vamana. During the Onam celebration period, a pyramidal statue idolizing *Maveli* and *Vamana* is installed as a symbol of honour at all other sites of the celebration and

names *Thrikkakara-appan*. This temple site at which King Mahabali is said to have been sent to the netherworld *Paathala* by Lord Vamana with His foot and hence making the genesis of the Onam Festival. The etymology of the name Thrikkakara (*Thiru-kaal-kara* meaning *the place of the Holy foot*) is also derived this way. Some features of the Onam Festival at Thrikkakara are:

- **Flag-hoisting and Lowering:**

The temple festival begins on the first day (*Atham*) with the *Kodiyattu* ceremony, which is flag hoisting and when the festival ends on the 10th and final day, it starts off with a symbolic welcome of the *Asura King Mahabali*. The closing of the festival is marked with the lowering of the flag and the bathing of the idol, referred to as *Aaaraattu*.

- **Decoration of the Idol:**

The *Chaarthu* is a form of decoration of the Vamana idol, using mainly sandalwood paste, ornaments and clothing. Each day the idol is decorated in the form of one of the *Ten Avatars of Vishnu*, the *Matsya* (fish), *Kurma* (Tortoise), *Varaha* (Boar), *Narasimha* (half-man half-lion), *Parasurama*, *Rama*, *Balarama*, *Krishna*, *Kalki* and *Trivikrama* another form of Vamana).

- **Processions:**

The *Pakalpooram* is a grand procession held on the penultimate (9th) day of the celebrations. A similar procession, called *Seeveli* is held on the final day. The procession involves, leading the main deity Vamana on a ceremonial elephant around the temple campus, along with a group of about eight caparisoned elephants and accompanying *Panchavaadyams*. The procession pauses at each of the gates of the temple (East, West, North and South), and proceeds to return the idol to its inner sanctum.

- **Onam Feast:**

The most impressive part of the Onam celebration is the great feast called *Onasadya*, prepared on the tenth and last day on *Thiruvonam* or *Sraavanam*, the star for Lord Vishnu and Lord Vamana. A highlight of the festival is the grand banquet architecture and the *Sadya*, held on the last two days of the festival at the temple campus. The feast has grown significantly in magnitude each year, and is currently attended by more than twenty thousand people. People belonging to different faiths and religions also turn out in large numbers for the Sadya in keeping with the spirit of the festival.

- **Art Performances:**

During the ten day period, the temple



showcases, performances in several cultural arts, such as, *Chakyar Koothu*, *Ottamthulai*, *Kathakali* and *Patakam*, as well as dance and musical performances such as *Panchvadyam* and *Thayambaka*.

OTHER PROMINENT TEMPLES FOR LORD VAMANA



There are several temples across India that are dedicated to Vamana Avatar, celebrating this divine incarnation of Lord Vishnu. The most important and renowned is the Thrikkakara Temple near Ernakulam in Kerala, that has just been described above in detail. This temple is considered the most important one, because it is believed to be the site, where Lord Vamana, placed His foot on King Mahabali's head. Besides this temple, there are several temples for Lord Vamana and prominent of them are:

- **Ulagantha Perumal Temple in Kancheepuram, Tamil Nadu**

: This Ulagantha Perumal Temple is constructed in the Dravidian style of architecture and one of the 108 Divya Desams dedicated to Lord Vishnu. This temple is located in Big Kancheepuram complex that also houses Goddess Kamakshi Amman Temple.

- **Ulagantha Perumal Temple in Thirukoyilur, Tamil Nadu:**

This temple is also constructed in the Dravidian style architecture and is glorified in the Divya Prabandham. It is also one of the 108 Vaishnava Divya Desams. Here the main deity is Ulagantha Perumal and His Consort *Lakshmi* as *Poongothai*. This temple complex covers 5 acres and has a temple tower that is the third tallest in Tamil Nadu, measuring 192 ft. in height.

- **Thiruvikrama Temple in Sirkazhi, Tamil Nadu:**

This temple is also known as *Thadalan Kovil* and is situated in Sirkazhi in Nagapattinam Dt. In Tamil Nadu. This temple is also one of the 108 Divya Desams dedicated to Lord Vishnu. This temple is also known as *Thiru Kazheesiram Vinagaram*.

- **Vamana Temple in Kaju-rah, Madhya Pradesh:**

Vamana Temple in Khajuraho is of the two Dasavatara temples dedicated to Lord Vishnu and the other is the Varaha Temple. This temple is located in the eastern area of Khajuraho and is a testimony to the *Chandela Dynasty*.

- **Puri Jagannath Temple in Odisha:**

This temple complex houses shrines for *Varaha* on South, *Narasimha* on the West and *Vamana* on the North.



SPECIAL FEATURE

PARASURAMA, 6th OF DASAVATRAMS OF VISHNU AND THIRUVALLAM PARASURAMA TEMPLE, KERALA, INDIA

Compiled by Kidambi Raj

INTRODUCTION

Thiruvallam Sri Parasurama Swamy Temple situated on the banks of Karamanai River near Thiruvallam, a quaint village near Thiruvananthapuram or Trivandrum, in Kerala and is one of the most ancient temples of South India, dedicated to Lord Parasurama the 6th of the Ten Avatars of Vishnu, called Dasavataram. *Parasurama* literally means *Rama with an Axe*. Parasurama is also referred to as *Ramadagnya*, *Rama Bhargava* and as *Virarama*. Nestled amidst the serene landscapes of Thiruvallam, a quaint village near Trivandrum in Kerala, lies the sacred Sri Parasurama Swamy Temple. This temple is revered pilgrimage site for devotees worldwide. With its rich history, intricate architecture, and divine aura, the temple offers a spiritual haven for seekers of solace and divine blessings.

ABOUT PARASURAMA AVATAR

Born to *Jamadagni* and *Renuka*, the Brahmin Parasurama was foretold to appear at a time when overwhelming evil prevailed on the earth. Lord Parasurama is a destroyer of evil in the planet. Lord Siva advised Him to go and liberate the Mother Earth from felons, ill-behaved people, extremists, demons and those blind with pride. He is one of the *Chiranjivis* (Immortals), who will appear at the end of the *Kali Yuga* to be the *Guru* of Vishnu's tenth and last incarnation, *Kalki*. The *Kshatriya* class with weapons and power, had begun to abuse their power, take what belonged to others by force and terrorize the people. He corrected the cosmic equilibrium by destroying these Kshatriyas twenty-one times (leaving some lineages). He is married to *Dharani*, an incarnation of Goddess Lakshmi, the Consort of Lord Vishnu.

HISTORY OF THE TEMPLE



Situated in Thiruvananthapuram (Trivandrum), it is the only temple in Kerala dedicated to Lord Parasurama. This temple is believed to be built during the 12th and 13th century by the legendary *Chera King Athiyaman*



Perumal. Sri Parasurama Swamy Temple is a protected monument of the Archeology Department of Kerala. Origins of this Sri Parasurama Swamy temple trace back to ancient times, and believed to be established by Lord Parasurama Himself. According to mythology, Lord Parasurama, known as an Axe-wielding Avatar, is said to have created Kerala by vanquishing the Kshatriyas and reclaiming the land from the sea. The temple stands as a testament to His divine presence and the enduring faith of devotees. Lord Parasurama visited many holy places to relieve Himself from the dosha he incurred for killing His mother as commanded by His father. As advised by Lord Siva, He came to this place, Thiruvallam and had a bath in *Karamanai River*. He got a Linga here, which He installed and performed penance in this place and cleaned Himself of the Dosha. He also performed Tarpan for His mother here. After Parasurama, *Sages Madanga* and *Gautama* worshipped this Siva Linga.

The place where Parasurama worshipped the Lord bears His footprints. This was worshipped by His disciples and one of the *Chiranjivis*, *Ashwathama*. *Parasurama's* idol with His axe is nearby. Lord Brahma, Vishnu and Siva honour the devotees from their respective shrines. Sage Parasurama, installed Lord Siva in this temple, *Sage Vibakarna*, installed Lord Vishnu in the form of *Veda Vyasa* and *Acharya Sri Adi Sankara*, installed Lord Brahma. As the length of the place extended till the *head part* of Sri Anantha Padmanabha Swamy of Thiruvananthapuram is here, this place is called Vallam. Due to the prayers of His Holiness Vilwamangalam Swamigal, who installed the idol of the Perumal, Perumal's height decreased, in the sanctum sanctorum of the temple and this according to the Sthala Puranas. Parasurama is the body part and

Tirupadapuram is His feet. Therefore, it is suggested that devotees visit all these three temples at the same trip, one by one to get the most out of the prayers.

EARLY LIFE AND TRAINING OF PARASURAMA



Parasurama spent His early years in the *Ashram* (hermitage) of His father, *Jamadagni*, where He received rigorous training in various martial arts, weaponry and spiritual disciplines. His father was a great sage and possessed the divine weapon, the *Axe* or *Parashu*, after which Parasurama was named. The story of Parasurama's birth begins with His mother, *Renuka*. She was a devoted wife and possessed the extraordinary power to fetch water from the river in a pot made of unbaked clay, which she performed as daily routine. One fateful day, while she was fetching water, she saw a group of *Gandharwas*, celestial beings, playing in the river. Spellbound by their enchanting music and dance, Renuka's mind momentarily wavered, leading to a momentary impure thought. Sage Jamadagni, endowed with his divine powers, immediately realized his wife's wavering focus and the impurity that had entered her mind. Recognizing the sanctity of their marital bond, he commanded his sons to behead their mother. Shocked and pained, all his sons refused, except Parasurama. Without hesitation, obeyed His father's command, demonstrating His

SPECIAL FEATURE



unwavering devotion and commitment to upholding *dharmā* (righteousness). Impressed by Parashurama's unwavering obedience and sacrifice, Jamadagni granted Him a boon, offering Him various divine weapons and imparting Him with immense knowledge and skills in warfare, martial arts, and spirituality. Parashurama's early life is filled with tales of His extraordinary feats and encounters with powerful beings. He embarked on numerous quests and engaged in battles with fierce demons and evil rulers, protecting the innocent and upholding righteousness. He is often revered for His role in clearing the Earth of tyrannical rulers and oppressive forces. Parashurama is believed to have destroyed the evil *Kshatriya* (warrior) class multiple times to restore balance and justice in society.

NOTABLE INCIDENTS IN PARASHURAMA'S LIFE

One of the remarkable incidents in Parashurama's early life is his encounter with *King Kartavirya Arjuna*. The king, known for his arrogance and abuse of power, had stolen Jamadagni's *Divine Cow, Kamadhenu*. In retaliation, Parashurama single-handedly defeated and killed the arrogant king and his army, avenging the injustice done to His father and retrieving the sacred cow. Another noteworthy incident in Parashurama's life is in retrieving the divine bow of Lord Siva. The bow known as *Pinaka*, was possessed by the mighty *demon King* establishing His incredible power and righteousness.

LEGENDS

In the epic *Ramayana*, following Rama's wedding to Sita in Mithila and during their homeward journey to Ayodhya, His party comes across a number of inauspicious signs. Amid an earthquake and a dust storm, Parashurama appears before the party. After accepting the libation offered to Him, Parashurama challenges Rama to combat, on the condition that the prince show His strength to the sage by placing a bow within the string of latter's *bow Saranga*, and discharging it. Ignoring King Dasaratha's plea to spare Rama this task, Parashurama relays the divine origin of the bow and the history of its ownership, appealing to Rama's skills as a warrior. Rama seizes the bow from Parashurama and strings it, an act that causes the latter to become bereft of

the divine power. Humbled, Parashurama acknowledges that Rama is an incarnation of Lord Vishnu and requests the prince to allow him to return to the mountain Mahendra, so that he could practice yoga and accrue merit. After circumambulating Rama in worship, Parashurama returns to His hermitage. In the epic *Mahabharata*, He was the *Guru for Bhishma, Drona, Rukmi and Karna*. Parashurama is said to possess various traits including courage, aggression and warfare to protect women, old men and other weaker section of the society.

PARASHURAMA KSHETRA

Parashurama surrounded by settlers, commanding, *Varna, God of water* to recede to make the land known as *Parashurama Kshetra* from *Gokarna to Kanyakumari* for people. There are legends dealing with the origin of the western coast geographically and culturally. It proclaims that Parashurama, an incarnation of Lord Vishnu, threw *His battle axe in to the sea*. As a result, the land of the western coast arose, and thus was reclaimed from the waters. The place from which He threw His axe (or shot an arrow), is on *Sather Fort* (the second highest peak and the highest fort in Maharashtra) in the *Baglan taluka of Nashik district of Maharashtra*. There is a temple on the summit of this fort dedicated to Lord Parashurama and there are foot prints in the rock, four times the size of normal humans. This fort on a lower plateau, has a temple of, *Goddess Renuka*, Parashurama's mother and also a *Yagya Kunda* with the pits for poles to erect a *Shamiyana* on the banks of a big water tank. According to the Sangam classic,



Purananuru, the *Chera King Senkuttuvan* conquered the lands between Kanyakumari and the Himalayas. Lacking worthy enemies, he besieged the sea by throwing his spear into it. According to the 17th century *Malayalam work Keralopathi*, the lands of Kerala were recovered from the sea by the axe-wielding warrior Sage Parashurama, the sixth incarnation of Lord Vishnu (hence Kerala is also called *Parashurama Kshetram – The Land of Parashurama*). Parashurama threw His axe across the sea, and the water receded as far as the axe reached. According to the legend, this new area of land extended from *Gokarna to Kanyakumari*. The land that rose from the sea was filled with salt and unsuitable for habitation; so, Parashurama invoked the *Snake King Vasuki*, who spat holy poison and converted the soil into fertile lush green land. Out of respect, Vasuki and all snakes were appointed as protectors and

guardians of the land. In present-day Goa (or Gomantak), which is part of the *Konkan*, there is a temple in *Cancona* in South Goa district dedicated to Lord Parashurama. The *ancient Saptakonkana* is a slightly larger region described in the *Sahyadrikanda*, which refers to it as Parashurama Kshetra, *Vapi to Tapi* is an area of South Gujarat. The area is called *Parashurama Ni Bhoomi*.

INTERESTING FACTS ABOUT LORD PARASHURAMA

- **Incarnation of Lord Vishnu:** Lord Parashurama, the sixth avatar of Lord Vishnu, took birth on Earth to restore righteousness and protect dharma from corrupt rulers and evil forces.
- **Eternal existence:** Unlike the other avatars of Lord Vishnu, Parashurama is believed to be immortal (*Chiranjeevi*) and considered to be on earth, guiding and blessing devotees.
- **Master of Weapons:** Lord Parashurama is renowned as the Master of weapons. He possesses exceptional skills in archery, swordsmanship and various other forms of combat. He is specially known for wielding His divine weapon, the *Parashu* (Axe), with great precision and power.
- **Destroyer of Evil Kings:** Lord Parashurama played a significant role in annihilating the oppressive and corrupt Kshatriya rulers of His time, known as Haihaya Dynasty. He embarked on a mission to cleanse the Earth of their tyranny and establish justice.
- **Guru Warriors:** Parashurama is revered as the guru (teacher) of renowned warriors and heroes, including Bhishma, Karna and Dronacharya. He imparted His martial arts skills and knowledge to these great warriors, shaping their destinies.
- **Symbol of Devotion and Discipline:** Lord Parashurama is revered as a symbol of unwavering devotion, self-discipline and adherence to dharma. His life exemplifies the virtues of sacrifice, righteousness and dedication in the greater good.
- **Presence in Regional Folklore:** Lord Parashurama's legends are not confined to Hindu mythology alone, but also find a prominent place in various regional folklores and traditions. His tales are widely celebrated in states like, Kerala, Karnataka and Maharashtra, where His divine presence is deeply revered.

OTHER PARASHURAMA SWAMY TEMPLE LOCATIONS

- Parashurama Mahadev Temple in Rajasthan
- Parashurama Temple in Nirmand, Himachal Pradesh
- Tanginath Dham
- Parashurama Temple in Chiplun, Maharashtra.

COMMUNITY WATCH



February 13, 2025

Kidambi Raj
59 Chadwick Crescent
Richmond Hill, ON
L4B 2W1

Dear Kidambi:

On behalf of Council, it is my pleasure to advise that you have been selected to receive the Citizen of the Year Award from Richmond Hill for your years of service as a valued volunteer in our community. Congratulations!

We are pleased to celebrate your years of service and invite you to attend Richmond Hill's Volunteer Achievement Awards Ceremony, which will be held at the Richmond Hill Centre for the Performing Arts, 10268 Yonge Street on Tuesday, April 22 commencing at 7 p.m.

Additional event information will be sent to you in the coming weeks.

We look forward to seeing you at the Awards ceremony!

Sincerely,

David West
Mayor



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Presented to

Kidambi Raj

In honour of the Coronation of His Majesty King Charles III, and in spirit of his commitment to public service, you have been recognized for your extraordinary contribution and service to the community.

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Majid Jowhari
Member of Parliament for Richmond Hill



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