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A parfait media publication

« 21ST YEAR IN CIRCULATION »

JUNE 2026

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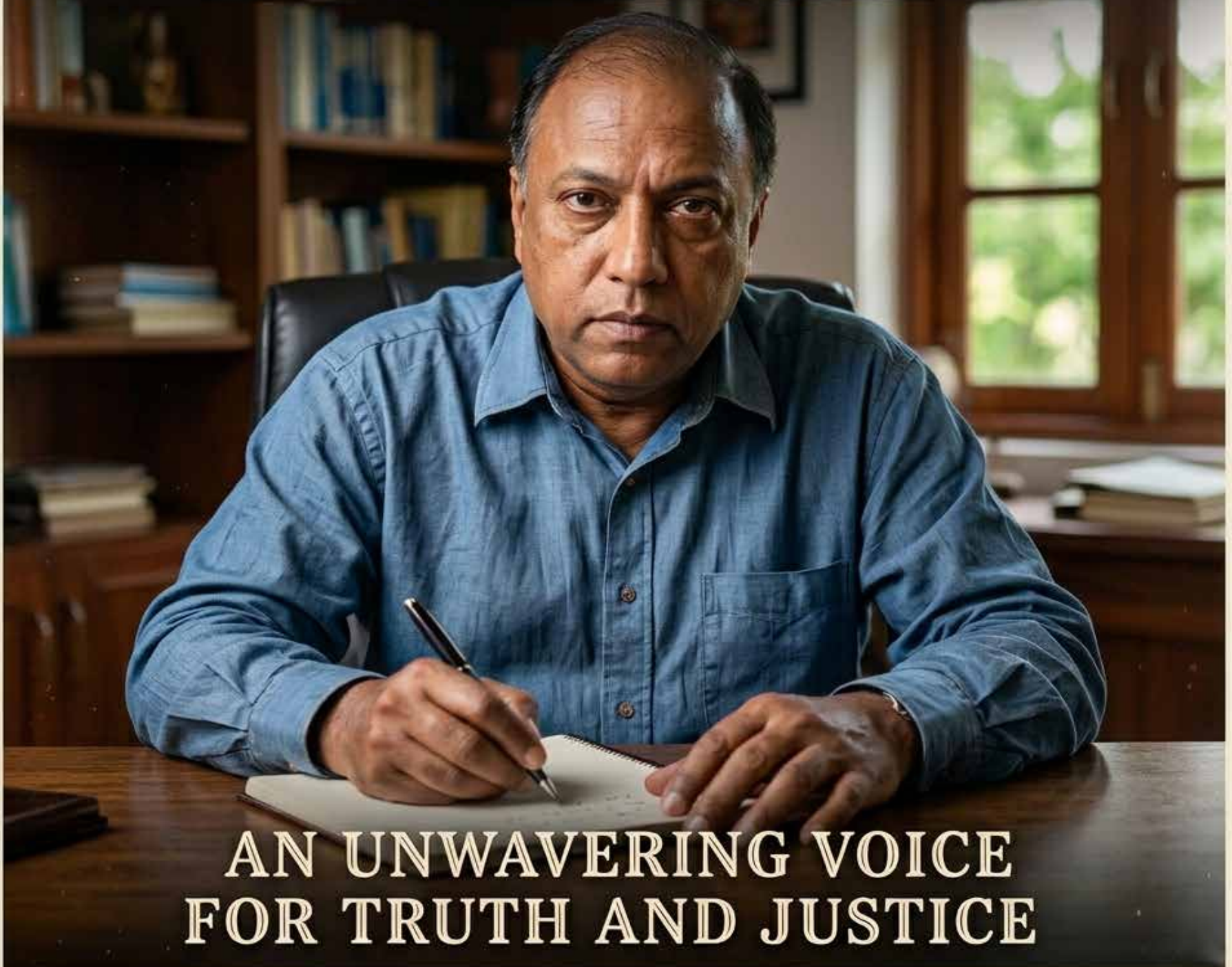
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IN MEMORY OF JOURNALIST DBS JEYARAJ



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Community Unites for the Launch of the 5th Annual SHN Tamil Radiothon

On Tuesday May 26th, 2026 the launch of the 5th Annual Scarborough Health Network (SHN) Tamil Radiothon took place and brought together an inspiring cross-section of community leaders, organizations, and business professionals, all united by a shared commitment to strengthening healthcare in Scarborough.

Hosted as a dynamic and engaging event, the launch set the tone for this year's Radiothon campaign—highlighting the power of collective action and the deep-rooted generosity within the Tamil community. Attendees had the opportunity to connect, learn, and be inspired by the impact their support helps create across SHN's hospitals and programs.

One of the highlights of the event was an insightful presentation by Dr. Senthuran Gunaratnam, Psychiatrist at SHN, who shared perspectives on the evolving healthcare needs of the community and, highlighted SHN's Mental Health programs and services as well as the importance of advocacy within the Tamil community.

Guests also participated in an informative and engaging tour led by Sari Greenwood, Director of Mental Health & Addictions, Oncology & Palliative Care, offering a firsthand look at the Mental Health Department. The tour highlighted how investments in healthcare translate into improved patient experiences and outcomes, while also sharing a compelling vision for the future of mental health care.

The evening was not only meaningful in its engagement but also impactful in its results. Thanks to the generosity of attendees and supporters, the launch event generated an impressive \$50,000 in pledges, marking a strong start to this year's campaign. While this milestone is worth celebrating, organizers emphasized that the journey is far from over.

A central pillar of this year's Radiothon is the continued leadership of the Canadian Tamils' Chamber of Commerce, which has returned as the Presenting Sponsor. As a long-standing partner of SHN, the Chamber has consistently demonstrated its dedication to advancing healthcare through both philanthropy and advocacy, setting an example of community-driven leadership.

The success of the Radiothon is also made possible through its valued partnership with EAST FM 102.7, which will once again serve as the broadcasting platform for the event.

On September 25, 2026, from 10:00 a.m. to 8:00 p.m., listeners can tune in for a full day of live programming dedicated to raising awareness and funds for SHN. The broadcast will feature healthcare experts who will share important information on topics such as mental health, cardiac care, and a wide range of essential programs and services offered by SHN.

The Tamil Radiothon continues to be a powerful example of how community-led initiatives can drive meaningful change in healthcare. By bringing together voices from across sectors, it creates a platform for education, storytelling, and giving back—ensuring that Scarborough residents have access to the care they need, close to home.

Community members are encouraged to join the movement and contribute in ways that are meaningful to them. Opportunities to get involved include sponsorship, volunteering, making a donation, or simply helping to spread the word within their networks.

As momentum builds toward the Radiothon in September, the message is clear: when a community comes together with purpose and passion, the impact can be extraordinary.

To learn more about the Tamil Radiothon and how to get involved, visit:

www.shnfoundation.ca/tamil

Photo courtesy: Iyah4U



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PUBLISHER'S DESK

A Tribute to DBS Jeyaraj

By - Harrish Thirukumaran

DBS Jeyaraj, or Jeyaraj uncle, as I referred to him, was a kind, inquisitive, and respectable person based on my interactions with him. I knew him through my Dad, Kanapathipillai Thirukumaran, who has since passed away as well. The two were close friends sharing a passion and love for journalism and writing. I believed they met and became better acquainted with one another sometime in the 1990s in Toronto.

We grew a lot closer to Jeyaraj uncle during the last few years after Dad relocated to Canada from the US. During these visits to his house, he often encouraged me to speak my own opinions and perspectives on Canadian politics and other topics including Sri Lanka and the US. I felt as though he was always fascinated to talk to me about Canadian and American politics. It may have been his attempt to learn more about what the younger generation thinks about these matters and about my university education in the subject and public policy. It felt like his way of encouraging me to have my own opinions and to voice them.

Although I humbly saw Jeyaraj uncle as another one of Dad's good, close friends, he was clearly a giant in the Tamil community and beyond. Seeing the tributes and obituaries in his honour in the wake of his passing, he was one of the strongest voices in journalism on Sri Lanka. He taught us not to be afraid and welcome the truth when it came to writing on the complexities and grey areas of Sri Lanka's civil war, especially about the Liberation Tigers of Tamil Eelam (LTTE).

DBS Jeyaraj's journalism career spanned multiple newspapers in Sri Lanka including Veerakesari, The Island, Sunday Times, Daily Mirror, Daily FT, The Hindu, and his blog, dbsjeyaraj.com. He was recognized as one of Sri Lanka's foremost political journalists because of his unbiased and truthful reporting on Sri Lanka. Jeyaraj's contributions to journalism were even recognized through his admission to the Niemen Fellowship at Harvard University.

One of the biggest stories he told through his writing involved an interview with the LTTE deputy leader, Mahaththaya, where the then Indian High Commissioner, J.N. Dixit pressured the Sri Lankan government to arrest him. That interview showcased how the Indian peacekeeping force was facing a losing situation against the LTTE, contrary to earlier claims of a favourable position. DBS Jeyaraj even wrote about the LTTE getting rid of Tamils who were opposed to their activities.

If memory serves, I recall my Dad telling me about how he was a witness to an incident in 1993 where some Canadian supporters of the LTTE assaulted DBS Jeyaraj with a baseball bat, leaving a minor injury in a car park in Toronto based on his writings that painted a poor picture of the LTTE.

As a Canadian of Sri Lankan Tamil descent in my younger days, I felt as though I didn't quite realize or appreciate the impact that DBS Jeyaraj had on the Tamil community through his journalism work. However, when I witnessed how much effort my Dad put in to ensure his articles were

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published on his website, I realized how my Dad and many others in the community, especially the generation that lived through the civil war, valued the significance of DBS Jeyaraj's voice in the Tamil community.

He was someone devoted to letting the truth see the light of day. When you read one of his articles, you can easily see the amount of research, dedication, reading and verification that goes into them where he forms a neutral and balanced perspective on these matters. This was valuable in the midst of emotionally charged ideologies that defined Sri Lanka's civil war. His fearlessness and devotion to his work are deeply admirable. Despite his fearlessness, there was a practicality that came with it. He was encouraged to even write a book about the LTTE and Sri Lanka overall but was nervous about what the truth would do to him, given his past experiences.

Although DBS Jeyaraj's book was not meant to be, it is with immense gratitude that the Tamil community will benefit from his perspective and voice through the collection of his writings on dbsjeyaraj.com.

You will be missed, Jeyaraj uncle.

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

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DR. SENTHURAN GUNARATNAM
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 Scarborough Health Network,
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SHN building future of mental health care at Birchmount Hospital

BY: JENNER PRATT, COMMUNICATIONS STRATEGIC LEAD, SHN

Scarborough Health Network (SHN) is launching a major redevelopment that will significantly strengthen mental health services for our community.

At Birchmount Hospital, we are creating a new Integrated Mental Health Centre, focused on bringing together modernized inpatient mental health services and the Cope Family Mental Health Emergency Department—Scarborough’s first emergency department dedicated to mental health and addictions.

“This project represents a fundamental step forward in how mental health care is delivered at SHN,” said Dr. Ilan Fischler, Chief of Psychiatry and Medical Director of Mental Health and Addictions.

“By bringing inpatient and emergency mental health services closer together, we are creating clearer pathways to care and a more supportive experience when patients and families need it most.”

Patients in acute crisis initially arriving at our Emergency Department or coming from the community who require more dedicated care will be able to transfer to the Cope Family Mental Health Emergency Department, which will provide 24/7, specialized, and secure care led by mental health professionals.

This new Centre is designed to ensure people experiencing a



mental health crisis receive care in the most appropriate setting, supported by specialized mental health teams.

“Building a clinical program as a Centre of Excellence means investing in how it grows, learns, and delivers care over time,” said Sari Greenwood, Director of Mental Health and Addictions.

By integrating services, the centre will improve safety, care coordination, and the overall patient experience for adults and youth across Scarborough.

“This redevelopment is about elevating the quality of care to better meet the needs of the Scarborough community—today and into the future,” added Glyn Boatwain, EVP Chief Nursing and Allied Professionals Executive.

“It reinforces our commitment to dignity, safety, and excellence in mental health care.”

Construction will begin this spring.

Research that reflects our community

At SHN, research plays a vital role in how we improve care, advance equity, and respond to the evolving needs of the community. Each study, partnership, and clinical trial is grounded in a shared goal: delivering better health outcomes for Scarborough.

SHN Research Institute has a clear and focused mandate that strengthens how research is supported, conducted, and translated into everyday care.

“Scarborough is the most diverse community in Canada and one of the most underrepresented in clinical research. SHN Research Institute is how we close that gap,” said Dr. Samir Grover, Executive Vice-President, Academics.

Learn more at www.tinyurl.com/next-shnri.



SHN doctor leads major international study on respiratory support in critical illness

BY: MELODY KESHISHIAN, COMMUNICATIONS COORDINATOR, SHN

A new international study led by Dr. Christopher Yarnell, an intensive care physician at Scarborough Health Network (SHN), is helping answer an important question in critical care: what is the most effective way to support patients who are struggling to breathe without needing to use a ventilator?

Published in *The Lancet Respiratory Medicine*, the study is among the most comprehensive analyses to date on non-invasive respiratory support. Its first author was Kevin Lee, a medical student at the University of Ottawa, with Dr. Peter Reardon and nurse Thecla Kattakkayam from SHN as co-authors.

The study focuses on acute hypoxaemic respiratory failure (AHRF), a condition in which the lungs cannot provide enough oxygen to the body. Patients with AHRF often need help breathing. In severe cases, this involves invasive ventilation, where a breathing tube is inserted into the airway and connected to a machine to provide oxygen to the lungs.

While potentially lifesaving, this approach can come with risks such as infections, physical distress, and longer recovery times. Whenever possible, clinicians aim to use non-invasive respiratory support. These methods can reduce complications and improve patient comfort, but until now, it has not been entirely clear which non-invasive approach is most effective for severe cases.



Dr. Christopher Yarnell, SHN

Dr. Yarnell and his colleagues examined four common methods:

- Continuous positive airway pressure (CPAP), which delivers steady air pressure via a face-mask to keep airways open;
- High-flow nasal cannula (HFNC), which provides warm, humid oxygen through the nose;
- Bilevel non-invasive positive pressure ventilation (NIPPV), which alternates between higher and lower pressures via a tight-fitting facemask;
- And standard oxygen therapy, where oxygen is delivered at low flows by a loose-fitting mask or nasal prongs.

They found that CPAP, HFNC, and bilevel NIPPV all reduce the need for invasive ventilation, and CPAP and HFNC may improve survival. Results were the same in comparable studies that used both specific criteria and case-by-case judgment for switching to invasive ventilation.

“Our results show that these therapies are consistently helpful for patients with major breathing problems,” shared Dr. Yarnell.

“This is very exciting, because it validates the approach we take at SHN. We use CPAP, HFNC, and bilevel NIPPV to try and avoid invasive ventilation while supporting patients.”

By strengthening confidence in these approaches, the study helps support safer, effective treatment decisions for critically ill patients.

“This work demonstrates how our physicians are contributing to international conversations in critical care,” shared Dr. Samir Grover, Executive Vice President of Academics.

“Dr. Yarnell’s work helps ensure that the care we provide is grounded in the best available evidence, ultimately improving outcomes for patients both here in Scarborough and around the world.”

The study also points to areas for future research, including the importance of learning more about whether and when to use invasive ventilation in patients with AHRF. By helping clinicians better understand how to support breathing in critically ill patients, Dr. Yarnell is contributing to safer, more effective care for some of the most vulnerable people in the health system, and reinforcing SHN’s role as a leader in research and innovation.



ECONOMIC ARCHITECTURE: TITANS, TECH, AND THE FIGHT FOR ECONOMIC RECOVERY

By: Visvalingam Muralithas

The global economic architecture of 2026 is defined by starkly different developmental choices made over the last century. At the time of their independence, nations like Sri Lanka held immense promise, outperforming major regional peers. Decades later, structural choices have propelled China into a manufacturing and technology titan, left the United States defending its consumption-heavy economic model, and forced Sri Lanka into a rigorous cycle of macroeconomic recovery.

By analyzing the foundations of these economies, the historical turning points of 1990, the educational and industrial strategies that altered the global balance of power, and the state of play in 2026, we can map the anatomy of modern economic development.

Sri Lanka's Post-Independence Promise

Upon gaining independence in 1948, Sri Lanka (then Ceylon) boasted one of the most prosperous economies in Asia. Based on nominal GDP per capita, Sri Lanka was widely considered the third richest country in Asia, trailing only behind an industrializing Japan and a commodity-rich Malaysia.

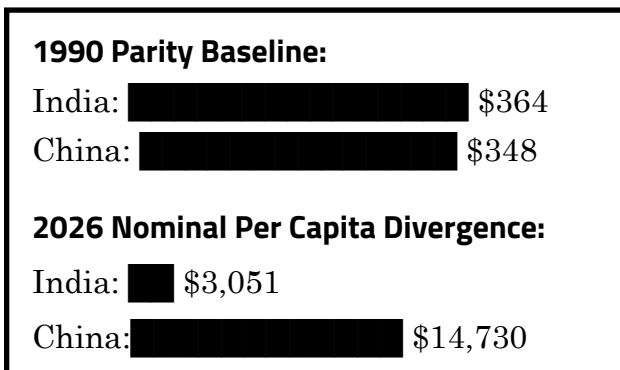
The Lost Momentum

At independence, Sri Lanka had a GDP size under \$1 billion, but it possessed robust foreign reserves, low public debt, and highly favorable terms of trade driven by agricultural exports like tea, rubber, and coconut. However, failure to structurally transform the economy away from raw commodities and toward high-value industrial sectors, combined with rising import dependencies and a rapidly expanding civil service, gradually eroded this initial wealth. Over the subsequent decades, high-growth engines like Singapore and South Korea bypassed Sri Lanka, offering a stark lesson in the dangers of stagnant economic structures.

A Four-Nation Comparative Review

To understand the scale of divergence, a structural comparison of the United States, China, India, and Sri Lanka illustrates the variance in economic size, spending patterns, and workforce dynamics:

India and China (1990 vs. 2026)



In 1990, India and China stood at an identical economic baseline. In fact, World Bank data shows that in 1990, their per capita GDPs were virtually at parity, with India slightly ahead at \$364 compared to China's \$348.

Over the next 35 years, China systematically outpaced India through a massive structural migration, shifting its labor force from farming to non-farming systems. By systematically moving millions of agricultural laborers into factory settings, China built an industrial base where 28% of its total labor force works directly in factories.

The Vanguard of the Green Transition

This industrial engine has allowed China to move from basic assembly to pioneering global technology. In 2026, China stands as the undisputed global leader in Electric Vehicles (EVs) and advanced lithium-ion batteries. Companies like BYD and CATL control

the majority of the global clean energy supply chain, turning green tech into a major macroeconomic pillar.

China's Institutional and Educational Leadership

China's transition from a low-income agrarian state to a technological superpower was orchestrated by an institutional focus on capacity building, high-quality public education, and state-directed research.

Educational System Refinement

Unlike many developing nations where quality education is localized within expensive private institutions, Beijing heavily regulated and standardized the government school and college system. By injecting state funds into public education, they minimized regional disparities and instituted rigorous, merit-based testing frameworks.

Research Quality and Academic Standing

The quality of academic research within Chinese universities has surged exponentially. In terms of global science and technology index citations, patent applications, and international university standings, China's top-tier institutions now output high-impact research papers at a volume five times greater than India. This systemic investment in STEM (Science, Technology, Engineering, and Math) created the highly skilled engineering

workforce required to sustain its advanced manufacturing sectors.

United States vs. China

The global economic landscape remains anchored by these two giants, who together command over 40% of global nominal GDP. However, their internal financial dynamics are highly polarized.

| Economic Indicator | US | China | India | Sri Lanka (2025-2026) |
|-----------------------------|-----------------------------------|-----------------------------|-----------------------------------|----------------------------------|
| Aprox. GDP Size | \$ 28 TN | \$ 20.6 TN | \$ 4.5 TN | \$ 100 + BN |
| Per Capita Income (Nominal) | \$ 81,000 | \$ 14,730 | \$ 3,050 | \$ 5,000 |
| Primary Economic Driver | Household Consumption (68-70%) | State Investment & Exports | Domestic Services & Consumption | Remittances, Tourism & Garments |
| National Savings Rate | Low (4% - 8%) | High (40%+) | Moderate (30%) | Turning to Surplus (5.4% Fiscal) |
| Industrial Labor Force | 10% - 12% | 28% in Factories | 25% | Shifting back to survival mode |
| Dominant Wealth Storage | Financial Markets (Stocks, 401ks) | Real Estate & Bank Deposits | Gold, Real Estate & Bank Deposits | State Bank Deposits |

WORLD NEWS



Op-Ed

- **The United States:** A mature, service-oriented powerhouse fueled by credit and consumer optimism. Private household consumption drives nearly 68-70% of total GDP. Wealth is tightly linked to the performance of the financial markets and retirement portfolios like 401(k)s.

- **China:** Historically reliant on state-led fixed asset investments (infrastructure and real estate) and manufacturing exports, with household consumption hovering at just 38-40% of GDP. Wealth is primarily stored in bank deposits and real estate (70-80%). Amidst a prolonged property market correction, Beijing is actively attempting to pivot toward a “high-quality development” model centered on domestic consumption and high-tech manufacturing.

Savings Mindsets

The cultural divergence is evident in domestic savings. While Americans heavily rely on sophisticated consumer debt instruments, maintaining a low personal savings rate of 4% to 8%, Chinese citizens maintain a precautionary national savings rate exceeding 40%. This serves as a vital financial buffer against a thin public social safety net for healthcare and pensions.

US-China Beijing Presidential Summit

In mid-2026, U.S. President Donald Trump and Chinese President Xi Jinping convened a high-stakes summit in Beijing. Occurring six months after the October 2025 “Busan truce”—which temporarily de-escalated a bitter trade war by dropping U.S. tariffs from 57% to 47%—the meeting underscored a transition toward a pragmatic “managed rivalry.”

Key Commercial Outcomes vs. Reality

- **The Aviation Sector:** The summit yielded a headline agreement for China to order 200 Boeing commercial passenger jets, marking its first major purchase of U.S.-built aircraft in nearly a decade. However, Wall Street anticipated an order closer to 500 planes, prompting a 4% drop in Boeing stock.

- **Trade Frameworks:** While agricultural purchases of soybeans and beef were scaled up, the highly anticipated creation of a permanent, bilateral “Board of Trade” to manage tariff disputes was shelved for future administrative reviews.

Deep-seated geopolitical issues remained at a stalemate. President Xi issued a sharp warning regarding U.S. policy toward Taiwan following Washington’s approval of an \$11 billion arms package. Concurrently, no binding accords were reached regarding energy

infrastructure disruptions in the Middle East or maritime oil sanctions involving Iran, as Beijing prioritized its strategic energy supply channels.

Sri Lanka’s Macroeconomic Recovery (2025–2026)

While global superpowers negotiate a complex strategic stalemate, Sri Lanka is executing a significant post-crisis economic recovery, successfully bouncing back from its devastating 2022 default baseline. During the peak of that crisis, the nation faced a brutal 7.3% economic contraction and hyperinflation that maxed out at an unprecedented 70% in September 2022. Decades of deep-seated structural imbalances had historically left the country dependent on 16 previous IMF programs, culminating in a near-total collapse where the revenue-to-GDP ratio dropped to an unsustainable 8.5%.

However, by late 2025 and into 2026, aggressive stabilization policies engineered a remarkable macroeconomic turnaround. The total economy size crossed the \$100 billion milestone for the first time in history in 2025, pushing nominal per capita GDP past \$5,000. This expansion was anchored by a monumental fiscal transformation, which saw the primary fiscal balance shift from a staggering 5.7% deficit in 2021 to a remarkable 5.4% surplus by 2025.

This newly found stability is further reinforced by robust external and internal buffers. Gross official reserves were successfully rebuilt to \$6.8 billion entirely through strategic market purchases. Concurrently, the government accumulated liquid cash buffers exceeding Rs. 1 trillion in state banks, allowing the island nation to absorb external shocks without relying on new borrowing. This disciplined approach has yielded critical debt and currency stability; central government debt has declined to approximately 92% of GDP, while the Sri Lankan Rupee (LKR) stabilized dramatically, experiencing a minor depreciation of just 3.6% against the US Dollar in early 2026—a massive recovery compared to its catastrophic 44.8% crash in 2022.

Despite these significant macroeconomic milestones, businesses on the ground continue to operate in a highly cautious and restrictive environment. The structural recovery remains a work in progress, anchored by the ongoing \$3 billion IMF Extended Fund Facility (EFF). While \$1.7 billion of this crucial facility has been successfully disbursed to stabilize the economy, full optimization depends on the future, as approvals for the vital 5th and 6th tranches remain pending.

On the microeconomic level, local industrial sectors are grappling with three immediate, severe headwinds that complicate the path from stabilization

to growth. First, enterprise strategy has shifted entirely toward survival over expansion. Exporters, in particular, are freezing capacity-building plans to prioritize daily operational survival, hit hard by escalating utility rates, high local fuel prices, and surging marine insurance costs driven by ongoing shipping disruptions in the Middle East.

Second, a deep sense of monetary caution permeates the financial sector. Domestic consumer inflation recently delivered a sharp wake-up call, ticking up from a stable 2.2% to 5.4% within a single month. This sudden spike validates the Central Bank’s highly measured, conservative approach to monetary easing and resistance to premature stimulus, keeping borrowing costs higher for longer for struggling enterprises.

Finally, severe national grid infrastructure constraints are actively choking the green transition. While private and public interest in renewable energy is high, solar power expansion is heavily bottlenecked. The country’s power grid suffers from a critical lack of commercial power storage capacity, meaning that during peak daytime generation, vast amounts of clean energy simply cannot be absorbed or saved, leaving industries tied to expensive, traditional power sources.

Writer

Visvalingam Muralithas is a researcher in the legislative sector, specializing in policy analysis and economic research. He is currently pursuing a PhD in Economics at the University of Colombo,



with a research focus on governance, development, and sustainable growth. He holds a Bachelor of Arts in Economics (Honours) from the University of Jaffna and a Master’s degree in Economics from the University of Colombo. His academic background is further strengthened by postgraduate diplomas in Education from the Open University of Sri Lanka and in Monitoring and Evaluation from the University of Sri Jayewardenepura. In addition to his research work, Muralithas has contributed to academia by teaching economics at the University of Colombo and the Institute of Bankers of Sri Lanka (IBSL), and has also gained industry experience as an investment advisor at a stock brokerage firm affiliated with the Colombo Stock Exchange. He can be reached at muralithas.v@gmail.com

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What Women Need to Know About Hidden Heart Risks

Heart disease is the leading cause of death for women, more than all cancers combined. Its warning signs, however, often look very different from what you might expect.

“Women weren’t properly studied in research for decades, and for a long time their symptoms were dismissed,” explains Dr. Nisha D’Mello, cardiologist at Scarborough Health Network (SHN). “Now, cardiology is changing. We know **women can have heart disease just as severely as men**, but they often present differently. Younger women’s symptoms are sometimes brushed aside.”

Women’s heart symptoms can be subtle or unusual. Instead of classic crushing chest pain, they may **experience pressure or heaviness in the lower chest or abdomen and sometimes chest pain is absent altogether**. They are more likely to experience nausea, jaw, neck, or upper back discomfort, shortness of breath, fainting, indigestion, or extreme fatigue. Because these symptoms can feel subtle or unrelated to the heart, they are sometimes overlooked, making awareness especially important.

Menopause is a key transition for women’s heart health. As estrogen levels decline, blood pressure and cholesterol can rise, and arteries may stiffen, increasing the risk of heart disease. “Women often develop heart disease about 10 years later than men,” says Dr. D’Mello. On average, women experience their first heart attack around age 72 compared with 64 for men.

Heart attack rates are rising among women aged 35 to 54, driven by increases in high blood pressure, diabetes, and stress. Some risk factors are unique to women, such as:

- Prior pregnancy complications, such as preeclampsia or gestational diabetes
- Early menopause, particularly before age 45
- Autoimmune conditions
- Polycystic ovary syndrome

Heart disease risk is also higher for Scarborough’s South Asian community, which makes up about 25 percent of the population. “Genetics play a role, but lifestyle matters too,” says Dr. D’Mello. “Dietary patterns that rely heavily on fried foods, carbohydrates, and high-fat meals, combined with low physical activity, contribute to more aggressive heart disease.”



Top: Dr. Nisha D’Mello, cardiologist at SHN.

Middle: Current state of SHN’s Cath Lab 1.

Bottom: Product image of the GE Allia IGS 7 Pulse imaging system, one of the best-in-class pieces of equipment for a Catheterization Lab.

At SHN, community support is helping fund critical upgrades to cardiac care, including a **new electrophysiology lab** and upgrades to **catheterization labs** that will expand access to life-saving treatment close to home. SHN’s cardiac program cares for more than 40,000 outpatients annually and treats approximately 85 heart attack patients every month.

Support physicians like Dr. Nisha, and help us keep climbing.



Donate at LoveScarborough.ca



TIM HORTONS MARKHAM, BALLANTRAE, AND STOUFFVILLE RAISE RECORD-BREAKING BATCH - \$125K FROM 2026 SMILE COOKIE CAMPAIGN FOR MARKHAM STOUFFVILLE HOSPITAL

Today, Tim Hortons restaurant owners of Markham, Ballantrae, and Stouffville proudly announced raising an incredible \$125,607.90 through this year's Smile Cookie campaign — all in support of Oak Valley Health's Markham Stouffville Hospital (MSH).

"Tims restaurant owners are proud members of the communities where they live and work, and for decades their passion for giving back has made the Smile Cookie campaign what it is today," says Axel Schwan, president of Tim Hortons. "When the first Smile Cookie was sold in 1996, no one could have imagined we'd one day be celebrating more than \$174 million raised in the program's history. That's a testament to Tims restaurant owners, team members, volunteers, and guests who have committed to making a difference in their communities year after year. Thank you for your incredible generosity."

From April 27 to May 3, customers purchased Smile Cookies (\$2 plus tax) and Smile Cookie products, with 100 per cent of the proceeds benefiting local charities across Canada. Since launching in 1996, the Smile Cookie campaign has raised more than \$130 million for local charities, supporting the communities the restaurants serve.

Proceeds from participating restaurants in Markham, Ballantrae, and Stouffville benefit families and children, cared for at MSH. Since 2007,



Tim Hortons restaurant owners and team members from Markham, Ballantrae, and Stouffville present Smile Cookie campaign donation cheque to MSH Foundation – L-R: Allan Bell, Vice President, Community Relations and Corporate Partnerships, MSH Foundation, Matthew Peate, Ivan Chiu, Gillian Fintelman, Dr. Bear, MSH mascot, Sebastian Schembri and Michael Forbes.

integrated patient care to one of the country's fastest growing and most culturally diverse regions. Government funding alone cannot keep pace with the hospital's priority needs, or the rapidly evolving health care landscape. MSH relies on dynamic partnerships — such as its long standing collaboration with Tim Hortons — to adopt new technology, improve access, and streamline services. Generous donor support also helps MSH purchase leading-edge equipment and enhance its campus, enabling safe and timely care for the communities Oak Valley Health is honoured to serve.

"We are incredibly grateful to the Tim Hortons restaurant owners, team members, and every customer who purchased a Smile Cookie to support Markham Stouffville Hospital," says Allan Bell, Vice President,

Community Relations & Corporate Partnerships, MSH Foundation. "This long-standing partnership continues to make a meaningful impact, helping

ensure families and children in our community have access to extraordinary care when they need it most."

To learn more about the Tim Hortons annual Smile Cookie campaign, visit timhortons.ca/smile-cookie. Although this year's campaign has wrapped up, donations can still be made at mshf.on.ca.

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

About Tim Hortons In 1964, the first Tim Hortons® restaurant in Hamilton, Ontario opened its doors and Canadians have been ordering Tim Hortons iconic Original Blend coffee, Double-Double™ coffees, Donuts and Timbits® in the years since. Over the last 55 years, Tim Hortons has captured the hearts and taste buds of Canadians and has become synonymous with serving Canada's favourite coffee. Tim Hortons is Canada's largest restaurant chain operating in the quick service industry with nearly 4,000 restaurants across the country. More than a coffee and bake shop, Tim Hortons is part of the Canadian fabric and guests can enjoy hot and cold specialty beverages — including lattes, cappuccinos and espressos, teas and our famous Iced Capp® — alongside delicious breakfast, sandwiches, wraps, soups and more. Tim Hortons has more than 5,100 restaurants in Canada, the United States and around the world.



Tim Hortons restaurant owners and team members receive a token of appreciation from MSH Foundation – L-R: Matthew Peate, Ivan Chiu, Gillian Fintelman, Dr. Bear, MSH mascot, Sebastian Schembri, Michael Forbes and Allan Bell, Vice President, Community Relations and Corporate Partnerships, MSH Foundation.

the Tim Hortons Smile Cookie Campaign has raised more than \$1.7 million in support of MSH Foundation. MSH is committed to delivering high-quality,



MARKHAM COMMUNITY STEPS UP FOR WOMEN'S MENTAL HEALTH AT ANNUAL SHOPPERS DRUG MART RUN FOR WOMEN

More than 1,700 community members gathered for the 14th annual Shoppers Drug Mart Run for Women Markham on May 24, 2026, in support of Oak Valley Health's Markham Stouffville Hospital (MSH). Shoppers Drug Mart and the Shoppers Foundation for Women's Health announced this year's event raised \$280,000 to date. These funds will continue to support Women's Wellness programs provided through the Gulshan & Pyarali G. Nanji Mental Health Services.

The Shoppers Drug Mart Run for Women launched in 2013 and has evolved into the largest event series in Canada dedicated to women's mental health, taking place in 18 cities across the country.

Women continue to experience disproportionate impacts to their mental health and are often misdiagnosed, misrepresented, and misunderstood due to inequities in health care. MSH



Shoppers Drug Mart presents a cheque of \$280,000 to Markham Stouffville Hospital Foundation from the proceeds of the 2026 Run for Women Markham – L-R: Pritesh Mistry, Beth McMullen, Dominic Ng, Kevin Chow, Jason Lo, Suzette Strong, CEO, MSH Foundation, Mark Fam, President & CEO, Oak Valley Health, Teresa Givelas, Patient Care Manager, Outpatient Mental Health, Oak Valley Health, Allan Bell, VP, Community Relations & Corporate Partnerships, MSH Foundation, and Dr. Amir Barsoum, Chief of Psychiatry, Oak Valley Health.



Representatives from Oak Valley Health and Markham Stouffville Hospital Foundation celebrate The Nanji Family Foundation's \$50,000 match gift in support of the Shoppers Drug Mart Run for Women Markham – L-R: Dr. Amir Barsoum, Chief of Psychiatry, Oak Valley Health, Teresa Givelas, Patient Care Manager, Outpatient Mental Health, Oak Valley Health, Yaakov Keilikhis, Patient Care Director, Clinical Programs, Oak Valley Health, Suzette Strong, CEO, MSH Foundation, Craig McOuat, Past Chair, MSH Foundation Board of Directors, Allan Bell, VP, Community Relations & Corporate Partnerships, MSH Foundation, and Mark Fam, President & CEO, Oak Valley Health.



Alia Del Bianco, grateful patient, pictured here with Dr. Bear and her brother, Marco, shares her personal story of healing and recovery through the Women's Wellness programs within the Gulshan & Pyarali G. Nanji Mental Health Services at Oak Valley Health's Markham Stouffville Hospital.

Foundation and Shoppers Drug Mart aim to help by bringing the community together in support of local women's mental health programs.

"These programs are a lifeline for many of us," says Alia Del Bianco, grateful patient and event guest speaker. "They're not only a place to come together, they're also a place to share stories, not feel alone, and learn ways to cope that we can carry with us in our everyday lives."

Government funding alone cannot support all of the hospital's priorities and evolving needs. Dynamic partnerships, coupled with community investment, enable the hospital to provide specialized programs that deliver connected care to our growing, aging, and diverse community.

"The support behind this event helps ensure women in our community can access the mental health care they need, close to home," says Suzette Strong, CEO, MSH Foundation. "We

are so grateful to Shoppers Drug Mart, the Shoppers Foundation for Women's Health, and everyone who came together today to support women's wellness at MSH."

Programs including Art Therapy Group, Mindfulness Skills Group, Interpersonal Psychotherapy Group, and Cognitive Behavioural Therapy for Postpartum Depression, provide meaningful care to women across the region and support more than 1,200 patient visits annually. These services are open to all existing patients of Oak Valley Health through referral.

Until July 1, 2026, donations can continue to be made towards the Shoppers Drug Mart Run for Women Markham. Community support for women's health will be generously matched by The Nanji Family Foundation, up to \$50,000, helping every gift makes twice the impact. Donate online at mshf.on.ca/events/26runforwomen.

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

class health care at MSH. About the Shoppers Drug Mart Run for Women: The Shoppers Drug Mart Run for Women brings communities together in support of local women's mental health programs to make communities healthier. Run for Women is a 5K Run/Walk, and 10K Run taking place in 18 cities across Canada. Since 2012, over 195,000 participants have helped raise approximately \$20 million for women's mental health programs across Canada.



Participants gather at the start line for the 2026 Shoppers Drug Mart Run for Women Markham.



JUNO AND ITS SIGNIFICANCE TO CANADA



By: Kane Siva

We are in the middle of the year, in the month of June, and this month holds a special place in the hearts and minds of many Canadians. June is named after Juno, the Roman goddess of marriage. In Roman mythology, Juno was the wife of Jupiter and the protector of marriage, women, and childbirth. The familiar phrase “June bride” is believed to come from this tradition.

For Canadians, however, the month of June carries an even deeper historical significance that has endured from the 1940s to the present day.

Juno Beach, a roughly 10-kilometre stretch of coastline in Normandy, France, was the code name given by the Allied forces during the Second World War to the sector assigned to Canadian troops on D-Day, 6 June 1944. On that day, the 3rd Canadian Infantry Division and the 2nd Canadian Armoured Brigade landed under intense German fire as part of the Allied invasion of Nazi-occupied Europe. More than 14,000 Canadian soldiers took part, supported by 110 Royal Canadian Navy warships and 15 Royal Canadian Air Force fighter and fighter-bomber squadrons.

The landings were met with fierce resistance, mined obstacles, machine-gun fire, and artillery bombardment. Yet Canadian troops fought their way ashore, captured key beachhead positions, pushed through communities such as Courseulles-sur-Mer, Bernières-sur-Mer, and Saint-Aubin-sur-Mer, and advanced farther inland than any other Allied force on the first day. The cost was severe. Canadian forces suffered heavy casualties, and many young men lost their lives before they could even reach the shore. Still, despite these losses, they pressed forward with remarkable courage and determination. Their success at Juno Beach helped secure a crucial bridgehead for the Allied invasion and contributed significantly to the eventual liberation of Western Europe. Many of those who served were volunteers, including very young men who had left school and family behind to fight for freedom, peace, and human dignity. When I watched veterans speak about their experiences at Juno Beach, I was deeply moved. Their words reveal a sacrifice that is almost impossible to fully comprehend. One cannot help but wonder whether these young men could

ever have imagined the danger before them, or whether they knew if they would ever see their loved ones again. Canadian casualties on D-Day are often recorded as 1,074, including 359 killed, while casualties in the Juno sector itself are also commonly cited as 340 dead and 574 wounded. Whatever figure one emphasizes, the sacrifice was immense. Military historians have long recognized the importance of what Canadian troops achieved that day. Their courage, discipline, and sacrifice remain among the proudest chapters in Canada’s history.

I would like to quote from an article by Richard Foot about Juno Beach. Desmond Piers, a 30-year-old naval captain, watched the invasion unfold from the bridge of his destroyer, HMCS Algonquin. He later recalled: “It was a murky morning. Before dawn we could hear aircraft from Britain carrying paratroopers across the Channel. Then daylight came, and the sky was filled with bombers and fighters, and there before us was France, with all these landing craft streaming towards it. It was just amazing.”

The success of the Canadian assault at Juno Beach was recognized by Allied



Aviation & Airlines

SPECIAL FEATURE



leaders and historians alike. Canadian troops broke through formidable German defenses on a day when every minute carried extraordinary risk. Their achievement remains one of the most respected contributions made by Canada during the Second World War.

The Royal Canadian Air Force also played an important supporting role during the D-Day landings on 6 June 1944. Air support was critical to the success of the 3rd Canadian Infantry Division's assault.

Canadian airmen took part in bombing German defensive positions, attacking coastal batteries, and helping the Allies gain air superiority over the battlefield. Their efforts, together with the work of Allied naval forces, helped weaken German resistance and supported the men landing on the beaches below.

The invasion that began on 6 June 1944 continued through the long and difficult Battle of Normandy. For weeks, Canadian and Allied forces fought in exhausting conditions against a determined and well-entrenched enemy. Many soldiers were young and inexperienced, yet they fought with bravery, endurance, and discipline. The campaign demanded tremendous sacrifice, but it contributed decisively to the defeat of Nazi Germany and to the restoration of freedom in Europe.

The role played by Canadian forces on D-Day is still remembered, appreciated, and admired by many of Canada's allies in Europe. To honour these sacrifices, the Juno Beach Centre was established in Courseulles-sur-Mer, Normandy, France. Opened in 2003, the Centre serves as a museum, memorial, and educational institution dedicated to Canada's role in the Second World War and to the memory of those who did not return home.

I often wonder how many Canadians pause to remember and honour the brave soldiers who fought for freedom, democracy, and peace. I would like to share my own perspective as someone born in Sri Lanka. Canada has long been a beacon of hope for many people



around the world, especially for members of my community, Sri Lankan Tamils. When ethnic conflict and civil unrest devastated Sri Lanka, many found safety and a new beginning in Canada. I left Sri Lanka in 1981 to work in Abu Dhabi aviation services and was spared many of the tragic

been if we had not come here. These thoughts lead me back to the sacrifices made by the brave Canadians who stormed the beaches of Normandy on 6 June 1944. If not for their courage and their willingness to fight tyranny, it is difficult to imagine whether so many of us would now enjoy peace, freedom, and a sense of home in Canada. For me, the answer is clear: their sacrifice helped make the Canada we cherish possible.

We should never forget the sacrifices made by our brave soldiers from 6 June 1944 through the difficult months that followed. We must cherish their memory and honour their service. We should also strive to build Canada into a country that remains a model of peace, decency, freedom, and opportunity for the world to admire. To adapt a famous sentiment, we should ask not only what Canada can do for us, but what we can do, as citizens, to strengthen and uphold this great and peaceful country.

I would like to close this tribute and prayer for the brave Canadian soldiers with the famous words of Sir Winston Churchill.

As Winston Churchill famously said, "Never in the field of human conflict was so much owed by so many to so few."

May God bless the brave souls of our departed soldiers, and may we, as a grateful nation, remember their service forever.



events that later unfolded. When my family migrated to Canada in 1997, I was overwhelmed by what I saw. Canada offered security, dignity, and opportunity. Over the years, I have lived in and travelled to many countries, but I can honestly say that what Canada offers its citizens and newcomers is truly extraordinary. Every day, before even having a cup of tea, we say a prayer of thanks for this country. Sometimes I reflect on what our lives might have



**K.N. Sivagnanasunderam
(Blue)**

Former Flight Operations
Officer, Air Ceylon Ltd.
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On PREM RAWAT



For over five decades, Prem Rawat has traveled the world sharing a highly practical message: **peace is not the absence of war or conflict; it is a tangible, internal reality already existing inside every human being.**

Rather than presenting a rigid philosophy, dogma, or religious text, his perspective centers on a direct, subjective shift from **thinking** to **feeling**. Here is an expansion on how his message shapes these five core topics:

1. Know Yourself

To Prem Rawat, **“Self-Knowledge”** (often referred to simply as **Knowledge**) is the cornerstone of his entire message. He teaches that we spend our entire lives learning about the outside world—our careers, technologies, and other people—while remaining complete strangers to who we are inside.

Knowing yourself isn’t an intellectual exercise or a psychological analysis of your personality. Instead, it is the process of turning your senses 180 degrees inward to recognize your fundamental nature. It is discovering that beneath your daily roles, responsibilities, and worries, your core identity is bound to a constant, living energy.

2. Humility and Gratitude

Prem Rawat describes gratitude as **“the music of the heart”** and the

foundation of true joy. He teaches that real gratitude is not transactional—it isn’t just being thankful when things go your way. True gratitude is an acknowledgment of the ultimate miracle: **the gift of breath and being alive in the present moment.**

Humility naturally follows this realization. When you turn inward and experience the vastness of life’s energy keeping you alive, the ego dissolves. You realize you do not run the universe, nor do you control your next breath. Accepting this vulnerability brings a profound sense of humility, turning gratitude into the highest form of appreciation for existence.

3. Forgiveness

In the context of Prem’s message, forgiveness is an act of deep self-care and liberation. He often emphasizes that we are the custodians of our own hearts. When we hold onto anger, resentment, or past hurts, we are effectively cluttering our inner sanctuary with heavy baggage.

Forgiveness is not about condoning someone else’s poor behavior; it is about choosing not to let past events dictate your present peace. By forgiving, you reclaim your energy and empty your **“inner glass”** of toxic stories, allowing it to be filled with clarity and contentment instead.

4. Inner Peace

A central axiom of Prem Rawat’s

message is that **“you do not need to find or create peace; you simply need to discover it.”**

“There is a place in you where that light is, where that joy is... And experiencing that place will bring you peace. That’s what peace is.”

He counters the common belief that peace is something achieved through external success, quiet environments, or a perfect life layout. Because peace is an inherent part of human architecture, it is portable. Whether you are facing life’s greatest joys or its heaviest trials, that inner sanctuary of calm remains accessible through practice and turning your focus inward.

5. Listening to Your Heart

Prem Rawat makes a sharp distinction between the **“mind”** and the **“heart”**. The mind is the realm of thoughts, endless analysis, worries, and societal concepts—it is constantly moving between the past and the future. The heart, conversely, exists entirely in the **“now”**.

Listening to your heart means tuning out the external noise and internal chatter to connect with your innate wisdom. The heart craves simplicity, clarity, and kindness. By learning to anchor yourself to your breath and your feelings, you learn to step away from the confusing dictates of the mind and navigate life from a place of genuine inner truth.



Eternal Joy



By: J A Rajah

M.K. Thiyagarajah Bagavathar sang a classical song which highlights the greatness of self-less service to fellow human beings:-

*“Sevay seythale kanalaam puvi meethile,
Uyar vaanor inbam manmeethile,
Aavi, porul , thannalam; uyir thiyagam sey thennarlume-
unnmayay,
Seway seythale kaanalam.!!!!”*

சேவை செய்தாலே காணலாம் புவி மீதிலே
உயர்வானோர் இன்பம் அன்பினிலே,
ஆவி, உடல், பொருள், தன்னலம் தனை தியாகம் செய் என்னாளுமே
உண்மையாய்,
சேவை செய்தாலே காணலாம்....!!!

Sacrificing one's assets in order to render service brings heavenly joy in this world itself.

This is the crux of the message that Jesus Christ, illustrated by His life on earth.

are additional examples of sacrificial lives in the interests of humanity.

The song was sung by Thiyagarajah Bagavathar in the film 'Amara Geetham'.

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BY THULASI MUTTULINGAM



யாழ்ப்பாணக் கலைஞர்கள் மன்றத்தினர் (Jaffna Artists Forum) ஆகிய நாங்கள் விலங்கு உரிமைகள் தொடர்பான விழிப்புணர்வு பிரச்சாரத்தை முன்னெடுத்து வருகிறோம் என்று நீங்கள் அறிந்திருக்கக்கூடும்.

செல்லப் பிராணிகளுக்கு கருத்தடை செய்யும்படியும் நாய்க்குட்டிகளையும் பூனைக்குட்டிகளையும் தெருவில் வீச வேண்டாமெனவும் விழிப்புணர்வு செய்து வருகிறோம்.

அதன் ஒரு செயற்திட்டம் இதோ. உங்கள் கருத்துக்களைத் பகிருங்கள்.

யாழ்ப்பாணத் திரையரங்குகளில் இதனை விளம்பரமாகத் திரையிடத் திட்டமிட்டுள்ளோம்.

இமாலயா கிரியேஷன்ஸ் (Himalaya Creations) நிறுவனத்திற்கு, குறிப்பாக Thumaragan Ranganathan > Nishaharan Ranganathan மற்றும் அவர்களுடன் இணைந்த திறமைமிக்க குழுவினருக்கும் நன்றிகள்.

இதில் நடிப்பது துநமாயபெ யுசரடயை வளர்க்கும் நாய்க்குட்டி, அழகியின் குட்டி.

படப்பிடிப்பு நடக்கும் நேரம் முழுவதும் நாய்க்குட்டியைப் பராமரித்த விலங்கு மீட்பாளர் Johanan Priyatharshan னுக்கும் நன்றிகள்.

முக்கிய குறிப்பு: வீடியோவில் உள்ள நாய்க்குட்டியும் இடங்களும் உண்மையானவை. ஆனால், அதில் காட்டப்படும் கஷ்டமான காட்சிகள் செயற்கை நுண்ணறிவு (AI) மூலம் உருவாக்கப்பட்டவை.

கைவிடப்பட்ட குட்டிகள் அனுபவிக்கும் உண்மையான கஷ்டங்களை இதில் காட்டியுள்ளோம்.

விளம்பரத்திற்காக நிறு நாய்க்குட்டியை நாங்கள் துன்புறுத்தவில்லை.

சில சந்தர்ப்பங்களில் AI மிக உதவியாக இருக்கிறது. இது ஒரு நிமிட விளம்பரம். திரையரங்குகளுக்காக இது 30 வினாடிகளாகக் குறைக்கப்படும். உங்கள் கருத்துக்களைத் தெரியப்படுத்துங்கள்.

SHE PLAYED GOLDA MEIR.

SHE PLAYED THE QUEEN OF ENGLAND.

HAMAS DISGUSTS HER. AND SHE HAS ALWAYS SUPPORTED ISRAEL.

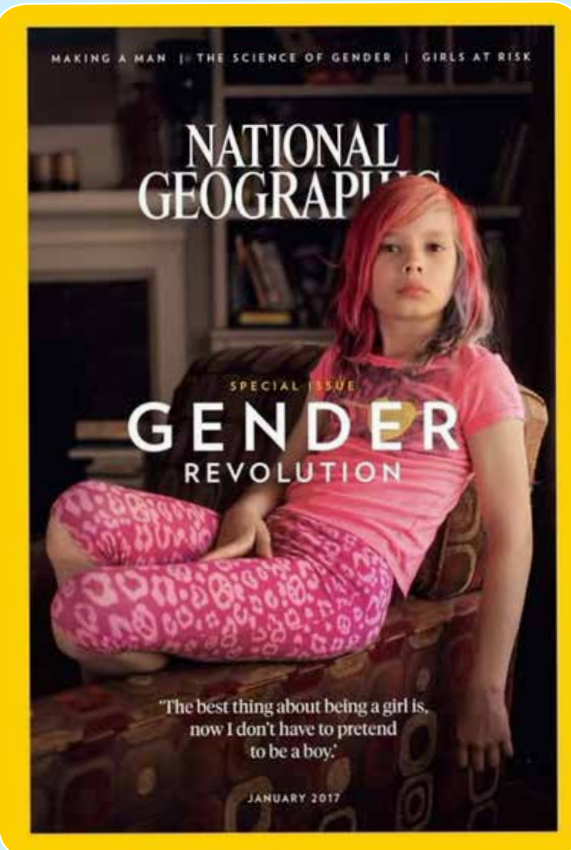
THEN SOME RANDOM GUY IN LONDON SCREAMED "EVIL ZIONIST B—H" AT 80-YEAR-OLD OSCAR WINNER DAME HELEN MIRREN.

Buddy... SHE ALSO PLAYED AN ASSASSIN IN RED.

You picked the wrong woman.

itsrachelonline @threads

People are out here acting like one trans kid playing volleyball is the collapse of civilization while corporations rob citizens blind and healthcare bankrupts families daily. The manipulation tactics are so obvious at this point.



AVERY JACKSON, THE TRANS 9-YEAR-OLD ON THE JAN 2017 NAT GEO COVER, IS NOW 17 — THE BLOCKERS MAY HAVE PERMANENTLY DAMAGED HIM

January 2017. National Geographic put a 9-year-old child in a pink shirt on the cover under the line "The best thing about being a girl is..." Avery Jackson became the international face of pediatric gender transition. He was placed on puberty-blocking GnRH analogues — the same class of drug used to chemically castrate adult sex offenders at facilities like Broadmoor in the UK.

Avery is now 17. He came out publicly as non-binary at a White House Pride event in June 2023 and has chosen, as of the most recent reporting, not to pursue further medical transition. His mother, Debi Jackson, who has spent the last decade as a public "trans-parent advocate", told reporters Avery "plunged into severe depression" three weeks after starting blockers, and has suffered from depression and anxiety in the years since.

the medical context is the part the press does not print. Dr. Marci Bowers — past WPATH president, the world's most-prominent gender-affirmation surgeon — said in a 2021 on-camera interview: "Every single child who was truly blocked at Tanner Stage 2 has never experienced orgasm." She later said in a private WPATH email leak that "the puberty-blocked kids did not know what orgasm might feel like and most experienced sensation to their genitalia no differently than if it had been a finger or a portion of their thigh."

That is the lead surgeon, on the affirming side of the table, on the medical record, describing the documented neurological outcome of the protocol Avery was placed on at age 9. the reproductive system never developed. the neuroendocrine pathways that drive adult libido never wired in. the same drug, used reversibly in adult sex offenders, is irreversible in pediatric patients because the developmental window only opens once. From the 2020 HBO documentary "Transhood", Avery — already worn down by the activism and the cover and the camera crews — said on tape: "I've done too much in this world. It's ruined my life." He was 12.

this is the part that ends the policy debate. Avery did not get to make the decision. A 9-year-old cannot meaningfully consent to a class of drugs that the FDA never approved for gender dysphoria use in minors, that the UK NHS stopped prescribing in 2024, that Sweden, Finland, France, and Norway have all walled off behind clinical trials only.

the doctors knew. WPATH knew. the activist parents knew. the press class that turned this child into a cover star knew. They chose the magazine spread anyway.

A 9-year-old on a 2017 National Geographic cover is, in 2026, a 17-year-old whose body did what the drug was designed to do. There is no putting that back

Thulasi Muttulingam 2h · 🌐

🇸🇨 🇹🇷

VISEGRAD24

THE 'SWISS MAN' WHO STABBED 3 PEOPLE TODAY IS 31-YEAR-OLD NESIP DEDELER FROM TURKEY

2009: Receives Swiss citizenship.

2015: Falls under police surveillance for supporting ISIS.

2026

May 25: Makes incoherent statements at a police station & gets sent to a psychiatric facility.

May 26: Escapes the psychiatric facility.

May 27: A doctor determines that he doesn't pose danger to anyone & decides to let him stay on the streets.

May 28: Stabs 3 people while shouting "Allahu Akbar."

If Palestinians have the ability to stay alive by simply not killing Israelis, then they are not facing a genocide.

If the Israelis have the ability to stay alive only because of their tremendous defense systems, then they are facing a genocide.

Stop getting brainwashed!

We the women of Iran and Afghanistan have a dream: getting rid of the Islamic Republic & Taliban. These 2 backward regimes want to write their patriarchal ideologies on our bodies. Yes, We're scared of these Islamist ideologies. #LetUsTalk





DBS JEYARAJ: End of an Era in Documenting Sri Lankan Tamil Politics



**By-Veeragathy
Thanabalasingham**
(Former Editor
Thinakkural Newspaper)

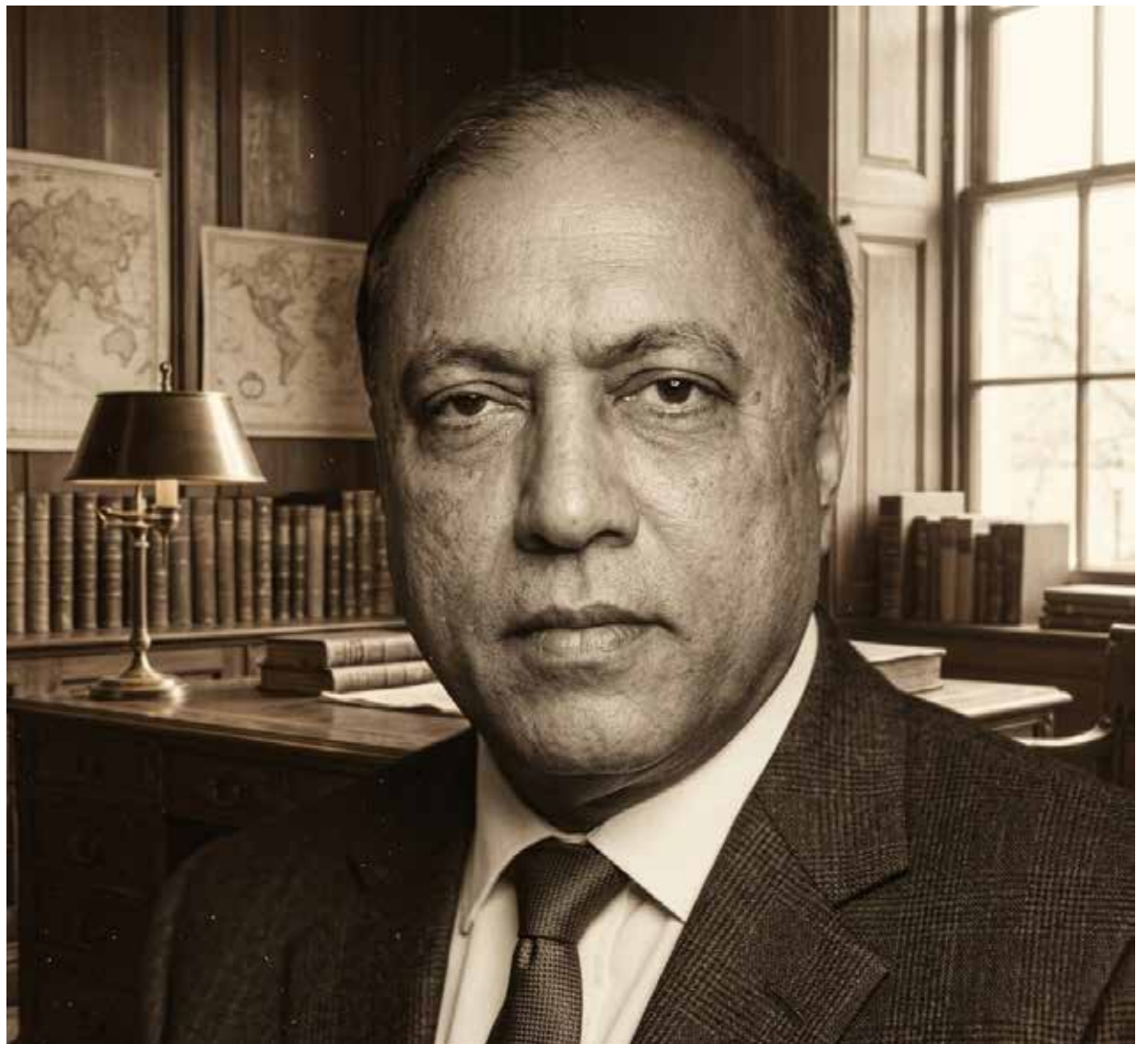
- ◆ “Jeyaraj’s passing marks the end of an era in the documentation of the Tamil nationalist struggle in Sri Lankan journalism.”
- ◆ “Amidst decades of ethnic conflict, they had to navigate their path while facing intense state surveillance, foreign diplomatic interventions, and threats from armed Tamil militant groups.

The passing of David Buell Sabapathy Jeyaraj (72) on May 17, 2026, in Toronto, Canada, has snatched away a great personality not only from the field of journalism but also from the Sri Lankan Tamil community.

Jeyaraj dedicated his life to analysing and writing fearlessly, and to documenting the complex dimensions of Sri Lankan politics—especially Tamil politics—as they unfolded in real time. It can be said that he stood as a monumental figure in the field of political analysis for several decades, not only in Sri Lanka but across the South Asian region as well.

Jeyaraj’s writings serve not just as contemporary reports, but as indispensable historical documents. Due to his unparalleled ability to unravel and explain complex geopolitical issues, regional conflicts, and domestic power dynamics, his political analysis columns were, for a long time, considered “required reading” by various quarters, including government leaders, politicians, diplomats, and politically conscious citizens.

In a Sri Lankan society that is ethnically polarised like two different worlds, Jeyaraj’s work was anchored in precise fact-checking, a deep memory, transparency, and steadfast dedication. The tribute we pay to Jeyaraj is a grand honour bestowed upon the lifetime work of a journalist who was defined by



intellectual courage and meticulous description.

Jeyaraj’s pen did not merely record the trends of history; it also helped us understand the depths from which those trends flowed. For journalists, writers, observers, and future generations who believe that the true duty of the media is to speak truth to power and to voice opposition against injustice with clarity, dignity, and unyielding integrity, Jeyaraj’s contribution to

journalism will remain an everlasting guide.

Historically, the political writings of Tamil-speaking English journalists in Sri Lanka have been subjected to pressure from various factions of a polarised society. Amidst decades of ethnic conflict, they had to navigate their path while facing intense state surveillance, foreign diplomatic interventions, and threats from armed Tamil militant groups.

In such a challenging environ-



SPECIAL FEATURE

ment, Jeyaraj's political writings stood entirely apart due to his exclusive approach and unique perspective. For instance, his style was completely different from the positions expressed in the political writings of his contemporary, 'Tarakki' Sivaram.

He migrated to Canada in 1989 and he was able to continuously maintain an uninterrupted information network through the deep connections he had already forged in the North, East, and Colombo.

Jeyaraj's passing marks the end of an era in the documentation of the Tamil nationalist struggle in Sri Lankan journalism. It is impossible to fully understand Sri Lankan journalism and the documentation of the Tamil nationalist struggle without appreciating Jeyaraj's globally recognised contributions.

Throughout his long journalistic journey spanning more than four decades, and even within the most intensely polarised environment of Sri Lanka's ethnic conflict, Jeyaraj carved out a unique place for himself as a foremost political chronicler, a sharp analyst, and a fearless voice.

Culture and Cinema as Social History

Although politics and war dominated Jayaraj's professional life, he possessed a deep love for the cultures of both Sri Lankan Tamils and South India. His profiles of personalities from all spheres of cinema—ranging from M.G. Ramachandran, Sivaji Ganesan, and Jayalalitha to local artists—were written with fascinating reminiscent reflections. He could write a full-page article in English even about the movie songs he loved to listen to.

Jayaraj entered journalism in April 1977 by joining Virakesari, Sri Lanka's leading Tamil newspaper, as a staff reporter. While working in Colombo, he also served as the Jaffna correspondent for Virakesari for five months and as the Batticaloa correspondent for three months.

In 1981, he entered English journalism by joining The Island newspaper, quickly rising to become its Deputy News Editor. Jayaraj's political column, "Behind the Cadjan



Journalist in Exile Visits Sri Lanka for the First Time in 25 Years - groundviews.org

Curtain," became highly popular.

Jayaraj also served as the Colombo correspondent for The Hindu, one of India's influential English dailies, and Frontline magazine. Additionally, he briefly held the position of Deputy Editor for The Saturday Review, an English weekly published from Jaffna.

After migrating to Canada, he started two Tamil weekly magazines, Senthamarai and Manjari, and served as their editor.

In 1988, Jeyaraj was admitted as a Nieman Fellow for journalism at Harvard University in the United States. He received the D. R. Wijewardene Award, presented by The Editors Guild of Sri Lanka, once, and the B. A. Siriwardena Award for the Columnist of the Year (English) twice.

My friendship with Jeyaraj spanned nearly half a century. I joined Virakesari four months after he did. However, I never actually worked alongside him. Initially, I worked as a proofreader. By the time I joined the Virakesari editorial board in January 1985, Jeyaraj was no longer there; he had moved to English journalism four years prior. Yet, the bond of friendship between us endured until the very end.

We never called him by his full name; to us, he was always just 'D.B.S.' Having moved to Canada 38 years ago, he returned to Sri Lanka only once, in 2013, accompanied by his wife. Nevertheless, he would

connect with me at least twice a week. Our conversations would sometimes stretch for an hour and a half or even two hours. He would reach out at midnight or even in the early hours of the dawn.

He would frequently ask, "We wrote so much for so many years—was it all in vain?" Toward the end of his life, he avoided writing about Sri Lankan Tamil politics. I say this as the person who, for the past four years, translated his political articles into Tamil and ensured their publication in Virakesari.

Recently, I published my own journalistic experiences as a book titled 'Pathirigaithuraiyil En Kathai' (My Story in Journalism). Jeyaraj wrote a foreword for it in English and sent it to me on March 9, 2026. Without translating it into Tamil, I published it in the book exactly as it was in English. I believe that the foreword was likely the last thing he wrote before falling severely ill.

The launch of my book took place on the evening of May 17, 2026, at the Colombo Tamil Sangam. Just as we were preparing to commence the event, his wife sent me a shocking message via WhatsApp informing me that Jeyaraj had passed away.

"My friend DBS, your departure from us on the very day of the launch of my book—which bears your foreword—is a profoundly painful moment in my life."

- Daily Mirror.lk



DBS Jeyaraj

He did not stop walking.
He did not put down his pen.
He walked through -
and he kept writing.

Today I had the privilege of speaking at the funeral of DBS Jeyaraj [David Buell Sabapathy Jeyaraj] - journalist, storyteller of a nation's pain, and for many of us in the Tamil diaspora, a moral compass.

I want to be honest. He was not a regular churchgoer. But I have known many regular churchgoers who made no impact on the world around them. They attended every service. They followed every religious rule. They were seen in all the right places. And yet - when they were gone, the world continued exactly as it was.

Nothing changed. No one was challenged. No truth was spoken that cost them anything.

And then there are others. People who may not sit in a church pew every Sunday - but who carry something far more costly.

Something that Jesus called a cross.

DBS Jeyaraj carried that cross.

He wrote about things that powerful people did not want written. He named what others were too afraid to name - not only injustice from outside his community, but wrongs committed within it. That kind of honesty does not make you popular. It makes you a target. And he knew that. He paid for it in ways that many of us will never fully understand. And still - he kept writing. His last article was published on April 1st, 2026. He died on May 17th.

He came from a Methodist family. His grandfather was Arlvarpilai - a Tamil pandit. His mother's brother was Rev. M. A. Ratnarajah, a Methodist minister. Faith was woven into his roots - even if his life's work was not in a pulpit but at a desk.

And I was told that his favourite psalm was Psalm 23.

That did not surprise me at all.



Because there is one line in that psalm that I believe he understood better than most **“Even though I walk through the darkest valley, I will fear no evil, for you are with me.”**

DBS Jeyaraj carried that cross. He wrote about things that powerful people did not want written.

David did not write that line from a place of comfort. He wrote it from experience - from real danger, real loss, real darkness. And a man who spent decades writing truth in the shadow of intimidation, who lived in exile and kept going anyway - that man knew something about dark valleys.

He did not stop walking. He did not put down his pen. He walked through - and he kept writing.

I read his articles when I lived in Sri Lanka. I followed his website from Canada. He shaped how many of us understood our own history and our own community. That is not a small thing.

There are people who are religious all their lives and leave no mark. And there are people who live for truth - at great cost — and leave the world a little more honest than they found it.

DBS Jeyaraj was the second kind.

May he rest in the presence of the Shepherd he trusted.

“Surely your goodness and love will follow me all the days of my life, and I will dwell in the house of the Lord forever.”
- Psalm 23



By- Albery Jebanesan
(FB post)



SPECIAL FEATURE

DBS Jeyaraj: The Man Who Lifted the Cadjan Curtain

By Vijitha Yapa

An Unlikely Recruit

Dressed in a well-ironed white shirt — unusual for a journalist — the man standing in front of me to be interviewed was a scribe working for the Tamil newspaper *Veerakesari*. D.B.S. Jeyaraj was a friend of our Features Editor, Ajith Samaranayake, and had come for an interview to join *The Island* newspaper in 1981. I was a bit sceptical, as I soon found out that he had never worked for an English-language newspaper. But since Ajith was a good, responsible journalist, I decided to interview Jeyaraj with an open mind.

I found that he was well informed about news pertaining to Tamil politics and decided to test his skills by asking him to cover the cabinet briefing by Cabinet spokesman Ananda Tissa de Alwis and write a report. He could not type, but he wrote out the report and gave it to me in the afternoon. His handwritten text was in large letters, and each foolscap page contained only about ten words. But the report was good.

Mr. Upali Wijewardene had given me the authority to recruit journalists and offer them high salaries on the spot, which helped in recruiting people at short notice. I asked Jeyaraj what salary he was receiving at the time and offered him double that amount.

Jeyaraj opened his eyes wide and said he would give a month's notice and then join. I told him the offer was valid for only three hours, and that if he wanted the job, he had to make a decision immediately. That is how Jeyaraj joined *The Sunday Island*.

A picture I had seen of him earlier showed him with a grown beard. But in front of me was a person on whom there was no trace of hair on his face. I didn't question him about that, but discovered later that Ajith had advised him to cut off his beard "because Mr. Yapa does not like bearded people." That fact was false, but anyway, Jeyaraj got the job.

Behind the Cadjan Curtain

At that time, I felt that the biggest problem in the South was that people did not understand what was happening in the North. I wanted someone who would write about events, personalities, and the evolving trends in the North and East, and unravel the divisions that I could see were developing. But what should his column be called? Various suggestions were made until we agreed on four words. Thus was born Jeyaraj's "Behind the Cadjan Curtain" — similar to the term "Behind the Bamboo Curtain," which referred to news unravelling from China at that time.

The column was enthusiastically received by readers and was one of the main articles in *The Sunday Island*. The information in it was scrutinised carefully by the Government to understand what was occurring in the North, according to intelligence sources.

Jeyaraj's beard began to grow back. On a number of occasions, I sent him to Jaffna, Trincomalee, and Batticaloa to write and report on developments there.

The Biryani Incident

Apart from politics, there is one incident involving Gamini Weerakoon, my Deputy Editor, and Jeyaraj that remains embossed in my mind. On Friday nights, we had to work on two newspapers, *The Sunday Island* and *The Daily Island*. Friday night was Biryani night, and we usually sent one of our staff



members to get the food. But on that night, Gamini decided to fetch it himself and asked Jeyaraj whether he could accompany him to Lion House in Bambalapitiya.

They left at about ten o'clock, but even by midnight there had been no communication from them. There were no mobile phones like today, and we did not know the reason for the delay. Finally, at about 1 a.m., there was a call from Gamini at the Fort Police Station. He had been arrested by the police for driving through the only functioning red traffic light signal in the city at the time, at the Colpetty junction.

The policeman at this stage decided to grab the phone from Gamini, and I asked him what the problem was. He said this person was drunk and that he wanted him to undergo a breathalyser test. Gamini had refused and said that he could not blow into used condoms. In addition to crossing the red traffic light signal, this verbal exchange had annoyed the traffic policeman, and both Gamini and Jeyaraj were taken to the police station.

Despite my pleas, he refused to release Gamini. I then had no alternative but to wake up a friend who was a DIG, explain the situation to him, and plead with him to get the two journalists released — along with our biryani packets, as we could not finish the newspapers without them. He laughed and told me to go personally to the police station, and that he would ask the police officer to release them.

Black July

I never found any occasion where we had to explain or clarify Jeyaraj's writing. This was a major achievement for any journalist and demonstrated the quality of his reporting.

In July 1983, during the Black July riots, Ajith and Jeyaraj came to see me in the editor's room and said that although Jeyaraj was sleeping in the office because he could not go to his boarding house, some Sinhala people had threatened him and he feared for his safety. I was very concerned and told Jeyaraj to bring whatever clothes and other items he had and to come with me.

Straight to my house in Colombo 05. There, I explained the situation to my wife, and her mother said that she would like to give him a room for a few days. They were very worried, but agreed because of the crisis situation.

I had worked in many countries around the world with Rajmohan Gandhi, the grandson of Mahatma Gandhi, and knew firsthand what it was like to live in countries where there was animosity due to racial hatred. This was a realistic situation in which theories about humanity were deaf chants. What was needed was treating people as individu-

als and not looking at them through race-coloured spectacles.

Suddenly, the situation became real. Though we all realised that there could be dangerous racial mobs, here was a real situation in which a person's life was at stake.

Even in a column he wrote last year, Jeyaraj was appreciative of the action we had taken to safeguard him.

The *Sunday Times* and the *Dixit Years* When I started *The Sunday Times* as Editor in 1987, Jeyaraj was one of the first people I sought to assist us with the birth of the new newspaper. One of the first stories he wrote was about Indian High Commissioner J.N. Dixit burning files in gunny bags at the back of his residence on Thurstan Road. He was worried that if mobs took over his house, his confidential documents falling into the hands of enemies would create an embarrassing situation for India. The story was never contradicted by the Indian High Commission.

Jeyaraj came under tremendous pressure from Mr. Dixit, who was called — by him and another *Sunday Times* staffer, Qadri Ismail — "India's Viceroy." After the Indian Peace Keeping Force arrived in Sri Lanka in 1987, Jeyaraj's writings caused tremendous pressure for J.N. Dixit. An interview with LTTE deputy leader Mahattaya invoked the wrath of Dixit, who pressured the Sri Lankan government to arrest Jeyaraj and keep him on the fourth floor of the CID Building.

Unbowed in Toronto

After his release from custody, he ventured to Harvard University and then made his way to Canada. Jeyaraj not only raised the ire of Dixit, but also that of Prabhakaran, due to his writings on how the LTTE even got rid of Tamils who were opposed to its activities. These were spotlighted in a newspaper that Jeyaraj published in Toronto.

When warnings to curb his negative criticism of the LTTE were ignored, Canadian supporters in Toronto accosted him in a car park and assaulted him, including breaking his legs. But when Jeyaraj continued his writing, they visited Tamil shops in Toronto that sold his newspaper and stopped the sale of his publications.

Jeyaraj kept in touch, and we met when I visited Canada for a family function. Jeyaraj spent a lot of time with me talking about his experiences. Physically, he was down, but his spirits were sky-high. He would not be cowed down by threats and physical assaults. He said he was working on his autobiography and would like me to publish it. But it was never completed.

A True Journalist

In January this year, I sent him a copy of Prof. G.L. Peiris's book on negotiations between the Government of Sri Lanka and the LTTE, which he began to read with interest. The book review was never completed because Jeyaraj became very ill and finally died last week.

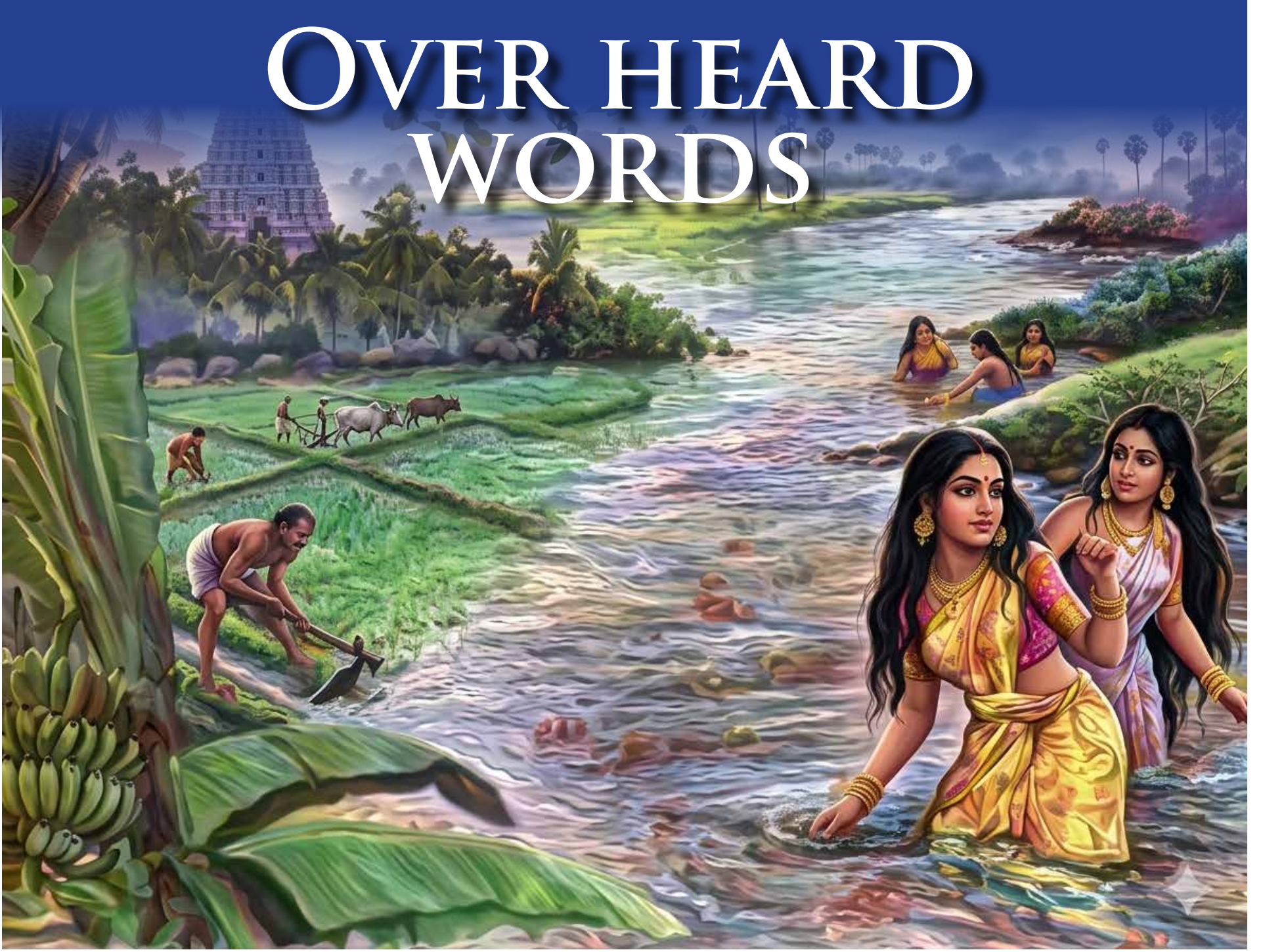
He was the embodiment of a true journalist who could not be intimidated. He was an example of a man who not only wrote about the Tamils, but also actively stood up for fair play, irrespective of whatever race or religion he was born into.

Vijitha Yapa is the Founder Editor of *The Sunday Island*, *The Daily Island*, and *The Sunday Times*.

(courtesy *Sunday Times*)



OVER HEARD WORDS



Kumar Punithavel

Thevakulathar was a Sangam era poet which is between 300 BCE and 200 CE. The name of the poet itself suggests that he belongs to the clan Thevar. He has composed song number three of the anthology called Kurunthokai, which means short poems. There are four hundred poems in this anthology. The collections belong to the akam (love) category, and each poem consists of 4 to 8 lines each (except poem 307 and 391 which have 9 lines). Let us see the poem number three composed by Thevakulathar.

In this poem the heroine about 2000 years ago says to her playmate how great her love is, knowing her lover will be eavesdropping. When in love to this day one tends to believe their love is the greatest. Every opportunity, whether it is a boy or girl they enjoy bragging about their love. She starts saying her love is larger than the earth, and she goes on to say it is higher than the sky. Not only that to impress how deeply she loved him, she goes on to say her love is deeper than the deep blue sea. Next, she wants to identify who he is. She says he is from the country where on the mountain slope overgrown with dark strong trees with flowers, from which sweet honey is produced, implying how sweet he is. My friendship is with one from such a place. Let us read the poem line by line in Tamil and English.

நிலத்தினும் பெரிதே, வானினும் உயர்ந்தன்று,
Bigger than the earth, higher than the sky,

நீரினும் ஆரளவின்றே, சாரல்
Deeper than the ocean, sloping

கருங்கோல் குறிஞ்சிப் பூக் கொண்டு
Mountains dark tree flowers

பெருந்தேன் இழைக்கும் நாடனொடு நட்பே.
Producing honey country, my lover from.

Let us read the poem in both Tamil and English;

குறுந்தொகை 3, தேவகுலத்தார், குறிஞ்சித் திணை -
தலைவி தோழியிடம்
நிலத்தினும் பெரிதே, வானினும் உயர்ந்தன்று,
நீரினும் ஆரளவின்றே, சாரல்
கருங்கோல் குறிஞ்சிப் பூக் கொண்டு
பெருந்தேன் இழைக்கும் நாடனொடு நட்பே.

**Kurunthokai 3, By Thevakulathar, Kurunjithinai –
Heroine says to her friend**

Bigger than the earth, higher than the sky,
Deeper than the ocean, sloping
Mountains with dark tree flowers,
Producing honey country, my lover from.

A sonnet written two millenniums ago stands as a monument of love between a couple of youths.



SPECIAL FEATURE

DEVOTIONAL EXCELLENCE OF DIVINELY PROPELLED HYMNS

By: J A Rajah

A. Oh!. Master, Let me walk with thee :

Most of the songs like “Oh! Master let me walk with thee”, are heaped with a lot of spiritual energy that enables our souls to thirst for the kingdom of God and its righteousness. Addressing Jesus, the messiah, the hymn-Oh! Master let me walk with thee reflects the power of His love. We have to provide service in lowly paths, with a winning word of love. We need the patience to continue in the company of the saviour who will guard us from the strain of toil and fret of care. The hope that the Lord evokes, sends a shining ray down the future’s broadening way. Our tasks keep faith strong and sweet. The trust we have in our master, enables us to triumph over wrong. The peace that only He can give enables us to live victoriously.

B. Oh! For a thousand tongues to sing.

Most hymns are praise songs telling about His grace and redemption. ‘Oh! For a thousand tongues to sing my great redeemer’s praise, abound with such words of grace and charm. The words put an end to our sorrows, break the power of sin and provide us life, health and peace of mind. ‘His blood can make the foulest clean and enables us to face all the tribulations that deter our paths. ‘The awesome hymn spreads through all the earth the honours of His wonderful name.

C. I am thine Oh! Lord :

Some hymns help to draw us near to the love and presence of the Lord Jesus. ‘I am thine Oh! Lord’, is an awesome hymn that draws us nearer to the blessed cross where Jesus died and reminds us of our participation to get his blessings. Our soul looks for steadfast hope and communes with the Lord as a friend. We will reach the heights of everlasting joy, when we rest in peace with him. This is a marvellous hymn with a stupendous spiritual impact.

D. My Jesus I Love Thee..!

We love Jesus because he first loved me. He purchased our pardon on Calvary’s tree. We love Him for wearing the thorns on his brow. There is endless delight in His mansions of glory. Thou lendest our breath, and bless us, when the death dew lies cold on our brows. You are our gracious redeemer, our beloved saviour. If ever we loved thee, our Jesus it’s now.

This my story, this is my song, praising my saviour all the day long

E. Blessed Assurance Jesus is Mine :

We get the feeling that Jesus is ours, it is a foretaste of divine glory. We are born of His spirit and washed in His



blood. When we submit ourselves to the Lord, it is a perfect delight. Visions of rapture burst in our sight. We see angels descending. He brings glory from above. We are happy and blessed. We are waiting and looking above for His grace. This is our story, this is our song, praising our saviour all the day long. It gives us peace that passeth all understanding.

F. Wonderful Words, Beautiful Words :

Words of Jesus are wonderful. They are words of life. It enables one to see the truth that lies in them. The words are loving mints to sinners like us. They echo the gospel call. There is peace and pardon in them. They are freely given to us and they woo us to heaven. Wonderful words, beautiful words, wonderful words of life.

G. What a friend I have in Jesus...:

Jesus is a friend to us. He helps us to bear our sins and griefs. It is a great privilege for us to carry everything to Him in prayer. He grants us peace and solace from sorrows. He helps us to overcome our temptations and troubles. He is our refuge. Even when our friend despises and forsakes us, He will console. He is our precious saviour, He knows our weaknesses. He will take us in His arms and protect us.

H. I surrender all :

When we surrender to Jesus it is a great relief and consolation for us. We humbly lay down everything at his feet. We forsake all our pleasures. We love and trust him. We live in His presence daily. We are filled with His holy spirit. He fills us with His power and love. When we surrender ourselves to His will, blessings will fall on us.

I. Oh! Jesus I have promised :

We have promised Jesus to serve Him to the end. He is forever near us. He helps us to guard us as He is our friend. Though our foes are around us, He is with us. We see the sights that dazzle us

in this world. As long as he is our guide, we will not wander from the pathway. He will draw us nearer. He will shield my soul from wrong. His grace helps us to follow Him and enables us to serve Him to the end.

J. I have decided to follow Jesus :

When we decided to follow Jesus, it was a happy day!. Our glowing heart rejoices and tells its raptures all a-broad. We sing cheerful anthems and fill the house of the Lord. He drew us and we followed him and He is ours. Now we have fully decided and committed, our hearts are fully focussed on Him, fixed on this blissful experience. We will never depart from Him and be grateful for every good possessed.

K. In loving kindness Jesus came :

Jesus came to lift us from sinking sand. He lifted us up from sin and shame. He lifted us up from shades of night to plains of light. He called us before our sinful hearts were stirred. He forgave us and lifted us. His brow was pierced with many a thorn. His hands were torn by cruel nails. We were forlorn with guilt and grief. In love he lifted us. We now live on a higher plain. Now we know Him with our hearts and minds.

The above hymns are in English. Besides these, there are many such devotional hymns in Tamil, one of the sweetest languages in the world. Just one example of it is ‘Nava yerusalem manavalan naddu vaanil thonriduvar, ithu varai iruntha thunpamillai, emak enrume anantham’. This hymn is about the second coming of Christ. Jesus, the groom of New Jerusalem will appear in the mid sky; then we will be rejoicing forever. We will receive new strength through His spirit. We will await His coming, praying daily with inspiration. He will transfigure and take us with Him as His bride. He will shower His grace and inscribe His name. We will rejoice in His coming to take us with him. When we all get to heaven, we will be glowing stones in its streets. The tune of this song is very jubilant, gloriously proclaiming happiness and tremendous joy. We will not have to endure any more suffering but rejoice forever. The hymn evokes tremendous joy. It is wonderful in its impact. Another popular hymn is ‘Ellam Yesuve, enakkellam Yesuve’!!! It declares that Jesus is all in all to us and that he is a ready medicine in times of sickness!! Hymns sung for the glory of God are always precious and bring us everlasting joy and peace of mind. Awesome!!!!



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THE EVILS OF CHILD LABOR

By: Kechihan Sivakaran
(Grade 9)

Many adults today work a full-time job as having employment is the most common way to make money. While adults work, children are usually expected to go to school. Yet this has not always been the case in some parts of the world. Centuries ago, young children were expected to help their parents if they were farmers. Then after that, during the Industrial Revolution, thousands of underaged children were essentially forced to work in factories and other manual labour fields with poor and dangerous conditions. During the later part of the 19th century, numerous laws were enacted to curb child labor. Although these laws were created, many countries such as India, China and numerous others in Africa have a child labor problem. Child labor is the big issue because these child workers are underpaid, overworked, subject to inhumane conditions and are denied access to a proper education.

Nearly every country in the world has some form of minimum wage laws. A minimum wage is the lowest possible wage that can be given to a worker under the law. Although many employers pay their workers appropriately, some bosses refuse to pay their workers above the minimum wage which leaves workers financially insecure. According to the article, "In China Child Laborers Are Paid Only a Dollar a Day." What's worse is that in some cases child workers aren't paid at all and are technically slaves. Many child laborers are paid less than their adult counterparts as it takes less money to feed and house a child than it is for an adult. Child workers still need shelter, food and clothing. Companies that use child labor make millions in profit, yet refuse to give their workers a liveable wage.

In Canada the standard maximum number of hours someone can work in a week is right around 50 hours. Child laborers on the other hand do not have the luxury of a weekly hour time limit. Child laborers often have long and unusual working hours. According to the article, depending on demand, a child worker can be forced to work every day of the week. The article also states that some child workers work up to 80 hours in one week. In Canada you are allowed to call in sick to work if you don't feel well and have enough sick leave hours. This is unfortunately not the case for child laborers as they must work the scheduled hours assigned to them. The children who work 80 hours a week are essentially working two full time jobs and this can cause fatigue which can lead to mistakes that can cause serious bodily harm.

Labor laws also talk about proper working conditions. Some of these conditions include a workplace which doesn't harm the worker and if it can,



- humanium.org

the worker is provided with the proper safety equipment. Although these safety laws are regularly followed, there are an uncountable number of times when they are broken. Many child laborers are usually the ones who have to deal with these decreased safety conditions. According to the article, these children work in cramped spaces as well as live in unclean spaces. Due to this uncleanliness they can get numerous deadly illnesses and diseases. If child laborers don't make their daily quotas, they may be severely beaten by their superiors. Child laborers also usually don't get enough sleep so they may forget and have a poorer sense of mental health.

An education helps children immensely. With an education, children can learn very important and valuable skills. These skills can help get the child a well paying job in the future. When a child gets a full time job at a young age, they are deprived of attaining an education. Working in a factory does not teach children the proper skills they need in life.

In conclusion, child labour is very harmful to children. Children who are lucky play and spend time with

their families, but child labourers are forced to work at a young age and in poor conditions. Many child labourers are separated from their families either through shady contracts or because they have to help repay their family's debts. These children are often taken advantage of and are consistently overworked and underpaid. Child labourers are also deprived of learning valuable skills and an essential education and this is why child labour is such an evil thing.



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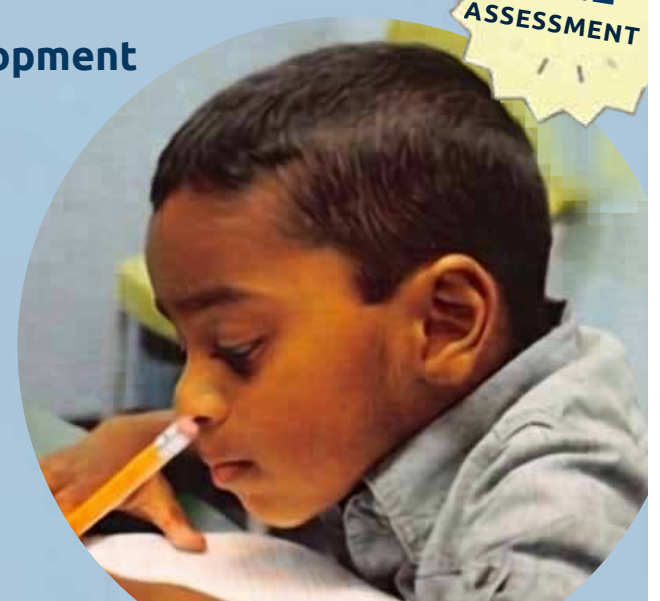
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QUINOA

SESAME CHICKEN SALAD

By: Chef Nate 

Quinoa (pronounced keen-wah) is a tiny grain-like seed that is sometimes called a pseudocereal. It is used like a cereal grain, but does not grow on a grassy plant like wheat, rye, oats, and other cereals. Instead, quinoa (Chenopodium quinoa) is in the goosefoot family and related to weed, common lambsquarters (Chenopodium album), as well as beets and spinach.

Quinoa is native to the Andes Mountains of South America and is a staple food there. The plant grows three to six feet tall and comes in a range of colors, including white, yellow, pink, red, purple, and black. Goosefoot-shaped leaves grow alternately along a woody stalk. First cultivated more than 5,000 years ago, Quinoa is gluten-free and packed with nutrients like protein, zinc, fiber, folate, and antioxidants. Quinoa doesn't take long to prepare, and you can add it to your diet in both sweet and savory dishes.



INGREDIENTS

- ✓ 2 (4-ounce) chicken breast, grilled and sliced thin
- ✓ 1 teaspoon minced ginger (or ½ teaspoon dried ginger)
- ✓ 2 teaspoons sesame oil
- ✓ 2 teaspoons light soy sauce
- ✓ ½ pound snow peas, trimmed and half-cooked, sliced thin
- ✓ ½ pound asparagus, trimmed and half-cooked, sliced thin
- ✓ 2 teaspoon sesame seeds (roasted)
- ✓ 3 scallions, sliced
- ✓ 4 cups cooked quinoa (no salt added to cooking)
- ✓ 2 teaspoons olive oil

4 SERVINGS

- ✓ In a large bowl, toss the quinoa with olive oil, ginger, sesame oil, and soy sauce.
- ✓ Stir in the snow peas, asparagus, chicken, sesame seeds, and toss to combine
- ✓ Add salt and pepper to taste
- ✓ Sprinkle with the scallions. Add optional garnish if desired

Chef tips: how to cook quinoa!

1. Combine the quinoa and water in a medium pot. Bring to a boil, cover, and reduce the heat. Simmer for 15 minutes.
2. Remove the pot from the heat and let it sit, covered, for 10 minutes more.
3. Then, remove the lid and fluff with a fork! Place it on the flat pan and leave it in the fridge for one hour

| | |
|---------------|----------|
| Calories | - 380 |
| Total Fat | - 10 g |
| Saturated Fat | - 1.5 g |
| Trans Fat | - 0 g |
| Cholesterol | - 40 mg |
| Sodium | - 110 mg |
| Carbohydrates | - 48 g |
| Fiber | - 8 g |
| Protein | - 24 g |



INDOOR PICKLEBALL COURTS ARE OPEN FOR THE SEASON



Elvis Stojko and Elgin Barrow Arenas serve up the perfect places to rally

Richmond Hill pickleball fans can get back on the courts starting May 11 as the City launches its seasonal indoor pickleball project at Elvis Stojko and Elgin Barrow Arenas.

Indoor courts are available daily from 9 a.m. – 9 p.m. at the following locations:

- **Elgin Barrow Arena – 5 courts**
- **Elvis Stojko Arena* – 6 courts**

** Note: Exclusion dates at Elvis Stojko Arena will be posted online.*

The season runs until August 23, 2026. Pickleball courts are free to use and operate like outdoor park spaces. No registration or sign-in is required.

To help keep play fun and fair for everyone, players are asked to:

- ▶ Follow the rotation system posted at each site (generally 15-minute rotations, four players per court)
 - ▶ Be respectful of others and follow the pickleball code of conduct
 - ▶ Bring your own paddles and balls
 - ▶ Wear non-marking athletic shoes indoors
- These courts are not staffed, so good sportsmanship and courtesy are key.

Grab a paddle, invite a friend and enjoy indoor pickleball all summer long! More info and court etiquette are available at RichmondHill.ca/Pickleball.



CITY OF MARKHAM LAUNCHES FULLY FUNDED ADVANCED ON-SITE HEALTH SCREENING PROGRAM FOR FIREFIGHTERS



From left to right: Chris Nearing, Markham Fire Chief; Vivian Geneski, Senior Manager, Employee, Labour Relations and Health & Safety, City of Markham; Adiba Dorcic, Vice President, Chief Operational Officer, Clinical Director, RDMS, United Diagnostic Services; Robert Garland, Markham Deputy Fire Chief; Ryan Best, Markham Deputy Fire Chief; Frank Scarpitti, Mayor, City of Markham; Andy Taylor, Chief Administrative Officer, City of Markham; Susan Hsuing, Manager, Talent Management & HR Business Partner, City of Markham.

The City of Markham, Markham Fire and Emergency Services (MFES) and the Markham Professional Firefighters Association (MPFFA) have announced the launch of a jointly funded on site health screening initiative designed to support the long term wellbeing of more than 300 Markham firefighters.

The City is the first in the Greater Toronto Area to offer this form of screening to firefighters at no cost to them.

Delivered in partnership with United Diagnostics Services, the program brings a fire industry certified mobile diagnostic lab directly to MFES firefighters, providing advanced on site health screening that supports prevention and early detection.

“We are deeply grateful for the dedication and sacrifice of our first responders,” said Markham Mayor Frank Scarpitti. “Investing in advanced, on site health screening is one way we support those who work every day to keep our community and residents safe.”

“The health and safety of our firefighters is a top priority for us,” said Andy Taylor, Chief Administrative Officer, City of Markham. “This initiative reflects a proactive approach to employee wellbeing and risk management, ensuring our firefighters have the

support and resources they need to stay healthy and protected.”

Participating MFES firefighters will receive a comprehensive health evaluation every three years, including a full echocardiogram, diagnostic imaging, and confidential medical reports prepared by board certified cardiologists and radiologists.

Key benefits of the new initiative include:

- ▶ Earlier detection of cardiac conditions and certain cancers
- ▶ Improved, proactive opportunities for timely preventive care
- ▶ Simplified access to diagnostics and health screenings for MFES firefighters – with the lab coming to them
- ▶ A healthier workforce, strengthening operational readiness and long term service sustainability

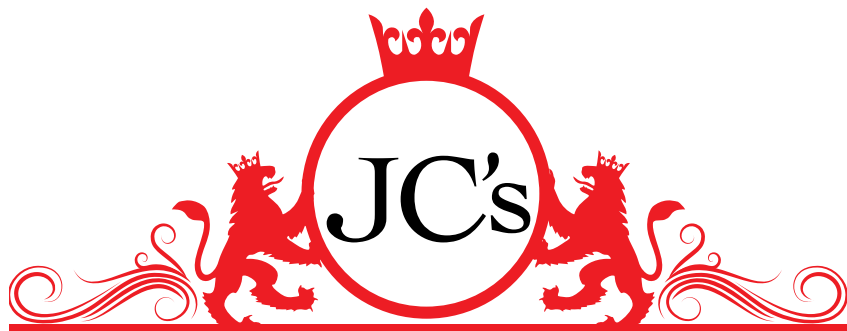
“MFES proudly places the health and wellness of our firefighters and fire investigators at the forefront of everything we do,” said Chris Nearing, Markham Fire and Emergency Services Fire Chief. “This initiative showcases the powerful role innovation can play in advancing firefighter health and wellness.”

“The Markham Professional Firefighters Association is pleased to support this important initiative,” said Andrew Ireland, President of the MPFFA. “April is Cancer Prevention Month, making it a fitting time to launch this program. Firefighters face an elevated risk of cancer due to the lifesaving work we do every day, and protecting the health and safety of our members remains our top priority.”

Together, the City, MFES, and MPFFA continue to demonstrate their shared commitment to firefighter health, safety, and proactive wellness.

About Markham

Markham, an award-winning municipality with over 370,000 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.



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COMMUNITY WATCH



Durham Tamils Association Celebrating 26 Years Of Serving Our Tamil Community

The Durham Tamil Association has proudly served the community for 26 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.

COMMUNITY ANNOUNCEMENT

DTA FAMILY BBQ & SPORTS PARTY

The Durham Tamil Association (DTA) invites community members of all ages to their upcoming Family BBQ & Sports Party. This free, public event is designed to bring families together for a day of outdoor recreation, community bonding, and seasonal celebrations.

Event Details

- **Date:** Sunday, June 14
- **Time:** 11:00 AM – 4:00 PM
- **Cost:** Free admission (includes hot lunch, cold drinks, and more)

• **Location:** Greenwood Conservation Area, 2290 Greenwood Rd, Ajax (Glenview Picnic Shelter 1 & 2)

Activities & Highlights: The event features inclusive, multi-generational programming, including traditional outdoor recreational games such as tug-of-war, relay races, and sack races.

Vendor Opportunities & Registration: Local businesses and artisans interested in community outreach can secure promotional space, as vendor tables are currently available for rent.

To Register or Inquire: Please contact the organizers directly at **647-286-9549**. Additional organizational information can be found at www.durhamtamils.org.



DTA BEACH PARTY AT ARROWHEAD PROVINCIAL PARK



The Durham Tamil Association (DTA) is hosting a Beach Party at Arrowhead Provincial Park on August 8, 2026. The registration fee is \$70, which includes breakfast, lunch, Veg & Non-Veg Khoozh, coffee, and water.

Departure Schedule

- **6:00 AM:** DTA Center (66 Ave S, Ajax)
- **6:30 AM:** 401 & Milner Walmart
- **7:15 AM:** 401 & Hurontario carpool lot (Mississauga)

Information & Registration:

Please call **647-606-1222** or visit www.durhamtamils.org.

DTA'S ANNUAL VELLIKODUKAL

DTA's Vellikodukal cultural program achieved outstanding success, providing senior citizens with a vital platform to showcase their talents in drama, singing, and dance while promoting active aging and social inclusion. The event's vibrant atmosphere and seamless execution were made possible through the strategic leadership of the board executives and the exceptional dedication of community volunteers. Ultimately, Vellikodukal serves as a powerful model for senior-focused programming, illustrating how collaborative community support can create an enriching and joyful environment for older

DTA'S ANNUAL TAMIL COMMUNITY PILGRIMAGE TO MIDLAND CHURCH

The Durham Tamil Association (DTA) is organizing its Annual Tamil Community Pilgrimage to Midland Church, a 1-day tour taking place on **Saturday, July 18, 2026**. The registration fee is **\$60**, which includes round-trip transportation on a deluxe A/C bus, breakfast, water, coffee, and lunch at the church.

Departure Schedule:

- **6:00 AM:** DTA Centre (66 Harwood Ave S, Ajax)
- **6:30 AM:** Walmart (799 Milner Ave, Scarborough)
- **7:00 AM:** HWY 401 & Hurontario St. Carpool lot (Mississauga)

Registration: Call **647-606-1222**

with your name and phone number.

E-transfers can be sent to dtatravel1@gmail.com.



DTA'S HOMELAND PROJECTS

DTA is proud to announce that we have completed over 130 homeland projects as of May 31, 2026. Watch out more for this year as we wish to continue this momentum and provide more opportunities back home.

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



DTA'S 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.

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 Ctr, Shilo Financial, and all our sponsors for your continued support throughout the year. If you are interested in being annual sponsor please reach out to the below contacts.

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

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

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Website: durhamtamils.org

Location: DTA Center 66
Harwood Ave S Ajax Phone# 905-428-7007

DTA SENIOR'S JUNE MONTHLY MEETING

DTA Senior's monthly meeting will be held on Sunday June 28, 2026 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.

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CITY OF BRAMPTON TO WELCOME NATIONAL CRICKET LEAGUE 20 CANADA TOURNAMENT THIS SUMMER

Brampton's cricket story is taking another major step forward this summer as the Cricket Capital of Canada prepares to welcome professional cricket, international talent and fans to the city for the National Cricket League (NCL) 20 Canada tournament from July 16 to August 1!

Today, Mayor Patrick Brown was joined by Members of Council, Arun Agarwal, Chairman of the National Cricket League and community partners to officially launch the tournament and celebrate the return of professional cricket to Brampton this summer.

The event reflects Brampton's continued emergence as a destination for high-profile sporting events and supports the City's long-term Sport Tourism Strategy.

The upcoming NCL 20 Canada season will feature six confirmed franchise teams representing major Canadian cricket hubs, including the Brampton Blazers. The tournament will include 24 matches and feature a mix of global cricket talent and emerging local players. Player registration is now open for aspiring cricketers interested in competing on a larger stage.

Cricket in Brampton

Brampton is the Cricket Capital of Canada, with cricket representing one of the fastest-growing sports locally and globally. Across the city, the sport energizes parks, fields and neighbourhoods, connecting residents, inspiring young athletes and reinforcing cricket's place in Brampton's community identity.

The City continues to invest in infrastructure, programming and partnerships to make cricket more accessible while supporting both grassroots participation and elite competition. For more information about cricket in Brampton, visit brampton.ca/cricket.

Cricket in Brampton highlights:

- ▶ Approximately \$10 million invested over two years to enhance cricket facilities, including lighting and upgrades
- ▶ 23 cricket fields across the city, with more planned
- ▶ Earnscliffe Park Cricket Facility, Brampton's first year-round cricket venue, opening 2026
- ▶ More than 115 organizations using cricket amenities
- ▶ Over 18,000 hours of field time booked annually
- ▶ New and upgraded facilities including Creditview Sandalwood Park and Turner Fenton Secondary School joint-use pitch
- ▶ Future multi-purpose cricket facility proposed as part of the City Lands development

These investments support a thriving local cricket ecosystem and position Brampton to host major events while continuing to meet strong community demand for recreational play.



Mayor Patrick Brown was joined by Members of Council, Arun Agarwal, Chairman of the National Cricket League, and community partners to celebrate the return of professional cricket to Brampton this summer. Credit: City of Brampton.

Youth Cricket League – Summer registration

The City's approach to cricket also includes recreational programming designed to introduce and grow the sport among young residents. Through the Youth Cricket League, generously sponsored by Centaur Products Inc., children can learn the fundamentals, build confidence and experience the excitement of the game in a welcoming community setting.

Programs are designed for all experience levels and include:

- ▶ All equipment provided (bats, wickets, helmets, balls)
- ▶ Jersey included with registration
- ▶ Weekly evening sessions combining skill development and gameplay

Summer 2026 sessions for registration:

- ▶ U9 League: Monday, June 29 to August 31 at Blue Oak Park
- ▶ U12 League: Tuesday, June 30 to September 1 at Blue Oak Park
- ▶ Registration begins June 1 at brampton.ca/registerforprograms

The program removes barriers to participation and provides young players with a strong foundation in the sport while fostering community connection.

Quotes

"Brampton is proud to welcome the National Cricket League 20 Canada tournament to our city this summer. As the Cricket Capital of Canada, this announcement reflects the passion of our community and the investments we've made to grow the sport at every level. With new facilities, youth programming and major events, we are creating more opportunities for residents to take part in cricket while strengthening

Brampton's position as a destination for sport tourism."

- Patrick Brown,
Mayor, City of Brampton

"NCL, in its short history, has created new standards in cricket. We are proud to reintroduce professional cricket to the City of Brampton. This season promises to be the largest and most dynamic yet, with strong collaboration from the City of Brampton. We are equally committed to giving back to this vibrant city and the Province of Ontario by actively engaging local vendors, hotels and restaurants, and contributing to meaningful economic growth within the community."

- Arun Agarwal,
Chairman, National Cricket League

About Experience Brampton

Experience Brampton brings to life the city's Sport Tourism, Arts & Culture, Special Events and Culinary offerings. In 2025, the City supported 25 sport tourism events and 13 festivals through the Tourism Sponsorship Program. From vibrant festivals and public art to hidden gems and family-friendly attractions, there's something for everyone to discover. Plan your next adventure at experiencebrampton.ca and follow Experience Brampton on X, Facebook and Instagram.

As one of the fastest-growing cities in Canada, Brampton is home to 800,000 people and more than 124,000 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 www.brampton.ca



MAINTAIN YOUR DRAINS TO REDUCE THE RISK OF FLOODING

Ensure that the storm drains in your driveway and backyard are clear of blockages and are working properly to reduce the risk of flooding during rainy weather.

As we head into spring rainy season, the City is encouraging homeowners to take simple steps to prevent flooding. Small actions can make a big difference. Homeowners are responsible for keeping the drains on their property clear to prevent flooding. Check that drains are not blocked, so water can flow into the stormwater system. This is critical as these drains, just like the storm drains on the roads, collect rainwater and melted snow and send it into the City's stormwater system. They prevent debris and litter from entering the system, while helping limit flooding on private property.

Stormwater vs. wastewater

Stormwater is rain and melted snow that flows off rooftops, driveways and roads outside your home. The City maintains the public stormwater system that carries rain and melted snow into local creeks, rivers and Lake Ontario. Watch this short video to learn more about how stormwater travels through the system.

Wastewater comes from toilets, sinks, showers and washing machines inside your home. Peel Region maintains the public system that collects wastewater and safely treats it. Once treated, the clean water is returned to Lake Ontario. To report a wastewater issue, call Peel Region 905-791-7800, extension 4409.

Storm drains, catch basins and swales on private property



The visible part of a storm drain is its cast iron grate cover, which lets water in, but keeps big debris out. Below it is the catch basin that collects water and holds back dirt and debris. The basin is connected to an exit pipe that drains water into the City's stormwater system. Storm drains may be in backyards or within reverse-grade driveways that are sloped towards garages.

A private backyard storm drain looks very much like storm drains on the



road. The grate may look a bit different, but they work the same way. These storm drains are located at low points in a backyard and may drain water from several backyards. It is important to keep a backyard storm drain clear of blockages to allow water in nearby



backyards to drain away after a rainfall. It can be more difficult to locate them in your backyard, as it could be covered by debris, landscaping or outbuildings, like a shed.

Swales are shallow, grass-covered channels in your yard that help move



water away from your home. They collect and direct stormwater away from the building foundation and may flow towards a storm drain in the backyard or on the street. Swales can also absorb some of the water into the soil below. Both features of swales help your property drain extra water.

Pooling water in your backyard may indicate that there could be a backyard storm drain that has been blocked. Check your property and clear the blocked storm drain, so that it can drain water.

If your neighbours are also noticing wet backyards, you can:

- ▶ Check the lowest points in your yard.
- ▶ Look for storm drains.
- ▶ Remove any leaves, debris, or items blocking the flow of water.

Always consider grading and drainage when planning for landscaping projects,

such as installing a swimming pool or retaining walls on your property. Your home was graded when it was first built. Changing grading without professional guidance can have expensive consequences. If water cannot flow properly, your risk of flooding may increase.

How storm drains and sump pumps work together

Some storm drains use the home's sump pump to move water away from the property, so it is important to check and clean the pump and the discharge pipe regularly. Make sure they are free of



debris and working properly to help your basement stay dry.

To reduce the amount of water being pumped by the sump pump, make sure that water coming from your roof eavestroughs and downspouts is directed at least three feet or one metre away from any basement foundations or nearby properties. Disconnecting your roof downspouts and adding elbows and extensions to the downspout pipe can help to direct the flow of water away from the basement foundations.

Flood risk reduction resources

Floods can happen quickly and without warning at any time of the year. Learn how to prevent floods and how to apply for flood prevention grants to make your home more resilient to future floods.

- ▶ Rain-ready home guide
- ▶ Residential guide to flood prevention
- ▶ Who owns the infrastructure around your home
- ▶ Apply for a basement flooding prevention rebate
- ▶ Apply for a flood resilience rebate

For more information about the City's stormwater infrastructure, visit mississauga.ca/stormwater



SPECIAL FEATURE

GURUVAYUR TEMPLE, GURUVAYUR, KERALA, INDIA

Compiled by Kidambi Raj

INTRODUCTION

The *Guruvayur Sri Krishna Temple* tops the list of “*Four powerful Krishna Temples in South India known for Miracles*”. The other three are Udupi Sri Krishna Temple in Udupi, Sri Parthasarathy Temple in Chennai and the Aranmula Parthasarathy Temple in Aranmula, Kerala. There are places where devotion feels deeper than usual, and where faith is not just practiced, but experienced. These four Krishna temples have earned a reputation that goes beyond history and architecture. They are spoken about in whispers of miracles, healing and unseen grace. For centuries, devotees have walked into these temples carrying burdens and walked out feeling lighter, calmer and somehow protected. These are not just temples; they are living spaces of belief, where the presence of Lord Krishna is felt in ways words often fail to explain.

The *Guruvayur Temple* is situated in the town of Guruvayur, Thrissur district, Kerala, India. Located approximately 26 kilometers (16 miles) northwest of Thrissur city, the temple stands as one of the most revered and actively visited Hindu pilgrimage sites globally. Dedicated to the deity Guruvayurappan, a beloved form of Vishnu, the temple is affectionately hailed by devotees as *Bhuloka Vaikunta*, the Holy Abode of Vishnu on Earth. In terms of foot traffic, it is one of the busiest Vaishnava shrines in the country. Reverence for this ancient shrine is deeply ingrained in the spiritual landscape of South India, placing it among the *108 Abhimana Kshethrams* (honoured temples) of the Vaishnavite tradition. The temple is a synthesis of profound mythology, traditional Kerala architecture, and meticulously maintained ritual practices, all centered on the loving worship of Lord Krishna.

History

The sanctity of the Guruvayur Temple is intrinsically linked to the legendary origin of its central icon. The primary deity is believed to have been originally created by Vishnu himself in Vaikuntha. This divine idol was subsequently entrusted to Brahma, who in turn gifted it to King Sutapas and his consort Prishni. Due to their intense devotion, Vishnu granted them the boon of worshipping the idol through three successive births, culminating in the Dwapara Yuga when Vishnu was born as their son, Krishna.

Following the *Swargarohanam* (heavenly ascent) of Krishna and the subsequent submergence of the city of Dwarka, the idol was rescued by Krishna's disciple, Uddhava. Uddhava entrusted the relic to *Brihaspati* (Guru, the preceptor of the gods) and *Vayu* (the wind god). They installed it at the current location, which was designated as the most auspicious spot by Lord Shiva. The name of the place, Guruvayur, is a portmanteau derived from its founders: *Guru + Vayu + Oor* (place). Lord Shiva then relocated to the adjacent Mammiyoor Temple, maintaining his watchful presence over the main shrine.



Beyond its foundational narrative, Guruvayur is widely known as a center for miraculous healing. This reputation stems from the legend of King Janamejaya. Cursed with leprosy, the king sought the counsel of Sage Atreya, who advised him to worship Lord Krishna at Guruvayur. After a year of unyielding devotion, King Janamejaya was completely cured, firmly establishing the temple's fame as a source of physical and spiritual well-being.

The location is mentioned as “*Kuruvayur*” in the 14th-century Tamil text “*Kokasandesam*”. The Old Tamil root *kuruvai* suggests a meaning related to “*sea*” or a “*village on the Malabar Coast*”. The name was popularly Sanskritized to ‘*Guruvayur*,’ a practice often attributed to Melpathur Narayana Bhattathiri, the author of *Narayaneeyam* (16th century). By the close of the 16th century, Guruvayur had solidified its status as a principal pilgrimage center in Kerala.

Architectural style



The Guruvayur Temple is a pristine example of the traditional Kerala architectural style, characterised by its sloped roofs, copper sheeting, and extensive use of wood and laterite stone. The entire complex is oriented to the East, with the main sanctum, the *Sreekovil*, facing the rising sun.

The *Sreekovil* is a rectangular, two-storied structure. Its roof is covered with copper sheets and notably plated with gold, a significant offering made by the devotee in 1981. The inner structure is divided into three rooms, culminating in the *Garbhagriha* (innermost sanctum). The *Sreekovil* walls are a canvas for exquisite murals, which, though damaged in the devastating fire of 1970, were meticulously restored in the 1980s. Inside, in addition to the *Moolavighraha* (main idol), are two processional idols: a gold idol

used for the daily *Sreeveli* (procession) and an 18th-century *Panchaloha* (five-metal alloy) idol reserved for the *Aarattu* (holy bath) ceremony. Crucially, behind the main idol lies a huge shaligram stone, said to amplify the Vaishnava energy of the shrine.

The Presiding Deity, Guruvayurappan, is a standing, four-armed manifestation of Mahavishnu, approximately 1.2 metres tall, carved from a rare shaligram stone. The idol holds the divine attributes—the conch (*Panchajanya*), the discus (*Sudarshana*), the mace (*Kaumodaki*), and a lotus—thereby representing the Janardana form of Vishnu. Despite this majestic form, devotees affectionately worship the deity as *Unnikannan*, or Baby Krishna.

The complex is flanked by various Auxiliary Shrines. These include the roofless *Vana Durga* (Forest Durga) shrine of *Idatharikathu Kavu Bhagavathi*, and shrines dedicated to Ganapathi. Of particular note is the sub-shrine of *Dharmashastha* (Ayyappan) in the southeast, who is worshipped in the *Dhanwantari Bhava* (physician form) for the purpose of healing. The revered presence of Mahadeva (Shiva) is traditionally acknowledged towards the adjacent Mammiyur Temple, maintaining the integral connection between Shiva and Vishnu in the temple's mythological context.

TEMPLE LAYOUT

The architectural integrity of the Guruvayur temple extends beyond the Sreekovil to its surrounding structures, forming a cohesive sacred space. The central shrine is immediately enclosed by the *Nalambalam* (inner courtyard), a rectangular structure that houses the auxiliary shrines of Ganapathi and Ayyappan. Surrounding the *Nalambalam* is the *Chuttambalam* (outer enclosure building), which accommodates the *Thidappally* (temple kitchen) and various storage rooms for ceremonial items. A notable feature integrated into the *Chuttambalam* is the *Vilakkumatam* (lamp house), a structure comprising multiple platforms designed to hold thousands of oil lamps, which are lit on special occasions creating a spectacular sight.

Outside the inner complex, directly facing the *Sreekovil*, stands the towering *Deepastambham* (lamp pillar), an imposing granite structure plated with gold. Just before

SPECIAL FEATURE



the Deepastambham is the *Dwajastambham* (flagmast), also gold-plated, which is crucial for the annual *Utsavam* (festival). The entire complex is encompassed by a massive outer wall, the *Maryada* (boundary wall). Entry is facilitated through two prominent *Gopurams* (entrance towers), the *Kizhakke Gopuram* (Eastern Gopuram) serving as the main entrance.

Adjacent to the northern side of the temple complex is the *Rudratheertham* (temple tank), the sacred pond associated with Lord Shiva. Devotees often bathe here before entering the main shrine.

MARRIAGE CEREMONY

The Guruvayur Temple is one of the most significant and busiest venues for Hindu marriages in Kerala. The weddings are characterized by their simplicity and strict adherence to specific temple customs. The ceremonies are primarily held at the Kalyana Mandapam (wedding hall) located outside the Eastern gateway of the temple complex. A key characteristic is the absence of a rigidly fixed, pre-calculated auspicious time (muhuram); weddings are permitted at any time the temple doors are open. The garlands exchanged by the couples are traditionally made of Tulsi (Holy Basil), a plant sacred to Lord Vishnu. Due to the temple rule prohibiting the immediate entry of a newly married couple into the inner courtyard (Nalambalam), the bride and groom typically seek the deity's blessings inside the main temple premises either on the preceding day or prior to proceeding to the Mandapam for the ceremony. The widespread belief is that marriage conducted at this site ensures a prosperous marital life and the continuous grace (Kataksham) of Guruvayurappan. Many devotees also adhere to the custom of visiting the temple regularly, either annually or monthly, following their wedding.

KALIYUGA AND KRISHNA



Srimad Narayaneeyam (which has the stamp of approval by Bhagavan Krishna Himself) begins with the statement: ***"It is the greatest fortune of mankind in this Kali Yuga that the ParaBrahman manifests itself as Bhagavan Krishna in His Deity in Guruvayoor temple to bless the Bhaktas. He is incomparable, eternal, and free of Maya (illusion), all-pervading and the root cause of the entire Universe. Even the Vedas cannot fully understand Him. Through Krishna-bhakti alone, devotees could easily attain the sanctified feet of Guruvayoor"***

Bhagavan. Although such a very easy Krishna-realization is readily available at Guruvayoor temple, foolish people fail to worship Him. But, Krishna-Bhaktas, with a firm mind take refuge in Guruvayoor-Bhagavan, the very embodiment of ParaBrahman."

LEGEND AND STORIES

According to the legends, the idol worshipped here is more than 5000 years old. But there are no historical records to establish it. In the 14th century Tamil literature 'Kokasandesam', references about a place called Kuruvayur is there. As early as 16th century (50 years after the Narayaneeyam was composed) many references are noted about Kuruvayur. In ancient Dravidic, Kuruvai means sea, hence the village on the coast may be called Kuruvayur. The Legend says that when the sanctuary of Dwarka was submerged under the ocean, Guru and Vayu were appointed the employment to find a just as heavenly place for a new sanctuary. At last, when they found the site, the spot came to be known as Guruvayur and the god, Guruvayurappan. The primary icon is said to have introduced by Brihaspati (Guru) and Vayu, by the gifts of Lord Shiva and Goddess Parvati.

GURUVAYUR

TEMPLE DRESS CODE



Men are to wear mundu around their waist, without any dress covering their chest. But it is allowed to cover the chest region with a small piece of cloth (veshthi). Boys are allowed to wear shorts, but they are also prohibited from wearing a shirt. Girls and women are not allowed to wear any trouser like dresses or short skirts. Women are allowed to wear sari and girls are to wear long skirt and blouses. Presently the dress code for women have been relaxed with shalwar kameez (churidar pyjamas) being allowed. Like all other temples in India, footwear is strictly prohibited. Security restrictions prevent carrying of mobile phones or cameras into the temple. In peak hours it is better to keep the sandals, phones in hotel itself because of only two locker shop.

RARE FACTS ABOUT

GURUVAYUR TEMPLE

The temple is classified as one of the Mahakshetras or "Great abodes of worship". There are many such in the holy land of India but few which can claim to have all the ten qualifications of a Mahakshetra.

The signs are:

- Antiquity (the temple is believed to be over five thousand years old).
- Presence of records, (it has quite a few copper plates and palm leaf scrolls).
- Origin in a forest (this place was a forest at one time).
- Proximity to the sea, (it is near the Arabian Sea).
- Royal connections (the royal family of the

Zamorins of Calicut have been the custodians of this temple from ancient times).

- Mention in ancient literature (it has been mentioned in the Mahabharata).
- Grandeur of festivals (the temple has many grand festivals).
- Situation at an elevation (this is not so but it has a large body of water beside it).
- Grandeur of sculpture and architecture. (Even though the original temple did not have any great sculptures yet the walls of the inner courtyard has some extraordinary wall paint-



ings made from vegetable dyes, which date to antiquity. The recent construction has plenty of sculptures). The temple now runs a school where this ancient art of wall painting called "chomiru chitram" is taught to young people and reproductions of the originals are made available to devotees. These are the material features which are to be considered in the classification of a Mahakshetra. Of course needless to say the temple should also have special spiritual significance and the presence of numerous devotees who have personally experienced the Lord's grace.

WAYS TO REACH THE TEMPLE

By Air: Kochi International Airport (Nedumbassery Airpot) is the nearest airport, which is about 80 km from Guruvayur. Calicut International Airport (Karipur Airport) is another nearest airport around 100 km from Guruvayur Sri Krishna Temple.

By Train: The Guruvayur is connected to the Madras-Mangalore main line at Thrissur. From Thrissur station there are regular bus services to Guruvayur. Thrissur railway station is the nearest railway station, about 29 km from Guruvayur.



By Road: Guruvayoor is well connected with other parts of the country by road transport. Both KSRTC and private bus services offers interstate bus services to almost all major cities in south India including Palani, Madurai, Mookambika, Ooty, Coimbatore, Dindigul, Salem, Mysore, Chennai, Mangalore, and Udupi. National Highway 17 (NH 17) passes through Kunnamkulam about 8 km away from Guruvayur. Several state owned and private buses, as well as taxis and other vehicles regularly ply between Trichur and Guruvayoor.

MAY LORD KRISHNA'S BLESSINGS BE ON ALL !!!



SRI KRISHNA TEMPLE, UDUPI, KARNATAKA, INDIA

Compiled by Kidambi Raj

INTRODUCTION

The *Sri Krishna Temple* in Udupi is second in the list of “*Four powerful Krishna Temples in South India known for Miracles*”. The other three are Guruvayur Sri Krishna Temple in Guruvayur, Sri Parthasarathy Temple in Chennai and the Aranmula Parthasarathy Temple in Kerala. There are places where devotion feels deeper than usual, and where faith is not just practiced, but experienced. These four Krishna temples have earned a reputation that goes beyond history and architecture. They are spoken about in whispers of miracles, healing and unseen grace. For centuries, devotees have walked into these temples carrying burdens and walked out feeling lighter, calmer and somehow protected. These are not just temples; they are living spaces of belief, where the presence of Lord Krishna is felt in ways words often fail to explain.

Udupi Shri Krishna Temple is a well-known historic Hindu temple dedicated to Krishna and Dvaita Mata, located in the city of Udupi in Karnataka, India. The Mata area resembles a living ashram, a holy place for daily devotion and living. Surrounding the Shri Krishna Temple are several temples namely the Udupi Anantheshwara Temple which is over a thousand years old. The town of *Udupi* is often referred to as the *Mathura of Southern India*.

HISTORY



The Krishna Mata was founded by the *Vaishnavite Saint Madhvacharya* in the 13th century. He was the founder of the Dvaita school of Vedanta. It is believed that Madhvacharya found the *vigraha* of Krishna in a large ball of *gopichandana*. As told by Madhvacharya in his *Tantrasara Sangraha*, the *Vigraha* was placed initially in the east direction. Due to intense devotion shown by Kanakadasa, the deity is said to have turned *Pashchimabhimukha* (facing west). All the other *Vigrahas* in other *Ashta Matas* face west as well. Devotees always have *darshan* of Krishna through the inner window, known as the *Navagraha Kindi* and the outer window known as the *Kanakana Kindi*, which is decorated by an arch named after the *Saint Kanakadasa*. A statue has also been erected. A similar window covers the immediate front of the *Vigraha* and is called *Navagraha Kindi*. It is often mistaken to be the *Kanakana Kindi*.



The temple opens at 5:30 hours IST. The unique feature of the temple is that the deity is worshipped through a silver-plated window with nine holes (*Navagraha Kindi*). The temple also offers *prasada* at noon and is popularly called *Anna Brahma* as it feeds a vast number of devotees.

KANAKANA KINDI



Kanakana Kindi, or *Kanaka's Window*, is a small viewing aperture to the western wall of main temple hall where the devotee can have a glimpse (*darshana*) of the central idol (*vigraha*) of Lord Krishna. The legends link this *kindi* to *Kanakadasa*, a *Haridasa* saint in early modern India.

Kanakadasa was born *Veera Nayaka* an army chieftain of the *Kuruba* community in the *Vijayanagara Kingdom*. After losing a battle, *Veera Nayaka* became a *dasa* and devoted himself to singing devotional songs praising Krishna. When *Kanakadasa* came to *Udupi* as a pilgrim, *Sri Vadiraja Tirtha*, the chief priest of the temple, arranged a roadside hut for him behind the temple. As a non-Brahmin, *Kanakadasa* was not allowed to enter the temple. He spent his time in the hut playing his *tambura* and singing, separated from the Krishna idol by the temple wall.

According to legend recorded by *Mogling*, Krishna's idol turned westward in response to *Kanakadasa's* devotion. During

an earthquake one night, a crack appeared in the shrine wall, allowing *Kanakadasa* to see the idol. When *Vadiraja* learned about this, he widened the crack into a window rather than sealing it. In addition, *Mogling* narrates the story of precious stones after the earthquake event. A few precious stones from the idol's necklace began disappearing. *Vadiraja* investigated and questioned *Kanakadasa*, who explained that Krishna had given him the stones to ease his hunger. A local goldsmith confirmed buying the stones from *Kanakadasa* for four-and-a-half *varahas*.

To demonstrate *Kanakadasa's* divine favour, *Vadiraja* entered the sanctum with closed fists and asked the temple priests what he held. None could answer. When he asked *Kanakadasa*, the devotee sang *Eetaneega Vasudevano*, and *Sri Vadiraja* opened his hands to reveal a *Saligrama stone*. Impressed by the divine favour of *Veera Nayaka*, *Vadiraja* then formally renamed *Veera Nayaka* as *Kanakadasa*.

KRISHNA MATA

The daily *sevas* (offerings to god) and administration of the Krishna Matas is managed by the *Ashta Matas* (eight monasteries). Each of the *Ashta Matas* performs temple management activities for two years in a cyclical order. They are collectively known as the *Ashta Mathagalu* in Kannada. Each *Ashta Mata* has its own deity which is called *Pattada Devaru*. The Krishna Matha is known for its religious customs, traditions and tenets of *Dvaita* or *Tatvavada* philosophy. It is also the center of *Daasa Saahitya*, a form of literature that originated in *Udupi*.

These eight Matas are:

- [Palimaru Mata](#)
- [Admaru Mata](#)
- [Krishnapura Mata](#)



COMMUNITY WATCH



- [Puttige](#)
- [Shirur Mata](#)
- [Sodhe Mata](#)
- [Kaniyoor Mata](#)
- [Pejavara](#)

The expenses of Udupi Krishna Mata are borne by the voluntary contributions of the devotees and by the Ashta Mathas that manage the Krishna Mata. The contribution may be in cash or kind. The Krishna Mata, which owns large tracts of land, lost it all in 1975 due to the enactment of the Land Reforms Act 1975 by the Government of Karnataka. The Pauli of Krishna Mata was renovated and the *Brahmakalashotsava* ceremony was held on 18 May 2017.

TRADITION & MEANING OF SERVING FOOD ON THE FLOOR



Food served on the floor at Udupi Krishna Temple is not a practice that started today; this practice is a long standing tradition of the over 800-years-old temple. Why is the food served on the floor? It is believed that devotees who wish for anything with deep devotion get their wish fulfilled and those whose wishes are fulfilled follow the tradition of eating prasadam on the floor.

FESTIVALS



Sri Krishna Mata during Paryaya festival January 2022. During the Paryaya festival, held once every two years, the temple management is handed over to the next Ashta Mata, which has been entrusted the responsibility of running the temple turn by turn. Each of the Matas is headed by a swami, who will be in charge of the temple during his Paryaya. The Paryaya is held on even years. The Paryaya tradition has completed 500 years as of 2021. Presently, Puttige Mata is administering the temple with Junior Pontiff Shri Sushrendra Teertha Swamiji ascending the post of Sarvajna or Paryaya Peeta. Festivals like Makara Sankranti, Ratha

Sapthami, Madhva Navami, Hanuman Jayanthi, Sri Krishna Janmashtami, Navarathi Mahotsava, Madhva Jayanti, Vijaya Dashami, Naraka Chathurdashi, Deepavali, and Geetha Jayanthi are celebrated by Paryaya Mata every year.

THE LEGEND



South India is renowned for its culture, natural beauty, and temples. These magnificent structures highlight the region's rich cultural heritage, which remains largely unchanged today. It's not just the temples' fine architecture that makes them special; the legends and histories associated with them enhance their uniqueness. The mythological tales linked to each temple leave a lasting impression on the thousands of devotees who visit each year.

THE SHRI KRISHNA TEMPLE

One remarkable temple is the Shri Krishna Temple located in Udupi, Karnataka. This town is often referred to as the 'Mathura' of Southern India. The temple, known as 'Shri Krishna Matha' (meaning monastery), is a significant pilgrimage site in South India. It is surrounded by fascinating legends that beckon visitors to explore its rich history.

THE STORY BEHIND THE FORMATION OF THE IDOL



According to Hindu mythology, Rukmini, Shri Krishna's wife, requested an idol of Balkrishna. To fulfill her wish, Lord Krishna entrusted Vishwakarma, the divine architect of the Gods, with creating the idol. Vishwakarma crafted a stunning childlike idol of Lord Krishna, which Rukmini began to worship.

Over time, numerous devotees in Dwarka honored the idol, covering it with sandalwood paste. This continued until a catastrophic flood engulfed Dwarka, washing away the sandalwood and revealing the idol beneath.

THE DISCOVERY OF THE IDOL BY SHRI MADHVACHARYA

Centuries later, a sailor discovered the idol disguised as a rock on an island. He used it to stabilize his ship. However, during a fierce storm, Shri Madhvacharya, who was meditating at Malpe beach, sensed the danger. He implored Lord Vishnu to calm the tempest, then signaled the sailor to reach the shore.

Once safe, the sailor wanted to express his gratitude and offered Madhvacharya something from his ship. Madhvacharya graciously ac-

cepted the sandalwood rock. While breaking it days later, the idol of Balkrishna emerged. The saint was ecstatic, realizing that this was the idol Rukmini once worshipped. He decided to bring the idol back to his Matha (monastery) in Udupi, just about 4 km from where he meditated.

A UNIQUE WAY OF WORSHIPPING IN UDUPI

At the Udupi Shri Krishna Temple, the idol represents a small boy, Balkrishna. While the idol cannot be viewed directly, devotees can see it through a silver-plated window with nine holes called 'Navagraha Kitiki'. This window features the ten incarnations of Lord Vishnu. Another unique aspect of the temple is that, unlike most temples, the idol faces West instead of East.

LEGEND OF THE WEST-FACING BALKRISHNA IDOL



In the past, people from lower castes were often barred from entering temples. Kanakadasa, a devoted follower of Lord Krishna, yearned to see his deity but was refused entry due to his caste.

Undeterred, Kanakadasa ran to the west side of the temple, peering through three holes in the wall, but the idol faced east. Still, he prayed passionately for Lord Krishna to reveal Himself to him.

Impressed by Kanakadasa's devotion, Balkrishna's idol miraculously turned westward, allowing him to view it through the nine-holed window. This legend explains why the idol faces west. Today, it is customary to offer prayers through this nine-holed window, known as 'Kanakana Kindi'.

HOW TO REACH UDUPI SRI KRISHNA TEMPLE



By Air: The nearest airport is Mangalore International Airport, located about 60 km from Udupi. From the airport, taxis and buses are available to reach the temple easily.

By Train: Udupi Railway Station (UD) is just 4 km from the temple, making train travel a convenient option for devotees coming from different parts of Karnataka and neighboring states.

By Road: KSRTC buses and private taxis connect Udupi with major cities like Bangalore (400 km), Hyderabad (800 km).

MAY LORD KRISHNA'S BLESSINGS BE WITH US ALL !!!



BLUE JAYS LEANING INTO THEIR WATERLOO ADVANTAGE

Waterloo alumni are playing a big role within the Toronto Blue Jays organization

By Sam Charles, *University Relations*

Canada's only Major League Baseball franchise is perhaps unsurprisingly powered in part by the talent and innovation of University of Waterloo alumni. Behind the scenes of the Toronto Blue Jays' pursuit of a World Series title, Waterloo grads are applying their expertise in fields that have become essential to modern baseball. From advanced scouting and cutting-edge analytics to biomechanics, performance science, business operations and the logistics that keep a major league club running, these alumni play influential roles in shaping the team's success.

The work of these alumni isn't always visible from the stands, but their impact is felt in every strategic decision, every player development breakthrough and every moment that brings the Blue Jays closer to a championship.

Here's a look at some of those alumni:



Jesse Levine (BA '23), *Senior Coordinator, Amateur Scouting*
As the Senior Coordinator of Amateur Scouting, Jesse Levine (BA '23), plays a role in shaping the club's future talent pipeline.

His work spans both operations and on the ground scouting. Levine travels extensively to scout top high school and college prospects, pairing those firsthand evaluations with the department's broader strategy.

On draft day, he's responsible for entering official selections into MLB's system, including the 2024 first-round pick of pitcher Trey Yesavage. Whether behind the scenes or at the ballpark, Levine's work helps ensure the Blue Jays are informed, prepared and positioned to acquire the next wave of big-league talent.

From childhood, he was laser focused on becoming a scout. That drive led him to Waterloo's Recreation and Sport Business program in the Faculty of Health, which he credits for giving him a well-rounded academic and professional base.

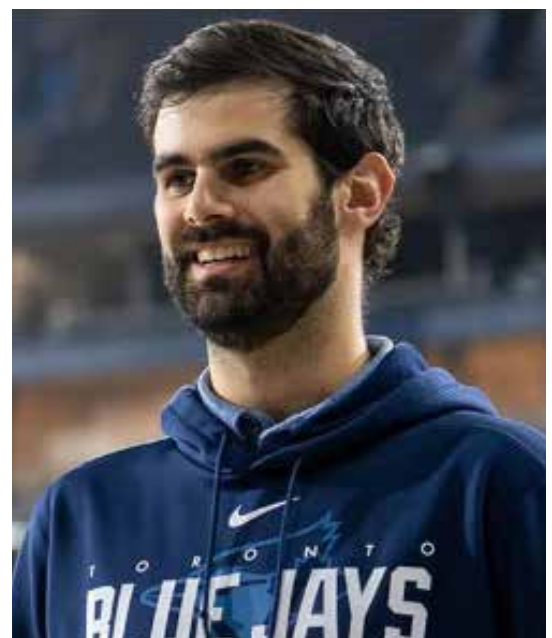
"I'll see the field, stop, take a second look and I remember being eight years old, trying to peek through the stadium windows. Just wishing I could be inside. Now I work here."



Juliana Bossom (BSc '23, MSc '26), *Biomechanics Intern*
Juliana Bossom is back for another season with the Toronto Blue Jays, where she'll once again join the club's biomechanics

team. The second-year Master of Science in Kinesiology student spent last fall as a Biomechanics Intern, supporting research focused on player performance, movement and sports science. From varsity rugby to pro-sport performance research, she's turning her passion for human movement into impact on the field.

"Working with the Jays provided me with my first taste of professional sport," Bossom says. "It really excited me for this next opportunity and for the future. I like to ask questions and solve problems. In my internship I was able to do that a lot so I'm really looking forward to continue to work with data and focusing in on sports science and how it can improve performance."



Tommy Farah (BMath '19), *Senior Analyst, Player Analysis*

In his role with the Jays, Tommy Farah is responsible for player valuations. The Faculty of Math alumni, applies mathematical thinking, statistical insight and a deep knowledge of the sport to help the team make impactful decisions.

Farah leveraged a coveted Blue Jays co-op work term into a full-time role with the team once he



COMMUNITY WATCH



graduated. For someone who had “grown up a huge Blue Jays fan” and played baseball throughout high school, the opportunity felt almost unreal. “It was definitely a dream to be able to get involved with the team.”



Khalid Talakshi (BCS '23), *Baseball Systems Engineer, Baseball Operations*

Khalid Talakshi joined the Blue Jays in October 2023 as a baseball systems developer. During his time at Waterloo, he undertook a lot of sports technology projects, both in courses and extracurriculars, that ultimately inspired him to apply for a role with the Jays.

As a Systems Engineer, Talakshi uses data to develop apps, integrations and tools to support the team. “We have to get creative in how we are solving baseball specific problems,” he says. “At the same time, we need to ensure we’re developing production grade code.”

With several members of his family having attended Waterloo, Talakshi knew at an early age that he wanted to follow in their footsteps. “If it wasn’t for the opportunities to learn about entrepreneurship, research and real-life applications of technology at Waterloo, I probably wouldn’t be in a job where I leverage all those skills,” Talakshi explains. He credits courses taught by Drs. Greg Rice and Jeff Avery who shaped his understanding of math and computer science in real-world contexts.

Aside from helping the team return to the World Series, Talakshi hopes to keep learning and growing his love of sports, data and technology. “Hopefully I can keep making cool stuff for people to have fun with.”



Gabrielle Campos (BASc '21), *Senior Data Engineer, Amateur Scouting*

Gabrielle Campos’ first taste of sports analytics came during her computer engineering degree, where she found herself deeply engaged in a database course that assigned students a unique project: create a database to store the Lahman Baseball dataset and use it to model which players might make the Hall of Fame. A few months after graduating, Campos joined the Jays as a research and development assistant working on the team’s amateur data imports and draft model.

“I feel very privileged to have gotten the opportunity to explore the scouting side of things like seeing players live, writing scouting reports, working on our draft model, being a part of our draft room discussions and even getting to enter our draft picks,” she says.

Today, as Senior Data Engineer with the team, she has stepped back from research and is focused on data engineering tasks. What does the future hold for Campos? “Hopefully winning the World Series with the Jays! Continuing to get better at data engineering and impacting the world of sports analytics.”



Jeremy Reesor (BSc '12), *Vice-President of Baseball Operations*

As part of the Blue Jays’ senior leadership team, Jeremy Reesor works alongside the team’s assistant general managers focusing primarily on the Major League roster including trades, free agents, day-to-day transactions, player development and the strategy behind how they deploy players.

He credits Waterloo for shaping the analytical approach that drives his work today. “Waterloo taught me how to think critically and that’s been essential.”



Group of Waterloo alumni pose while standing on tarps inside Rogers Centre



MEMORIAL YAJNA UNITES DEVOTION, SERVICE, AND COMMUNITY IMPACT

This past April, Shiva Shakti Sai Bhavan Mandir in Toronto, Canada hosted a sacred three-day Memorial Yajna and Ramayan Katha that brought together devotees, families, and community members from across Ontario and USA in a celebration of faith, remembrance, learning, and selfless service.

In honour of Bhagawan Sri Sathya Baba, the weekend served as a powerful expression of the Hindu ideal that spirituality must extend beyond the prayer hall and into service to humanity. Over three days, participants gathered for Vedic rituals, devotional singing, scriptural discourse, and collective worship, while also engaging in meaningful acts of community service that transformed the yajna into a living expression of Sanatan Dharma.

The Ramayan Katha guided attendees through the timeless teachings of the Ramayana, illuminating the virtues of dharma, truth, peace, love, devotion, humility, courage, and compassion. Through these sacred teachings, participants were reminded that the highest form of worship is to see the Divine in all beings and to serve society with love and humility.

At the heart of the Memorial Yajna was the sacred fire ceremony, where prayers and offerings were made for peace, spiritual upliftment, and the welfare of all. The yajna provided an opportunity for reflection, remembrance, and gratitude, while inspiring devotees to strengthen their commitment to spiritual practice and righteous living.

A defining highlight of the program was the mandir's Community Pop-Up Food Bank initiative under its Sai's Helping Hands Food Bank banner. Volunteers and supporters came together to distribute essential food items

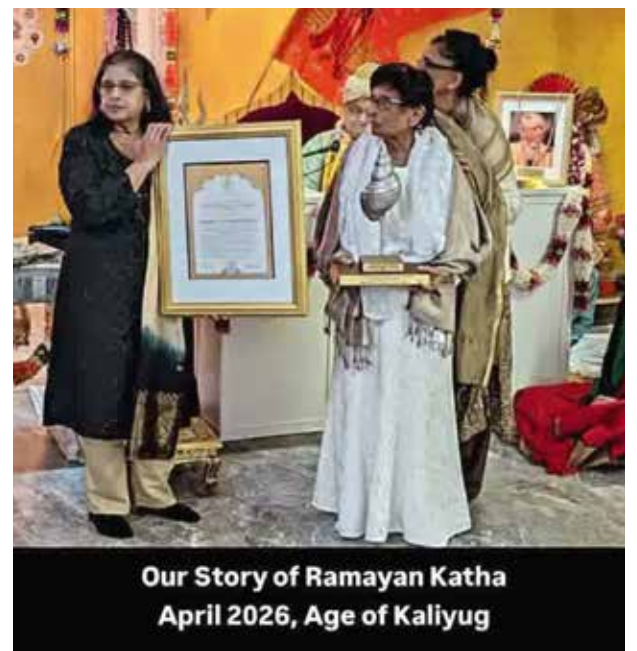


to individuals and families in need, reinforcing the principle that service to humanity is service to God. The initiative demonstrated how ancient spiritual traditions can continue to address modern community needs with compassion and dignity.

The food bank initiative reflected the teachings of Bhagawan Sri Sathya Sai Baba, whose message of selfless service continues to inspire the mandir's activities. Through the generosity of supporters,

volunteers, and community partners, the program extended the blessings of the yajna beyond the mandir walls and into the broader community.

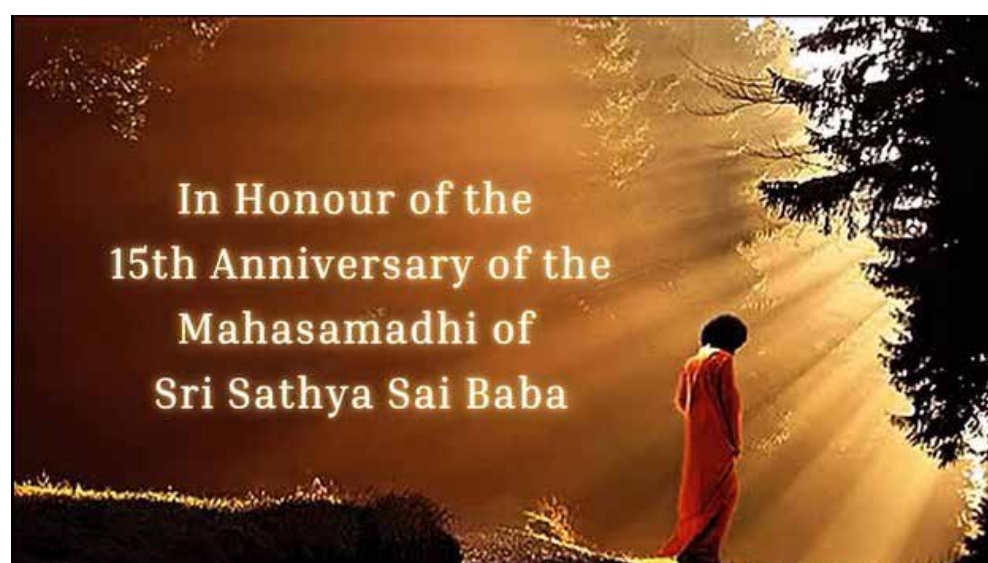
Another historic moment during the Memorial Yajna was the inau-



Our Story of Ramayan Katha
April 2026, Age of Kaliyug

guration of the Dharmarakshak Seva Award, a new recognition established to honour individuals whose lives exemplify dedicated service, leadership, and commitment to preserving and promoting the values of Sanatan Dharma.

The introduction of the award marked an important milestone for Shiva Shakti Sai Bhavan Mandir. It celebrates those who quietly and consistently contribute to the spiritual, cultural, and social wellbeing of the community, while inspiring future generations to uphold dharmic values through action and service. It will be awarded annually and nominations



In Honour of the
15th Anniversary of the
Mahasamadhi of
Sri Sathya Sai Baba

COMMUNITY WATCH



will be accepted from throughout the local Hindu community.

Throughout the event, volunteers of all ages worked tirelessly behind the scenes, assisting with hospitality, logistics, food preparation, worship arrangements, and guest services. Their dedication embodied the spirit of seva and demonstrated the strength of a community united by shared values and a common purpose.

Families worshipped together, youth participated alongside elders, and visitors experienced the warmth and inclusiveness that have become hallmarks of the mandir's programs. The atmosphere was one of devotion, fellowship, and inspiration, creating memories that will continue to resonate long after the final prayers were offered.

As the Memorial Yajna concluded, participants departed with renewed faith and a deeper appreciation for the interconnected paths of devotion, knowledge, and service. The event reaffirmed that spirituality is not merely a matter of ritual, but a way of living - one that expresses itself through compassion, generosity, and commitment to the welfare of others.

Shiva Shakti Sai Bhavan Mandir extends its heartfelt gratitude to the devotees, volunteers, supporters, pandits, and well-wishers whose support made the Memorial Yajna, Community Pop-Up Food Bank, and the inauguration of the Dharmarakshak Seva Award possible.

The success of the event stands as a testament to the mandir's continuing mission to nurture spiritual growth, strengthen community bonds, and uphold the timeless values of Sanatan Dharma through both devotion and service.

Shiva Shakti Sai Bhavan Mandir
From Devotion to Divinity



Ramayan Katha • April 2026



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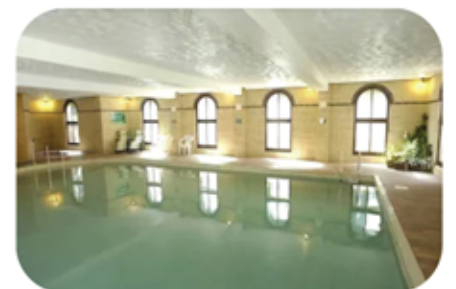
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DISCOVER THE ISLE OF WIGHT



The Isle of Wight is an island off the south coast of England which, together with its surrounding uninhabited islets and skerries, is also a ceremonial county. The county is bordered by Hampshire across the Solent strait to the north, and is otherwise surrounded by the English Channel. Its largest settlement is Ryde, and the administrative centre is Newport.

The Isle of Wight has a land area of 380 km² (150 sq mi) and had a population of 140,794 in 2022, making it the largest and second-most populous English island.

Located just off of the south coast of England, our island is only 2 hours door-to-door from London via ferry or hovercraft, making it the perfect year-round destination to explore with family and friends.

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And for the best ferry deals, be sure to check with your accommodation provider.



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