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Prime Minister Carney announces the largest clean energy investment in North American history

In a more dangerous and divided world, Canada's new government is focused on what we can control: building a stronger, more independent, and more sustainable country.

Canada is starting from a position of strength. We have what the world wants. We have the natural resources, critical minerals, and clean power that will build this century. We have the workers and the ingenuity to turn that potential into strength. We understand we can build faster and bigger when we work together. And we have trust, the most valuable commodity in an increasingly volatile, unreliable world.

We have everything we need to build the future we want.

Today, the Prime Minister, Mark Carney, alongside the Premier of Québec, Christine Fréchette, the Premier of Newfoundland and Labrador, Tony Wakeham, and the CEOs of Hydro-Québec and Newfoundland and Labrador Hydro, announced a historic agreement to upgrade and expand the Churchill Falls Generating Station and develop the Gull Island project and related transmission, building one of the largest electricity projects in North America.

As part of this agreement, the federal government will provide \$10 billion in federal financing to:

- ▶ Upgrade and expand the Churchill Falls Generating Station.
- ▶ Develop the massive Gull Island hydroelectricity project.
- ▶ Unlock co-investment opportunities with the Innu of Labrador in a major new Labrador onshore wind project.
- ▶ Build associated transmission lines.

Together, these projects represent the largest clean energy investment in North American history, at nearly \$70 billion. They will generate 14,000 megawatts of clean, renewable power – nearly tripling the current generating capacity of Churchill Falls. That is enough power to light, heat, and cool all the homes in Toronto, Montréal, and Vancouver combined. These projects will support 23,000 jobs – from the skilled trades to engineering – and contribute \$31 billion to Canada's GDP through the early 2040s.

The Labrador Trough is a world-class mining region across Newfoundland and Labrador and Québec, with significant sources of high-purity iron ore. To harness this strategic asset and create high-paying careers for Canadian workers, the government announced the referral of the Labrador Trough Clean Power,

Critical Minerals and Infrastructure Corridor to the Major Projects Office (MPO). The MPO will coordinate and structure federal financing, accelerate permitting requirements, and work with Indigenous Peoples to forge meaningful partnerships.

In addition, Canada's new government will support strategic, pre-development projects in the Labrador region, funded under the First and Last Mile Fund (FLMF) through Natural Resources Canada. This includes the following projects:

▶ Labrador West Transmission Expansion to assess the transmission infrastructure needed to connect critical minerals mining operations in western Labrador to the electricity grid, supporting regional opportunities and mine electrification.

▶ Kami Iron Mine Partnership's project to undertake planning and feasibility work for the transportation and energy infrastructure required for the large-scale Kami iron ore project near Wabush, Newfoundland and Labrador.

▶ Focus Graphite's project to undertake pre-construction work for a new transmission line and road connecting the Lac Knife graphite project to Hydro-Québec's power grid, advancing the development of projects that will support the battery and energy storage technologies this country and our allies need.

▶ SFP Pointe-Noire's project to expand critical minerals handling capacity and related rail infrastructure, strengthening a key transportation gateway for mining production in the Labrador Trough.

We are making Canada the best place in the world to build and invest in clean energy. By combining the Clean Economy Investment Tax Credits, efficient project approvals, cooperation agreements with provinces and territories, strategic investments, and attractive financing, we are giving builders the certainty to build big and move fast.

Today's agreement realises the enormous potential of Canada when we build together.

This is cooperative federalism at work.

In a more dangerous and volatile world, we're choosing to build clean, affordable, and reliable energy systems, in partnership with all Canadians, for all Canadians.



Quotes

"Canada is extending its unique advantage in clean, reliable, and affordable power. Because when we master energy, we master our destiny. Through cooperative federalism, we are unlocking our immense potential, building big, building sustainably, building in partnership, and building Canada strong for all."

- The Rt. Hon. Mark Carney,
Prime Minister of Canada

"In the current geopolitical context, it is vital for every nation to secure its energy future. I am very proud to announce today the conclusion of this new agreement, which is a priority for Québec, particularly for generations to come. Through this partnership, we are supporting the energy transition and enabling the growth of our economy through renewable energy, while ensuring our energy independence."

- Christine Fréchette,
Premier of Québec

"This is a win-win-win for Newfoundland and Labrador, the federal government, and Québec. I want to thank Prime Minister Carney and Premier Fréchette for their leadership throughout this process. We are finally replacing the notorious 1969 Churchill Falls deal and the 2024 MOU with a new deal that will guarantee us more power, more value, and more transmission. Newfoundlanders and Labradorians will finally be the primary beneficiary of our own resources, with complete control over whether we use our power to develop our economy or sell to outside markets. Today is not about what we can tear up, it's about what we can build up. It is now time for us to roll up our sleeves and get to work to build a better and brighter future for all of us."

- The Hon. Tony Wakeham,
Premier of Newfoundland and Labrador

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A Well-Documented and Researched Book on a Complex Topic: Review of *For Blood and Soil: Far Right Extremism in Canada* by Dr. Amarnath Amarasingam and Dr. Stephanie Carvin

By Harrish Thirukumaran

On June 25, 2026, a CBC Front Burner episode from CBC podcasts ran about incel violence and the Montreal shooting that took place on June 22, 2026. It brought to public attention how the dark corners of the Internet fuel real world violence based on certain cultures in society.

It revealed the voice of someone leaning into a culture called the incels born on the Internet. They voiced a laundry list of grievances that included hatred toward women due to a lack of sexual or romantic intimacy. It signified their involvement with the movement. This brought attention to an issue that deserves wider recognition and a response on. Elle Reeve, a correspondent on CNN and author of *Black Pill: How I Witnessed the Darkest Corners of the Internet Come to Life, Poison Society, and Capture American Politics*, was interviewed and highlighted the how the incel movement and the broader online hate movement has skewed society and politics in extreme ways.

That is why *For Blood and Soil: Far Right Extremism in Canada* by Dr. Amarnath Amarasingam and Dr. Stephanie Carvin is relevant reading to continue our own broader understanding of this issue and how it can be addressed.

The book, in a few words, talks about extremism in Canada as a movement of young people, mostly men that have taken harsh, extreme views in politics. While part of a larger global movement that has occurred over the last few years, the book centers itself in the Canadian context for this movement.

The authors are Amarnath Amarasingam, an Associate Professor of Religion cross appointed to the Department of Political Studies and Department of Religion in Queen's University. Stephanie Carvin is a Professor of International Relations at the Norman Paterson School of International Affairs in Carleton University.

The book is neatly organized across five chapters. Its central argument is that far right extremism, far from an imported problem from places like the US or Europe, has a long history and deep roots within Canada and has influenced its society and politics significantly. The book is prefaced with two incidents of far-right extremism from recent Canadian memory: the 2017 Quebec City shooting and the 2021 London truck attack involving far right extremists in Canada. Secondly, in the next two chapters, the authors give the readers a history lesson on far-right extremism and hate from the 1900s to the 1980s.

Following that, we are taken through the movement's roots from the 1980s until 2005, listing key incidents and figures that define the nature of the movement. The book then examines far right extremism or ideologically motivated violent extremism in Canada in today's context. It also includes a chapter that discusses the process of joining and leaving extremist groups. It concludes with some thoughts on countering far right extremism.

At first glance, the book is well documented and researched on this topic of Canadian far right extremism. So much so that a reader outside of this niche academic community is thoroughly informed on its extent and why this issue deserves more attention. It is excellent in depicting the unique similarities and differences between the cases examined. It also does well in presenting to readers why this issue is becoming more of a threat to Canadian society based on recent current events and the modern influence of the Internet.

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It also helps readers spot specific signs and factors for individuals evolving into far-right extremists, while noting it is more complex than meets the eye. A scary but illuminating discussion that reveals uncomfortable truths about Canada's current political and social conditions. The far right is quite messy to understand along with the overall idea of extremism. However, the authors do a great job at profiling the various far right groups and linking them to a single definition and towards broader trends seen in Canada, demonstrating how it is all connected. This is also important given that they are scattered and spread throughout different areas in Canada. The book itself acknowledges its dark content and how that would come across to a lay reader not directly in the field or familiar with the issue. However, it provides a valuable learning experience and lesson in history about this issue and its general impact on Canadian politics. It is comprehensive and precise on the different reasons for both joining and leaving extremist groups. While the process of joining extremist groups can be a bit scary and anxiety inducing, the intimate look by the authors on how radicalized individuals leave extremist groups especially demonstrates a silver lining on countering this issue. At the same time, it is both compelling and reassuring to see that former extremists have a crucial role to play in supporting counterextremism efforts. Overall, the readers are well informed on the analysis and rigor that the authors bring to this topic. This is essential reading for anyone looking to stay informed on issues affecting Canadian society and politics generally.



Continued from page 1

MASS BURIALS IN NEPAL...

Rescue teams with search dogs continued to look through mud, rocks and debris on the Nepal-China border Tuesday for thousands of people missing a week after the catastrophic flash floods that tore through Himalayan communities and left more than 1,000 dead.

As police in Kathmandu buried dozens of bodies in multiple trenches, Nepal's disaster agency said 1,003 deaths had been counted there, with 3,916 people missing, including 583 foreign nationals. China reported 16 deaths and 546 missing, including 261 foreigners, as of Sunday.

The scale of the Aug. 26 disaster is hampering rescue efforts, with landslides, destroyed roads and widespread damage cutting off remote areas. Crews faced challenging conditions as they searched unstable terrain and piles of debris, raising fears the death toll could rise as rescuers reach isolated communities.

At least 168 people were killed and more than 1,300 were missing after catastrophic and deadly torrents of floods and mud swept through several communities along the Nepal-China following a glacier collapse.

Rescuers are racing to reach hundreds of workers believed to be trapped inside tunnels at hydropower projects in Nepal damaged by the floods. About 900 workers are missing from 12 projects, with roughly 500 believed to be trapped in tunnels, according to local authorities.

Brig. Gen. Raja Ram Basnet, Nepal's army spokesperson, said teams assisted by foreign experts were working at several hydropower projects. Images released by the army showed rescue teams entering debris-filled tunnels and wading through mud and water in the search for signs of life.

On the Chinese side, rescue crews scoured areas hit by mudslides, particularly around the Gyirong Port border crossing, which was destroyed. Some rescuers, aided by search dogs, searched



Rescuers carry a victim of flash flooding to safety along the Trishuli River in Nepal's Nuwakot district - AP

gaps among rocks and debris for signs of life. Other teams used heavy machinery to clear a major highway leading to Gyirong Port, hoping to clear the way for equipment, personnel and supplies to reach the disaster zone, according to China's state-run Global Times newspaper.

Mass burials of unidentified bodies in Kathmandu

In Kathmandu, police worked in heavy rain on Tuesday to bury dozens of bodies in multiple trenches next to a forested area.

Barbed wire was erected around the site, while blue numbered markers identified the graves of people whose names were not yet known.

Authorities in Nepal have been burying bodies in temporary graves until they can be identified. They are preserving DNA samples, photographing distinguishing facial features and recording other identifying details.

Each body is assigned a reference number to help families identify and claim the remains later.

Relief operations expanded to stranded communities

At least 11,814 people have been rescued so far, according to Nepalese authorities. Emergency crews used helicopters and other aircraft to reach stranded communities in areas where roads

and bridges have been destroyed by the flooding and landslides. Efforts are being stepped up to provide assistance to survivors in areas where roads and other transportation routes had been damaged or cut off.

China's Foreign Ministry spokesperson, Guo Jiakun, said a second batch of relief supplies was being sent to Nepal, including drones, DNA testing and water purification equipment. Chinese DNA testing experts will also help Nepal identify bodies, he said.

Bimal Sharma, a helicopter pilot who has been flying rescue and relief missions, said he was shocked to see the devastation in Timure, a border town close to Tibet that he has known for years.

"It felt like I was flying over an entirely different landscape," said Sharma, adding that he has had little opportunity to speak with the people he rescued. "I can see the pain in their eyes. It's heartbreaking," he said.

Glacial collapse in the Himalayas

The disaster began in the Himalayas when a glacial collapse sent large amounts of rock, ice and meltwater into valleys below, triggering powerful floods downstream.

Scientists studying satellite imagery said the collapse appears to have involved the failure of bedrock beneath a glacier in the Himalayan region. The rockfall was powerful enough to register as a magnitude 5.2 seismic event.

The resulting surge of water and debris entered rivers that flow through valleys in Tibet and Nepal, causing them to rise rapidly. Floodwaters swept away homes, buildings, roads and bridges and carried mud and rocks downstream.

Nepal's Prime Minister Balendra Shah said that the disaster highlighted the need for action to combat climate change.

-apnews.com



Rescuers carry out search and rescue operations at the mudslide-hit area in Gyirong County, southwest China's Tibet Autonomous Region. - AP

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WORLD NEWS

SEWA INTERNATIONAL USA LAUNCHES NEPAL FLOOD RELIEF AND MISSING-PERSON HELPDESK

Sugar Land, TX (August 29, 2026): Sewa International USA has released \$100,000 for Nepal Flood Relief, while volunteers work on the ground to rescue stranded people and provide emergency assistance. Sewa International Nepal volunteers are supporting relief efforts in Rasuwa, Nuwakot, and Dhading.

“Sewa has started a fundraiser, ‘Nepal Flash Flood Relief,’ and raised over \$55,000 in the last 24 hours,” said Srikanth Gundavarapu, President of Sewa International USA. “Flash floods have devastated parts of Nepal, killing hundreds and sweeping away many devotees gathered for the Kailash Yatra. It is heart-wrenching to see the suffering and grief of people.”

Sewa is appealing to support the fundraiser and is establishing a dedicated helpdesk to collect and share information about Americans reported missing or stranded in Nepal and coordinate with concerned families and community members <https://sewausa.org/NepalRescue>

Devastating Floods

On August 26, catastrophic flash floods struck northern Nepal following a glacier collapse, avalanche, and landslide. At the time of writing this article, the death toll has risen to 626, with at least 2,478 people missing, including 777 foreign nationals. An estimated 93,000 people have been severely affected, and more than 3,700 have been rescued.

Floodwaters carried mud, rocks, and debris through Himalayan river valleys, destroying homes, roads, bridges, hydropower facilities, water systems, and



Sewa Volunteers handling supplies for distribution to the needy in Nepal

communication networks and making rescue and relief efforts challenging. A few of our Sewa International USA volunteers who were at the Nepal-Tibet border at the time of this tragedy are still missing.

“Sewa Nepal volunteers are actively supporting the ground response by transporting relief materials to affected communities and assisting with local distribution and relief coordination,” Gundavarapu said. “Sewa stands with the people of Nepal and is committed to continuing relief work and taking up recovery and rebuilding efforts.”

Lost Homes, Stranded People

“Sewa’s immediate priority is to help families who have lost their homes, are stranded, and face hunger, cold, and health emergencies,” said Vinayak Astekar, Sewa’s Associate Director for Disaster Response. “We are working with

Sewa International Bharat (India), sister organizations, and community partners to mobilize essential supplies, daily necessities, and volunteers.”

Within 48 hours, Sewa mobilized shelter, protective, food, medical, and rescue-support supplies, including 300 heavy-duty 12-by-15-foot tarpaulins, foam mattresses, raincoats, ponchos, floating foam, water bottles, ration kits, cookies, and volunteer jackets. Medical supplies include paracetamol and approximately 5,000 packets of oral rehydration solution.

Partnering with Community

Sewa is collaborating with the San Antonio Nepali Association (SANA), Nepali community partners in North Carolina, Aum Ashram San Antonio, Hindus of Greater Houston and its broader network. Sewa has formed a missing-person tracking group, with about 75 people registered to locate loved ones. The group plans to publish daily updates.

Sewa is coordinating with teams on the ground to assess evolving needs and mobilize additional supplies and resources for emergency relief, recovery, and rebuilding.

Donors can support Sewa’s Nepal Flash Flood Relief efforts at: <https://sewausa.org/NepalFlashFloodRelief>

About Sewa International

Sewa International USA (www.sewausa.org) is a “501(c)(3) Hindu faith-based charitable nonprofit that works in the areas of disaster recovery, education, and development. Sewa has 46 Chapters across the USA and serves regardless of race, color, religion, sex, age, disability, or national origin.



Sewa volunteers distributed emergency relief supplies to communities affected by devastating floods in Nepal.



SHAN SUNDARAM: CONNECTING THE WORLD THROUGH ART, RUNNING, TRAVEL AND SERVICE



By Chef Nate

Shan Sundaram is an artist, marathon runner, world traveler, teacher and community volunteer whose diverse interests have become

a meaningful way of connecting people and communities across the globe. With strong ties to

Jaffna, Sri Lanka, and the United States, Sundaram has combined his passion for art,



running, travel and community service to encourage healthier, more active and inclusive communities.

As an accomplished artist and teacher, Sundaram has conducted free art workshops for children and underserved communities. During visits to Jaffna, he has organized a number of art activities, including a workshop attended by more than 100 children at Jaffna Teaching Hospital. Through these initiatives, he has used art as a way to inspire creativity, build confidence and bring people together.

Sundaram is also an accomplished marathon runner. He has completed all six of the Abbott World Marathon Majors—Boston, London, Berlin, Chicago, New York and Tokyo—earning the prestigious Abbott World Marathon Majors Six-Star Medal. He has also competed in major international races, including the Sydney Marathon.

His passion for running extends beyond personal achievement. Sundaram is the founder of Jaffna Runners, an initiative created to encourage people of all ages, particularly beginners, to discover the joy of running in a friendly, supportive and inclusive environment.

Travel has been another important part of Sundaram’s life. He has visited 69 countries, often combining his travels with running, art and volunteer activities. His journeys have provided opportunities not only to experience different cultures but also to connect with people and contribute to local communities.



Community service is equally important to Sundaram. He has participated in cleanup campaigns and other community initiatives in Jaffna, while also volunteering in New Jersey. His efforts reflect a commitment to giving back and making a positive difference wherever he can.

More recently, Sundaram has focused on bringing together running, art and community activities as tools for building healthier, more active and connected communities.

Through his many pursuits, Shan Sundaram demonstrates how personal passions can become opportunities for service, inspiration and connection. Whether through a paintbrush, a pair of running shoes, a journey to a new country or a community volunteer project, he continues to bring people together and make a positive impact.

Hats off to Shan!
- Chef Nate

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Scarborough Health Network awarded highest designation for digital health excellence

BY: MHAIRI ROTHERY, COMMUNICATIONS SPECIALIST, SHN

Scarborough Health Network (SHN) has achieved international recognition from the Healthcare Information and Management Systems Society (HIMSS) for the Electronic Medical Record Adoption Model (EMRAM). Following an onsite assessment earlier this month, SHN has been awarded Stage 7 designation—the highest level possible for excellence and leadership in the use of electronic medical records to support patient care and improve outcomes. This makes SHN part of a select group of leading Canadian healthcare organizations, and one of the first multi-site hospital systems in Ontario to attain this designation.

“SHN has always been committed to advancing digital health and leveraging digital tools and platforms, such as our Epic clinical information system. So, this achievement reflects our many years of deliberate strategic planning and disciplined execution,” said David Graham, President and CEO. “We have progressed steadily, guided by a clear vision for the use of data and technology to improve quality care and patient safety. This has included investing in technology and building processes and culture to fully realize its value.”

This designation affirms SHN’s leadership in provincial and global healthcare innovation, showing that world-class digital care can be delivered at scale for one of the country’s most diverse communities. For Scarborough residents, this means their care is provided by a team of highly trained professionals utilizing some of the most advanced digital capabilities in Canadian healthcare.

“In order to reach this level of maturity, we have embedded digital tools into the everyday clinical and operational practices of our people,” said Dr. Nihal Haque, Chief Medical Information



Officer. “The expertise and dedication of staff and physicians across SHN goes far beyond just implementing digital systems. Our teams have demonstrated meaningful understanding of these tools to solve problems, improve workflows, and actively engage patients.”

Following their onsite visit, HIMSS validators highlighted several improvements and successes they observed since assessing SHN for Stage 6 in 2024. This includes a significant increase in the use of barcode scanning devices for medication administration, as well as a clear focus on patient engagement when implementing digital tools. The validators were impressed with SHN’s case studies that showed how Epic is being used to deliver more responsive sickle cell disease care, support remote monitoring for congestive heart failure (CHF), and power electronic patient flow boards.

The HIMSS validators identified four key strengths that set SHN apart:

- Population-driven strategy connected to community needs, chronic disease burden, access, language, and diversity;
- Operationalized transformation, with digital workflows, dashboards, governance, and adoption metrics embedded into day-to-day management;

- Evidence-informed decision-making, with data supporting strategy, quality, operations and patient safety; and
- Strong leadership in digital transformation that is demonstrated at all levels of the organization and regionally.

“This designation is about who SHN has become through our digital transformation journey, including the pivotal roles we have stepped into beyond our own network,” said Dion Maxwell, Director, Clinical Information Systems. “As the lead organization for the Central East Local Delivery Group (LDG), we are proud to work with our regional partners to advance provincial digital initiatives, strengthen cybersecurity, and build more connected digital pathways—making it easier for patients to navigate care across the region.”

Achieving Stage 7 reflects the dedication of staff, physicians, and teams across SHN—helping turn ideas into action and drive meaningful improvements for patients and families. Even while celebrating this milestone, SHN continues to look ahead at the next steps in advancing digital health further to strengthen quality and safety, enhance the patient experience, and meet the healthcare needs of the future.



New learner spaces are open across SHN's hospitals, and they're already turning heads

BY: MELODY KESHISHIAN, COMMUNICATIONS COORDINATOR, SHN

Something is growing at Scarborough Health Network (SHN). Across Centenary, General, and Birchmount hospitals, SHN has completed a network-wide redevelopment of dedicated learner spaces supporting all three of its education streams: Medical, Nursing and Allied Health, and Non-Clinical Education. These are more than renovated rooms. They reflect a shift in how SHN thinks about education: not as something that happens around care, but as part of how care is delivered, how teams work together, and how the next generation of health professionals is trained in Scarborough.

The redeveloped spaces include bright classrooms and seminar rooms where ideas can take shape, clinical exam rooms where learners can build skills in settings connected to patient care, and lounges, lockers and on-call rooms that give learners room to focus, connect with peers, recharge and prepare for the day ahead.

"This is an exciting milestone in SHN's journey and a powerful symbol of where we're headed," said David Graham, President and CEO of SHN. "As we continue building Canada's leading community teaching health network, we are investing not only in infrastructure, but in people. Every learner who comes through our doors strengthens the future of healthcare in Scarborough and beyond, and we are committed to supporting their success."

Education has long been part of SHN's identity, with more than 60 years of medical education and a strong history of training learners from across the health professions. Through SHN's partnership with the University of Toronto on the upcoming Scarborough Academy of Medicine and Integrated Health (SAMIH), SHN is preparing to welcome more learners into its hospitals and care environments.



Get a tour of SHN's new learner spaces with two of SHN's medical students!

This includes the expansion of medical students and, for the first time at SHN, core medical learners rotating through every clinical department.

At the same time, SHN continues to expand learning opportunities across medicine, nursing, allied health and non-clinical areas. The completion of these spaces helps ensure SHN is ready to support that growth with purpose-built environments.

That standard hasn't gone unnoticed by SHN's academic partners. On a recent visit, University of Toronto colleagues who toured the completed spaces were genuinely struck by what they found. It was an early and telling signal, as SHN prepares for SAMIH, that these environments meet the expectations of the partners its academic future is built around.

"For 60 years, education has been an important part of SHN, and we are in the midst of an exciting new era," said Dr. Samir Grover, Executive Vice President of Academics.

"These spaces announce what SHN is becoming. When SAMIH welcomes its first students, they will find a network where every clinical department teaches, where the community itself is the curriculum, and where the spaces themselves tell learners they belong here."

The redevelopment of learner spaces has been a major undertaking for SHN's Education and Facilities Planning and Redevelopment teams, supported by clinical, corporate and operational partners across the organization.

"For years, education at SHN happened wherever we could make room for it, and now it has a home," shared Sasha Singh, Director of Education. "What means the most to me is hearing it from the learners themselves. When someone who has rotated through hospitals all over tells you that this is where they felt included and set up to succeed, that's the proof it was worth doing."

The new spaces also support a broader goal for Scarborough's health system. By creating the conditions for more learners to train here, SHN is helping build a stronger pipeline of future healthcare professionals who understand this community and may choose to stay, practice, teach and lead here throughout their careers.

These spaces are worth celebrating, not because the drywall is new, but because of what they represent: a hospital network choosing to put education at the centre of a future where training the next generation is simply part of how care happens at SHN, and where Scarborough is known as one of the best places in the country to learn, teach and care.

From Political Prisoner to Giving Back in Scarborough



After arriving in Scarborough at 18, Roy Ratnavel built a new life in Canada. Today, he is giving back to support mental health care and help break down stigma in the Tamil community. Pictured above, left to right: Roy Ratnavel; Roy with SHN Psychiatrist Dr. Senthuran Gunaratnam; and staff, volunteers, and donors at the 2024 Tamil Radiothon.

Living with PTSD has shown me how important access to compassionate mental health care is, and in the Tamil community, increasing awareness and reducing stigma can help more people seek the support they need.

— Roy Ratnavel, SHN Foundation Board Member

At just 17 years old, Roy Ratnavel was a political prisoner during Sri Lanka’s civil war. A year later, he arrived in Canada and settled in Scarborough, carrying with him the trauma of what he had experienced.

Roy lived with post-traumatic stress disorder (PTSD) following his experiences in Sri Lanka. Starting a new life in Canada did not erase that trauma, and his own experience gave him a deeply personal understanding of the importance of mental health care and the barriers that can prevent people from seeking help.

Roy went on to build a successful career in finance and later shared his remarkable journey in his bestselling memoir, *Prisoner #1056*. But he has never forgotten Scarborough, the community where he began his new life in Canada, or the importance of giving back.

That personal connection to mental health inspired Roy and his wife, Sue Nathan, to make a **\$1 million gift** to Scarborough Health Network (SHN) Foundation to support inpatient mental health services at Birchmount Hospital. Their donation will specifically support the expansion of inpatient mental health, helping SHN care for vulnerable individuals with persistent mental health conditions and other complex health needs.

For Roy, improving mental health care is also about breaking down stigma. He knows that conversations about mental health can be difficult, particularly within the Tamil community, and believes speaking openly about his own experiences can help make it easier for others to seek support when they need it.

Today, Roy is encouraging others to join him in giving back through SHN Foundation’s Tamil Radiothon. Nearly **75% of Toronto’s Tamil population lives in Scarborough**, and this year the community is coming together to **raise \$150,000** to help create modern mental health spaces, expand SHN’s emergency departments and renovate cardiac care spaces.

On **Friday, September 25**, tune into the Tamil Radiothon on **East FM 102.7** to hear from Roy, SHN experts and other members of the Tamil community, and learn how your support can help advance health care in Scarborough. Plus, learn about our progress on other key *Love, Scarborough* priorities like expanding our emergency departments and our cardiac care program.

Stay tuned & learn more at [SHNFoundation.ca/Tamil](https://shnfoundation.ca/Tamil).



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RADIOTHON

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SEPTEMBER 25, 2026 | EAST FM 102.7



ROY RATNAVEL

SHN Foundation Board Member

HELP US KEEP CLIMBING.

Nearly 75% of Toronto's Tamil population lives in Scarborough. By coming together through the Tamil Radiothon, our community can help build the hospitals Scarborough deserves and ensure patients and families have access to exceptional care close to home.

On Friday, September 25, join SHN Foundation for the 2026 Tamil Radiothon presented by Canadian Tamils' Chamber of Commerce, live on East FM 102.7. Together, we're aiming to raise more than \$150,000 to help Scarborough keep climbing.

டொரோண்டோவின் தமிழ் மக்கள் தொகையில் கிட்டத்தட்ட 75% பேர் ஸ்கார்பொரோவில் வசிக்கின்றனர். தமிழ் ரேடியோதோன் மூலம் ஒன்றிணைவதன் மூலம், ஸ்கார்பொரோவுக்குத் தகுதியான மருத்துவமனைகளை உருவாக்கவும், நோயாளிகளும் குடும்பங்களும் தங்கள் வீட்டிற்கு அருகிலேயே சிறப்பான சிகிச்சையைப் பெறுவதை உறுதிசெய்யவும் நமது சமூகம் உதவ முடியும்.

வெள்ளிக்கிழமை, செப்டம்பர் 25 அன்று, கனேடிய தமிழர் வர்த்தக சம்மேளனம் வழங்கும் ரேடியோதோன் 2026 நிகழ்ச்சியில் SHN Foundation உடன் இணையுங்கள். இந்நிகழ்வு ஈஸ்ட் எப் எம் 102.7 இல் நேரலையாக ஒலிபரப்பாகும். ஒன்றாக, ஸ்கார்பொரோவின் முன்னேற்றத்திற்கு உதவுவதற்காக \$150,000 டாலர்களை திரட்டுவதை இலக்காகக் கொண்டுள்ளோம்.



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TORONTO'S BILLY BISHOP AIRPORT AT THE CROSSROADS, IS IT?



By: Kane Siva

This question has clearly been on the minds of many Torontonians over the past several months, perhaps even last year. This has become a contentious issue for Torontonians. The Provincial Ontario Government led by the present premier, Doug Ford, is hell-bent on acquiring the waterfront city airport from the Port and Harbour management who has been managing this airport for more than 50 years which falls under the jurisdiction of City of Toronto, led by Mayor Olivia Chow. This issue has become a Tug-of-War and city mobilized its city lovers, managed to get more than 85,000 people to sign a petition to the Federal Government led by Prime Minister Mark Carney to push back this expansion.

However, this airport has an interesting history; it was born in the 1930s and marked as the main airport for Toronto. The construction was completed in 1939 by the Toronto Harbour commission, present Toronto Port Authority. February 4th, 1939, H. F. McLean of Montreal landed the first flight at Billy Bishop Toronto City Airport, a Stinson SR-9F Reliant aircraft. September 8th, 1939. Billy Bishop Toronto City Airport welcomed the first commercial passenger flight. It was a charter flight that brought the famous music conductor Tommy Dorsey for musical engagement to Toronto. This airport functioned as a

commercial aviation hub connecting the world to Canada. During World War 11, this airport extended its facility as a training ground for Royal Canadian and Royal Norwegian Air Forces, and at the same time as a commercial hub for Toronto. This airport opened in 1939 as Port George V1 Island Airport. Since the airport was used by the Royal Norwegian Airforce as their training base in WW11, this place earned a name the "Little Norway". William "Billy" Bishop, WW11 flying ace, headed an Advisory Committee formed to manage the airport around that time. I believe after the war the airport functioned as Toronto City Airport. It was renamed Toronto Billy Bishop Airport on November 10th, 2009 in honor of Air Marshal William Avery "Billy" Bishop by Toronto Port Authority and continues by this name.

In a month's time Billy Bishop will celebrate 87 years of flight. The location of this airport is ideal as it is on the Toronto Island Waterfront. Its IATA 3 letter code is YTZ and the ICAO code CYTZ. This airport has a Runway of 3988 feet (about 1.22 km) and is used for short-haul flights across Canada and to USA. Porter Airlines and Air Canada operate out of this airport. It has USA border clearance facilities. No commercial jet aircraft operates out of this airport, only Turboprop aircraft, DE Havilland Canada Dash 8-400, besides Cessna Citation series, light-

to midsize business jets and Medevac ambulance and emergency jet flights use this port when necessary. But strictly prohibited commercial Jet aircraft. I would say this airport functions as a "Crown in the Jewel", for the City of Toronto and a cynosure for the Toronto Island residents and most of them want to keep it this way. Torontonians prefer a quiet atmosphere around this port to preserve their way of life, devoid of too much noise, and clean air that is free of jet fuel emissions. They always want the cold breeze to embrace them from the waterfront.

Billy Bishop airport was not much in the news as Pearson till 2025, but everything changed within the last 8 months. The present Provincial government presented a plan to expand this City Airport so this could welcome pure jet engine aircraft and operate like Lester Pearson Airport. Again, this piece of land comes under the jurisdiction of the Toronto City Council, and the City obviously has the authority to control its activities (I am not sure of the laws governing this provision or the legal authority for the governance of this land). I know for sure until the provincial government harped on its plan to expand Billy Bishop, the authority rested with the City. But within the last couple of months all a sudden the provincial government acquired the land, and everything went hay-wire or helter-skelter. The

Aviation & Airlines



SPECIAL FEATURE



harmonious atmosphere that prevailed in the Toronto Island and the waterfront ensued turbulent conditions, because of the proposed expansion plan for the airport. The city and most of the Torontonians opposed the expansion plan especially for the jet flight operations and the proposed takeover of the piece of land that belonged to the park. Invariably there are two camps, the majority opposing expansion and a minority in favor.

Let us discuss the pros and cons of the intended plan.

There are cities globally that have more than one airport, from Asia to North America. ICAO specifically doesn't mention the distance between 2 airports, but there are some issues anyway. Listing some of the cities that have more than one airport, but unable to list all. Starting with New York, Chicago, Washington D.C., Houston, Tokyo, Moscow, Beijing, and the list go on. Having more than one city airport helps to ease traffic congestion to the only airport. It gives better choices to the passengers because most airlines provide or try to provide cheap fares to attract passengers. Also, the competition promotes and gives better options to passengers. Some will suggest having more than one airport provides an alternate airport to the planned destination airport, but for an alternate airport, the flight planning regulation dictates minimum 30 minutes flying from the destination airport but am sure in an emergency this rule can be outdone. I believe having more than one airport in a city gives prestige, leverage and important status to the city. Sure, this will boost the coffers and bring in more business around the area. At this juncture, love to mention Canada's Competition Bureau, an independent law enforcement agency, that protects and promotes competition for the benefit of Canadian consumers and businesses says, "secondary airports like Billy Bishop can provide added capacity and competitive choices" for travelers. Further this bureau is of the view by rethinking the restrictions, we could cater for more passengers, allowing different kinds of aircraft to operate, expanding the runway, 24-hour airport operations instead of the curfew at 11pm, will strengthen Billy Bishop and boost its image. The bureau recommends that Transport Canada, and other decision makers, adopt a technology-neutral approach to aircraft restrictions at Billy Bishop.

The opponents to this expansion of Billy Bishop managed to showcase their opinions and echoed their voices forcefully to the Federal Government and Mark Carney's administration,

which right now suspended this Billy Bishop expansion program. The City of Toronto vehemently opposed the takeover of the Islands' park land and the damage it would cause to the waterfront, wanting the serenity and the purity of the area to be preserved. Extending the runway may require more than a kilometer lakefill of the lakefront water. This may cause the extinction of the fauna & flora of marine life, may cause disruption of boat and yacht traffic, and the purity of the water in the lake.

Toronto islands, the waterfront and the parks provide recreational facilities for people of all ages, from infants to seniors in their 90s too. You can call it a "comfort zone" for all and provide shelter and peace of mind who work in the neighborhood during their break hours. This is a highly populated residential area and with the operations of pure jet aircraft may cause untold health hazards by the sound level it may/ will create, even though the experts proclaim they would always follow noise abatement procedures. These sound emissions can cause enough damage to the structure of the building around the area. Carbon emissions can cause more health risks, and the quality of the air will not change for the better at all. Aviation experts will vouch for zero carbon emissions, but I don't buy this. Moreover, there will be severe road traffic congestion on the roads leading to this airport, and this would envisage more road construction, expansion and would cause damage or demolition to/of more business establishments and residencies at a cost. The airport terminal must be expanded to accommodate passenger influx and more aircraft parking spaces too. The Flight path and Vasi approach system need obstruction of free space, and this may affect the tall structure of residential building constructions near the airport.

The most environmental damage to the atmosphere is when we have 2 airports within 20 kilometers distance and increase the global warming process with extra vigor. Flight operation, air space and window of operation may get congested too. This will create restricted airspace and may result in too much hassle for the airline pilots even if it may not lead to a disaster scenario. We have seen recently many incidents in the US, crowded airspace, and the vulnerability of the ATC system. But always there is a chance it may happen here. Crowded air space can create enormous problems for ATC; however efficient they are.

All this glamour, pride and the revenue to the city or the provincial

government comes decisively with many negative issues to the citizens the nearby area and to a larger area as Leaster Pearson is less than 4 kms away from Billy Bishop.

We should not mix politics with policy implementation, safety and health matters to benefit the wellbeing of all citizens of Canada, (the Torontonians) to increase the coffers of the government and jeopardizing the long-term issues that would create and accumulate over years and become eventually a chronic matter or a cancerous situation, in multiple fashions, and proportions to benefit some business enterprises, and certain vested interests. Whatever the outcome down the lane, I believe this airport expansion must adhere to the wishes and hopes of the vast majority of Torontonians, and not the few.

I would say that I am a small fry in the ocean of aviation pandits, but the 5 decades that I am blessed to be part of this, seen more than 100 airports, aviation being whole part of my life makes me wholeheartedly, and vehemently oppose, to the planned of expansion of Billy Bishop airport. Penning in the style or form of Lincoln "Billy Bishop should be, a Part of the City, By the City and For the City" and that's it. If the Provincial government is keen on investing more than 5/10 billion dollars (about \$31 per person in the US), it should invest in the expansion of Leaster Pearson and uplift this airport to be a world class airport. Canada is a founding member of G 7 countries, founding member of NATO, a global player and an energy powerhouse, but our Pearson cannot be ranked as a world class airport. Look at Changi in Singapore, Incheon in South Korea and some of the airports in India.

I would sum up my thoughts and feelings by quoting Lincoln on "Life's Loyalties"

"I am not bound to win but I am bound to be true, I am not bound to succeed, but I am bound to live by the light that I have. I must stand with anybody that stands right, stands with him while he is right, and parts with him when he is wrong".



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From boy prodigy and '70s teenage icon to Global Peace Ambassador and New York Times best-selling author, PREM RAWAT has brought exceptional clarity, inspiration, and deep life learning to millions.

Prem had his first speech published in his native India at just four years old. Now based in the United States but touring internationally nine months every year. Prem Rawat works with people from all walks of life, showing them how to experience the source of peace within themselves. His global efforts span over one hundred countries, bringing a practical message of hope, happiness, and peace to all, one person at a time.

Prem Rawat is the New York Times bestselling author of *Hear Yourself: how to how to find peace*

in a noisy world and the creator of the highly successful PEACE EDUCATION PROGRAM, now used in eighty-four countries. Prem is a fixed-rotor wing pilot, with more than 14,500 hours experience. He is a photographer, cook, classic car restorer, a father to four children and a grandfather of four.

Excerpts from his book
'BREATH'

Travelers feel relief when they reach their destination. It is like when you come home or when you find what you are looking for. Even when you don't know what you are looking for, you know instantly when you find it and you say 'This is it. This is what I was looking for'

You feel a tremendous sense of relief.

The journey to the self is a journey to you. When you come home, you will see the world in a changed way. The world is not going to make peace with you. You have to make peace with the world.

If you want that joy in your life, rediscover in yourself the heart of a child. When we can once again see with pure eyes of our heart, then we can appreciate the gift we have been given, the gift of existence. That yes it means something that I am alive. I was given the gift of life. I am given the gift of this breath again, again and again.

Go within and feel what is happening inside of you. The coming and going of that breath. Find that beauty, feel the energy. find the reality.



Maintaining a good relationship with one's kith and kin.



By: J A Rajah

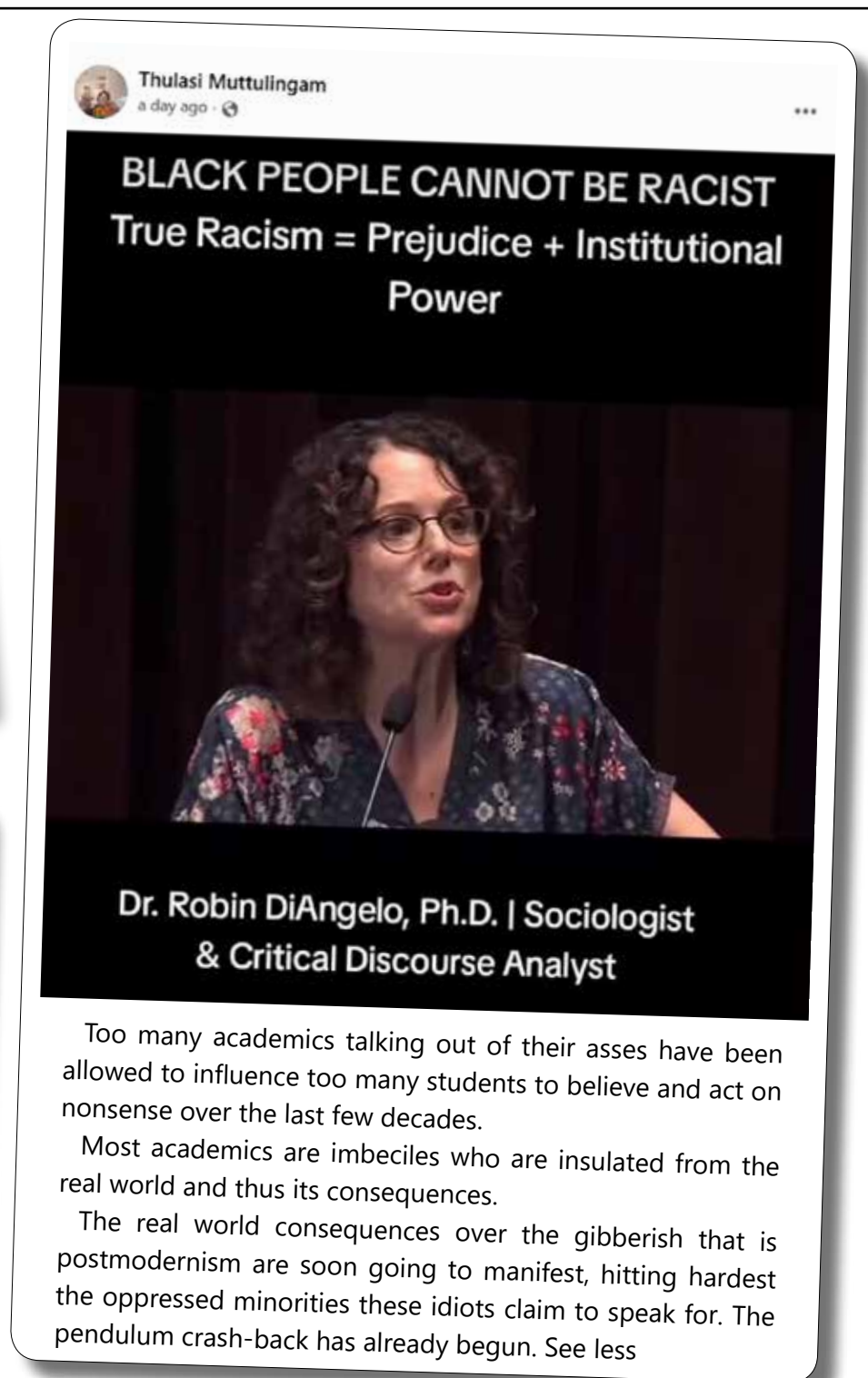
1. The difficulty and weariness a woman undergoes when she gives birth to a child vanishes when it is given in her hands. It is like the happiness of a man who has strived hard to gain wealth, finds himself in a position to show hospitality to his kith and kin.

2. The tree provides shelter to those who come under it to get shelter from heat and its torments. Similarly, trees with ripe fruits provide fruits for those who come to them. Therefore, it is good for a man who has earned a lot of money to be helpful for others to live happily.

3. The noble people will not consider people who come to them as a burden. Though the tree brings forth many fruits, the branches will be ever ready to carry them.

4. The friendship with the lowly will not last long even if we are very cordial to them. The kindness of righteous men will always prevail for their kith and kin.

5. Only those who do not seek to find out about the details of their guests and volunteer to help and redeem them from suffering can be considered great men.



SPECIAL FEATURE



TAMIL FEST 2026 CELEBRATES 40 YEARS OF TAMIL MIGRATION TO CANADA WITH A HISTORIC AND VIBRANT WEEKEND IN MARKHAM



The 11th edition of Tamil Fest, the largest Tamil street festival held outside of South Asia, concluded with resounding success after taking over Birchmount Road in the City of Markham on August 22nd and 23rd. Organized by the Canadian Tamil Congress (CTC), this year's landmark event held profound historical significance as it marked the 40th anniversary of the Tamil migration journey to Canada. To educate attendees and honor this milestone, the festival prominently showcased one of the original, historic lifeboats from the famous 1986 journey off the coast of Newfoundland, which carried 155 Tamil refugees to safety.

This deep sense of history set a beautiful backdrop for the festival's artistic performances, which seamlessly brought Tamil traditional arts to life simultaneously across two separate stages. Despite the rain, enthusiastic crowds gathered from all over, demonstrating an unbreakable community spirit as they enjoyed non-stop energy throughout the weekend. The festival grounds were filled with vibrant entertainment featuring renowned playback singers, highly talented musical bands, and traditional folk dancers, balanced by unique "diversity hours" that celebrated multicultural unity.

Beyond the stages, attendees indulged in a rich variety of authentic street food, music, and so-



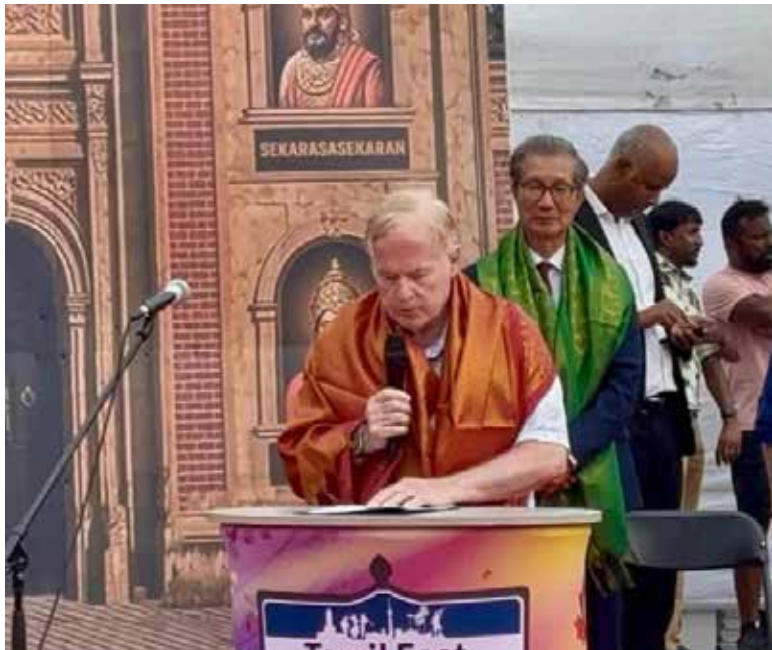


SPECIAL FEATURE

cial dancing, while families enjoyed a dedicated, fun-filled kids' section that made the street festival a memorable multi-generational experience.

The weight and success of this milestone festival were heavily elevated by the presence of government officials representing all three levels of state leadership, who came out to show solidarity with the community.

The Canadian Tamil Congress shares its warmest appreciation to all sponsors, tireless volunteers, community supporters, media partners, and the general public for their incredible backing. CTC extended a special note of gratitude to the City of Markham and the regional police officers, whose support and security oversight ensured a safe, smooth, and welcoming environment for everyone.



SPECIAL FEATURE



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HER GREAT LOVE

Kumar Punithavel

The title Kurunthokai literally means collection of short ones in Tamil. Traditionally in Sangam literature we have eight anthologies called Ettuthokai. Kurunthokai is one of them. The poems in this collection have between 4 to 8 lines except two which have nine lines. It is believed these poems were written between 100 and 300 common era. Though there are thousands of poems in Sangam literature, there is only one poem composed by Thevakulathar the author of this poem. The name Thevakulathar in Tamil, literally says he is from Theva community. The poem is narrated in the form as if the heroine expresses the great love, she has towards her lover to her friend who had criticized the hero for not coming and marrying her.

However, the heroine realizing her lover was eavesdropping from the other side of the fence, and will be overhearing what she was saying, decided to use the opportunity and convince him of her great love. She started by describing the physical description of her love followed by the emotional aspects of her love.

She starts her description by saying, that her love was bigger than whole wide earth and was tall, as high as the sky;

Larger than the earth, and higher than the sky,

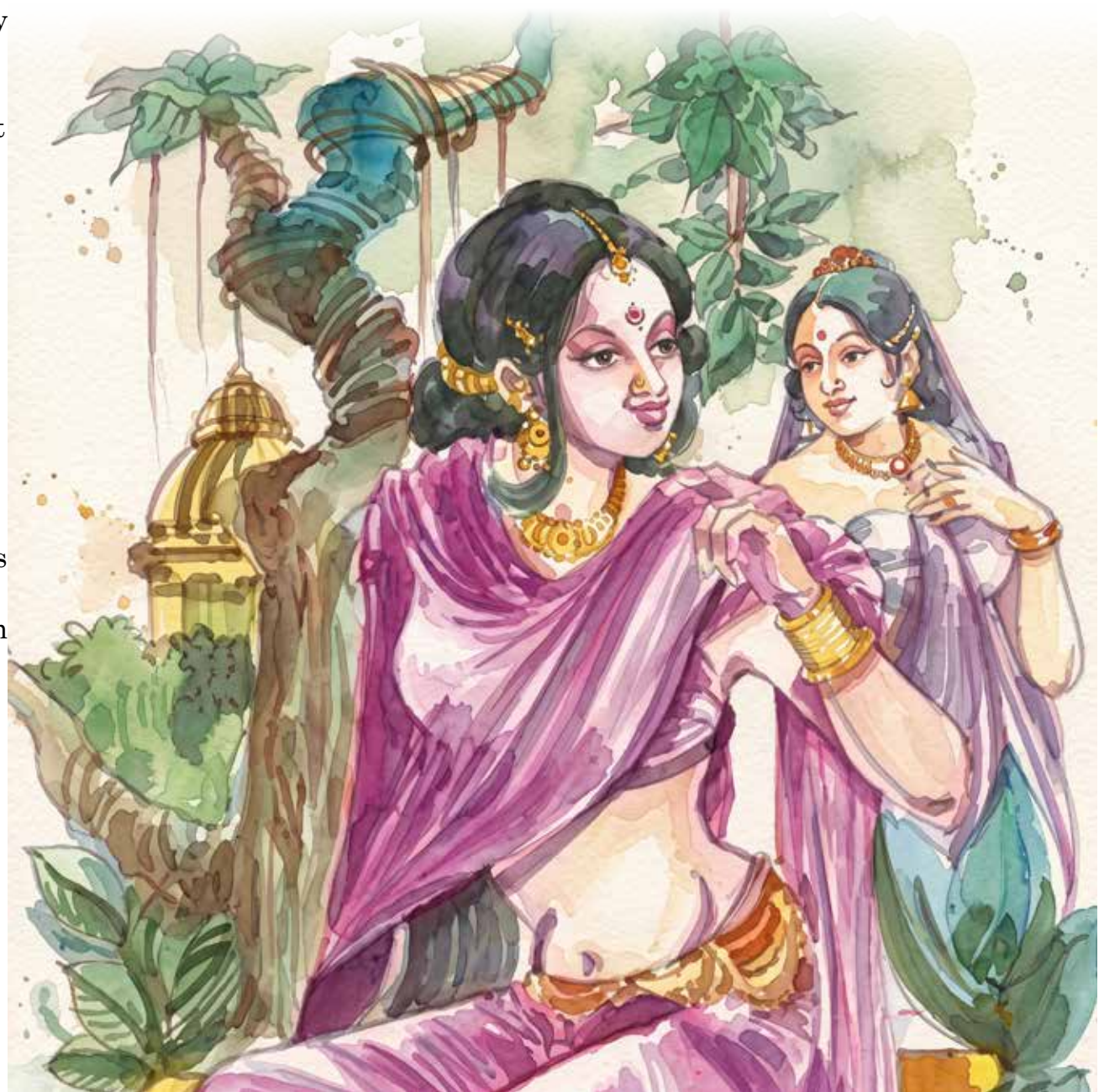
நிலத்தினும் பெரிதே, வானினும் உயர்ந்தன்று,

Next, she wants to express how deeply she loved her lover by comparing her love to the deep ocean,

So deep like ocean cannot be measured,

நீரினும் ஆரளவின்றே, சாரல்

Now she wants to describe the emotional effect of the friendship



she has on him by saying it to be sweet like the sweet honey collected on the sloping terrain from the Kurinji flowers by bees on the mountain. Kurinji is a blue coloured flower that blooms once in twelve years in the western hills.

My love to him is sweeter than honey collected

By the bees from the sloppy mountains, From dark stemmed Kurinj flowers.

கருங்கோல் குறிஞ்சிப் பூக் கொண்டு

பெருந்தேன் இழைக்கும் நாடனோடு நட்பே.

Larger than the earth, and higher than the sky,

So deep like ocean cannot be measured, My love to him is sweeter than honey collected,

By the bees from the sloppy mountains,

From dark stemmed Kurinj flowers.

நிலத்தினும் பெரிதே, வானினும் உயர்ந்தன்று
நீரினும் ஆரளவின்றே, சாரல்
கருங்கோல் குறிஞ்சிப் பூக் கொண்டு
பெருந்தேன் இழைக்கும் நாடனோடு நட்பே.

In those ancient times in Tamil Nadu there were not many facilities for writing. They used Palmyra leaves to write on, using metallic scrawls. Recent radiometric dating from archeological sites in Tamil Nadu has shown that use of iron in the region began over 5300 years ago. They had to be brief in whatever they wrote. One could see so much information condensed in four lines. These short poems have lasted for more than two thousand years, still drawing the attention of the reader.

SPECIAL FEATURE

SMALL CHILDREN - SOME OF LIFE'S GREATEST JOYS



By: J A Rajah

A. The Need to cultivate good habits in children:

Small children provide a very pure form of joy in a world much in need of it. Babies, toddlers, and young children often bring wholesome laughter, happiness, fun, affection, and love into the lives of those they interact with, including parents, grandparents, uncles, aunts, friends, and more. They are indeed some of life's greatest joys. A Tamil film song profoundly illustrates the values of well-brought-up children. It asserts that the country is dependent on these children. The country's history rests on the shoulders of small children. It is the qualities that they cultivate in their childhood days that help them to grow up as great persons. Kindness, responsibility, and patience, when cultivated at a tender age, make them grow to be great leaders. Knowledge produced Valluvar, Love produced Vallalar (Vallalar is an adage for Ramalinga Swamigal of Tamil Nadu), and Poetry produced Bharathy. If one makes a mistake, he must correct himself; if one blunders, he must repent and change himself. It is the qualities one cultivates in childhood that pave the way for greatness in adulthood. All these are skilfully expressed in the old cinema song - "Nalla, nalla pillai galai nambi, intha nade irukkuthu, thamby".

B. The Children's Infective Nature To Produce Joy:

Little children can't help but make adults laugh. A child's understanding of measurement, money, time, how words are pronounced, when to copy things adults do or say-more often than not, it all brings about laughter and joy. Being around babies, toddlers, and small children is often a time for laughter. Children add to the joy of the world through their innocence. The world is a tough place, but children don't know it yet. They haven't been touched by the world's toughness, so they are still naturally innocent, sincere, positive, humble, and joyful. The innocence of children and their lack of pride-along with other good qualities, like their willingness to trust and their authenticity-are why Jesus Christ said, "Whoever does not receive the kingdom of God as a little child will by no means enter it". Children add to the joy of the world by being full of joy and happiness themselves. The job of small children is to play, run, jump, make friends, learn, and explore. Almost entirely without responsibilities or other weight on their little shoulders, children naturally do not worry about anything. Most of us use that frame of mind as we get older. Watching small children enjoy life with happiness and excitement, without care in the world, adds joy to the world and to our lives.

C. Problems with Children and the Need to solve them wisely:

Sadly, many today choose not to have children, preferring

a pet or even abortion to parenting. Children and children's children are the crown of old men. There is no doubt that parenting brings many challenges that pale in comparison to the rewards. It is the duty of the parents to teach their children to live righteously both by training and example.

Days and nights with babies, toddlers, and young children also include the not-so-extreme-joyful parts of parenting, which can make the days and nights feel very long. Occasional nights may include crying, feeding, nursing, holding, and rocking-but little sleeping. Some days may be stretched by temper tantrums, whining, sickness, pills, discipline, correction, and less-than-ideal attitudes. Parents of little ones feel that "The days are long, but the years are short".

Many parents of grown children have said that they miss the days when their kids were little. Older children, teens, and grown children bring different and wonderful joys as well, but in particular, the closeness, intimacy, affection, and bond that parents have is with their smaller children. Perhaps this is one reason why grandparents adore their grandchildren- because they get a chance to delight in that phase of life.

That is why moral books tell us 'to live joyfully with your partner with whom you live all our life in the world. Whatever your hands find to do, do it with your might. There is no work or device or knowledge or wisdom in the grave where you are going'. Life is short and that is why we should enjoy the gifts given to us. We should enjoy parenting with our might.

D. Children-the Joy of our loves:

We must savor the moments with the precious little ones in our lives. Enjoy Games of peekaboo and hide and seek, times at the park and closet. Enjoy how they fully engage and listen to books you read to them or stories you tell them while sitting on your lap. Enjoy picking them up and carrying them on your back or on your shoulders. Enjoy their humor, innocence, imagination, trust, authenticity, affection, smallness, and youth. Enjoy each phase of their lives as they grow. Some days will feel long, but years will fly away. We must enjoy each moment with small children because it is one of life's greatest joys."

*"Children are a marvel to observe,
Each moment becomes more satisfying,
Even when the days are challenging,
Rewards of success are gratifying."*

- Anne Moore.



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PREPARING CHILDREN FOR SCHOOL

Hellen Gonichie (*Teacher, TDSB*)

For parents with school-aged children, the beginning of the new school year is filled with excitement, new expectations and unexpected challenges. Every parent wants to see their child succeed academically while also feeling happy, confident, and supported at school. The habits and routines established at the beginning of the school year can have a significant impact on your child's success. Taking a few simple steps in September will help you set your child up for a positive, productive and successful school year.

First, before school begins, equip your child with all the essential school supplies they will need for a successful start. Being prepared on the first day helps children feel more confident and ready to learn. They should have a sturdy backpack that is appropriately sized to comfortably hold school materials, as well as a pencil case stocked with pencils, an eraser, and a sharpener. Intermediate and high school students should have subject folders or binders to keep their work organized, along with math tools such as a calculator, compass, protractor, and a ruler. Taking the time to gather these supplies before school starts helps ensure your child can focus on learning rather than worrying about missing materials.

Next, attend your child's Curriculum Night, which is usually held in September or October. This is a great opportunity to learn about your child's classroom routines, curriculum expectations, homework practices, and assessment methods. It also gives you the chance to meet the classroom teacher, ask questions, and become familiar with the learning environment where your child will spend the majority of the school year. Before attending, write down a few questions to ask the teacher. If a course outline or syllabus is provided, keep it in an easily accessible place at home so you can refer to it throughout the year and stay informed about your child's learning. If you do not already have the teacher's email address, ask to have it so you can communicate when questions or concerns arise throughout the year. Overall, Curriculum Night gives you the information you need to understand what is expected of your child and how you can support their learning at home throughout the school year.

At home, set aside time each weekend to review your child's schoolwork together. Encourage your child to bring home their notebooks, folders, and completed assignments on Fridays so you can see what they have been learning throughout the week. As you review their work, check that assignments are completed, corrections have been made, handwriting is neat and legible, and papers are organized in the appropriate folders or binders. This is also an excellent opportunity to discuss what your child learned, answer questions, and encourage them to review their notes in preparation for upcoming quizzes and tests. Establishing this weekly routine helps children develop strong organizational and study habits, reinforces the importance of completing quality work, and teaches them to take responsibility for their learning.

Furthermore, provide a comfortable and dedicated space at home where your child can complete homework and study. The space should have good lighting, a sturdy chair, and enough table or desk space for books, notebooks, and school supplies. Where possible, choose an area that is quiet and free from distractions. Turn off the television and keep devices such as iPads, phones,



gaming consoles, and other electronics out of reach unless they are needed for schoolwork. Establishing a consistent homework routine in the same location each day can help children develop positive study habits, improve their ability to focus, complete their work more efficiently, and ultimately support their academic success. One of the most important skills that supports learning across all subjects is reading. Encourage your child to make reading a regular part of their daily routine, particularly on days when they are not overloaded with homework. If your child has difficulty with reading or has little interest in books, they may need books that better match their reading ability. At the library, ask the librarian about high-interest, low-reading-level books, which are written with simpler vocabulary and sentence structures but contain topics and stories that are interesting for older children. These books are especially helpful for students who find reading challenging because they allow them to enjoy age-appropriate content without becoming overwhelmed by the reading level. Gradually this will build their confidence and strengthen their reading skills over time.

Similar to Curriculum Night, another opportunity to speak to your child's teacher is during parent-teacher conferences held in November and February. Even when your child appears to be doing well, these meetings are valuable opportunities to stay informed about their academic progress, classroom participation, social development, and areas of strength. Your child's teacher may also notice changes or concerns that may not be immediately obvious at home. If a small academic, behavioural, or social concern does arise, discussing it early can make it much easier to address before it develops into a larger problem. Use this conference time as an opportunity to ask questions, share relevant information about your child, and set new goals for your child.

Finally, just as important as academic preparation is supporting your child's mental health and well-being. While the beginning of the school year can be stressful for parents, it can also be an anxious time for children. After being away from school all summer, they may feel nervous about their new classroom, classmates,

teacher, or unfamiliar routines. To support your child's mental health and well-being, talk openly about any worries they may have and encourage them to share their thoughts and feelings. Remind your child that it is normal to feel nervous about new experiences and help them focus on the positive aspects of returning to school, such as seeing friends, learning new things, and participating in activities they enjoy. If feelings of anxiety or stress become overwhelming or continue for an extended period, consider reaching out to your child's teacher, school staff, or a health professional for additional support. When children are prepared for school, stay organized, read regularly, have a supportive place to study, and know that their parents are interested in their learning, they are more likely to develop confidence in their abilities. As children begin to understand their schoolwork, overcome challenges, and see their own progress, they can develop a greater sense of accomplishment and, over time, a genuine love of learning. Taking these important steps throughout the school year will set your child up for success and instill life-long positive learning habits.



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— Gluten Diet —

By: Chef Nate 

Gluten is a protein found primarily in wheat, barley, and rye. It gives dough its elasticity and helps bread rise, contributing to its familiar chewy texture. The word gluten comes from the Latin word for “glue.”

Gluten is commonly found in foods such as bread, pasta, cereals, and baked goods. For people with certain health conditions, avoiding gluten may be necessary. A healthcare professional may recommend a gluten-free diet for individuals who experience symptoms after consuming gluten or who have a condition that requires them to avoid it.

Foods to Avoid on a Gluten-Free Diet

Completely avoiding gluten can be challenging because it is found in many common foods and ingredients. Wheat is one of the primary sources of gluten in the diet. Wheat-related ingredients include wheat bran, wheat flour, spelt, durum, kamut, and semolina. Barley, rye, and malt also contain gluten.

Some foods that may contain gluten include:

Bread: Wheat-based breads and rolls

Pasta: Traditional wheat-based pasta

Cereals: Many types of cereal, unless specifically labeled gluten-free

Baked goods: Cakes, cookies, muffins, pastries, and breadcrumbs

Snack foods: Candy, granola bars, crackers, pretzels, flavored chips, roasted or flavored nuts, and other packaged convenience foods

Sauces and condiments: Soy sauce, teriyaki sauce, hoisin sauce, marinades, and some salad dressings

Beverages: Beer and some flavored alcoholic beverages

Other foods: Pizza, couscous, and some broths and soup bases, unless they are labeled gluten-free

Because gluten can sometimes be hidden in processed foods, it is important to read ingredient lists and food labels carefully.

Naturally Gluten-Free Foods

Fortunately, many nutritious foods are naturally gluten-free. These include:

Meat, fish, and poultry: Fresh, unbreaded and uncoated meats, fish, and poultry

Eggs: Whole eggs, egg whites, and egg yolks

Dairy: Plain milk, yogurt, cheese, and other unflavored dairy products

Fruits: Berries, melons, pineapple, bananas, oranges, pears, peaches, and more

Vegetables: Broccoli, tomatoes, onions, peppers, mushrooms, asparagus, carrots,

potatoes, and more

Gluten-free grains: Rice, quinoa, buckwheat, corn, millet, sorghum, amaranth, arrowroot, teff, and tapioca

Oats: Oats that are specifically labeled gluten-free

Gluten-free flours and starches: Potato flour, cornstarch, corn flour, chickpea flour, soy flour, almond flour or meal, coconut flour, and tapioca flour

Nuts and seeds: Almonds, walnuts, pistachios, cashews, hemp seeds, chia seeds, flaxseeds, and others

Fats and oils: Vegetable oils, olive oil, coconut oil, butter, and margarine

Herbs and spices: Black pepper, turmeric, oregano, thyme, rosemary, parsley, cilantro, and many others

Beverages: Most beverages, although beer generally contains gluten unless it is specifically labeled gluten-free

Read Labels Carefully

Following a gluten-free diet requires more than simply avoiding bread and pasta. Gluten can be present in sauces, seasonings, processed foods, and other products where you may not expect it.

When purchasing packaged foods, check the ingredient list and look for products clearly labeled “gluten-free.” If you are unsure about an ingredient or product, consult the manufacturer or choose an alternative that is clearly identified as gluten-free.

It is also important to remember that naturally gluten-free foods can come into contact with gluten-containing foods during preparation. This is particularly important for people who must strictly avoid gluten.

If you are considering a gluten-free diet or have been advised to follow one, speak with a healthcare professional or registered dietitian. They can help ensure that your diet remains balanced and provides the nutrients your body needs.

A gluten-free diet does not have to be complicated. With careful label reading, thoughtful food choices, and a little planning, you can enjoy a wide variety of nutritious and delicious foods.

Enjoy!



Chicken Stir-Fry w/Rice (gluten free)

Yield: 6 people

Ingredients

FOR THE SAUCE:

- ✓ 1/2 cup chicken broth
- ✓ 1/4 cup gluten-free soy sauce
- ✓ 3 Tablespoons brown sugar
- ✓ 1 teaspoon sesame oil
- ✓ 1 tablespoon cornstarch or arrowroot
- ✓ ¼ teaspoon red pepper flakes

FOR THE STIR-FRY:

- ✓ 1 lb boneless, skinless chicken breast, cut into 1-inch cubes
- ✓ salt and pepper to taste
- ✓ 2 tbsp oil, divided
- ✓ 2 cups broccoli florets
- ✓ 1 red bell pepper, cut into 1-inch pieces
- ✓ 1/2 cup carrots, shredded or thinly sliced
- ✓ 2 green onions, white and green parts
- ✓ 2 tsp minced ginger
- ✓ 2 garlic cloves, minced

Instructions

1. In a small bowl or measuring cup, mix all the sauce ingredients. Set aside. Season the chicken with salt and pepper.
2. Heat a large skillet over medium-high heat. Add 1 tablespoon oil and heat for 30 seconds. Add the chicken and cook until cooked through, for about 5 minutes. Remove the chicken from the pan and place it on a plate.
3. Add 1 tablespoon oil to the now empty skillet, followed by the broccoli, red pepper, and carrots. Cook for about 5 minutes, or until crisp-tender. Add the green onions, ginger, and garlic and cook for another minute.
4. Add the chicken back to the pan. Pour in the stir-fry sauce and bring to a simmer. Simmer for 2-3 minutes until thickened and heated through. Serve with hot cooked rice.



WALKING AND CYCLING



Richmond Hill is proud to provide Residents and visitors with many opportunities to explore the city by bike, on foot, and other forms of active transportation. The city is home to a network of over 1,046 km of walking and cycling facilities, including sidewalks, walkways, bicycle lanes, cycle tracks, multi-use paths, and trails.

In the coming years, we will continue to expand this network of walking and cycling facilities. You can learn more about these plans in Richmond Hill’s Transportation Master Plan, which was approved by Council on December 13, 2023.

Cycling in Richmond Hill

Richmond Hill’s cycling network includes a rapidly growing number of bicycle lanes, cycle tracks, multi-use paths and off-road trails. Whether for recreation or commuting, cycling is a great way to explore our city.

Bike Parking and Theft Prevention

Richmond Hill has free bike lockers and parking at some community facilities. These lockers are for cycling gear only. You are encouraged to bring your own lock. Park your bike for free when you visit the following places:

- Bayview Hill Community Centre
- Richvale Community Centre
- Rouge Woods Community Centre
- Ed Sackfield Arena
- Operations Centre

All York Region residents can also register their bicycles with the York Regional Police. Once registered, you will be contacted in the case that your bike is recovered. For more resources on bicycle safety, visit the York Region Police’s information page.

Shared Path and Trail Etiquette

- Follow these guidelines when enjoying our trails and paths:
- When walking or riding on shared trails, all users (pedestrians and cyclists) should **keep to the right side of the trail**, except when actively passing other users.
 - **Cyclists should slow down**, control their speed, and always be mindful that there are different types of users present on the trail.
 - **Cyclists should always pass on the left**. To do so, slow down, ensure the trail ahead of you is clear for passing, and alert other trail users (pedestrians and cyclists) by ringing your bell. Cyclists should give those that they are passing enough time to respond to their alert and watch for their reactions before proceeding.
 - **Don’t block the trail** – if you need to stop, move off to the side so that you don’t impede the movement of other trail users.
 - **Always keep pets on short leashes** to minimize tripping or impeding the movement of other trail users.

Safety Equipment

Cyclists should ensure that their bicycles are in good working order and equipped with all necessary safety accessories before beginning a trip. For more information on how to equip your bike with proper safety accessories and select a well-fitted helmet, visit York Region’s Cycling Education page.

Hand Signals

Since bikes are not equipped with turn signals or brake lights,

cyclists should use hand signals to proactively communicate when they are going to turn, change lanes, or stop. Use the following hand signals to clearly communicate your intentions while riding:

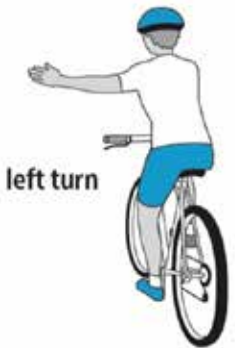
Stopping:

Before stopping, extend your left upper arm out to the left, parallel to the road and angle your forearm vertically downward.



Left turn:

Before making a left turn, extend your left arm straight out in the direction of the turn, parallel to the road.



Right Turn:

Before making a right turn, extend your left upper-arm out to the left, parallel to the road and angle your forearm vertically upward.



Alternate Right Turn:

Before making a right turn, you can also extend your right arm straight out in the direction of the turn, parallel to the road.





THE CORPORATION OF THE CITY OF MARKHAM AND INDY ECONOMIC DEVELOPMENT INC. SIGN ECONOMIC DEVELOPMENT PARTNERSHIP

Agreement connects two globally-minded communities with shared strengths in advanced industries, innovation and technology

August 21, 2026 — The Corporation of the City of Markham and Indy Economic Development Inc. (IEDI) this week signed a memorandum of understanding (MOU) in Markham, establishing a formal partnership in pursuit of deeper collaboration between two globally-connected communities with shared strengths in advanced industries, innovation and technology.

“Great partnerships start with shared ambition, and Markham and Indianapolis both compete far beyond their borders in delivering a best-in-class place to do business,” said Andrea Richter-Garry, President and CEO of IEDI. “This formalizes a relationship built on aligned strengths — advanced industries, innovation and a global outlook while creating a framework for collaboration that produces real return on investment in the form of new business opportunities, job creation and economic growth for both communities.”

“This announcement reinforces Indianapolis and Markham’s shared drive to compete and succeed on a global stage,” said Vinay Sharda, Director, Economic Growth, Culture and Entrepreneurship at the City of Markham. “We look forward to working together and building on our mutual dedication to innovation and economic competitiveness. This partnership will enable both of our communities to strengthen business and economic ties, cultivate strategic partnerships, and advance opportunities that generate investment, foster innovation, and support economic success.”

Richter-Garry signed the agreement on behalf of IEDI, and was joined by Sharda, who signed on behalf of The Corporation of the City of Markham.

The relationship took shape earlier this year when IEDI hosted City of Markham officials for the Indianapolis 500. Markham’s successful hosting of the inaugural Ontario Honda Dealers Indy at Markham race over the weekend also presents the motorsports economy as an area for partnership.

The agreement builds on strong existing ties between Indiana’s capital city and Canada. Indianapolis is home to 22 Canadian companies.

Markham is the largest municipality in York Region, in the heart of the Greater Toronto Area. It enjoys a



Left to right: Vinay Sharda, Director, Economic Growth, Culture and Entrepreneurship at the City of Markham; and Andrea Richter-Garry, President and CEO of Indy Economic Development Inc. (IEDI).

rich heritage, award winning cultural venues, and a vibrant local economy. Markham is home to approximately 9,900 businesses, including more than 650 corporate head offices and more than 1,500 high tech and life science companies, employing 35,000+ highly-skilled workers. Markham is also the largest semiconductor cluster in Canada.

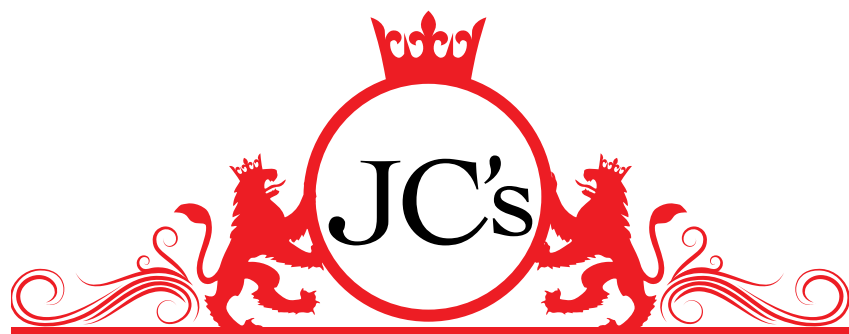
Through the MOU, the two communities will facilitate business-to-business connections, investment attraction and support for company expansion and market entry in both jurisdictions; collaboration among industry leaders, innovation ecosystems, academic institutions and entrepreneurs; opportunities tied to motorsports and major sporting events; cooperation across strategic sectors including technology, life sciences, advanced manufacturing and emerging industries; and joint trade missions, coordinated delegations and the exchange of best practices in economic development. This will reinforce both communities’ continued focus on business attraction, retention and expansion, international partnerships and strategic development opportunities, supporting their long-term economic competitiveness.

About the City of 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.

About Indy Economic Development Inc.:

Indy Economic Development Inc. works to advance economic growth, business attraction, retention, expansion and real estate development efforts for the city of Indianapolis. Through strategic partnerships and a focus on long-term competitiveness, IEDI supports investment, job creation and inclusive economic opportunity across Indianapolis. For more information, visit indyecondev.com.



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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.

DTA'S ANNUAL BBQ

DTA held its annual BBQ, offering free hamburgers, hot dogs, and biriyani thanks to the generous support of our donors and sponsors.

Even with the challenging weather, the community came together, had fun, and made the event memorable. A heartfelt thank-you to all DTA volunteers, your commitment is what makes events like this possible.

FAMILY KARAOKE NIGHTS ON FRIDAY

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

We will provide your favorite tunes so get ready to create lasting memories. Don't miss out on this amazing opportunity to come celebrate your talents.



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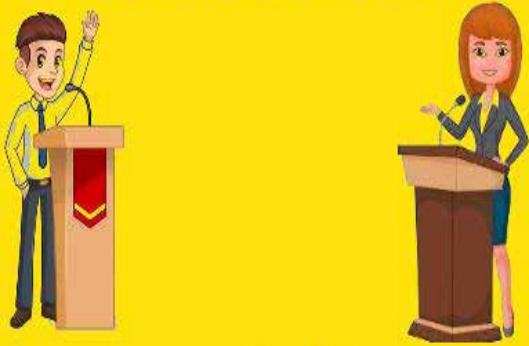
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DTA'S HOMELAND PROJECTS

DTA is proud to announce that we have completed over 130 homeland projects as of July 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.

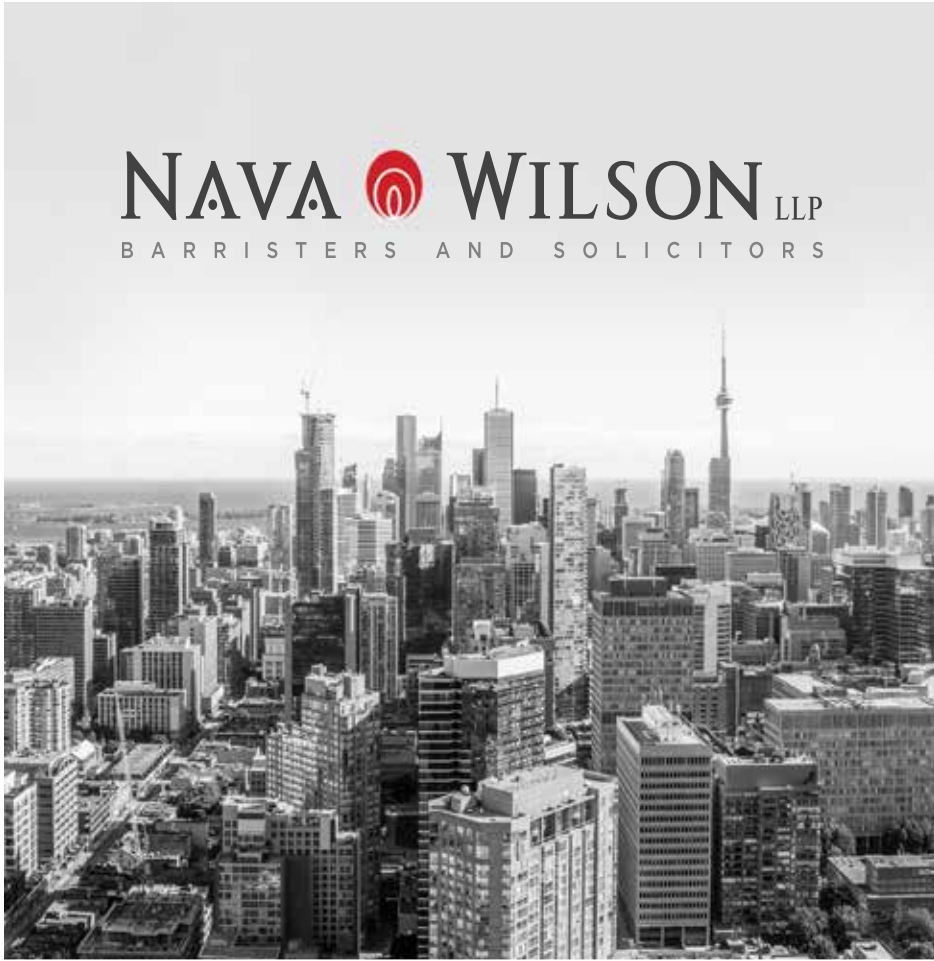
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DTA thanks our annual sponsors Computek College of Business, Healthcare & Technology. **Nava Wilson LLP. Chapel Ridge Funeral Home & Cremation Ctr, Shilo Financial** and all our sponsors for your continued support throughout the year. If you are interested 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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www.navawilson.law

DTA SENIOR'S SEP MONTHLY MEETING

DTA Senior's monthly meeting will be held on Sunday September 27, 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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WHAT RESIDENTS SHOULD KNOW ABOUT ALGAE IN BRAMPTON STORMWATER PONDS

From mid-July to mid-September, Brampton's stormwater ponds may take on a green or cloudy appearance as warmer temperatures contribute to increased algae growth. While the change may be noticeable, most algae growth is a normal part of the pond ecosystem and is not a cause for concern. With more than 180 stormwater ponds across Brampton helping to manage stormwater runoff, reduce flood risk, improve water quality and support local ecosystems, the City is sharing what residents should know about seasonal algae.

What are stormwater ponds?

Stormwater ponds are designed to temporarily store stormwater, giving sediment and pollutants time to settle before cleaner water is gradually released into local creeks and rivers.

These ponds collect rainwater and snowmelt runoff from surrounding neighbourhoods. As water flows over rooftops, roads, sidewalks and parking lots, it carries sediment, nutrients and other pollutants into the pond.

Why do stormwater ponds turn green?

Because stormwater ponds collect runoff from across the community, their appearance naturally changes throughout the year. Water levels, aquatic plants and algae can all vary depending on rainfall, temperature and seasonal conditions. In most cases, some algae growth is a normal part of a healthy, functioning stormwater pond.

Blue-green algae (cyanobacteria) are one type of naturally occurring algae. Under certain conditions, including warm temperatures and elevated nutrient levels, they can multiply rapidly and form blooms.

Not all algae are harmful. Algae naturally occur in ponds, lakes and rivers and play an important role in healthy aquatic ecosystems. While not every bloom produces toxins, in rare cases, some blue-green algae can produce toxins that may be harmful to people, pets and wildlife.

How to recognize a potential blue-green algae bloom

Although laboratory testing is needed to confirm a bloom, potential blue-green algae may appear as:

- ▶ A blue-green or turquoise film on the water's surface
- ▶ Water that looks like spilled paint
- ▶ Thick green water resembling pea soup
- ▶ Clumps that resemble fine grass clippings



A photo of a blue green algae bloom.

Credit: Credit Valley Conservation

What to do if you suspect a bloom

If you believe you've identified a potential blue-green algae bloom:

- ▶ Do not enter the water
- ▶ Keep children and pets away from the shoreline
- ▶ Report a suspected blue-green algae bloom to:
 - ▶▶ Ontario Spills Action Centre: 1-866-MOETIPS (663-8477), TTY: 1-855-889-5775
 - ▶▶ Peel Public Health: 905-799-7700

Residents with general questions about stormwater ponds or who are unsure where to direct their concerns can also contact 311 for assistance. If a bloom is confirmed, advisory signage around the affected pond is installed to notify the public and help keep residents safe.

Help protect Brampton's waterways

Everyone can help protect local water quality by reducing the amount of nutrients entering Brampton's stormwater ponds.

Residents can help by:

- ▶ Using fertilizers sparingly
- ▶ Picking up pet waste
- ▶ Keeping leaves and grass clippings out of streets and storm drains
- ▶ Never dumping waste, chemicals or other materials into catch basins.

These simple actions help reduce excess nutrients entering stormwater ponds and keep Brampton's waterways healthier for people, pets and wildlife.

To learn more about stormwater ponds, water quality, seasonal algae and frequently asked questions, visit the City's Stormwater Pond FAQ webpage.



Attention landlords and tenants: New renovation and repair rules start September 1

If you rent your home or own a rental property in Mississauga, new rules are coming into effect this fall that could affect you.

Starting September 1, 2026, the City's Rental Repairs and Renovations Licensing By-law will introduce new requirements for landlords and stronger protections for tenants when major repairs or renovations require a tenant to leave their unit.

The by-law was developed with input from tenants, landlords and community groups across Mississauga. These changes will help make the eviction process clearer and fairer, while reducing housing instability and helping protect the City's supply of affordable rental housing.

What is a "renoviction?"

A "renoviction" happens when a landlord asks a tenant to leave their unit so they can complete major repairs or renovations.

In Ontario, landlords must follow the N13 Notice process when doing this. The work must be significant, require a building permit and require the unit to be vacant.

An N13 Notice is not an eviction order. Tenants do not have to move out immediately. Only the Landlord and Tenant Board can decide whether an eviction order should be issued.

Problems happen when this process isn't followed properly or when renovations are used to permanently evict tenants. The City's new by-law adds oversight to help prevent issues.

What's changing for landlords

Under the new by-law, landlords who issue an N13 Notice must apply for a City licence within seven days of issuing the notice.

To get a rental repair or renovation licence, landlords must:

- ▶ Show the work is necessary and requires the unit to be empty.
- ▶ Have a valid building permit.
- ▶ Provide required notices and information to tenants.

Renovation or major repair work cannot begin until both a building permit and a City licence are in place.

Once licensed, landlords must provide tenants with extra compensation, where required and keep them informed throughout the repair or renovation process.

The City licence is in addition to a landlord's responsibilities under the Residential Tenancies Act,

2006. Landlords must continue to comply with all applicable provincial requirements.

If landlords don't follow the new City rules, they may face fines or penalties.

What tenants should know

If a tenant is being evicted because of major repairs or renovations, there are new protections for them and new steps their landlord must follow.

Tenants will receive a Tenant Information Package explaining what's happening and what their options are.

If a tenant receives an N13 Notice, they have four options:

- ▶ Stay in their rental unit and challenge the N13 Notice through the Landlord and Tenant Board.
- ▶ Move out of their rental unit permanently.
- ▶ Move into an alternate rental unit, if offered by their landlord
- ▶ Move out temporarily and return to their rental unit after the work is completed.

If a tenant chooses to return, their landlord must allow them to move back in and their rent cannot be increased beyond what would have been legally allowed if they had not moved out.

Depending on their situation, tenants may be entitled to:

- ▶ Compensation under the Residential Tenancies Act, 2006.
- ▶ A one-time Moving Contribution under the City by-law.
- ▶ Monthly Top-up Payments if they temporarily relocate and plan to return to their rental unit.

Tenants should also receive updates from their landlord throughout the

renovation process. These steps are meant to help offset the impacts of leaving their home, improve communication and keep them informed throughout the process.

If something doesn't seem right, tenants can contact the City for support.

Know who does what

The by-law works alongside provincial rules, but each has a different role.

▶ The City of Mississauga manages licensing, monitors compliance and enforces the by-law, including requirements for tenant communication, moving expenses and top-up payments.

▶ The Landlord and Tenant Board decides whether an eviction is valid and resolves disputes, including those about a tenant's right to compensation under the Residential Tenancies Act, 2006.

The City does not issue eviction orders, decide whether an N13 Notice is valid or hear disputes related to compensation, the right to return, or other tenant rights under the Residential Tenancies Act, 2006.

Learn more and get help

More information is available on the Rental Repairs and Renovations Licence page, including resources for tenants, landlords and a copy of the Rental Repairs and Renovations Licensing By-law.

If you have questions or want to learn more, call 311 (or 905-615-4311 if calling from outside Mississauga).

**Rental Repairs
and Renovations
Licensing
By-Law**
Supporting tenants
and landlords.





SPECIAL FEATURE

UTHIRAKOSAMANGAI TEMPLE, RAMANATHAPURAM, TN, INDIA

Compiled by Kidambi Raj

INTRODUCTION

Uthirakosamangai, also known as Mangalanatha Swamy temple, is a Shiva temple situated near Ramanathapuram in Tamil Nadu. Uthirakosamangai temple is located on an area of about 20 acres. The temple is considered sacred along the lines of Ramanathapuram, Sethu Madhava Theertham and Lakshmana Theertham. The temple is a prominent tourist destination of Ramanathapuram district. The temple has numerous shrines, with those of Mangalanathar, Mangalambigai and Natarajar being the most prominent. The temple houses a 6 ft (1.8 m) tall ancient *maragatha* Nataraja idol carved out of emerald, being the one of its kind. The temple has six daily rituals at various times from 5:30 a.m. to 8 p.m., and six yearly festivals on its calendar. The temple is maintained and administered by the Hindu Religious and Endowment Board of the Government of Tamil Nadu.

LEGEND

As per Hindu legend, once hundreds of *rishis* (ascetics) performed penance worshipping Shiva. Shiva told the *rishis* that he would appear in the form of a fireball to acknowledge the penance of Mandodhari, the wife of king Ravana in Sri Lanka. Shiva appeared in the form of a small child in Ravana's palace. Ravana lifted the beautiful child and there was a small wound out of it. Simultaneously, there was a fireball out of the Agni Theertham (temple tank), which the *rishis* felt were on account of Shiva attacking Ravana. Out of a thousand, 999 killed themselves by falling in the fire, while one of them remained to save the vedic books. Shiva was pleased by the *rishi* and appeared as Sahasralingam (thousand lingams) for the 999 and one more for himself in the temple. The single *rishi* who was believed to have emerged later as Manickavasgar in his later birth.

HISTORY

The temple has a history dating back 3,000 years. It is spread across about 20 acres of land and is believed to have been constructed by 1,000 Shiva devotees who attained Moksha (spiritual liberation) simultaneously. Within the temple complex, you can find shrines dedicated to Mangalanathar Swami, Mangaleswari Amman, Natarajar, Suyambulingam, Bhairavar, Dhakshinamoorthy, Chandikeswarar, and Balabhairav. There is also a sacred temple pool. The temple boasts five towers, including seven-tiered royal towers. Two magnificent yalis (mythical lion-like creatures) guard the entrance with stone balls in their mouths, which visitors can move by hand.

The temple is home to the priceless emerald statue of Sage Mangaleswarar, standing at five and a half feet tall. Nataraja, the cosmic dancing form of Shiva, is displayed in sandalwood cups throughout the year. It is believed to be one of the earliest Shiva temples in the world, with only the Sun, Moon, and Mars representing the celestial bodies when the temple was established.



According to legend, Mandodhari, the wife of Ravana, sought to marry the most devoted Shiva worshipper. Shiva entrusted a sacred scripture to sages for safekeeping. When Ravana attempted to touch a child (Shiva in disguise), Shiva transformed into Agni, causing chaos. The sages, fearing Shiva's wrath, jumped into a sacred pool, which came to be known as "*Agni Theertham*." Only Manikkavachakar, a sage, saved the scripture. As a result, Manikkavachakar is honored in the temple with a lingam. The temple's name, Uttirakosamangai, stems from Shiva's teachings to Parvati about sacred scriptures. During the reign of the Pandyan kings, the temple was a prominent place, and their capital was Uttarakosamangai.

ARCHITECTURE



The temple is located 32 km east from Paramakkudi and 17 km west from Ramanathapuram. The temple has a seven-tiered *rajagopuram* (gateway tower). The temple has numerous shrines, with those of Mangalanathar, Mangalambigai and Natarajar being the most prominent. There are separate shrines for Mangalanathar (Shiva) in the form of lingam and Mangalambigai. There is a 6 ft (1.8 m) tall ancient *maragatha* Nataraja idol carved out of emerald inside the temple. A hall of Sahasralingam has a thousand lingams enshrined in it. At the entrance of the main precinct, the temple features exquisite stone carvings of Yali (mythological dragon), depicted with

a rolling stone ball inside its mouth. The granite images of the deities Ganesha (son of Shiva and god of wisdom), Murugan (son of Shiva), Nandi, and Navagraha (nine planetary deities) are located in the hall leading to the sanctum. As in other Shiva temples of Tamil Nadu, the first precinct or the walls around the sanctum of Erumbeeswarar has images of Thenmugaparaman (Dakshinamurthy-Shiva as the Teacher), Durga (warrior-goddess) and Chandikeswarar (a saint and devotee of Shiva).

Dominant Gopuram: The temple's most striking feature is its seven-tiered **gopuram** (gateway tower), adorned with intricate sculptures and vibrant colors. The gopuram stands a majestic entrance, beckoning devotees into the temple's sacred grounds. Uthiramangai Temple walls are adorned with exquisite sculptures depicting various Hindu deities, mythical creatures and scenes from epics like Ramayana. These sculptures are not just decorative, they narrate stories, convey spiritual messages and add depth to the temple's atmosphere.

Multiple Shrines: The temple complex houses several shrines, each dedicated to a specific deity. The most prominent shrines are those of *Mangalanathar* (Siva) in the form of a Lingam, *Mangalambigai* (Parvati) and *Nataraja* (cosmic dancer). Each shrine has its own unique architectural design and ornamentation, reflecting the specific deity's significance.

Emerald Marvel: Uthirakosamangai Temple houses a **6-feet-tall emerald idol of Nataraja**, believed to be one of its kind.

This magnificent sculpture is covered with sandalwood paste for most of the year, except during the month of January when it is unveiled for a special darshan.

Additional architectural elements:

The temple complex also features a **hall of Shasralingam**, housing a thousand lingams, and a dedicated **sanctum for Manickavasagar**, a renowned Tamil poet and devotee of Siva. The temple's courtyards are spacious and serene, providing a sense of peace and tranquility for the worshippers.

WORSHIP AND FESTIVALS

The temple priests perform puja during festivals and on a daily basis. Like other Shiva temples of Tamil Nadu, the priests belong to the [Siva](#) community, a Brahmin sub-caste. Each ritual comprises four steps: **abhisheka** (sacred bath), **alan-karam** (decoration), **naivethanam** (food offering) and **deepa aradanai** (waving of lamps) for all the deities in the temple. The worship



SPECIAL FEATURE



is held amidst music with **nadaswaram** (pipe instrument), religious instructions in the Vedas (sacred texts) read by priests and prostration by worshippers in front of the temple mast. There are weekly rituals like *somavaram* (Monday) and *sukravaram* (Friday), fortnightly rituals like *pradosham* and monthly festivals like *amavasa*i (new moon day), **krithigai**, **pournami** (full moon day) and sathurthi. The major festival of the temple are Tirukalyana Vaibhavam (sacred marriage) during the Tamil month of Chittirai (April–May), Vasanthotsavam during Vaigasi (May–June), Pathunal Siva Uthsavam during Aaani (July–August), Annabishekam during Aipasi (October–November), Tiruvathidirai during Margazhi (December–January) and Sivarathri during Masi (February–March). The Tiruvathidirai festival in December attracts a large number of tourists.

RELIGIOUS SIGNIFICANCE

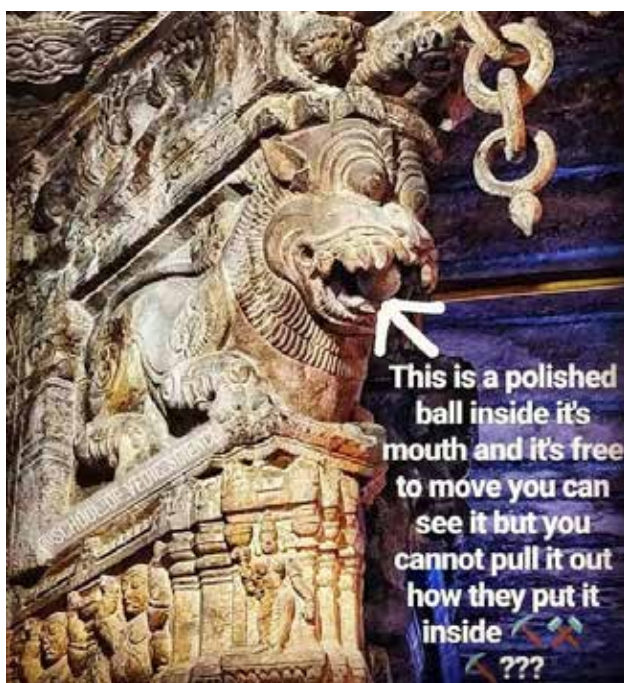
The temple is considered sacred along the lines of Ramanathapuram, Sethu Madhava Theertham and Lakshmana Theertham. The emerald image of Nataraja is anointed with sandal paste round the year except on Tiruvathidirai festival day when special worship is practiced. It is believed that even small vibrations can damage the image and hence no percussion instruments are used during worship practices. The front hall has *lingams* made of **Spadigam** (*spatika*), that are anointed with cooked rice every afternoon. As per Hindu legend, Vishnu and Brahma contested for superiority, Shiva appeared as a flame, and challenged them to find his source. Brahma took the form of a swan, and flew to the sky to see the top of the flame, while Vishnu became the boar Varaha, and sought its base. Neither Brahma nor Vishnu could find the source, and while Vishnu conceded his defeat, Brahma lied with the help of a *thazhambu* (Pandanus odorific flower / Screw Pine Flower / Ketaki flower) and said he had found the pinnacle. In punishment, Shiva ordained that Brahma would never have temples on earth in his worship and all Shiva temples do not use *thazhambu* during worship practices. This is one such temple where *thazhambu* is still used for worship practices. This story is found in Shaivaite scriptures.

Manickavasagar, the 9th century Tamil Saivite saint poet has revered Mangalanathar and the temple in his verses in **Thiruvasakam**, compiled as the *Eighth Tirumurai*. Arunagirinathar, a 15th-century Tamil poet has composed Tamil hymns glorifying Murugan in the temple. As per Hindu legend, Muruga was awarded the Airavata (white elephant) of celestial deity Indra at this place. The Navagrahas, the nine planet icons, are not found in this temple. However, there is a single figure of Saneewarar, the Saturn. The experts say that the custom of worshipping Navagrahas came into practice much later.

INTERESTING THINGS AND THEIR CONNECTION TO THIS PLACE

* **Significance of the name of the place:**

The name **Uthirakosamangai** has a beautiful mythological meaning, **Uthira** means **Upadesam** (teaching), **Kosam** means **rahasyam**



(secret), and **Mangai** is another name for Parvati, the Consort of Lord Siva. According to the legend, this is the place where Lord Siva revealed the secret knowledge of the Vedas to Parvati. This sacred act of imparting divine knowledge earned the temple its name. * **Legend associated with Mandodhari:** Mandodhari, the wife of Ravana, the demon King, is believed to have played a significant role in the temple's history. Legend says that Mandodhari seeking refuge from her husband's wrath, came to Uthirakosamangai and prayed to Lord Siva for protection. Pleased with her devotion, Siva granted her wish and hid her within the Uthirakosamangai Temple walls. Some versions of the myth claim that Mandodhari even helped construct the temple. Inscriptions on the temple walls mentioning Mandodhari's name lend credence to this theory.

* **Dispute between Vishnu and Brahma:**

Another fascinating myth associated with Uthiramangai Temple involves the eternal rivalry between Lord Vishnu and Lord Brahma. The story goes that both Vishnu and Brahma once engaged in a heated debate as to who was superior. To settle the dispute, Lord Siva appeared before them as a massive, unending pillar of fire. He challenged them to find the source of the fire, declaring that whoever reached the end first would be deemed the greater god. Vishnu, accepting His limitations, readily conceded defeat. Brahma, however, took the form of a swan and flew upwards in search of the fire's peak. As Brahma ascended, a flower called **Thazhambu** fell from his head and landed near the base of the fire. Mistaking it for the fire's source, Brahma returned to Siva and declared his victory. Shiva knowing Brahma's lie, exposed his deceit and reaffirmed Vishnu's humility and honesty.

Sacred Emerald Nataraja:

Uthirakosamangai Temple is renowned for its exquisite Emerald statue of Lord Nataraja, the cosmic dancer. This captivating idol is believed to be extremely delicate and sensitive to vibrations. As a result, no percussion instruments are used during temple rituals to avoid even accidentally damaging

the statue. The emerald Nataraja is adorned with the Sandal paste throughout the year, except for the auspicious **Thiruvathirai** festival day, when special rituals are performed.

* **Spadiga Lingams:**

The temple's front hall houses several unique Lingams made of **Spadigam** (crystal). These Lingams are anointed with cooked rice every afternoon, as part of the temple's daily rituals. This practice is believed to be highly auspicious and is said to bring prosperity and blessings to devotees. **Literary Mentions:**

This temple is the 22nd sthalam (holy place) which is mentioned in the songs of Thevaram. Mankavasagar has sung 16 beautiful songs which are known as **Ponnunjal**, the golden swing. Arunagirinathar has composed Tamil hymns glorifying Murugan in this temple.

Sculptural Splendor:

Uthirakosamangai Temple walls are adorned with **exquisite sculptures** depicting various Hindu deities, mythical creatures, and scenes from epics like Ramayana. These sculptures are not just decorative; they narrate stories, convey spiritual messages, and add depth to the temple's atmosphere.

Multiple Shrines: The temple complex houses several shrines, each dedicated to a specific deity. The most prominent shrines are those of **Mangalanathar** (Shiva) in the form of a **lingam** (aniconic representation), **Mangalambigai** (Parvati), and **Nataraja** (cosmic dancer). Each shrine has its own unique architectural design and ornamentation, reflecting the specific deity's significance.

Emerald Marvel: Uthirakosamangai Temple houses a **6-foot-tall emerald idol of Nataraja**, believed to be one of its kind.

This magnificent sculpture is covered with sandalwood paste for most of the year, except during the month of January when it is unveiled for a special darshan (viewing).

Additional Architectural Elements:

The temple complex also features a **hall of Sahasralingam**, housing a thousand lingams, and a dedicated **sanctum for Manickavasagar**, a renowned Tamil poet and devotee of Shiva. The temple's **courtyards** are spacious and serene, providing a sense of peace and tranquility for worshippers.

Religious:

Ancient lineage: Believed to be one of the earliest Shiva temples in the world, with claims going back 3,000 years.

Spiritual center: Home to the priceless emerald statue of Sage Mangaleswarar and a rare, self-made lingam.

Unique practices:

Only place where the "**thazhamboo**" flower, forbidden in most Shiva temples, is used in worship. The only place where Natarajar idol kept covered in sandalwood paste for 11 months, revealing it just for Margazhi Thiruvathirai day.

Birthplace of deities: Legend claims it as the birthplace of Lord Shiva and Parvati.

Sacred secrets: Uthirakosamangai means "secret instruction in northern direction," referring to Lord Shiva teaching Parvathi the Vedas here.

Local importance: Considered sacred alongside major pilgrimage sites like Ramanathapuram, Sethu Madhava Theertham, and Lakshmana Theertham.





SPECIAL FEATURE

SRUNGARA VALLABHA SWAMY TEMPLE, TOLI, AP, INDIA

Compiled by Kidambi Raj



INTRODUCTION

Sri Srungara Vallabha Swamy Temple is located in Tirupati Village, **Peddapuram Mandal**, East Godavari District, Andhra Pradesh and 27 km towards north from Kak-inada and one km from Divili.. This village is also known as Toli Tirupati (meaning the first



Tirupati) as the temple in this place is said to be 9000 years old and older than the Bhagwan Balaji temple at Tirupati, Chittoor District, Andhra Pradesh. The village Toli Tirupati is also known by the name Chadalada (originally known as Chadalavada). The Bhagwan Vishnu's vigraha in this temple as Venkateswara Swamy appears



in a smiling face and hence the name Srungara Vallabha Swamy.

LEGEND (Sthala Purana)

The purana of this temple is attached to **Dhruva** who is mentioned in the Vishnu and Bhagavata purana. King Uttanapada had two wives **Sunithi** and **Suruchi**. Sunithi's son was Druva and Suruchi's son was Uttama. Suruchi was young and very beautiful and her son Uttama was younger to Druva. Suruchi was jealous of Druva and wanted to make her son Uttama the king, after Uttanapada. One day when Druva was a small child, seeing Uttama sitting on his father's lap, he too goes to sit. Suruchi pushes Druva away and tells him that because he has not been born as her son, orders him to keep away from his father. An upset Druva goes to his mother and tells her what happened. Sunithi tells Druva that Bhagwan Vishnu is the most powerful one and advises him to seek Bhagwan Vishnu's blessings. Druva sets out to take Bhagwan Vishnu's blessings. **Narada muni** sees him and advises Dhruva to chant '**Om Namō Bhagavate Vasudevaya**'. Druva performs severe austerities for six months and Vishnu appears before him. Druva is unable to see Vishnu due to his huge form and shining Tejas. Sensing this Bhagvan comes down to the little boys size and asks Druva to see him. Bhagwan blesses him saying that he will be the size of whoever wants to see him. Toli Tirupati is believed to be the place where Bhagwan Vishnu blessed Dhruva.

HISTORY

This temple is built by eastern chalukyas (who ruled between 7th and 12th centuries) in dravidian architecture. Main vigraha or mula virat is Bhagwan Vishnu in the form of Srungara Vallabha Swamy with his consorts Sri Devi and Bhoo Devi. At the entrance one will find Vishnu on Seshatalpa with Lakshmi Devi, Brahma and Narada. There is Mandapam on both sides before the main entrance. There are 7 dwarams (entrances) to go through to reach the Garbagriha (sanctum Santorum). After passing through the first and second door one will come to the outer prakaram which has the dwajastam-

bham. No matter the actual size of the Murti, if the pilgrim stands at the dwajastambham (and also when seen at from a particular position marked by a lotus symbol inside the temple at the main entrance to sanctum Santorum), the main vigraha looks similar to the height of the Viewer (irrespective of the height of the pilgrim). This is a unique engineering marvel. There are ancient inscriptions on the pillars at the temple.

Sankha and Chakra are in altered positions on the deity at this temple, in comparison with Bhagwan Balaji of Tirupati. It is said that after manifestation of the Bhagwan, the Gods constructed the temple and sage Narada installed Lakshmi Devi vigraha. In the later years, Emperor Sri Krishna Devaraya during his visit



installed the copper vigraha of Goddess Bhudevi. It is also said that Emperors Bhoja Maharaj, Vikramarka, and Kakatiya Queen Rudrama Devi and many kings visited the temple.

SPECIAL FEATURE



A well which is on the premises of the temple is full with water even in summer and never dries up. Kalyanam of the Bhagwan is performed on Chaitra **Sudda Ekadasi** every year and the celebrations continue for six days thereafter. There is a Nakshatra mandapa, depicting one tree for each star (total 27 stars) on the North side of the Sanctum sanctorum, adjacent to the well. It is said that Queen Victoria paid a visit to this temple and presented a silver shield to the Bhagwan.



There are separate vigrahas for Alvars (Alvars are Tamil Poet – Saints who espoused devotion to the Bhagwan Vishnu and sang hymns in praise of Bhagwan Vishnu Known as Divya Prabandham) who were considered as the catalysts behind the Bhakti Movement. Alvars lived between the 5th century and 9th century CE. Normally in the Vaishnava temples, where the Bhagwan Vishnu 's avatar is Swayambhu (self-manifested) one will find Alvars vigrahas. Bhagwan Shiva is the **kshetra-palaka** for this temple and Shiva temple is located adjacent to the main temple.



ARCHITECTURE

- **Style:** The temple follows **Dravidian architecture**, characterized by:
 - A modest **gopuram** (tower)
 - **Mandapams** with carved pillars
 - A serene **garbhagriha** (sanctum) housing the smiling deity
- **Sacred Stone Idol:** The main idol of *Sri Srungara Vallabha Swamy* is believed to have manifested from the earth, symbolizing Vishnu's response to Dhruva's devotion.

DAILY RITUALS

- **Suprabatham** – Early morning awakening of the deity
- **Archana** – Chanting of divine names with flower offerings



- **Abhishekam** – Ritual bathing of the idol with sacred substances
- **Nitya Puja** – Daily worship with Vedic chants and offerings
- **Ekantha Seva** – Night-time ritual marking the deity's rest

These rituals follow Vaishnava Agama traditions and are performed with devotion under the temple's Devasthanam governance.

MAJOR FESTIVALS

- **Vaikuntha Ekadasi** – Celebrated with grandeur; devotees believe the gates of Vaikuntha open on this day, making it the most auspicious for Vishnu worship
- **Garuda Seva** – The deity is taken in procession on Garuda Vahana, symbolizing divine protection
- **Brahmotsavam** – Annual festival with flag hoisting, processions, and special pujas
- **Ratha Saptami** – Celebrates Surya's chariot movement; Vishnu temples mark this with special rituals
- **Pavitrotsavam** – Ritual purification of the temple and its priests

Festivals attract pilgrims from across Andhra Pradesh and are marked by music, Vedic recitations, and community participation.

BELIEFS AND SPIRITUAL SIGNIFICANCE

- **Dual Darshan Experience:** A unique belief is that *children see the deity as small*, while *elders perceive Him as tall*. This mystical experience is considered a divine miracle.
- **Tholi Tirupati:** The temple is revered as the **first among 108 Tirupatis**, giving it spiritual primacy in Vaishnava tradition.
- **Dhruva's Blessing:** The temple is linked to the legend of *Dhruva*, who received Vishnu's darshan here after intense penance guided by Sandilya Mahamuni.
- **Moksha Kshetram:** Devotees believe that sincere worship here grants liberation and divine grace.

Toli (first) Tirupati is a temple in East Godavari district of Andhra Pradesh, said to be 9,000 years old. It is said to be older than Tirumala Tirupati. The entrance is simple with Vishnu Sesha-



talpa with Lakshmi Devi, Brahma and Narada.

No matter the actual size of the Murti, if you stand at the **dwa-jasthambham** and look at the Lord, you will see him at your eye level. This is the place where Lord Vishnu is supposed to have appeared before Drupa.

Bhagwan appeared as a **Swayambhu** for His devotees and

this temple was built. Here, Swamy's smile is very beautiful. One cannot take off their eyes off His beautiful smile. Known as Srungara Vallabha Swamy, He is very beautiful.

The Vimana is painted aesthetically. This temple though patronized by kings from **Mauryas**, till the British time, became neglected later. Renovations took almost 2 to 3 years.

This temple is in a village called Chadalavada, about a kilometer from Divili. On the National Highway going from Vishakapatnam towards Rajahmundry, one should take a diversion after Annavaram, near Dharmavaram and go to the interior for about 20 km to reach Divili. Though it is not known to many, may be because of the location, it is a temple worth seeing and taking the darshan of Swamy.



PLACES NEAR-BY WORTH VISITING

Pithapuram Kukkuteswara Swamy temple nearly 13 km

Pithapuram Kunthi Madhava Swamy Temple nearly 13 km

Samarlakota Sri Kumara Bheemeswara Swamy Temple nearly 14 km

HOW TO REACH

By Rail:

There are 3 Railway stations around Tirupati Srungara Vallabha Swamy Temple and they are Samarlakota junction 14 km, Peddapuram 14 km and Kakinada 28 kms.

By Road:

There are 3 major Bus stations around Tirupati Srungara Vallabha Swamy Temple – Peddapuram 11 km, Samarlakota 14 km and Kakinada 28 km.

By Air:

Rajahmundry Airport, 50 km, Visakhapatnam Airport, 152 km and Vijayawada Airport (Gannavaram), 184 km.



BREAKTHROUGH BATTERY-FREE SENSOR HAS THE POTENTIAL FOR A DIRECT SATELLITE UPLINK

A novel sensor, combining simplicity and sustainability with a significantly expanded signal reach, promises to open new frontiers for the Internet of Things

By Amy Carroll-Dee, *Office of Research*

University of Waterloo researchers have developed a fully battery-free, hydro-powered sensor that can transmit alerts over long distances and potentially connect directly to satellite uplink without any local gateways or battery power. The breakthrough could significantly expand the reach and sustainability of Internet of Things (IoT) technologies, particularly in remote or infrastructure-poor environments.

Led by Dr. George Shaker, Professor in the Department of Electrical and Computer Engineering, and Dr. Norman Zhou, Professor in the Department of Mechanical and Mechatronics Engineering, the research demonstrates how ultra-low power sensors can use existing 5G and emerging satellite-enabled networks to send critical information only when activated by their environment. The work is conducted together with student researchers and supported by Rogers Communications, Natural Sciences and Engineering Research Council of Canada, and MITACS.

The study highlights Waterloo's role as a hub where academic research and industry collaboration converge to address real-world challenges and demonstrates the University's ability to design technologies ready for deployment at scale.

Improved leak detection

"The legacy approach to sensors relies on local gateways and batteries, limiting scalability, adding environmental burden and increasing maintenance overhead," Shaker says. "The proposed battery-free system eliminates the need for local infrastructure by connecting directly to cell towers, creating a feasibility path toward future satellite connection which in turn unlocks a wide array of diverse applications."

The study outlines a commercially viable use case for the battery-free, hydro-powered sensor: detecting hidden structural water leaks. The sensor harvests energy directly from the leak itself. When water touches the sensor, a small electrochemical reaction generates enough electricity to power the wireless radio on, sending a leak alert over the 5G network. This approach is particularly useful in the detection of infrastructure issues like pinhole leaks behind drywall



or failing HVAC condensate lines, which frequently remain undetected for weeks or months and can lead to mold or drywall damage.

The battery-free model offers additional benefits. "By using environmentally friendly material, the aging problems of batteries can be avoided," Shaker says. "And as the system is modular, only the low-cost sensor needs to be replaced once a leak is discovered."

It takes about 20 minutes of continuous moisture for the device to charge enough to send its first message. This delay is beneficial because it filters out false alarms from things like spills, cleaning or condensation. This represents a significant improvement over manual inspection cycles, providing timely intervention capability without the logistical burden of battery maintenance.

The Rogers 5G network advantage

The work is part of an ongoing Rogers partnership, which is key to this research as the company is both Canada's largest 5G carrier and a leader in integrating terrestrial and satellite-enabled connectivity to extend coverage beyond traditional network boundaries. This gives the Waterloo team access to a network where a single device, with a single radio, can reach either a nearby cell tower or a low Earth orbit satellite, whichever happens to be in range.

"The same sensor that reports a leak in a downtown condo can report one from a cottage on a remote lake, where there has never been cellphone coverage and

likely never will be," Shaker says. "There is no second product to design and no second radio to build. The connection follows the device."

The sensor produces only a small amount of power when water reaches it, and that shapes which networks it can use. Newer 5G standards such as NB-IoT and LTE-M, along with the satellite extensions now being added to them, were built for devices that wake up briefly, send a short message, and go quiet again — just like the novel sensor.

The team sees the impact extending well beyond water leaks, including innovative dual-use applications. In defence settings, the absence of a battery is a significant advantage, since batteries give off heat and chemical traces that can be detected by thermal cameras. A sensor that draws power only when activated by its surroundings, leaving nothing to detect when idle.

Data centres are another good fit. Lithium-ion batteries are increasingly seen as a fire risk in the rooms they are meant to protect. For example, a moisture sensor that contains no battery and cannot burn is a smart alternative. "Water is one of the biggest threats to a data centre," Shaker says, "Our sensor stays dormant until the moment it is needed and then sends the alert that operators most need to hear."

For Waterloo researchers, access to the Rogers 5G and extended-coverage connectivity environment is valuable because it allows a coin-sized sensor, powered by a drop of water, to use the same connection as a cellphone anywhere in the country.



SAY YES AND TRY NEW THINGS: ASIF POONJA'S PATH FROM WATERLOO TO FUJITSU CEO

Asif Poonja shares the milestones that helped him grow a successful career and become a global business leader



When Asif Poonja (BMath '96) looks back on his career, he doesn't describe a carefully plotted path to the c-suite. Instead, he talks about curiosity, saying yes to unfamiliar opportunities and connecting the dots between people, business and technology.

Poonja came to the University of Waterloo's Faculty of Mathematics without a fixed career plan. A co-op term at Nortel gave him some direction.

"I hadn't really decided what I wanted to do," he recalls. "I loved computers, I loved programming. But what I really liked was the intersection of business and technology."

That realization led him to study Business Information Systems, a demanding mix of math, computer science and business courses split between Waterloo and Wilfrid Laurier University.

Collecting experiences, building skills

Throughout the program, co-op terms taught him what he didn't want to do. Those real-world experiences were invaluable. At the Toronto Stock Exchange, he coded systems tied directly to trading activity.

"That connection between business and technology really hit home for me," he says. "I wanted to apply my skill sets to business and work with business teams to define requirements."

With each step of his career, Poonja



Asif Poonja

collected new experiences, driven by his willingness to try new things. After a couple of industry-specific jobs, he moved into consulting at Deloitte, which sharpened his people skills.

Over 12 years at Deloitte, Poonja progressed from analyst to senior manager, gradually taking on more responsibility. He credits his curiosity with that progression. When new opportunities arose, he was willing to try different things and made a conscious effort to relate all his work back to the business.

Path to CEO

Eventually, he joined CGI, where he led the SAP business in Canada. For the first time, he owned a full profit-and-loss statement and set strategy end-to-end.

"That was a defining moment," he says. "If you look at a CEO role, I probably had 50 per cent of the required skills from Deloitte. I developed the rest at CGI."

In 2014, Poonja joined Fujitsu to lead its SAP business across North America. Over the next decade, he took on a succession of roles — strategic accounts, Head of Delivery for the Americas, Regional CTO and Head of Sales — each

expanding his view of the organization. The common thread, he says, was a willingness to step into the unknown.

"One of the things I've learned in my career is don't say no. Try the different skill sets, try different things."

That breadth of experience prepared him for his current role as CEO, Americas Region at Fujitsu, a position he assumed four years ago. Thanks to all the leadership roles he'd done with the company, becoming the CEO was less of a shock.

Of course, the role has come with some challenges; this time, they're cultural. Fujitsu is headquartered in Japan, and Poonja has navigated several cultural differences across the global team. He credits patience, listening, mentorship and working with a Japanese coach to help him bridge expectations across regions and connect with people.

Advice for students navigating what's next

If he could give advice to his younger self, Poonja says he would tell himself to stay curious. He encourages current students to shift their focus away from job titles and toward continuous learning.

"Don't be set on the end goal of, 'I want to become a CEO,'" he says. "Focus on the skill sets you are building. You don't know the horizon, but being curious and open makes all the difference."



Your Kid Went to University. Did Your Home Insurance Go With Them?



By: Senthoran Punithavel

There comes a moment every parent dreads.

You spend 18 years feeding them, driving them everywhere, reminding them to do their homework, asking them to clean their room, and wondering why there are 14 glasses sitting beside their bed.

Then suddenly they're off to university.

You proudly watch them drive away—or, more likely, help them move approximately 47 boxes, two laundry baskets, a mini-fridge, a television, a coffee maker, and enough snacks to survive a small apocalypse.

And then you realize:

Wait. Are all their things insured?

It's a question many parents don't think about until something goes wrong.

The good news is that in many cases, a student's belongings may have coverage under the parents' home insurance policy while they're away at university. But—and this is a very important “but”—the exact coverage depends on the policy, the student's living arrangement,

the insurance company, and the circumstances.

So before your university-bound child leaves home with your credit card and a suitcase full of laundry, it's worth making a phone call to your insurance advisor.

Does Your Home Insurance Cover a Child at University?

Many home insurance policies can extend coverage to a dependent child who is temporarily away from home attending university or another educational institution.

That can potentially include the student's personal belongings.

So the laptop you just bought them, the clothing they brought, their furniture, bicycle, textbooks and other possessions may have some protection under the parents' policy.

But don't assume everything is automatically covered in every situation.

Insurance policies have conditions, limits, exclusions and definitions that matter.

For example, there may be different

rules depending on whether your child lives:

- ▶ **In a university residence**
- ▶ **In a rented apartment**
- ▶ **In a house shared with roommates**
- ▶ **In accommodation away from the university**
- ▶ **In another city or province**

The easiest way to find out what applies? Ask before something gets stolen—not after.

Insurance companies tend to be much more helpful when you're asking hypothetical questions than when you're calling at 11:47 p.m. saying, “So... about that laptop.”

The Laptop Is Probably Worth More Than You Think

Today's university student doesn't just take a few textbooks to school.

They may have a laptop, tablet, phone, headphones, gaming equipment, camera, bicycle and other electronics.

BUSINESS / FINANCE



Add clothing, furniture and personal belongings and suddenly your 18-year-old has thousands of dollars of stuff.

And here’s the funny part. They may not even know what they own.

Ask your child how much their belongings are worth and you’ll probably get:

- “Not much.”
- Then start adding it up.
- Laptop:** \$2,000.
- Phone:** \$1,500.
- Headphones:** \$500.
- Bicycle:** \$1,000.
- Clothes:** \$2,000.
- Furniture:** \$1,000.

Suddenly “not much” has become \$8,000.

Take photographs and keep receipts for expensive items where possible. Having documentation can make a claim much easier if something happens.

What About Theft?

University students are surrounded by people.

Residence buildings have hundreds of students coming and going. Apartments have roommates. Shared houses have visitors.

And unfortunately, not everybody’s definition of “borrowing” is the same.

A laptop disappearing from a residence room isn’t exactly the kind of university experience parents were hoping their child would have.

Coverage for theft depends on the policy and circumstances, so it’s important to understand what’s covered, what deductible applies, and whether special limits exist for certain types of property.

What About a Bicycle?

This is another one parents often overlook.

A student may arrive at university with a \$1,000 bicycle—or a \$4,000 bicycle if they’ve discovered cycling and suddenly believe they’re competing in the Tour de France.

Bicycles may be covered under a home insurance policy, but coverage can vary depending on where the bike is stored, how it is stolen, and the policy’s limits and exclusions.

If it’s expensive, tell your insurance advisor.

What About Liability?

This may actually be more important than the laptop.

Personal liability coverage can protect against certain situations where the insured becomes legally responsible for injury to another person or damage to someone else’s property.

Imagine your child accidentally causes significant damage to a rental property.

Or someone is injured in circumstances for which your child is legally responsible.

Those situations can become financially serious very quickly.

Again, whether your child remains covered under your home policy depends on the policy wording and circumstances.

Don’t guess. Ask.

What If Your Child Rents an Apartment?

This is where parents should really stop assuming.

If your child moves into their own apartment or rents a house with roommates, the insurance situation can change.

They may need their own tenant or renters insurance policy, particularly depending on how the insurer defines a dependent child and the student’s living arrangement.

And remember: the landlord’s insurance generally covers the building—not your child’s personal belongings.

Your child doesn’t want to discover that distinction after a fire.

Don’t Forget About the Car

If your child takes a vehicle to university, call your auto insurance advisor.

Where the vehicle is primarily being used and kept can affect insurance.

A student taking a car from Toronto to another city or province may have a different insurance situation than a student who leaves the vehicle at home.

And if your child is driving someone else’s vehicle regularly, that’s another conversation worth having.

Insurance is not a “set it and forget it” product.

Your child’s life is changing. Your insurance should keep up.

What About Travel?

- University students also travel.
- Spring break.
- Summer trips.
- International exchanges.
- Visits home.

A student spending a semester overseas may need specific travel insurance, depending on the circumstances and length of the trip.

Don’t assume that an existing travel policy automatically covers every situation.

Again, the five-minute phone call before the trip can be considerably more enjoyable than the five-hour phone call after an emergency.

The Bigger Lesson

Sending a child to university is about much more than tuition.

It’s also about sending a young adult

into the world with expensive electronics, unfamiliar responsibilities, new living arrangements and, occasionally, questionable decision-making skills.

That’s why parents should review their home, auto and travel insurance before the big move.

- Ask:
 - Are their belongings covered?**
 - Are they covered for personal liability?**
 - Do they need tenant insurance?**
 - Is their bicycle covered adequately?**
 - What happens if they take a car to school?**
 - Are there limits on electronics or other valuables?**
 - What happens if they travel outside Canada?**

These aren’t the most exciting questions you’ll ask before university. But they’re much more exciting than discovering the answers after something goes wrong.

One Last Piece of Advice

Before your child heads off to university, call your insurance advisor and explain exactly where they’re going, where they’re living and what they’re taking with them.

A five-minute conversation can identify gaps, clarify coverage and potentially save a lot of stress later.

Because you’ve already paid for the tuition, the residence, the meal plan, the laptop, the furniture and approximately 900 dollars’ worth of snacks.

The least you can do is make sure their insurance comes with them.

After all, university is supposed to teach your child important life lessons.

Learning about insurance after losing everything probably shouldn’t be one of them.

About Author Senthoran Punithaval



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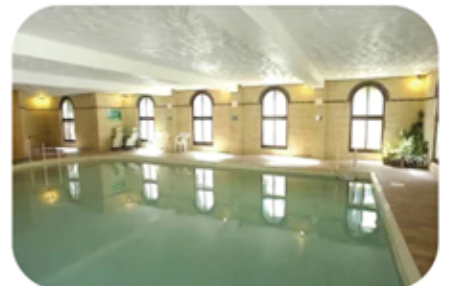
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DISCOVER THE ISLE OF WIGHT



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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