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Canada to reduce work experience requirements for caregivers & provide pathways to permanent residence

For decades, caregivers from abroad have played an invaluable role in supporting families in Canada. In recognizing their immense sacrifices, Canada has offered pathways to permanent residence in return.

On behalf of the Honourable Sean Fraser, Minister of Immigration, Refugees and Citizenship, members of Parliament Salma Zahid and Rechie Valdez on February 10, 2023, announced that the amount of work experience in Canada required for a caregiver to qualify for permanent residence is being reduced from 24 months to 12 months.

In addition, some spaces under the existing caregiver pathways have been reserved for caregivers who already have work experience in Canada from a previous work permit so that they are able to apply for permanent residence. The change will be effective as of April 30, 2023, and will be retrospective for caregivers who have already applied.

As a result, caregivers and their families will benefit from a faster path to permanent residence and successful settlement in Canada. By reducing the amount of work experience required in Canada, Immigration, Refugees and Citizenship Canada (IRCC) also intends to improve processing and applications.

This update is expected to benefit around 90% of applications currently in processing, an advantage for both the caregivers who are just starting out and those who have been providing care in Canada already.

As we approach the end date of the existing caregiver programs, we will continue to make any necessary changes to

show our appreciation to the caregivers who help reduce some of the stress in the lives of Canadian families in need. Work is underway on the future of caregiver programming to plan for what comes next after the pilots conclude in June 2024.

Since the launch of the pilots in 2019, nearly 1,600 caregivers and their family members have become permanent residents. In 2022 alone, nearly 1,100 caregivers and their family members became permanent residents through the two pilots.

Immigration accounts for almost all of Canada's labour force growth. Roughly 75% of Canada's population growth comes from immigration, mostly in the economic category. By 2036, immigrants will represent up to 30% of Canada's population, compared with 20.7% in 2011.



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Grand Opening of "All Seasons Insurance Brokerage Inc,"

"All Seasons Insurance Brokerage Inc," was declared opened on **February 3 rd , 2023** in Scarborough. Pradeep Thirukumar welcomed all the attendees.

"When I started in 2017, I had zero knowledge about the Brokerage, but I gained my experience through trial and error and at present I am opening this new office with 10 people," said Harry Kulasegaram, the owner of All Seasons Brokerage.

"Hard work pays off and I truly admire Harry and his work ethics," said Pradeep Annalingam in his thank you speech. I wish Harry the very best. **Charles Devasagayam, M.A.**



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RANIL'S POLITICAL GAMBLE TO RESURRECT THE HALF ALIVE BUT KICKING 13 TH AMENDMENT

Thambu Kanagasabai
LLM (Lond)



The 13th Amendment is the baby born from the Indo-Ceylon Accord of 1987, a brain child of India which is an international agreement as entered by two independent nations India and Sri Lanka. It is adopted in the Constitution of Sri Lanka and cannot be removed or repealed unless another new Constitution is adopted by Sri Lanka. This is not an easy task as India is a party to the agreement which is also recognized by the International Community.

The 13th Amendment right from the date of its adoption as a whole, has not been fully implemented so far. Most of the important provisions remain intact and in paper except the creation of Provincial Councils. Even the North and East Provincial councils have now been separated by the Supreme Court of Sri Lanka which declared the merger of North and East as illegal.

The existing Provincial Councils have been functioning as lame duck councils with its powers limited only to administer ordinary day to day matters affecting the civilians' lives. The Central government being vested with concurrent and exclusive powers, the powers of Provincial Councils have been weakened and also made impotent in the whole provinces. Adding insult to injury, the North East Provincial Councils are currently not functioning and their elections have been postponed with no fixed definite date.

The 13th Amendment when introduced was not acceptable to the Tamil parties and people in general viewing the Central government's controls of most of the provisions particularly land and police powers. However, it has survived and is now resurrected by Ranil, a President elected by the Members of Parliament and not by the popular mandate. He is now at the helm of the office thanks to Rajapaksas who lent full backing purportedly with strings of promises attached which Ranil has to fulfill during his term of office when it expires in July 2024.

With Sri Lanka having officially declared it as a bankrupt state carrying an external debt of more than 50 Billion dollars of international commitments and obligations including collecting of funds, grants and aids from the international community. Even the poor Bangladesh has generously offered 500 million dollars as a loan to Sri Lanka while China is putting conditions for the grant of loans which seem to be unacceptable to the Sri Lankan government. IMF has also laid down conditions which are also unacceptable to Sri Lanka as IMF loans are tied to observance to human rights, accountability and rule of law. However, IMF is still assessing Sri Lanka's credit restructure program.

In the meantime, Ranil has extended an olive branch to the Tamils to paint a picture of Sri Lanka as a country of peace and ethnic harmony purportedly to convince the IMF for the approval of its funds to lift Sri Lanka out of its bankruptcy. As a first step of appeasement, Ranil has been conducting talks with the Tamil political leaders and parties with discussions centered on political settlement proposals and other goodwill gestures towards the Tamils. Recently, he released four political prisoners who have been in jail for more than 20 years and also released 108 acres of agricultural lands belonging to civilians in Palaly area which were seized and occupied by the security forces. He has also promised to release more lands in the future which may be on the eve of the next independence day. He also recently visited Jaffna as a token gesture of goodwill participating in the Thai Pongal celebrations, a pure Tamil festival.

Ranil in an All-Party Conference convened recently issued a statement saying that "The decades old 13th Amendment must either be adopted or abolished". His statement clearly alludes to hints at the possible abolishing of it without giving any reassurance that it should not be abolished for the sake of ethnic peace and harmony in Sri Lanka.

Ranil has also mentioned about "the unique issues that people in the North and East face". For this purpose, he said that a committee has been set up to address these issues. In the same breath, he said that "I would never betray the Sinhalese". Only he should explain how he could betray the Sinhalese while and when the victimized Tamils are crying for accountability and justice as recognized by the UN, UNHRC and International community. He has also deliberately omitted to mention the 70-year-old unsolved ethnic problem which is the core and root of all the economic and political miseries and sufferings of Sri Lanka citizens since 1956.

It is a well-known fact and established notorious practice of Sri Lanka to appoint commissions and committees to inquire into problems and issues which could be solved by the government.

It is to be noted that most of the past commissions' reports and recommendations have been shelved and are conveniently resting in the archives.

Even talks with the TNA Leaders recently conducted by Ranil at his own initiative have ended in failure which no firm decision from Ranil regarding the issues of disappearances, North-East merger and lands seized by the security forces in the North and East including TNA's request for the full implementation of Provisions of the 13th Amendment with full devolution of powers including the merger of North and East provinces.

The recent hardcore protests of Buddhist Monks and hardcore south politicians who have raised hue and cry against Ranil for his promises to the full implementation of the 13th Amendment implementation appear to be signaling ominous signs in the horizon for strife and possible bloodbaths in Sri Lanka.

Already demonstrations are underway and there lurks a danger for a repetition of the past ugly episodes of 1958 communal flare ups being enacted as already a monk has burnt the 13th Amendment in public and in front of the parliament during the protest marches in Colombo on 9th February, 2023.

The recent visit of Indian foreign minister Jaishankar has renewed hopes for the survival and implementation of the 13th Amendment and as a result it is reported that Sri Lanka, India and Tamil parties will sit together in the future to discuss the issues affecting the implementation of the 13th Amendment.

In conclusion it has to be stated that India as the father and guardian of the Indo-Ceylon Accord 1987 including its child 13th Amendment owes the duty and obligation to protect, preserve and keep it alive and kicking to vindicate its role as the big brother maintaining its reputation as international standing.



By: Thambu Kanagasabai,
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Average selling price for January 2023 down by 16.4 % compared to the January 2022

As we moved from 2022 into 2023, the Greater Toronto Area (GTA) housing market unfolded as expected. The number of January sales and the overall average selling price were similar to December 2022. On a year-over-year basis, both sales and prices were downmarkedly, continuing to highlight the impact of higher borrowing costs on affordability over the last year.

"Home sales and selling prices appear to have found some support in recent months. This coupled with the Bank of Canada announcement that interest rate hikes are likely on hold for the foreseeable future will prompt some buyers to move off the sidelines in the coming months. Record population growth and tight labour market conditions will continue to support housing demand moving forward," said Toronto Regional Real Estate Board (TRREB) President Paul Baron.

GTA REALTORS® reported 3,100 sales through TRREB's MLS® System in January 2023 – in line with the December 2022 result of 3,110, but down 44.6 per cent from January 2022. The average selling price for January 2023 at \$1,038,668 was slightly lower than the December 2022 result and down by 16.4 per cent compared to the January 2022 average price reported before the onset of Bank of Canada interest rate hikes. The MLS® Home Price Index (HPI) Composite Benchmark was in line with the December result, but down by 14.2 per cent compared to January 2022.

"Home prices declined over the past year as homebuyers sought to mitigate the impact of substantially higher borrowing costs. While short-term borrowing costs increased again in January, negotiated medium-term mortgage rates, like the five-year fixed rate, have actually started to trend lower compared to the end of last year. The expectation is that this trend will continue, further helping with affordability as we move through 2023," said TRREB Chief Market Analyst Jason Mercer. "All three levels of government have announced policies to enhance housing affordability over the long term, including many initiatives focussed on increasing housing supply in the ownership and rental markets. Most recently, we were encouraged to see Toronto City Council support the Mayor's 2023 Housing Action Plan as part of the City's overall \$2 billion commitment to housing initiatives," said TRREB CEO John DiMichele.

JANUARY 2023 - GTA HOUSING MARKET STATS - BY REGION					
HOUSE TYPES & AVERAGE SALE PRICE:	TORONTO	YORK	DURHAM	PEEL	HALTON
Average Sales Price	\$987,842	\$1,285,583	\$886,849	\$993,151	\$1,122,501
Detached	\$1,486,124	\$1,628,297	\$977,652	\$1,303,429	\$1,441,648
Semi-Detached	\$1,150,506	\$1,085,651	\$798,941	\$934,651	\$958,782
Townhouse	\$1,331,389	\$1,099,955	\$806,346	\$883,818	\$959,652
Condo Apt	\$711,171	\$668,464	\$531,781	\$617,867	\$731,573
Total # New Listings	3,010	1,343	863	1,359	776
Total # Active Listings	3,881	1,602	799	1,606	937
Total # Sales	1,108	544	394	576	350
Avg. Listing VS Property Days On Market (LDOM/PDOM)	31/44	26/37	21/31	27/42	32/44
YOY Avg. Price Change	-8%	-15%	-25%	-23%	-24%

Prepared By: Sivage Sivagumaran BROKER CPA, CGA, GUILD™, ABR, SRES, SR3, RSPS Source: TRREB Data As of, Feb/15/2023

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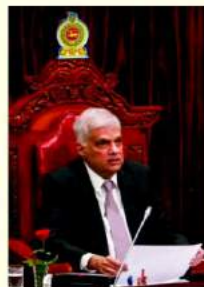
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Ranil's Latest Decoy: 13A *By Vishwamithra –*



"If the ruler wants to play the game by himself and follow secret policies, he must present a decoy to the masses. He cannot escape the mass; but he can draw between himself and that mass an invisible curtain, a screen, on which the mass will see projected the mirage of some politics, while the real politics are being made behind it." –Jacques Ellul.

The stirring of the leaves in the woods and their dancing to the melodious breeze would vanish in a little while. A rainstorm is imminent. What it takes away with the branches and trees could be anyone's guess. Yet the fragrance of fresh raindrops on earth would continue to linger on for discerning men and women to relish. The aftermath of heavy and mighty rainfall has its own intrinsic merits; it's a harbinger of even better things to come; with the dawn of the sun next morning, the dew that shields the plain green grass will evaporate in a flash. Yet another day begins. That is precisely how the cycle of human endurance spins.



In that ceaseless spinning cycle, Sri Lanka is wedged right in the middle, willy nilly consuming itself like a greedy python trying swallowing an oversized chicken as its day's supper. Demand for restructuring of our debts is the focus of discussion. International Monetary Fund (IMF) has its own demands and the pressure buildup is seemingly intense. Belt-tightening is becoming functional without finding its articulation by the government's politicians. Daily shopper carries many a testament to painstaking and frugal living. Politics as usual has adopted its own lewd stance; it has occupied its own exclusive space and those who do not wish to be disturbed by the vagaries of this unkind enterprise are involuntarily heaved into its deepest bottom.

Sri Lanka today has become the most visible and shameless panhandler of Asia. With a promising future in the early nineteen fifties, Ceylon's economy ranked second only to that of Japan. Now, even Bangladesh and Nepal are ahead of us. Her rich and flashy coastlines have become the roaming grounds for day-to-day tourists who are in the lowest layer of these wandering men and women from the West. They are looking for the cheapest hotels, cheapest food and cheapest entertainment.

Marauding thugs who also happened to be politicians embarrass the country as well as themselves when they come across beautiful white-complexioned women on the roadside and an incident which saw one of our southern politicians ran after such a pretty visitor with a handgun is still in our memories.

The cultural decay was manifestly tearing apart the drapery of our society; socially what was considered first-class and affluent have been exposed beyond recognition and alleged killings of mega players in the business world has shocked an otherwise dispirited wealthy class. At various MacDonald's restaurants, one can see the gulf glaring in your face. While in a designated area reserved by a wealthy parent the kids of those wealthy parents dance to the tunes of modern day Rap music; outside, hanging on to the window, children of a hapless parent look on, every inch of their being burning with envy and hatred with an unanswered question: why can't we have the same fun?

Then the economic collapse arrived. Like an old wound oozing its corrupt mixture of puss and blood, the economy first began the bleeding until it reached the unenviable stage of bankruptcy. A national tragedy of massive proportion occurred and yet the politicians would not care a damn. They were still wandering in the wilderness of ill-gotten wealth and comforts.

Ranil Wickremesinghe understood the underlying dynamics of this crisis. He became the president of the country, virtually has no one to account to. He was not elected as a result he is not answerable to the electorate. He has two more years to govern by virtue of the powers of a parliamentary selection. However, he can only go on exercising those powers as long as the Pohottuwa group of parliamentarians wishes.

Into this mixture of political chaos only fell the local government election. Ranil saw a way out of this mix and emerge as a winner. In the 1956 General Elections, the United National Party (UNP) was led by Sir John Kotelawala. He was second only to

Ranil Wickremesinghe as the leader of the UNP. SWRD Bandaranaike floated his election campaign purely on cultural grounds.

A 'place in the sun' for the 'Common Man', Sinhala to be made the official language in 24 hours and great emphasis on Buddha Jayanthi Celebrations were the leading banners during the campaign. Buddhist Monks led the campaign and SWRD was victorious. The polarization along ethno-language lines so created by SWRD and his Buddhist Monk was so deep and ineradicable, it exists even today, especially after the 30 year old war and irrevocable division between Northern Tamils and Sinhalese living south of Vavuniya. No economic issue was even highlighted during the campaign.

Today it's the total opposite. What's utmost in the minds of the Lankan voter is the economy. It is warfare for the parents to feed the children; it's a battle for the car owners to pump petrol or diesel for their vehicles; it's a struggle for the small boutique owners to sustain their businesses at the exorbitant costs of their supplies.

Coming back to the local government elections scheduled for March 9, the most obvious difference between the '56 elections and this LG election is, while the '56 election was exclusively on a sociocultural platform, this one is basically on an economic one. More than six months have elapsed since Ranil assumed Presidency. To date these six months have hardly produced any tangible advantages to the majority of the population- middleclass and the lower middleclass and poor class.

Ranil being a shrewd and cunning politician, being the nephew of old JRJ, has decided to resort to whatever means available for him to distract the voting majority from the economic crisis. He wanted any other polarizing subject to dominate the national conversation. What other subject is there other than the Sinhala-Tamil division.

By declaring interest in the full implementation of the 13th Amendment, Ranil introduced another pivotal subject into the voter's mindset.

Away from the current economic hardships, a socioculturally volatile and politically susceptible people would always seek refuge in a fake patriotism. It is not only leaders, followers too tend to go along this treacherously devious path in order to satisfy themselves that they committed no wrong at the eleventh hour if their patriotism is called into question.

Ranil very cleverly found that secret weapon; his aim is not to serve the people; he simply has no concept of service of man, on the contrary, what he has is service of self. Blinded by and utterly delusional in self-serving visions, our current President is one master in deception, depravity and decadence.

13th Amendment to our Constitution is quite a controversial matter. Discussion of its contents would bore the average non-Tamil/Muslim politician But its contents and non-implementation to the fullest extent possible by the Executive branch of our Government is much a provocative subject for out Tamil leaders.

Devolving Land and Police powers to the provinces other than the North and the East would not be a bone of contention for our Sinhalese political leaders. But they seem to be dreading when these same powers are devolved to the North and the East. These are the after-effects of the '56 revolution. SWRD's destruction process of our body-politic is still continuing at alarming pace.

evertheless, during the recent Aragalaya period, that Sinhalese nationalism seemed to have gone into a coma. Ranil's attempt to implement the 13A to the fullest is to reawaken a sleeping giant. That sleeping giant is Sinhalese nationalism. Unleashed to the most ruthless limit during the various racial breakouts in the fifties, sixties and seventies, Sinhalese nationalism bared open the oozing wounds in the Sinhala psyche.

It had to reach a climax with a 30-year war, and being victorious seemed to be the answer. But we do not seem to have any empathy for our Tamil brethren. Racial détente along solid principles and a stable architecture seems far away from our Sinhala mindset.

However, Ranil Wickremesinghe playing the 13A card on the eve of a crucial local government election is another crudity of our kind of politics, exclusively to Sri Lanka. Only the National People's Power (NPP) seems to be in favor of or neutral on the 13A. Samagi Jana Balavegaya (SJB), Maithripala Sirisena-led factions and Pohottuwa groups are totally against the full implementation of the 13A. Blasting rhetorical nonsense such as sovereignty of the nation, national security and territorial integrity would not resolve this issue. Nor would Ranil Wickremesinghe's underhand political gimmicks offer any solution. We have come back to where we started.

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After swimming, changing my clothes, and walking along the sandy beach at Fort Lauderdale Beach in Florida, I walked by families and individuals in swimsuits under various colored umbrellas.

On the other side, people were drying off under umbrellas, and there were crowds of tourists everywhere. Kids were building sandcastles and playing happily. As I walked past them, my gaze fell on a black sign board written in white letters. Something caught my eye, so I walked closer to read it. The caption started with & Wade Ins.& I read it carefully out of curiosity.

As I stood there, an old man approached me. He was an African American and asked me if I understood what was written on the sign board. I nodded and he explained that he was one of the four people who had been arrested by the police for swimming in the water.

He picked up on my curiosity and invited me to sit with him at a nearby bench. He was around 80 years old, but still looked middle aged. He told me how his parents taught him to stay out of the water because he couldn't swim and that the white man did not allow black people to swim in the sea.

When he was a student, he saw a musical at the Alvin Ali Dance Theatre that had a big impact on him. It featured a song, Wade in the Water which talked about the liberation of black people.

He said that if you went down in the water, the dogs that were used to hunt down runaway slaves would not be able to pick up on their scent. This sparked something within him, and he started to meet other African Americans interested in civil rights. Later, he met a local activist named Johnson who fought for their emancipation and another named Dr. Michael, the first black doctor in the area.

He then told me an incredible story. One day, him and his friend were walking by the beach when he saw Johnson and Dr. Michael waving at them. They hurried over where they asked them to join a wade-in.

This was an act of civil disobedience – as African Americans were not allowed to swim at this beach. He hesitated, especially since he couldn't swim, but eventually mustered up the courage to join them. The four of them rolled up their pant legs and slowly moved through the shallow water. Some of the white people nearby who were frolicking ran away when they saw them.

What's going on over there? asked a father while he pushed his children out of the water. "They scurried away as if the sea had been contaminated. When they called the police, they came and arrested us and put us in a cold and damp jail.

I looked out into beach with astonishment that this could have happened in our lifetime.

It happened on this beach about 60 years ago, when none of these facilities were available here and there were no proper roads. I believe it happened in 1961 and I still remember it. I could tell he often relives this memory.

When I was young, my parents would advise me to stay away from water. White parents would advise their children to learn to swim if they saw water, not to run away, he said about his parents.

As the news spread of our wade-in, black people started bathing at this beach every day. About 200 black people were continuously arrested and imprisoned for bathing in this beach. At one point, the jail was overcrowded, there was barely any room to even stand.

When the case came to trial in July 1962, Red Cabot was the Perry Watt County judge. Of course, he was white. We were afraid of what would happen. Worse yet – we were taken out of school; our parents were distraught.

His ruling that black people bathing in the sea is not a crime, they have the freedom to do so in this land set a shocking precedent.

Until 1966, he served as a judge in this county. It is because of his spirit for equality that today we all can freely go down to the sea and bathe.

A book about him was published by Betascript Publishing 60 years ago. African Americans fought peacefully and won the right to do so because of this decision. Today, we, the colored people, can freely bathe in the sea of Miami.

I reflected for a minute. Even if immigrants like me don't know this history, the freedom they gained is very important; otherwise, we too would have to remain outcasts on Miami Beach.

When I spoke to him, I realized that the freedom we now enjoy in every city is because someone has fought for us, and sometimes history tends to forget these small but important battles.



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Connecting GTA is an above average business group. The members are extremely supportive and welcoming. Their events are fun and educational. In my 20 years of business I have experienced many business groups. This one is different. I highly recommend it. *-Angela Balkois*

About CGTA

The Connecting GTA Networking Club was founded by Suresh Kumar, President & CEO of Kashden Consulting Group.

Suresh is passionate about delivering value in every connection that he makes. As a Specialist Business Strategist & Coach, he revels in efficiently maximizing potential and fostering professional relationships within organizations. And as the Founder and CEO of Connecting GTA, he is dedicated to help propel your business forward.

Connecting GTA began as a meeting place for businesses of diverse backgrounds to connect, collaborate and promote individual businesses in the GTA.

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எனது பக்கம் (1) – Feb 1, 2023



Tamil Mirror

அப்பாடா, ஒரு மாதிரி தை பொங்கல் மற்றும் தமிழ் மரபு திங்கள் முடிவுக்கு வந்து விட்டது. இங்குள்ள சிற்பிகள் தை மாத நிகழ்வொன்றில் பங்கு பற்றி வந்தவர்கள். எந்த ஆசிரியையின் மாணவிகளோ தெரியவில்லை.

அவர்களை பார்க்கும் போது மனம் பூரிக்கின்றது. இவர்கள் தாம் எழுது கலை மற்றும் பாரம்பரியங்களை அவர்களது மற்றும் அதற்கடுத்த தலை முறைகளுக்கும் எடுத்து செல்லும் போகிறார்கள்.

மேட்குலக நாடொன்றில் இவர்களை போன்ற மாணவிகளை பயிற்றுவிக்கும் எல்லா ஆசிரியர்களுக்கும் நன்றிகள். அதட்கும் மோலக விடாப்பிடியாக, விடா முயற்சியுடன் இவர்களை வகுப்புகளுக்கு எடுத்து செல்லும் பெற்றோர்களை என்னவென்று வாழ்த்துவது.

இந்த ஆண்டு காலகவான் எமக்கு சாதகமான பலன்களை தந்துள்ளான். மிக பெரிதாக பளிப்புலகளை அனுப்பி வைக்கவில்லை.

இந்த முறை சிறிதும் பெரிதமாக பல நிகழ்வுகள் இடம்பெற்றன. இது எனது கணிப்பீடா அல்லது 3 ஆண்டுகள் கழிந்து இடம்பெற்றமையால் அப்படி ஒரு பிரமையை எனக்கு எப்படுத்தியதோ தெரியவில்லை. தரதிஷ்டவசமாக மாதத்தின் இறுதியில் குறிப்பாக 21 மற்றும் 28 ம் நாட்களில் பல விழாக்கள் நகரின் பல மூலகளிலும் இடம் பெற்றன. இதனால் பாதிக்கப்பட்டது அரசியல்வாதிகளும், ஊடகவியலாளர்களும்.

இன்றில் (Fen 1) இருந்து கறுப்பின மரபு திங்கள் ஆரம்பமாகின்றன. ஏற்கனவே கண்டிய ஊடகங்கள் இதுக்கு முக்கியம் கொடுத்து பதிவுகளை செய்துள்ளன. எழுது அமைப்புகளும் இந்த ரீதியில் கண்டிய போது மக்களுக்கு எழுது பாரம்பரியத்தினை கொண்டு செல்வது வரவேற்கத்தக்கது. அரசியல் தலைவர்கள் போட்டி போட்டு வருகை தந்து நன்றி, வணக்கம் சொல்வது ஒரு புறம் இருக்க கண்டிய மக்களுக்கும் எழுது கலாச்சாரத்தை எடுத்து செல்வது நீண்ட கால நோக்கில் நன்றாக இருக்கும் என்பது எனது தாய்மொழியான கருத்து. அதாவது குண்டு சட்டிக்குள் குதிரை ஓடினதையும் தாண்டி ஒரு படி மேலே செல்வோமாக.

எனது பக்கம் (2) – Feb 10, 2023



Charles Devasagayam

அண்மையில் அயலவர் ஒருவரின் தகப்பனாரின் இறுதி அஞ்சலி நிகழ்வு ஒன்றுக்கு சென்றிருந்தேன். அவருக்கு வயது தொள்ளூறுகளின் இறுதி என்று அறிந்தேன். அவர் டிரிவிடாட் நாட்டை சேர்ந்தவர். என்னுடன் பழக்கமில்லை. ஆனால் அவர் மகன் எனது நண்பர். அந்த நிகழ்வில் ஒரு சில விடயங்களை அறிந்து கொண்டேன்.

1) இங்குள்ள படம் அன்று வரவேட்புமறையில் எடுத்தது. அவர்கள் வட இந்தியர்கள் என்பதனால் தமக்கு இஷ்ட தெய்வங்களை வைத்திருந்தார்கள். நடுவில் காசியின் இரு கருபங்களை பார்க்கலாம்.

இடது புறத்தில் கிருஷ்ணர், அவர் பக்கத்தில் பெரிய பிள்ளையார், மறு பக்க இறுதியில் ஒரு சிறிய சிவன் கருபம். மாணிக்கத்தலரின் பெட்டியின் (Casket) மேலே கிருஷ்ணர் மற்றும் சிவ பெருமானின் இரு பெரிய படங்கள் தொங்கிய வண்ணம் இருந்தன.



by Charles Devasagayam

இரண்டு குருக்கள் சமய பாடல்களையும், மந்திரங்களையும் ஓதிக் வண்ணம் இருந்தார்கள். இருவரும் உடல்களை மறைத்து ஆடைகள் அணிந்திருந்தார்கள். சைவ குருக்களுக்கு மறானதாக அவை இருந்தன.

நான் இங்கு சொல்ல வருவது என்னவென்றால் சிவ பெருமானின் இன்னோர் மகனான முரக பெருமானை காண முடியவில்லை. இவர்கள் அவரை வணங்குவதில்லை. முருகன் என்றால் யார் என்று தெரியுமோ தெரியாது. இவர்களை பொறுத்த மட்டில் கிருஷ்ணர் தான் அவர்களது கடவுள். மேலும் அவர்கள் வீட்டுக்கு சென்றால் வாசலை திறந்தவுடன் தெரிவது பெரியதொரு காசியின் படம் தான்.

இதனால் தான் நான் எனது விழாவில் முப்பாட்டன் முருகன் பற்றிய ஆடல், பாடல்களை மேடை ஏற்றினேன். சைவ தமிழரே மூத்த குடியோன் முருகனை ஒதுக்கினால் யார் அவரை கொண்டாடுவார்கள்? வட இந்தியர்களா? நேற்று வாட்ச்பியில் வந்த ஒரு செய்தி, முப்பாட்டன் தமிழ் இறையோன் முருகனது பழனிமலை திருக்கோயில் அடிவாரத்தில் ஓடும் சண்முகா நதி கரையில் தட்காலிகமாக நிறுவ பட்டிருந்த 24 அடி உயரமான உலோகத்திவான முருகனின் வேலினை அவசரமாக அகற்றியுள்ளதாகும் தமிழ் நாடு போலீசார். காரணம் என்னவாக இருந்தாலும் தமிழர்களே இவ்வாறு செய்யும் போது பிற இனத்தவர் என்னவெல்லாம் செய்ய மாட்டார்கள்? மறான தமிழர்கள் வட இந்தியர்களின் கடவுள்களை ஏற்று இந்துக்களாக இருக்கவேண்டும் ஆனால் இவர்கையில் நூற்றுக்கணக்கான சைவ, இந்துக்கோயில்கள் அறிக்கப்பட்டபோது வட இந்திய இந்துக்கள் வாய் திறக்க கூடாது, திறக்கவும் மாட்டார்கள். இது எப்படி இருக்கு?

2) மேலும் என் நண்பர் தனது உறையில் தனது அப்பாவை பற்றி கூறியபோது அவர் ட்ரிவிடானில் பிறந்தாலும் அவருக்கு ஒரு வசனம் கூட எழுத படிக்க தெரியாதென்றும் துவி சக்கர வண்டியில் பெட்டி கட்டி தெரு தெருவாக சென்று மீன் விற்பார் என்றும் கூறினார். இருந்தாலும் மிக குறுகியகாலத்தில் தனது வியாபாரத்தில் முன்னேறி விடு வாங்கினார் என பெருமை பட்டார். கடின உழைப்புக்கு அவர் சான்றாக இருந்துள்ளார்.

3) தனது தகப்பனார் தனக்கு கூறிய அறிவுரை ஒன்றையும் அவர் கூறிய போது தகப்பனின் நல்ல பண்புகளையும் அறிய கூடியதாக இருந்தது. அவர் சொன்னாராம், ஒருவனுக்கு உதவி தேவை என்று தெரிந்தால் அவன் தானாக கேட்கும்பட்டும் இருக்காதே, நியாக போய் நின்று உதவி செய். இவரை தான் படிக்காத மொதை என்பார்களோ? என்னவொரு பண்பு எனது மனைவி கோவிட் காலத்தில் நோய் வாய்ப்பட்டிருந்த போது பலரும் அழைத்து விசாரித்தார்கள். அதில் சிலர், ஐயோ இந்த கோவிட் மட்டும் இல்லை என்றால் நேரே வந்து உனக்கு உதவியாய் இருந்திருப்போம் என நலி கண்ணீர் விட்டார்கள். அதில் பலர் கோவிட் முடிந்த பின்பும் அழைக்கவில்லை, வரவும் இல்லை, சுகம் விசாரிக்கவில்லை.

ஒரு முறை (2018 ல்) பெரிய பனிப்புயல் அடித்த போது எனது மனைவி, வீட்டின் முன்னால் பனிமலை அகற்றும் வேலையில் ஈடு பட்டிருந்தாள். அப்போது பனி கட்டியில் சறுக்கி விழுந்த போது கையை ஊன்றி விழுந்ததால் கை முறிவடைந்ததுடன் நாரி பக்கத்திலும் தாக்கம் ஏற்பட்டது. இந்த அயலவர் தான் இதனை கண்டுக்கொண்டு ஓடி வந்து தூக்க முனைந்தனர். முடியவில்லை. உடனே அம்புலன்க்கு அழைப்பு விடுத்து காத்திருந்தோம்.

மோசமான பனி புயல் காரணமாக ஆம்புலன்ஸ் வர அரை மணித்தியாலத்துக்கும் மேலாகி விட்டது. அது மட்டும் அவர்கள் தமது கம்பிள் பேர்வைகளை கொண்டுபோது போதி கொட்டும் பனியில் அவருக்கு ஆறுதல் சொல்லிக்கொண்டிருந்தார்கள். எழுது யன்னல் வழியே பார்த்தால் அவர் பனி அகற்றுவது தெரியாது. அயலவரும் பார்த்திருக்காவிட்டால் பனியில் விறைத்திருப்பார். மேலும் எனது வீட்டில் சிவ வேலைகள் இருந்தால் அவர் வந்து செய்து தருவார். சன்மான் எடுக்க மாட்டார். அப்படி இருக்க நான் பணத்தை ஒரு உறையில் வைத்து தபால் பெட்டியில் போட்டு விட்டு வந்து விடுவேன். மறு நான் தேடி வந்து பணத்தை திருப்பி தந்து விட்டு போவார். பணம், பணம் என்று பேயாய் அலையும் இந்த உலகில் இவர் ஏன் இப்படி இருக்கிறார் என நினைத்ததுண்டு. இப்போது தான் புரிகிறது அவர் தகப்பன் வளர்ப்பு தான் காரணம் என்று.

4) இன்றுமொன்றையும் கூற விரும்புகிறேன். வழமையாக மதுவக்கு அடிமையானவர்களை நாம் அடையாளம் காட்ட விரும்புவதில்லை. அதிலும் நெருங்கிய குடும்ப அங்கத்தவர்களை பற்றி வாயே திறக்க மாட்டோம். இருந்தும் தமது தகப்பனார் எவ்வாறு மதுவக்கு அடிமையாக இருந்து பின் அல்கஹோல் அடிமையான மூலமாக மீண்டு வந்து வேறு பலருக்கும் உதவினார் என பெருமை பட்டு கொண்டார்கள்.

5) அயலவரின் மகனும் ஒரு கர்நாடக சங்கீத பாடகி என்பதால் அவரும் அவரின் குழுவினரும் சப்பானி கட்டி இருந்து இறந்தவருக்கு அஞ்சலி செலுத்தினார்கள். சமீப நிகழ்வுகளும் கட்சிமுக குறித்த நேரத்தட்டுள் நடந்து முடிந்தது. மொத்தமாக அந்த சா வீட்டு அனுபவம் எனக்கு ஒரு வித்தியாசமான பதுமையான ஒன்றாக இருந்தது. சார்லஸ் தேவசகாயம்

Why sleeping is important?

Sleep is essential to everyone in order to maintain a healthy routine, mental function, relaxation and a sense of refreshment every day. During sleep, the body is maintaining its physical health, reducing the risk of disease, keeping emotions in balance, and maintaining its brain functions.

Infants and toddlers need more sleep than adults. Adults need at least 7-8 hours of good sleep every day for a healthy routine in their life. Even though most everyone knows that they need good sound sleep as part of their routine, many people do not get good sleep. Many adults have struggled to fall asleep because of work tensions, worries, traumatic experiences, and bad habit of sleeping patterns. Some people have sleeping disorders.

Children also face sleeping disorders that are common among them. Some children have issues with bedwetting, sleep walking, nightmares, restless legs syndrome, obstructive sleep apnea, and difficulty falling asleep and problems sleeping through the night. Lack of sleep can affect a child's behaviour and make them feel tired and cranky during the day. When parents recognize sleeping disorders in their children, it is advisable to seek help, and treat them in order to prevent negative effects on development, health, mood and daily performance. Some studies say that certain sleeping disorders in children go away when they are growing up, but not all.

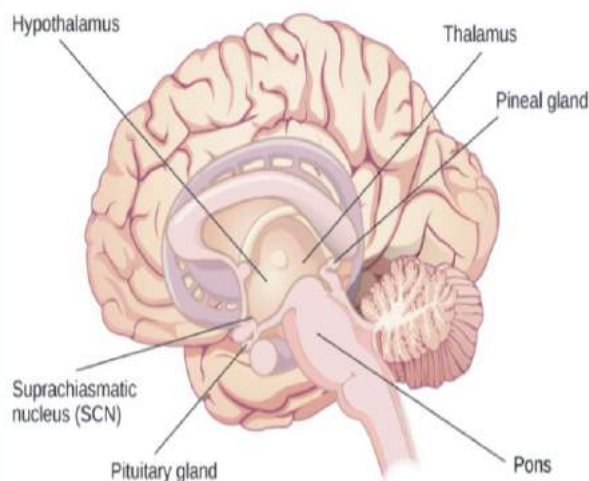
Children and teens also need a long time of good quality, regular sleep for their brain and psychical development. Healthy sleep or sufficient sleep can help children improve their learning and mood. Parents should regulate and ensure an adequate sleeping time for their

kids, maintain regular bedtimes and wake times, and minimize screen times for kids. Parents should ensure regular physical activities, exercise and outdoor fresh air activities. Maintaining regular healthy meal times may also help children and encourage good habits.

Studies show that generally speaking, human beings need at least 7 – 8 hours of good sleep every day. When people do not maintain their sleeping patterns it can result in tiredness, sleep deprivation, and the development of a sleeping disorder. Even with as little as a day or two of poor sleep, people feel drowsy and irritable, struggle to focus, and make avoidable mistakes. Sleep deprivation can also affect people's immune system, heart and brain health, and their ability to handle stress. Getting good sleep is very important in order to maintain physical and mental health.

People who suffer from a lack of sleep can participate in a sleep study in a laboratory with medical specialists. There are many types of sleep disorders, including Obstructive Sleep Apnea (OSA), Nocturnal Myoclonus, Narcolepsy, Excessive Daytime Sleepiness (EDS), Restless Leg Syndrome (RLS), Periodic Limb Movement During Sleep (PLMS), REM Sleep Behaviour Disorder, Somnambulism (Sleep-Walking), and Insomnia.

The time spent in each sleep stage develops and changes as we age, with the consistent trend being that amounts of sleep decrease as individual ages. In psychology, sleeping is very important because sleep has restorative power and evidence shows that it enhances memory and improves attention. Multiple brain areas act in conjunction with one another during the sleep-wake cycles. Sleep is also associated with melatonin, follicle, luteinizing and growth hormones. 1 These below pineal and pituitary glands secrete a number of hormones during sleep:



by Raji Patterson



The bed and association are important for a good sleep. Some people use their bed only for sleep and some use it for their relaxation. If someone cannot sleep, it would be better to get out of the bed and do something else. When people are restless for a while in bed it could lead to associating the bed with insomnia. Insomnia is the most common sleep disorder. It is a general clinical term that refers to difficulty in initiating or maintaining sleep. When people see their bed they should associate it with sound sleep.

People can develop some healthy habits in order to stimulate good sleeping. Sleeping is associated with the body and the mind. Doing some relaxation routines, avoiding electronic devices and alcohol before bedtime, having a shower, doing meditation, praying, and reading every day until tired helps a person fall asleep when they lie down in bed.

After practicing this for a while, whenever you lie down in bed you will likely have a good deep sleep that will result in you being well-rested and starting the next day fresh. After you wake up, having a cup of coffee or tea will help you gain energy. It is very important to develop habits starting off fresh, energetic and motivated.



Tamil Mirror Awards Gala 2022

Following Disciples of MRS SHIYAMA THAYALAN received TAMIL MIRROR ARTS AND CULTURE AWARD at the Tamil Mirror Awards Gala held on November 6, 2023 at Chinese Cultural Centre, Toronto. Venbah Thavakumar; Neerthi Pratheeharan; Prithvi Phaheerathan; Thulasika Senthilkumaran; Kavinmalar Arivuchelvan; Shanuka Navatheepan; Tharaniya Thasiparan; and Changavi Mathialagan. DURGA SIVAKUMAR also received MULTI-TALENTED YOUTH AWARD. Congratulations to all the award recipients. Charles Devasagayam



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